

YOGA AND EFFECTS IN DAILY LIFE: ASSESMENT OF YOGIC RELEVANCE

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ABSTRACT

It is not surprising that today there is a greater awareness about yoga. The aim of yoga is to attain the physical, mental, social, Spiritual & self realization. Today's modern age is the age of science & technology. Technology would less the physical work on one hand & give mental stress as well as physical stress on other hand. Most of especially children adopt a sedentary life style. They can sit in front of T.V., Play video games for many hours & eat Junk food like Pizza , Burgar etc. The Application of Yoga as a therapeutic intervention, which began early in the 20th century, takes advantages of the various psychological, physiological and physiological benefits of the component practices. The physical exercises (asanas) may increase physical flexibility, coordination, strength, while breathing (Pranayam) practices & meditation may calm & focus the mind to develop grates awareness & diminish anxiety. This result in higher quality of life with reduction of stress, BP, anxiety, nervousness and improvement in resilience , mood & metabolic regulation.

Key words: Awris, Physical Fitness and Traditional Dance

INTRODUCTION:

Yoga:- Yoga is a mind and body practice with historical origins in ancient Indian Philosophy. The word of Yoga has been derived from the Sanskrit word “Yuj” which means “Join” and “Unite”.

Yoga is not merely a form of exercise for the body , it is an ancient wisdom for a , Happiness and more peaceful way of living. Which ultimately leads to union with the self. The main emphasis of the present Yoga culture for every human to develop their physical fitness, Mental development and emotional stability.

What is Yoga

The word Yoga is derived from Sanskrit root which means:-

- Yoga also means the unification of Physical , Mental , Intellectual and Spiritual aspect of human being.
- Yoga is a Science of development of a persons consciousness

EIGHT FOLD OF YOGA:

YAMA:- Restments, Moral, Discipline or Moral Values

NIYAMA:- Policies, Duties or Observances

ASANA:- Posture

PRANAYAMA:- Breathing Technologies

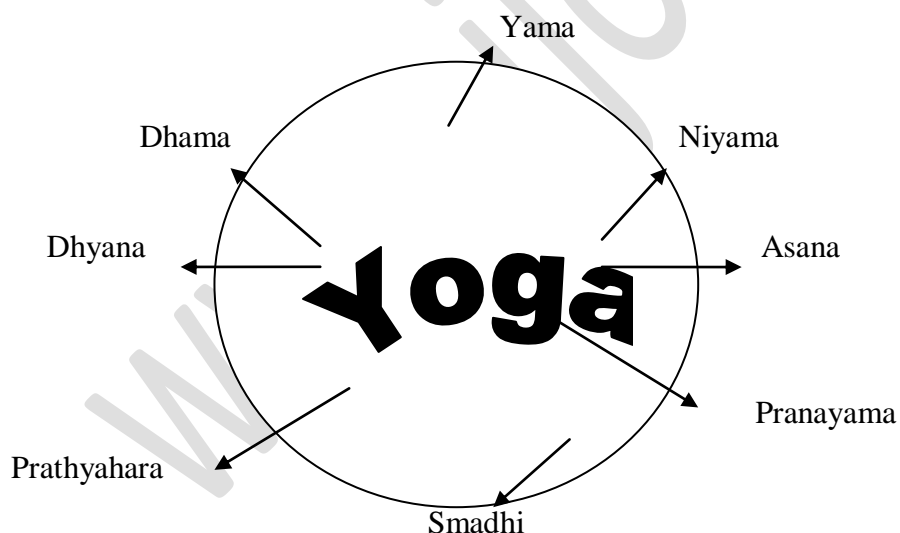
DHAMA :- Focused, Concentration

DHYANA:- Meditation, Absorption

SMADHI:- Bliss or Enlighten

PRATHYAHARA:- Withdrawal of Sense

Yoga is defined as having eight field/Branches namely:-



RELEVANCE OF YOGA:

Today's life is very fast to experienced a lot stress & anxiety that makes you uncomfortable, lathering, lazy and unhappy.

It is not surprising that today there is a greater awareness about yoga. The aim of yoga is to attain the physical, mental, social, Spiritual & self realization.

Today's modern age is the age of science & technology. Technology would less the physical work on one hand & give mental stress as well as physical stress on other hand. Most of especially children adopt a sedentary life style. They can sit in front of T.V., Play video games for many hours & eat Junk food like Pizza , Burgar etc.

Their Physical work is very little results in Obesity, Stress, Mental tension suffering from Diseases , eating disorders, ADHD (Attention Deficiency Hoper activity disorder) to some living aggressions but in spite of all that yoga can solve or help all the problems seen in the present stage.

People who embrace Yoga are calm, More alert, better listeners are more creative, more physically focused, stronger & healthy body.

Mental Health

1. Reduce tensions
2. Reduce Stress
3. Makes Calm
4. Makes Fit
5. Makes Energetic
6. Makes Focused
7. Motivators
8. Makes Confident
9. Patience, Relax

Physical Health

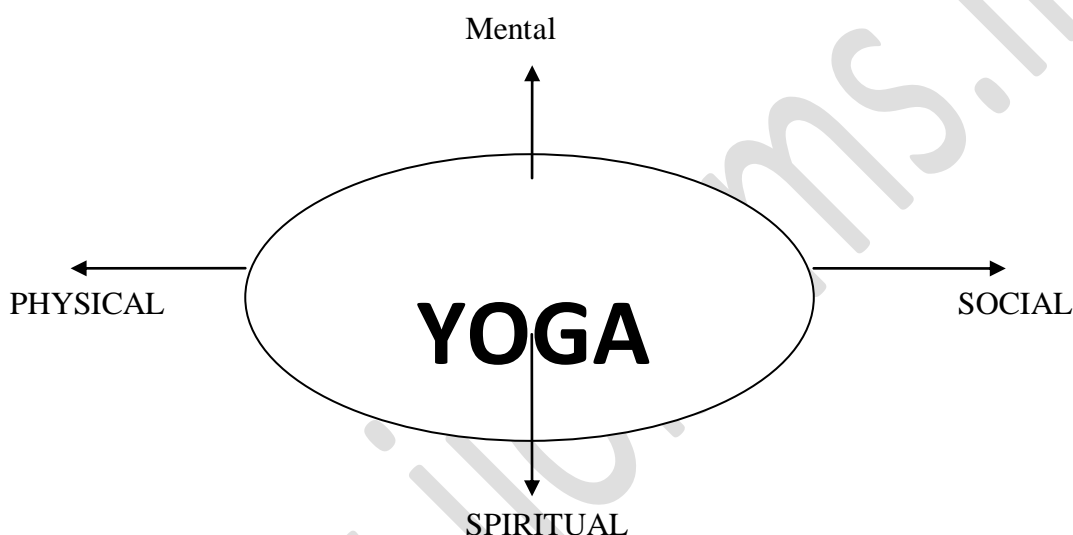
1. Stronger
2. Healthy
3. Hormone Balanced
4. Blood Pressure
5. Reduce BP
6. Weight reduction
7. Increase Immune System
8. Better digestive System
9. Improve Oxygen supply.

Spiritual health

Social health

1. Reinforce
2. Calm
3. Cool
4. Creative
5. Motivated
6. Happier
7. Joy Full.

1. Attractive
2. Confident
3. Better relationships



YOGA EFFECTS:

The Application of Yoga as a therapeutic intervention, which began early in the 20th century, takes advantages of the various psychological, physiological and physiological benefits of the component practices. The physical exercises (asanas) may increase physical flexibility, coordination, strength, while breathing (Pranayam) practices & meditation may calm & focus the mind to develop greater awareness & diminish anxiety. This results in a higher quality of life with reduction of stress, BP, anxiety, nervousness and improvement in resilience, mood & metabolic regulation.

It is effective in controlling both stress & functional disorder. Practice of Yoga develop a whole immune system. Yogic Mudras, Aranas and Prayana are the best mean of serving the body & mind.

ASANAS :- Relax mental tension by dealing with them on the physical level.

MUDRAS:- Mudra mean “ Seal”, “Gesture” or Mark with the hands to fingers . They facility the flow of energy in the subtitle body and expanse over’s journey within.

PRANAYAMA:- In the conscious awareness of breath techniques. Pranayama is the life force that both energies & relative the body.

EFFECT OF YOGA IN CONCENTRATION AS WELL AS OTHER PSYCHOLOGICAL PARAMETERS:

Yoga is a therapy to decreasing the mental presence in the classrooms. In our experiments 30 students of class B.Sc II of govt. P.G. College of Women Gandhi Nagar Jammu did yoga & Surya Namaskar regularly for 30 days. We have two groups out of 30. 15 are controlled group to remaining 15 are uncontrolled group.





After one months, the results of study shows that the student which do yoga got good marks in class room presentation and better patience than other group. They have shown significant differences. The uncontrolled group did not got good remakes & observed that they were bored in class rooms lecture & less patient in class and also observed that the controlled group who do Yoga can sit in class for long duration.

CONCLUSION:

Today Yoga is gaining popularity in day by day in the world. Yoga makes the person free from stress, tension and makes happiness. Let us adopt the culture of Yoga and makes the world a happiest and Prosperous place.

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