

in the society) and Niyama are Individual discipline. Yama and Niyama is the first two limb of yoga, the five yama and Niyama are the foundation of spiritual life on which the super -structure of Samadhi is built.

Yama (Social Discipline) - Ahimsa, Satya, Astya, Brahmacharya, Aparigraha

➤ **AHIMSA- None violence**

The word ahimsa means to injure or show cruelty to any creature or any person in any way whatsoever. Ahimsa not only mean non-violence in other words, kindness, friendliness and thoughtful consideration of other people and things.

Harsh words to the baggers, servants or inferior is himsa (cruelty) even if you think negative thing in your mind for others is also himsa.

➤ **SATYA – Truthfulness**

Satya means truthfulness yet it is not always positive to speak the truth on all occasions, for it could harm someone unnecessarily. If speaking the truth has negative consequences for another person then it better to say nothing. Truthfulness also means honestly examine ourselves and criticize others, we will find our faults and correct them.

➤ **ASTEYA – None Stealing**

Asteya means Non stealing to take nothing that does not belong to us. Taking blotting paper, pin, paper, pencil etc from the office or taking hand towels, shampoo, body lotion from the hotels is stealing. A Yoga student must be free from all these forms of theft

➤ **BRAHMACHARYA – Sense Control**

Brahmacharya is used mostly in the sense of abstinence, particularly in relationship to sexual activity. We must understand Brahmacharya in the wider sense of a life of discipline in every respect, which is conducive to the spiritual progress, leads to the gain of vigour, energy and virility. A discipline life itself means keeping everything in its proper and optimal limit.

➤ **APARIGRAHA - Neutralizing the desire to acquire and hoard wealth.**

to preserve, fear of loss, hatred, anger, untruthfulness stealing, delusion, pride etc. Aparigraha means to take only what is necessary. We should only take what we have earn. The Yogi feels that the collection or hoarding of things create problems in their yogi practice.

NIYAMA (Self Discipline) - Shaucha, Santosha , Tapas, Swadhyaya, IshwarPranidhana

➤ **SHAUCHA - means purity both internal and external.**

For example – netikriya and dhoutikriya cleans your body and makes person healthy and we know that a healthy mind is always in a healthy body

➤ **SANTOSHA – Contentment**

The cause of unhappiness and mental pain is always un fulfillment of some desire and there is no end of desire A Contented person is happy in whatever condition he is placed he does not have any desire for any thing

➤ **TAPAS – Austerity**

It is the capacity to face all difficulty in the performance of righteousness. It implies that one should have strength and fortitude to remain unaffected by opposite of life.

➤ **SWADHYAYA – Study of good literature**

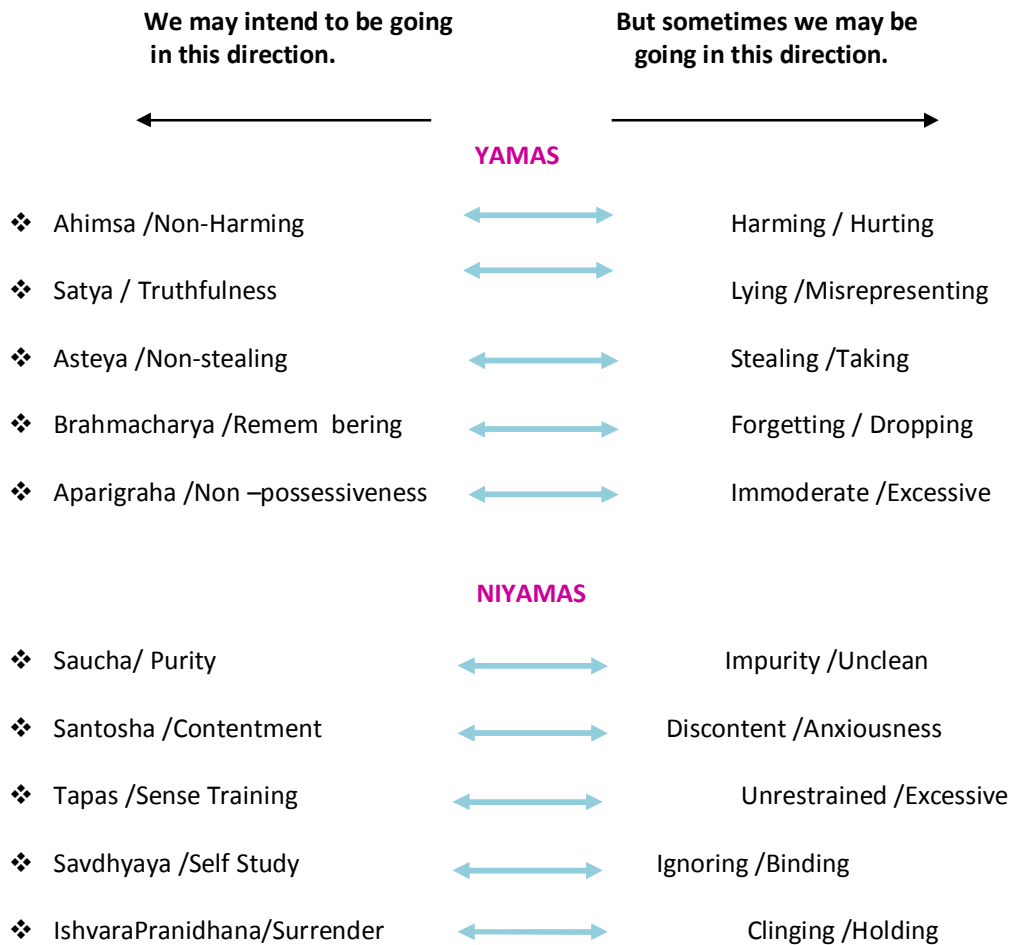
Swadhyaya means study scriptures. In general, study of all good literature which guides a person toward moral values, good conduct and righteousness. Swadhyaya also means self study, is not just study of religious book but also study of the self or self analyses which leads to progress moral and spiritual life.

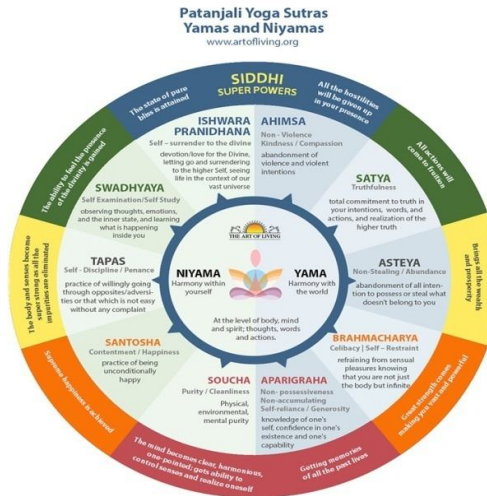
➤ **ISHWARPRANIDHANA – surrender to god**

Ishwar Pranidhana means surrender to god in other words total dedication of all thoughts and action to supreme. It includes true and sincere worship of god and complete dedication to him with full faith, love and devotion. The person who surrender to god, his ego is gone.

YAMAS AND NIYAMAS

What do we do when we find we are going in the wrong direction in our actions, speech, or thoughts?





YOU CAN TRANSFORM YOUR LIFE

Rather than thinking of the yamas and niyamas as a mandatory "to-do list," view them as invitations to act in ways that promote inner and outer peace and bliss. "They create harmony within you, and in relationship to your environment and to others. Where there is harmony, consciousness can expand. You get there through practice, contemplation, meditation, and working to transform yourself. Yoga teachers and philosophers to share their interpretations of the yamas and niyamas to help you make them a part of your path.

BENEFITS OF YAMA AND NIYAMAS

- Sleepiness • Disengagement • Physical Relaxation • Mental Quiet • Mental Relaxation •Strength and Awareness • Joy • Love and Thankfulness • Prayerfulness • Optimism •Acceptance • Honesty • Taking it Easy • Love • Inner Wisdom • God • Deeper Perspective

OBJECTIVES

- A study of Yama and Niyamas , its health benefits, and the search for the true self.
- This study offers insights into the lives of Ashtanga practitioners.
- The study of positive impact on health benefits and emotions.
- The participant’s yoga practice brings them closer to their true self and to God.
- To study Yama and Niyams for yoga’s ethical guidelines.
- To study the purifications and disciplines known as the *yamas* and *niyamas*.

PRINCIPLES OF YAMA AND NIYAMAS

- Always be faithful to your duties, thereby contributing to the company and the overall good of the country
- Always strive to build a home-like atmosphere at work that is warm and friendly
- Always be practical and avoid frivolousness
- Always stay ahead of the times through research and creativity
- Always have respect for the presence of a higher spiritual being and be grateful at all times (be reverent and conduct your life in thankfulness and gratitude).

CONCLUSION

The first two limbs of Astanga yoga yama and niyama are very helpful in building a good society. The five yamas teaches people non violence, speaking truth, not to steal, honesty, live a disciplined life and do not accumulate unnecessary goods. Five niyamas teaches mental purity, contentment, self study, Austerity and surrender to god. When all these qualities comes inside in every person, then a good society is definitely built. Hence, we should try to follow Yam and Niyam accordingly. If we try to follow the principle of ahimsa as meant in the texts, it may not be possible for us, to stay in this world. Hence, Yam and Niyam should be followed remembering the customs of this world and to the extent possible for us. But, to follow them, we should at least have an idea of the ideal state of Yam and Niyam. We can free negative affect or emotions, such as hate, greed, anger, as not being components of the true self. All of the practitioner believe that yoga them connect to their true self.

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