

PREFACE

It can be traced back to the period of 2007-09, during my enrollment as an M.A. student in the department of Sanskrit (*Darśana* group), Gauhati University, when I got attracted to Yoga philosophy and desired to do research work in this area. After attaining M.A. degree, a keen interest to pursue Ph.D. aroused in my mind taking *Yoga* as the focal area. Subsequently, when I discussed this topic with my teachers and particularly with my research guide Prof. Rajendra Nath Sarma, I was advised to do the same. The blend of both these things i.e. my desire and my guide's inspiration in this regard, is the core to this research work "YOGA : ITS ORIGIN, DEVELOPMENT AND RELEVANCE IN MODERN TIMES."

Yoga philosophy is one of the six classical schools of Indian philosophy. The great sage Patañjali is called the founder of this philosophy. It is a rich system of practices that aims to help the individual achieve union with the ultimate source of being. *Yoga* is a millennia-old body of wisdom that is now exploding in popularity. From ancient to the present times, more and more people are experiencing first hand *Yoga*'s power to relax, rejuvenate and restore balance, harmony and inner peace. Now-a-days, major newspapers and national circulation magazines are devoting more and more pages to the booming interest in *Yoga*.

Almost five years have been devoted to this research work. All possible and noble efforts, to my knowledge, were made during this period to make this work an exquisite one though possibility of mistake cannot be ruled out in regards to the work. However, we have faith in the renowned saying-

śūrpavad doṣamutsṛjya guṇam gr̥hṇanti sādhaṇāḥ/

Date:

(Gitanjali Devi)