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Role of Library in Promoting Yoga Practices and Pranayama among LIS Professionals and Library Users

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Abstract

The present paper describes the theoretical framework of various forms of Yoga practices and Pranayama. It highlights academic, public, and special libraries' role in promoting Yoga practices and Pranayama among the LIS Professionals and Library Users. It also helps them keep themselves fit, active, and energetic, perform the assigned task for teaching-learning, library services, and make people aware of healthy lifestyles by adopting Yoga practices and Pranayama.

Libraries play an essential role in supporting teaching-learning and research and fulfill the user's demand of desired information useful for their classroom teaching, research & development, and the overall development of the users' personality.

In the concluding part of the paper, some suggestions have been put forward by the authors advocating to introduce yoga practices and Pranayama in Academic, Public, and Special Libraries and their regular housekeeping operations.

Keywords: Library, Yoga Practices, Pranayama, LIS Professionals

1.0 Introduction

In the present day, people are very busy that they cannot monitor their health because they face various health issues than the older generation people. To get rid of this problem, people need to be aware of yoga, as practicing yoga makes everyone healthy in his life. The human body needs to be maintained correctly, and for that, physical fitness training is essential in one's life. Yoga is vital for all age

groups, and it is also very beneficial for everyone. Yoga boosts all people's concentration, such as LIS Professionals, Research Scholars, Teachers, and Students, and helps them think positively with a clear vision. Regular Yoga practices and pranayama help all the stakeholders like LIS Professionals, Teachers, Scholars, and Students be calm, be polite with others, and teach mental self-control. It also helps

decrease one's stress level and stay relaxed and stay safe from widespread disease depression. Yoga plays a vital role in keeping a balance between the body and mind of a person.

"Yoga came into existence 5000 years ago in India, and it was propounded by Maharishi Patanjali, the times when Ayurveda practices were started" (Kathapillai, 2019). Still, the positivity of Yoga practices couldn't be able to reach the mass population. The reason for this problem may be because of a lack of awareness, misjudgment of yoga practices. In ancient times, people believed that yoga practices were only for Saints Yogis, and it was only for a particular religion. Still, gradually, after knowing about the benefits of yoga practices and Pranayama, now, in the present scenario, there are a lot of people who find Yoga Practices and Pranayama exciting and beneficial for themselves.

The library is a non-profit organization and plays a vital role in society. Therefore, through the active participation of different types of libraries such as Academic Public and Special Libraries, making yoga's awareness among different types of library users may increase the rate for adopting yoga practices among the youth for their day to day life. Along with the orientation program, a Yoga awareness program can also be held in the libraries for the new entrants in schools, colleges, universities, and new members in public libraries. After getting initial training from the Yoga Experts, the Library staff may organize a Yoga Awareness Program quarterly in a year and let the students know about the benefits of practicing yoga. The library may sometimes invite Yoga experts to organize an Awareness Programme on Yoga Practices and Pranayama. It would be one of the beneficial services from the library to the users. Even the library can provide Yoga Practices space to interested users with minimal fees to practice yoga every day.

After the United Nations stated International Yoga Day, it has enhanced yoga's status

worldwide. To promote the Yoga Practices, the Hon'ble Prime Minister of India, Sri Narendra Modi, has given the idea of yoga to be celebrated as the International Day for Yoga, and United Nations has declared June 21 as the International Day of Yoga to be celebrated worldwide.

2.0 Review of Literature

A good number of the primary and secondary sources of information have been consulted to understand the concept of awareness of Yoga practices among Library Professionals, which have been discussed below in the following paragraphs:

Mccooy, C.M. (2002) conducted "*A Study of Yoga, Its Health Benefits and the True Self,*" and the study's main aim was to explore yoga practitioners' lived experience and their search for the true self. The practitioners describe the concept of the true self in terms of positive affect or emotions. Similarly, they described negative affect or emotions, such as hate, greed, and anger, as not the true self's components. They all identify that they practice yoga to discover or come closer to their true self, and they use their true self as a connection to God. Therefore, they could not fully know their true self and understand they may never find themselves. However, connecting to themselves becomes more comfortable through a committed yoga and meditation practice.

Dittmann, K.R. and Freedman, M.R. (2009) conducted on "*Body Awareness, Eating Attitudes, and Spiritual Beliefs of Women Practicing Yoga*" at San Jose State University, California, USA. This research aimed to evaluate the body awareness of women and their belief in practicing yoga. There were two types of study conducted, the first was distributing questionnaires, and the second was a phone interview. There were 196 respondents (above 18years older women) who practice yoga every day. The research finding is that the women who practice yoga are very aware of body fitness, healthy eating

habits, balance on the mind, and relaxing the body.

Carson, J.W. & Carson, K.M. (2009) surveyed on "*Yoga Awareness program for menopausal symptoms in breast cancer survivors: results from a randomized trial*" and the main aim of this study was to calculate the effects of yoga on menopausal symptoms in US Cancer hospital by selecting the sample of 37 women survivors of early-stage breast cancer. Breast cancer survivors have limited options for the treatment of hot flashes and related symptoms. So, practicing yoga help the survivors to feel relaxed mentally. Further, for the research on yoga, an 8-week program was organized, and the main result of the program showed a lot of improvements in sleep disturbance, hot- flash frequency, levels of joint pain, etc. This study provides ample support for the beneficial effect of yoga for menopausal symptoms and others.

Ross, A. and Thomas, S. (2010) studied "*The Health Benefits of Yoga and Exercise: A Review of Comparison Studies.*" The method was searched by the keyword Yoga and found around 81journals, and the most common comparison was with physical exercise and found that yoga gives a better effect in healthy and diseased people. Yoga is more preferred than exercise, and it provides a better result than exercise.

Krishnananda, Swami (2011) discussed "*The Yoga of Meditation*" and discussed meditation techniques, methods, meaning, and also discussed self-integration. The second part is about the Yoga of the Bhagavadgita. The concentration of mind in Patanjali's yoga system is concerned with the psychological organ's volition aspect than the understanding and feeling, as in Jnana and Bhakti.

From the above review, it is revealed that still in India, some people are not aware of yoga and its benefits. Also, the research on awareness of yoga among library professionals is not yet done. From the reviews mentioned

above, it is also observed that people practice yoga in different forms at different times. Although most people prefer practicing yoga in the morning, in comparison to males and females, girls practice yoga more than boys. Also, some people prefer Pranayama more than yoga.

Srivastava, S.K. (2012) surveyed on "*Comparative Study of Exercises and Specific Yogic Practice on Selected Psycho-Physiological Variables*" in this study, 80 subjects higher secondary class students will be selected for the course. The age of residents will be the range of 15-18 years. To establish the yogic practice's comparative effect, exercises, and combined group on selected psychophysiological variables, the data examined by applying the covariance ANCOVA test analysis.

Sinha, M.K. (2016), in his paper on "*Introducing Yoga and Pranayam for Library and Information Science Professionals for Stress-Free and Healthy life: A Proposal,*" discussed yoga's concept and how yoga will be beneficial for LIS professionals as the expectation from these professionals is very high. Also explained about yoga and the benefits one can gain from Pranayams later discussed the role of INFLIBNET and various types of libraries in accepting yoga between all the library professionals to stay healthy and stress-free.

Sivakumar, A. & Pazhanivelu, G. (2016) conducted on "*A Study on Awareness of B. Ed Trainees Towards Yoga and Meditation in Erode District*" Tamil Nadu. The main aim of this research was to find out the awareness level of Yoga among B. Ed students. The survey method was conducted, and the data were collected through a questionnaire distributed among 1048 students. The research findings were that the female students are more aware of yoga than male students and the students equally know about Yoga and Meditation. Yoga is an art that helps to stay

calm and stress-free. It helps to gain confidence in students.

Nikumba, R.K. (2016) conducted on "*Role and Effects of Yoga in Modern Lifestyle.*" The main aim of the study is to evaluate the role of yoga in today's life. There were findings like the significant impact of yoga in the day-to-day life of people all over India. The people who practice yoga were so beneficial by yoga, and a lot of women also preferred yoga rather than any other fitness technique.

Unniraman, P. (2017) surveyed the topic "*Study on awareness of people about yoga*" as the advantages of yoga are physical and mental. However, people are not aware of yoga's benefits, so a study was conducted in Kerala among a randomly selected sample of 78 people with a questionnaire. The main objective was to find out how much people are aware of yoga. The research findings were 82% of people know about yoga, and the rest are still unaware of yoga.

Kothari, P. (2017) surveyed on "*A study of adoption pattern of yoga vs. gym culture in Surat city.*" The main aim of this study was to find out the favorite of women between Yoga and Gym. The study was conducted on the sampling method; the questionnaire was organized and distributed to 500 women of Surat city. The study's research findings were 40% of women prefer yoga for fitness, and 26% of women prefer the gym, which means most women prefer yoga way more than the gym, and some of the women learn yoga by self-training.

Chavda, H.M. (2018) conducted on "*Effect of Yoga on Psychophysical Stress, Moral Values, and Personality.*" In this study, 350 yogic and non-yogic respondents were selected within 21 to 35 years. The study was completed in a random sample technique. The study's main objective was to determine the effect of yoga on the mental and physical stress. There were findings like the people after practicing yoga. They felt a huge difference in their lives. The

impact of yoga on one life was tremendous, stress-free, and physically fit.

G, D., Bhavanani, A.B. & Ramanataan, M. (2018) surveyed on "*Enhancing awareness of yoga in health professions education students through a single interactive session: A pre-test and post-test study,*" and the main aim of the study were to evaluate initial yoga awareness amongst HPE students and also the changes after one session of yoga theory and practices. For collecting primary data, a questionnaire was prepared and distributed among 196 females and 171 males. The result of the study was post-test score way more than the pre-test. Lastly, the researcher suggested implementing yoga in institutions to get to know about yoga and its benefits.

Pandya, S.P. (2018) surveyed on "*Yoga, Emotional Awareness and Happiness in Children: A Multi-City Study of the Chinmaya Bala Vihar Programme.*" The study aims to evaluate yoga program on the emotional awareness and happiness of children. There were 1589 children across 20 global cities. Yoga program participants had a greater personal understanding and scored higher on joy.

Chanda, S., Singh, J. and Verma, V.N. (2018) conducted their study on "*A study on global development, rise, and awareness of yoga,*" which helps understand yoga's development in the world. The information was collected from a secondary source and found that yoga was all about spirituality; also, the political groups and religion influenced it, but it is concerned about welfare.

Yadav, D.J. & Yadav, J.U. (2018) stressed on "*Study of Yoga awareness in the urban area of Kolhapur district of western Maharashtra.*" As nowadays, yoga is a tool for increasing awareness of body and mind to attain religious beliefs, so the study was conducted at Kolhapur by randomly selecting 510 people over 15 years. With the help of a questionnaire, the data had been collected and

found that males were more interested in practicing yoga than females. Participants were willing to add up a yoga subject in the academic syllabus, and the ratio of practicing yoga is still low. Hence, people need to give time and little to be conscious about their health and well-being.

Kathapillai, M. (2019) surveyed on "Awareness about yoga asana and its benefits among undergraduate medical students: A descriptive study" and observed that yoga was first introduced in India. However, many people are still not aware of the benefits of yoga, so the study was conducted on the students of Shri Sathya Sai Medical College and Research Institute, Mangalore, to know the awareness of yoga among the students. The sample consisted of 150 undergraduate students at medical college. The data was collected through a questionnaire. A smaller number of students practice yoga every day, but a maximum of students had the information on yoga's benefits; regarding the timing of yoga, the majority preferred it in the early morning. Also, students desired to start classes in yoga at college.

Brisbon, N.M. and Lowery, G.A. (2019) surveyed on "Mindfulness and Levels of Stress: A Comparison of Beginner and Advanced Hatha Yoga," and this study aimed to examine the effect of Hatha Yoga between the beginner and the practitioners. Mindful Attention Awareness Scale program was organized, where 52 people were selected. Among them, 24 were a beginner, and 28 were 5 years over practitioner and found that the experienced people benefited much more from the Hatha Yoga than the beginners. Hatha yoga is the most effective way to decrease the stress level of the individual.

Kumar, K. (2019) conducted on "A Study on Awareness of Yoga among Secondary School Students" of Shikari Pura Taluk, Karnataka. This study aimed to find out the difference in awareness of yoga in gender and locality. The study was conducted on a random sampling

method, where 200 students were selected for the academic year 2018-2019 for the task. The research findings on the difference in awareness of yoga among gender were boys 58% and girls 70%. Among locality, rural 45% and urban 59%. The researcher suggested implementing yoga in the various government institutions, so many more students were aware of yoga in the upcoming days.

3.0 Origin and Definition of Yoga

3.1 Origin of Yoga

Yoga came into existence 5000 years ago in India, and Maharishi Patanjali propounded it. The term yoga came from the Sanskrit word 'YUJ,' which means 'to unite,' a perfect balance between body and mind. Yoga is to unite with spirit and nature, connect with positive and negative. Yoga is one of the parts of Vedic literature. Yoga was first mentioned in the book Rig Veda; the book involves mantra, rituals, etc., used by Vedic priests. Eventually, the religious-like Jain, Buddhism, Hindu, etc. where started adopting yoga. Yoga has eight limbs, which are called altogether 'Ashtanga Yoga,' which are shown in the diagram below (Figure-1):

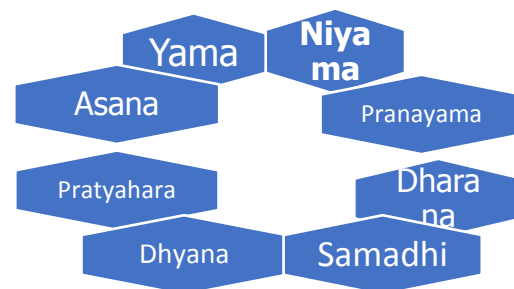


Figure -1: Eight Limbs of Yoga

Maharishi Patanjali classified eight limbs of yoga, and he explained Ashtanga Yoga as:

- Yama means Self-restraints, where there are some rules like Nonaggression, Honesty, Not stealing other things, etc.;
- Niyama means Personal morals, which consist of purity, self-control, authentic self, etc. ;

- Asana means Pose that someone holds steady for some time;
- Pranayama means Breath limitation, which is done in many ways like breathing in and while living out take a period, the same way breathing out and breathing intake a period;
- Pratyahara means Inner sense, which helps one not be ruled by outer things and grabs the attention to the search for self-knowledge;
- Dharana means to focus on one point, which means making one's mind on a particular thing without switching one topic to another;
- Dhyana means Meditation, where the meditator becomes too involved with its focus; and
- Samadhi means Putting together where one gets involved in the Meditation and forgets about his self-identity.

3.2 Definition of Yoga

Yoga is not just exercise and asanas. It is the emotional integration and spiritual evection with a touch of mystic element, which gives you a semblance something beyond all imagination." Sri (Ravishankar, 1982). "*Samatvam yoga uchyate.*" Swami (Mukundananda, 2014).

"Yoga is the way or method through which internal and external facilities of man meets in totality and changes occur and by which may achieve God or feel his existence and may become the part of him." Sri (Aurobindo, 1999).

Yoga is a kind of exercise that moves his body into a specific posture to become healthier in his life. It is a regular practice. In ancient days, people used to practice yoga to unite themselves with God. Nowadays, people practice yoga to get peace of mind, improve flexibility, and create harmony between body and mind. Yoga develops an upbeat personality in a person and restrains himself from negative thoughts, which positively

grows his social life. Yoga is a path to live a life in a better way.

3.3 Types of Yoga and Some Expected Benefits of Yoga

3.31 Types of Yoga

There are many Yoga types like Vinyasa Yoga, Iyengar Yoga, Yin Yoga, Hatha Yoga, Sivananda Yoga, etc. Still, mainly there are four types of yoga, which are shown in the diagram below (Figure-2) :

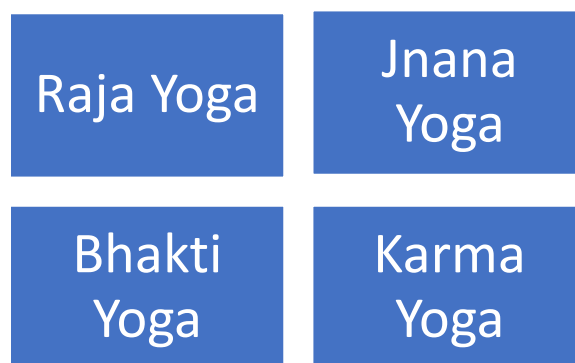


Figure -2: Types of Yoga

3.311 Raja Yoga

Raja Yoga states a path to become insightful and brought minded. It mainly balances the other three yoga that is Jnana, Bhakti, and Karma. Raja Yoga includes asana and Pranayama. It is also called a "Royal path."

3.312 Jnana Yoga

Jnana Yoga refers to the journey of intelligence and philosophy. It consists of Intellectual conversation and viewpoint. In ancient times there was one Jnana Yogi who was called Socrates.

3.313 Bhakti Yoga

Bhakti Yoga consists of prayer, religious music like bhajan kirtan, celebration, etc. It is a way of expressing love for God in a religious custom. One of the renowned spiritual personality is Krishna Das.

3.314 Karma Yoga

Karma Yoga refers to any action done selflessly for others, like serving people without expecting a return from them. One of Karma Yoga's best examples is Mother Teresa, who selflessly provided clothes, shelter, and food for the poor.

3.4 Some Expected Benefits of Yoga

A very famous phrase is available for health: "Health is Wealth," and only with yoga's help can a be as possible as yoga makes your life happy and healthy. There are many advantages of yoga. Following are some of the benefits:

- Improves flexibility;
- Prevents back pain;
- Prevents breathing problems;
- Reduce stress;
- Increase self-esteem;
- Prevents Joint and muscular pain;
- Strengthened Immunity system;
- Circulation of blood becomes normal;
- It helps to overcome depression; and
- It helps to reduce weight.

4.0 Important Asana/Pranayama and its Benefits

Asana means sitting in a comfortable position or posture for some time. Some important Asanas and their techniques and benefits are given below, which are indicative only. Many Yogic positions and Ashanas are available, but due to scarcity of space and time, only a few yogic positions and asanas have been highlighted in the following subsequent paras:

4.1 Padma Asana or Lotus Position

It is a very simple and common asana, which has been practicing since ancient times. Padma asana is also called meditation pose. This asana technique is sitting by crossing your legs, keeping straight your backbone; hands should be touching your keen, and breathing is normal (Figure-3).

"There are many benefits of this asana; some are like:

- It improves concentrations level,
- Prevents back pain,
- Avoids menstrual problems, etc." (Arts, 2010)

An individual who gets angry easily should practice this yoga every day.



Figure -3: Padma Asana

4.2 Vriksha Asana or Tree pose

It is a balancing and forward bending asana. This asana is also called Tree pose; it is one of the Hatha Yoga. This asana technique is standing straight, lifting your one leg, lifting your two hands, and standing for 3mins."Some of the benefits of this asana are

- It strengthens the spine.
- It strengthens the tendons and ligaments of the feet.
- It tones up the leg muscles.
- It strengthens the knee.
- It makes flexibles the hip joints.
- It also strengthens the inner ears, eyes, and shoulders.
- Beneficial in sciatica and useful in flat feet problem." (Sarvyoga, 2017):



Figure-4: Vriksha Asana or Tree pose

4.3 Bhujanga Asana or Cobra Pose

It is a straightforward back bending asana. The Cobra pose's technique is to lie down on the stomach, stretching your leg straight, put down your head, and touch your arms with your hands. Next, you have to lift your chest by putting pressure in your hands and breath in; after a few minutes, breathe out and come to ground level.

"The benefits of Cobra pose are:

- Helps in making digestion perfect;
- It prevents back pain;
- It is good for the lungs and heart;
- It avoids gynecological problems; and
- It reduces belly, etc." (Dhiman, 2019)

Some people should not do this exercise like Pregnant women, Asthma patients, etc.



Figure -5: Bhujanga Asana

4.4 Chakra Asana or Wheel Pose

It is a back bending and balancing posture. The name chakra came from the Sanskrit language, which means the asana's wheel looks like a half-circle or wheel. The technique of chakra asana is to lie down, fold knees and feet must touch your body, bring your palms under your arms after then, with the help of your feet and palm, lift your body and inhale, wait for a min, exhale and relax.

"The benefits of this asana are

- Helps to get a good body shape;
- Good for kidney and liver;
- Reduce fats; and
- Good for osteoporosis, heart, thyroid." (Sarvyoga, 2017)

Some people shouldn't go for this exercise like a hernia patient, blood pressure patient.



Figure -5: Chakra Asana or Wheel Pose

4.5 Paschimottana Asana

It is a front bending pose. The word Paschimottana came from Sanskrit literature. The meaning of this word is back stretching, and this posture extends from head to toes. This yoga technique is to sit down straight and keep your hand on your knees, then try to bend your head, touch your knees, and try to touch your toes with your hand, after a few seconds back to normal position.

"The benefits of this posture are:

- It reduces abdomen fats, reduce anxiety, stress, and anger;
- It helps to calm down; and
- Suitable for those women who gave birth to a child." (Raj, 2013)

Some people should avoid this yoga-like Pregnant women or asthma and slip disc patients.



Figure -5 : Paschimottana Asana

4.6 Baddha Konasana or Butterfly Pose

It is a front bending asana; it is also called a butterfly pose. This asana technique is heels

close, helps clasped on feet, and brings outer knees down. This asana is one of the best asanas.

“The benefits of this asana are :

- This asana greatly benefits pregnant women, helping them have a smooth and easy delivery;
- This asana enhances the functioning of the reproductive system in women;
- It helps improve blood circulation all over the body;
- It stimulates the kidneys and the prostate gland along with the bladder and abdominal organs as well;
- This asana is a great stress reliever. It also helps reduce fatigue; and
- It helps cure menstrual problems.” (Mehdi, 2018)

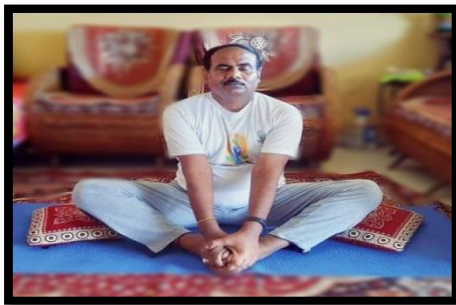


Figure -6: Baddha Konasana or Butterfly Pose

4.7 Kumbhaka Asana or Plank

It is one of the best asanas for the individual who practices yoga every day. This asana improves flexibility and helps to perform little advanced yoga. It is beneficial for belly fats. This yoga technique is to lie down on your stomach, bend your hand touch the floor, and try to lift your body with the help of your toes and hands, hold for 15secs, and then back to normal position.



Figure - 7 : Kumbhaka Asana or Plank Pose

4.8 Sarvanga Asana or Shoulder Stand Pose

It is one of the best and essential Yoga practices. The word Sarvanga came from Sanskrit literature, which means that it is the whole body. Another name of this Yoga is Mother of posture. The basic technique of this asana is first to lie down naturally and slowly bend your legs, secondly raise your back with your hand’s help, and try to lift your leg, finally try to balance your body with your hand’s help.

“The benefits of this beautiful pose are:

- Its reliefs you from stress, anxiety, frustration, and depression;
- It helps you to mitigate thyroid; and
- It also prevents headache, constipation, etc.” (Health, 2016)

Some people must avoid this asana, like people who suffer from neck pain, high blood pressure, old age, and shoulder pain.



Figure - 8 Sarvanga Asana or Shoulder Stand Pose

4.91 Dhanura Asana or Bow pose

It is a back-bending asana, and the name Dhanur Ashana came from the Sanskrit language, which means bow. The posture looks like a bow, so it is called Dhanura asana or bow pose. This asana is one of the Hatha yoga. This posture technique is to lie down flat on your stomach and fold your leg closer to your hip, keep your hand near your arms, and try to grab your ankle with your hands and lift tight.

“The benefits of this pose are

- It helps to burn fat efficiently and get a good shape;
- It gives strengthening the body parts like shoulder, neck, stomach, and knee; and
- It also helps to get rid of menstruation problems.” (Ashish, **Bow pose Dhanurasana: how to do, benefits and precautions**, 2020)



Figure -9 : Dhanura Asana or Bow

5.0 Pranayama

Pranayama breathing is both a meditative practice and a core feature of yoga (on a comparable level with asanas, in terms of importance). Yoga and Pranayama became more popular in India due to Swami Ramdeo Ji Maharaj's immense contribution, who has spread Yoga and Pranayama's message in each household of India and abroad. During the Pandemic period, India TV, in collaboration with Swami Ramdeo Ji Maharaj, has been live telecasting the yoga practices named “ **Corona**

Se Jung Swami Ramdeo Ji Ke Sang” two times a day. In the morning from 7.57 to 8.40 AM and evening 5.30 to 6.40 PM.

Both the authors follow Swami Ramdev Ji on India TV and practice Yoga and Pranayama daily, which boosts our immunity and good health, which helps us fight the pandemic COVID-19.

5.1 Meaning of Pranayama Breathing and Its Brief History

'Pranayama' is a Sanskrit word that loosely translates to 'control of breath.' 'Prana' means breath or life force, and 'Ayama' means to control. So, you can think of it as a set of practices to control the 'prana' within your body through breathing techniques. Pranayama breathing techniques are thought to have come into existence around the same time as Yoga and Meditation – in **India**, around 5000 BC. They are recorded within ancient texts from around this time, such as the **Yoga Sutras**, and these texts mention Pranayama as a foundational aspect of yoga practice.

Regardless of the type of pranayama breathing technique you practice, there are always three main stages (Baron 2020):

- *Purak* (inhalation through nostrils)
- *Kumbhak* (retention)
- *Rechak* (exhalation)

5.2 Types of Pranayama

Pranayama is an Indian breathing technique that is mainly of eight types (Baron, 2020) (www.pocketcoach.co

Url: <https://www.pocketcoach.co/blog/8-types-of-pranayama-breathing-and-their-benefits/>)

which are given in following paras:

5.21 Bhastrika Pranayama

Bhastrika Pranayama 'Bellows Breath'
Bellows breath' may be a good idea to try before the 'breath of fire' (as seen below), as it is similar but not as tricky. The main difference is both the inhale and exhale are forceful in this breathing technique. Here is how you can do the 'bellows breath':

- *Sit in Padmasana (lotus) position with eyes closed and spine straight;*

- *Inhale deeply through your nostrils;*
- *Then exhale forcefully through your nostrils, using the diaphragm to 'pump';*
- *Inhale and exhale forcibly about ten times (or whatever feels comfortable);*
- *Then take a deep inhale;*
- *Hold the breath in for as long as you can;*
- *Slowly release the breath with a deep exhalation; and*
- *After completing this cycle, you can rest with normal breathing, then continue for another three to five cycles.*
- *Research has shown that this pranayama breathing technique can help with worry and tolerance of anxiety, as well as with PTSD.*

5.22 Kapalbhatai Pranayama

Kapalabhati Pranayama 'Skull Shining Breath' & 'Breath Of Fire.' Instead of the Shitali Pranayama cooling you down, you can use Kapalabhati Pranayama to warm yourself up. This pranayama breathing technique involves an involuntary deep inhalation and forceful exhalation. It's a common practice within kundalini yoga. Since this technique is common within yoga, the trained Instructor can help us do this yogic practice. Some salient features are given below:

Rest your hands on your knees, bringing awareness to your belly;

- Inhale through both nostrils deeply;
- Exhale forcefully (to start, you can use your hands to press on your belly gently);
- Inhalation should then happen naturally;
- Focus on exhalation; inhalation should be passive;
- To begin, aim for 65-70 cycles per minute, and if you are comfortable doing so, you can work your way up to 95-105 cycles per minute; and
- A cycle is exhalation and inhalation together; to start with, try this technique for just a couple of minutes

In terms of physical benefits, it helps to strengthen the diaphragm and abdominal muscles. In terms of mental benefits, it helps to increase focus and reduce anxiety.

Note: This specific Pranayama is better for experienced people, so it's best to proceed with caution. If you are trying it for the first time, try it with a supervisor. If you feel lightheaded, you should stop. You should also avoid this Pranayama if you are pregnant, during your menstrual period, or have high blood pressure. In BP, we may do it slowly.

5.23 Agnisar Pranayama

After going to Kapalbhatai, we do Agnisar by inhaling air inside and keeping it on hold, and moving stomach muscles inside and after exhaling. Again we repeat these steps for few times as per your capability. It strengthens your stomach muscles and making your belly fat burn. Also, it helps in keeping your internal organs and digestion process perfect.

5.24 Anuloma - Viloma Pranayama

This pranayama breathing technique also involves an alternation. It is divided into two variations: paused inhalation and paused exhalation. Here is how you do it through paused inhalation:

- *Lie down in a comfortable position and relax;*
- *Inhale for two to three seconds and then pause;*
- *Restart inhalation after a pause of two seconds;*
- *Repeat the process until your lungs are full;*
- *Exhale slowly; and*
- *In this way, the cycle is completed;*
- *Repeat for three to five minutes;*

And here is how you do it through paused exhalation:

- *Lie down in a comfortable position and relax;*
- *First, inhale slowly;*
- *Then exhale for two to three seconds and pause;*

- Restart exhalation after a pause of two seconds;
- Repeat the process until your lungs are full;
- Inhale slowly; and
- That's the cycle complete; repeat for three to five minutes.

It is Pranayama, which is done in a particular breathing process by an alternative nose. The technique of this Pranayama is firstly to sit in a comfortable pose. With the help of your right hand, you use your index finger to press your nose and inhale with your left nose. Now exhale from the right nose and close your left nose with your middle and ring finger. Continue the process 5 to 10 times and relax.

“The benefits of this Pranayama are

- It controls sugar level;
- It is an excellent technique of Pranayama for stress relief;
- It helps to avoid the nasal block and chronic nasal problem;
- Controls blood pressure; and
- Helps to reduce weight, etc.”
(Ashish, 2020)



Figure - 10 : Anulom Vilom Pranayama

Research has shown that practicing Anuloma - Viloma pranayamas can help you relax and be less anxious for tests to reduce stress.

5.25 Bhramari Pranayama 'Humming Bee Breath.'

The name gives us a good idea of how the breath should be practiced – it should sound like a humming bee! Here is how you do it:

- Find a comfortable position;
- Close your ears and eyes with your fingers and thumbs;
- Inhale deeply;
- Then exhale slowly, making a buzzing sound like a bee;
- You can also make the sound 'om' if this is easier to imagine;
- Once you've finished the breath, you've completed a cycle; and
- Continue for 5-10 minutes.

It is believed that the humming sound and vibrations naturally calm the mind and body. Research has shown that practicing the Bhramari Pranayama can increase concentration, improve memory and relieve stress.

Udageeth

Sit on the Padmasana and Close your eyes; your spine should be straight. Breathe deeply through your nose till the diaphragm is full with air, and exhale. While exhaling, chant the word, Om. Repeat it seven-time and then meditate for a longer time to make you stress-free and relaxed.

5.27 Ujjayi Pranayama 'Ocean Breath.'

It is another commonly used breathing technique within the current society's yoga classes. It's meant to recreate the sound of ocean waves, hence the name 'ocean breath.' It's a rhythmic sound that can help to focus your mind and movement using your breath. Here is how to do it:

- Begin in a comfortable position;
- Breathe through your mouth;
- Constrict the back of your throat (imagine you are trying to fog up a mirror);
- Then close your mouth;
- Continue to breathe through the nose, keeping the throat constricted; and
- It is one cycle; it continues for five to ten cycles.

- *Research has shown that Ujjayi Pranayamas can reduce anxiety and may be a potential alternative treatment for stress and PTSD.*

5.28 Shitali Pranayama 'Cooling Breath.'

This is a very refreshing breathing technique, hence the name 'cooling breath.' I like to do this one during the summer. You just need to:

- *Sit in a comfortable, cross-legged position;*
- *Take a few deep inhales and exhales to prepare;*
- *Roll your tongue in an O shape, sticking it out through your pursed lips;*
- *Slowly inhale through the mouth;*
- *Hold your breath and practice Jalandhar bandh (chin lock);*
- *Exhale through your nostrils after some time; and*
- *Repeat until you have reached between 8 and 15 cycles*
- *Research has shown that when practiced during yoga, this cooling breath technique can help to reduce anxiety.*

5.291 Dirga Pranayama 'Three-Part Breath.'

This pranayama technique got its name because you are actively breathing into three different abdomen parts when you practice it. It's probably the best Pranayama for beginners, as it gets you used to filling up your lungs and meditatively breathing. You can do it like this:

- *Lay down on your back, in a comfortable position ;*
- *Breathe into the belly, watching it expand with the breath;*
- *Just when you think it's full, draw even more breath to fill the rib cage;*
- *Then let a tiny bit more in and fill the chest;*
- *Begin to exhale slowly, starting with your upper chest;*
- *Then release from the rib cage;*

- *And lastly, let the air go from the belly; and*
- *After completing one cycle, continue for another 10-20 breaths*

5.292 Nadi Sodhana 'Alternate Nostril Breathing.'

If you had already heard of Pranayama's or practiced it yourself, then this is probably the one you've been exposed to. Widely known as 'alternate nostril breathing,' this Pranayama helps bring balance to the human experience's three doshas: the mind, body, and soul.

To practice alternate nostril breathing, you need to:

- *Sit in a comfortable, cross-legged position;*
- *Place your left hand on your left knee;*
- *Exhale completely;*
- *Use your right hand to close your right nostril;*
- *Inhale deeply with the left;*
- *Close the left nostril with your spare fingers;*
- *Open the right nostril, exhale completely;*
- *Inhale through the right nostril, then close;*
- *Open the left, exhale completely; and*
- *It is one cycle; repeat ten times*

It is believed that this breathing technique helps to purify the energy channels of the body. Research has shown that alternate nostril breathing may reduce anxiety, increased attention, and the ability to quit smoking.

6.0 Importance of Yoga among Library Professionals and Role of LIS Professionals in Promoting Yoga

6.1 Importance of Yoga among Library Professionals

Yoga and Meditation are an excellent way of physical and mental fitness. Library professionals' job is very stressful as they need to answer all the users' quires every day. The library is a non-profit organization. And the LIS professionals need to hold a smile on their face while providing services to the patrons. So, it becomes significant for LIS professionals to get stress-free to effectively

help the users as a stressful employee can never render services to the users effectively. Yoga also allows us to positively grow our personality and restrict us from negative thoughts, making it very important for LIS professionals to do Yoga practices to keep themselves away from stress-free environments.

In their day-to-day work life, LIS Professionals come across several frustrated users who approach the Librarians to get the right suggestions related to their carrier, research, etc. LIS professionals should be capable enough to do career 112 counseling. They also need to understand their grievances. They try to solve their problems and guide them with a very positive perspective about queries. The LIS professionals also organize many programs like quiz or debate competition, cultural programmes like drama, recitation, etc. They always need to be very calm, and yoga helps to stay calm. It creates a balance between body and mind. Yoga is also essential for LIS professionals about their health, as a healthy employee can give his best services to the patrons. Yoga keeps people healthy, disease-free, increases flexibility, makes a person lively and active. Thus, LIS professionals need to make a provision at their workplace for practicing self-yoga.

6.2 Role of LIS Professionals in Promoting Yoga

In every academic Institution, there is a Library, which means the library is essential in educational Institutions. It is the heart of any institution. The library is an organization that provides services to its patrons selflessly, so for the well-being of the students of the Institution library can promote yoga among the members of the Institution. The library can promote yoga in many ways like as follows-

- The LIS professionals of the academic library organize orientation programs for the new students. In that program, they can also promote yoga to the new students and

know the benefits of practicing yoga every day.

- The LIS professionals organize literature workshops to arrange seven days Yoga workshop in a year or a Yoga awareness program in the library.
- The LIS professionals organize a competition on the debate, quiz, painting, etc., so they can also keep Yoga competition among students of the institutions.
- The LIS professionals can also organize “Talking about Yoga” sessions for the teachers and students.
- The LIS professionals can also keep a good collection of Yoga journals, magazines, and books in the library.
- The LIS professional can provide a free library space for self-yoga to the interested students at a minimum fee.
- Promoting yoga in the library will be the most creative, best, and the LIS professionals give their users beneficial service.

7.0 Role of Yoga in Fighting COVID-19 Pandemic Situation

Coronavirus, which is also called COVID19, the virus is spreading worldwide, and it is spreading very fast. COVID19 affects directly to the lungs or respiratory system and the immune system of a person. There are various symptoms like fever above 100-degree, unstoppable cough, body pain, etc. The present situation also affects the mental health of the population. The bad news of COVID-19 and the death rate of Coronavirus people made everyone stressed, frustrated. Many people lost jobs, people are working from home, and students are giving online exams due to lockdown and staying at homemade people depressed and inactive in their lives. So, yoga plays the most crucial role in this situation. Practicing yoga every day helps to breathe appropriately and prevents respiratory problems. Yoga also helps to enhance the immune system, which is indirectly connected to stress. The more an individual will be

stressed, and the immune system will decrease. Pranayama is the best breathing exercise that can save people from Coronavirus. Practicing yoga every day will help people increase the immunity system, help one get rid of respiratory problems, and help one stay away from cough, fever, nasal pain, etc. For old-age people and children, COVID19 is very risky, so they should try to practice yoga every day and avoid going outside. Now a day's places like gym centers, swimming classes, dance classes, and other exercise classes are closed so, the only option left is practicing yoga at home, which can help one protect from Coronavirus. In this situation, the best medicine is practicing yoga every day to stay safe and healthy.

8.0 Some Famous Personalities of India Promoting Yoga

8.1 Sri Narendra Modi, the Hon'ble Prime Minister of India

Narendra Modi is a politician who is the most dynamic Prime Minister of India who promotes Yoga as Yoga's origin is from India. "In the year 2014 when he first became the Prime Minister of India, he gave a proposal to United Nations General Assembly for celebrating June 21 as International Yoga Day; eventually on December 10, 2014, the proposal was accepted as he got support from 130 countries" (Gowen, 2015). Narendra Modi is a Yoga lover; practices Yoga everyday morning. He also made yoga compulsory in Govt. schools.

8.2 Swami Baba Ramdev Ji Maharaj

Swami Baba Ramdev Ji Maharaj is a Yogi. He is a very popular International Yoga Guru, and his Yoga University is located at Patanjali Ashram near Kankhal, Haridwar. Since 2003, Swamiji was regularly on the Astha News Channel, AsathaTV, to teach yoga and promote yoga. He has Yoga Institutions, and also, he is well known all over the world for yoga. He also launched varieties of products from food items to herbal medicine, giving the

brand name "Patanjali." There are uncountable Yoga videos of Baba Ramdev on YouTube Channels. He has limitless followers as yoga is very beneficial for everyone, so most people like to learn yoga from him. He also got countless awards for yoga. During the Corona Pandemic period, on request of India TV, he has been regularly conducting Yoga Classes for the entire world from March 2020 onwards, and it continues. My Supervisor and I following his yoga classes regularly.

8.3 Shilpa Shetty Kundra

Shilpa Shetty Kundra is a famous Bollywood Actress who learned yoga from a professional Yoga constructor, and after getting benefits from yoga, she started promoting yoga. She made some Yoga DVDs and launched her app from which people can learn yoga.

Promoting yoga is very important in this world to make it a better place to live. There are limitless benefits of practicing yoga every day. In ancient times, people use to solve their health problems with Yoga and Ayurveda's help, but now a day's people ignore our origin and go for those medicines that no doubt cures and have side effects. There is no medicine available for COVID19, so the only option is to increase the immune system to stay safe from Coronavirus, which can only be possible with yoga's help.

9. Conclusion

Yoga and Pranayama plays an essential role in making our life healthy and happy. We all should follow and do yoga practices and do breathing exercises in Pranayama regularly to keep ourselves healthy and energetic. As we are in Library Profession, we may promote yoga and Pranayama for our library users by introducing space for yoga and making library users aware of its benefits and organizing short-term training programs for the new entrants. We may create a fitness centre along with the Gym Centre of Universities and Colleges.

There is an excellent potential in yoga to keep ourselves dynamic and fresh all day to work with positive attitude motivation. Therefore, we LIS professionals must think over this

issue and promote yoga among the library users and LIS professionals for their overall personality development.

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