



Prof. Monowar Alam Khalid is Dean, Students' Welfare and Former Head, Department of Environmental Science, Integral University, Lucknow. He holds a Doctorate and M.Phil. in Zoology from Aligarh Muslim University and a Post Graduate Diploma in Remote Sensing from the Indian Institute of Remote Sensing, Dehradun. He has more than 35 years of distinguished experience in research and academics, with expertise in climate change, wildlife, biodiversity, forestry, remote sensing and GIS. Prof. Khalid has worked with several reputed national and international organizations, including the Wildlife Institute of India, Fisheries Survey of India, West Bengal Forest Department, Indian Council of Medical Research, TERI, TERI University and IUCN. He has also contributed to projects supported by the World Bank, Japan Bank for International Cooperation, European Union, Asian Development Bank and other international agencies. He has supervised 12 Ph.D. scholars and contributed extensively through research papers, technical reports and scholarly articles. He has delivered lectures at national and international platforms and served on various academic and professional committees. His contributions have been recognized through several prestigious awards and honours in the fields of environmental science, education, biodiversity and climate-change research.



Dr. Divya R. Panjwani is an Assistant Professor in the Department of Education, Integral University, Lucknow. She has a multidisciplinary academic background comprising B.Ed., M.Ed., M.Com., M.B.A., M.A. in Sociology, M.A. in Economics and Ph.D. in Educational Psychology. She possesses fourteen years of teaching experience in higher secondary school and higher education and has also served for six years as a Team Leader and Manager. Her areas of academic and research interest include Educational Psychology, Positive Psychology, Research Methodology, Statistical Analysis, Information and Communication Technology, Teaching Methodologies and Career Counselling. She has contributed research papers to national and international journals and has authored and edited books and book chapters. She has participated in numerous National and International Conferences, Faculty Development Programmes and workshops and has served as a convenor/co-convenor of several academic programmes. She has also worked as a Subject Matter Expert for Tata Consultancy Services (TCS) and served as a Flying Squad member for ISC Board Examinations. Her research contributions include the development and publication of the Academic Buoyancy Scale and scholarly work connecting education, psychology, well-being and contemporary educational practices.



Prof. Kuldeep Singh is a Professor in the Faculty of Pharmacy, Integral University, Lucknow, with more than 19 years of experience in teaching, research and higher education. His academic and research expertise is primarily associated with pharmaceutical sciences, with significant contributions to research, scholarly publication, postgraduate supervision and academic administration. Prof. Singh has published more than 100 research papers in reputed national and international journals and has contributed 04 edited books, 27 book chapters and 11 patents. He has participated in more than 30 National and International Conferences and has received recognition for his academic and research contributions. He has supervised Ph.D. scholars and more than 25 postgraduate research students and has been associated with research projects supported by organizations including the Council of Science & Technology, Uttar Pradesh, and Integral University, Lucknow. In addition to teaching and research, he has served on various administrative committees of Integral University and has contributed to the scholarly community as a reviewer and editorial board member of reputed journals. His extensive experience in pharmaceutical research, interdisciplinary scholarship, research supervision and academic administration strengthens the multidisciplinary editorial perspective of the volume Yoga for Health, Sustainability and Public Well-Being.

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TABLE OF CONTENT

Chapter No.	Title of the Chapter	Page No.
SECTION I		
YOGA, SUSTAINABILITY, AND ECOLOGICAL HARMONY		
1.	Yoga and Sustainable Development Goals (SDGs) <i>Tarana Afrin Chandel</i>	1
2.	Yoga And The Sustainable Development Goals (Sdgs): A Holistic Path To Global Well-Being <i>Dr. Priyanshi Gupta,</i>	19
3.	One Earth, One Health: The Yogic Vision of Harmony and Sustainability <i>Ms. Nazish Khan</i>	31
4.	Yoga For One Earth, One Health: The Philosophy Of Yoga <i>Dr Ruchi Rani</i>	47
5.	Yoga and the Philosophy of One Earth, One Health: A Pathway to Sustainable Well-Being <i>Sarah Zaidi</i>	59
6.	EcoYoga: Awakening the Earth Within <i>Aditya Kala</i>	68
7.	Yoga and the Environment: A Holistic Approach <i>Shweta Yadav</i>	88

8. The Holistic Role of Yoga in Mental, Physical, and Ecological Health 99

Dr. Kiran Rani Panwar

SECTION II

YOGA, PUBLIC HEALTH, AND COLLECTIVE WELL-BEING

9. Yoga and the Economics of Preventive Healthcare: Reducing Costs, Enhancing Productivity 113

Prof. (Dr.) Ajay Kamlakar Dixit

Mr. Atul Krishna Ghadge

10. Economic Benefits of Integrating Yoga into Public Health Policies: A Path to Sustainable Wellness” 131

Mr. Atul Krishna Ghadge

11. Yoga as Emotional First Aid for Those Who Help Others Heal 149

Neha Roshni Yooshing,

12. Bending Boundaries: Integrating Yoga for a New Era of Educational Transformation 163

S Sachinkumar

Dr. Chandrashekhargoud Mandala

13. Yoga in Government Schools: A Holistic Approach to Health, Well-Being and Educational Development 175

MD Wasim

SECTION I

**YOGA, SUSTAINABILITY AND
ECOLOGICAL HARMONEY**

CHAPTER - 7

YOGA AND THE ENVIRONMENT: A HOLISTIC APPROACH

Shweta Yadav

*Assistant Professor, Department of Environmental Science,
Integral University, Lucknow*

Abstract

Yoga, an ancient Indian practice, promotes oneness not only of body, mind, and spirit but also with nature and the surrounding ecology. The principles of balance, interaction, and harmony are essential for the relationship between yoga and the environment. In today's fast-paced world, lifestyle disorders have become a significant concern, requiring individuals to make conscious changes to their daily habits. (Rashmi Gopal Untwal *, 2025)

Yoga and spirituality are essential components in managing these disorders. Since environmental issues across the globe increase, yoga's broad philosophy provides timeless insight concerning how to live mindfully and sustainably. Yoga assists relationships develop more mindful of their own health, other individuals, and their surroundings. People can embrace simpler, more sustainable existences, preserve natural resources, and make eco-friendly decisions as a consequence of this raised awareness. This chapter addresses how yoga could foster ecological awareness and responsibility while exploring the relation between yogic ideology and preservation of the environment. The relationship between yoga and environmental sustainability shows the growing importance of integrating traditional wisdom into ecological thinking. Yogic philosophy emphasizes the oneness and connectivity of all living things by means of ideas like Ahimsa, Aparigraha, and Santosha.

Keywords: Yoga, Harmony, Sustainable, Environment, Ecology.