



Yoga for Sustainable Health and Wellness

Gurtej Kataria, Student (MA), Department of yoga, J.R.N. Rajasthan Vidyapeeth University, Udaipur, Rajasthan

Abstract

In the modern era, increasing sedentary lifestyles, psychological stress, poor dietary habits, and lack of physical activity have created significant challenges for individual and community health. Yoga, an ancient holistic practice originating in India, offers an integrated approach to health and wellness by combining physical postures, breathing practices, meditation, and mindful living. This paper explores the role of yoga in promoting sustainable health and wellness, with particular emphasis on physical fitness, mental well-being, stress management, flexibility, balance, and healthy lifestyle practices. Regular yoga practice may support overall well-being by encouraging physical activity, relaxation, self-awareness, and healthier behavioral choices. The paper also discusses the relevance of yoga as a low-cost and accessible wellness practice that can be incorporated into daily life and community health programs. From a sustainability perspective, yoga requires minimal resources and can complement preventive approaches to health promotion. However, the benefits of yoga can vary according to the type, duration, frequency, and individual practice conditions. The study concludes that yoga can serve as a valuable complementary approach to sustainable health and wellness by promoting a balanced relationship between physical, mental, and social well-being.

Keywords: Yoga, Sustainable Health, Wellness, Mental Well-Being, Physical Fitness, Stress Management, Healthy Lifestyle, Holistic Health

