



Importance of Yoga in Human Life in Present Days

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Abstract:

Yoga is one of the ancient Indian technique which helps the development Physical and mental health of a person. Yoga is a useful silence for life. Yoga comes up as a bridge to narrow the gap between the mind and body. The modern lifestyle has lost the harmony in mind- body relationship due to the caused of several stress-based diseases such as hypertension, coronary heart diseases, diabetes and cancer. Present days yoga is gaining popularity due to its importance and benefits of human live. Regular practice of yoga enhance your mental clarity and calmness, increases your bodily awareness and relieves various choronic diseases and stress which can be leading to a normal lifestyle. In the present study, the author to discuss and awar about importance of yoga in human live in Present days.

Keywords: Yoga, Stress, Diseases, Pranayama, Narendra Modi

I. Introduction:

Yoga is a science which deals with the health of body and harmony of mind. In human life the main purpose of yoga is to provide sound body with tension free and sound mind. Present days yoga is the best medicine forevery religion, it is a way of life. Today yoga plays a very important role in human life because which build strength, flexibility and confidence. Regular practice of yoga can help lose wight, relieve stress, improve immunity and maintain healthier or lifestyle. Most of the people do yoga Purely for Physical reasons like fighting obesity, diabetes blood pressure, arthritis, asthma, kidney and digestive problems, there are some who look to gain mental peace through it. Yoga is originated from ancient India around five thousand year ago. Yoga a Sanskrit word which means. to join individual's soul with soul of Divine. The word yoga has been derived from the Saraskrit word "Yug". The founder at yoga According to Patanjali which meaning stabilize the mind for the union of atama and Paramatama. According to the Gita (epie book)

describes Yoga as "evenness of temper. According to Swami Digambarji, "Yoga is a union of Atama and Paramatama" Shankracharya Says, "Yoga is withdrawal of sense organs from the worldly objects and their control through yoga.

Present daysyogie practices help in maintaining good health by improving the resistance to diseases. without any cost. Regular practicesyoasana, Pranayam and meditation for 30 minutes in the morning and on night for integration of body-mind-soul. Yoga plays a important role for harmonises and integrates the humans personality at all levels and stages of life. Practice of yoga regularly ensure that blood remains free from toxins and alkaline matter. Yoga also helps in purified blood being carried from organs like the lungs, liver, kidneys, digestive and other systems. Since 21 June 2015 the International Yoga Day has been observed around the world. The Prime Minister Narendra Modi who proposed to celebrate Yoga Day at UN General Assembly in 2014. The Indian Prime Minister Narendra Modialso established the Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homoeopathy (AYUSH). Inthe situation of COVID-19 Pandemic Yoga has Played became a massive and important role to source of wellbeing of human life. The Narendra Modiled government kept promoting yoga and its benefits even during the Pandemic.

Today yoga is becoming more and more popular in universe, which involves a variety of techniques. Yoga can practice regular basis and purify both of your physical body your mind. Many People misunderstand the term "yoga" thinking it means only Physical exercises Known as "asanas". But the goal of yoga is inner peace. Good health, a flexible body and decreased stress level are all side effects of practice of yogavery desirable and positiveof products. The Indian Prime Minister Narendra Modi said " Yoga brings Peace for us. The Peace from yoga is not merely for individuals. Yoga brings peace to our Society. Yoga brings peace to our nations and the world. And, yoga brings peace to our universe." Mr. Modi said "And yoga makes us conscious of everything



within us and builds a sense of awareness.” India’s first Prime Minister Pandit Jawaharlal Nehru was regularly practiced Yoga and he had demonstrated sirsasana and Pranayama in front of Public and recognize yoga’s potential in improving Physical and mental wellbeing. Pandit Nehru was the first political leader of independent India who ensured that yoga exercise were included in the ‘National Plans of Physical Education and Recreation.

The modern yoga is more concerned about Physical fitness and relieving stress and strain of hectic way of life. The yoga asana, Panayam and meditation can develop the Physical fitness, relieving stress and strain with diseases. Swami Vivekananda believed that yoga and meditation were the two most important activities for gaining spiritual enlightenment and self-realization. Today the weight problems during pregnancy is the most vital issue of our universe. According to Mallica Bhanot Gupta, who runs yoga classes for women at Fortis Memorial Research Institute in Gurgaon, most working women today lead a sedentary lifestyle and don't have the required flexibility to deal with weight problems during pregnancy? She says "Doing yoga during pregnancy helps them manage their weight"

Aims of Yoga :

Yoga is the way of life, the main aim of Yoga is to prepare one for fruitful life and everlasting happiness. It develops our physical health, mental health, social health, spiritual health and self-realizations. The path of yoga is a healthy mind in a healthy body. It helps us to overcome difficulties in life through self-confidence and self-determination.

Objectives of yoga :

The main objectives of yoga are to bring balance and harmony of life. It promotes well-being and relaxation, one of the fundamental objectives of yoga is to attain inner peace with a holistic approach.

Human Life in Present Days :

The present day's human being is fully dependent on mechanism. Present days we find that many people are just after money & luxurious lifestyles. They do not have any time to think about their health and fitness. Present day's fast food is the major food in modern food habits. We eat is also totally different from what we were eating in the Past. We want modernization everywhere right from the kitchen to the office. In the present days most of the people are working for the various companies in shift basis, so they don't have enough

time to sleep and physical activity. Due to lack of Physical fitness, faulty good habits and sleeping habits, individuals are affected in Psychosomatic disorders. The uncountable problems are created by present day's lifestyle when we reach in 40. Present days maximum youths are leading unhealthy lifestyle like poor diet, physical inactivity, smoking and drinking, which put at risk for developing heart disease, diabetes, obesity and cancer. In fact, these are the main problem which are the root cause of various severe diseases, and death of human life. Presently, near about two-thirds of all heart disease deaths worldwide can be attributed to unhealthy lifestyle.

Importance of Yoga:

Yoga in itself is a science of health management rather than methods of treatment. It played an important role to release the accumulated body problems like stiffness of joints and spasms of muscles. It helps in developing Physical fitness, good for relaxation, good for rehabilitation after injury, help to control anxiety, improve concentration, improves immunity, regulates diet etc. Today, the whole world has realized that it is possible to get rid of even the incurable diseases through yoga asana. We can only say that if we adopt yoga asana as a part of our life, no disease can even touch us. The gymnasiums only make our bodies well-built from outside whether importance of yoga asana not only makes our body stout they also provide strength to our inner strength. Some of the importance and benefits of yoga are as follows:

Development of Fitness:

The regular practices of yoga develop high level of Physical fitness, endurance and flexibility. It also strengthens various weak joints and muscles.

Control Stress and Anxiety:

Every human life wants a balanced form of stress and anxiety is required. Yoga asana is the only way to controlling stress and anxiety. Pranayams are very helpful in controlling stress and anxiety of the individual. In yoga asana and pranayama the breathing controlled mechanism can help you to overcome stress and anxiety.

Prevent Diseases:

The regular performance of selected. Yoga asana and Pranayama can help in prevent the diseases and bodily disorders namely like Constipation, Acidity, Aged, Cough, Allergy, Insomnia, Asthma, Arthritis, Anemia, Bladder Complaints, Diabetes, Diarrhoea, Exhaustion, Hemorrhoids, Headaches, Heart Troubles, Hernia, High Blood Pressure, Low



Blood Pressure, Impotency, Indigestion, Kidney Complaints, Liven Ailments Obesity, Paralysis, Serous Troubles, TuberculosisUlcer, Piles, Leprosy, Depression, Fatigue andNervousness.

Postural Deformities :

Many asanas can prevent and cure Posture deformities. The deformation of spine leads to many Postural diseases which can prevented through regular practice of asanas.

Control Weight orObesity:

Obesity develops only when there is Substantial imbalance between the amount of Calories consumed and the amount used up in pay Physical activity and basal metabolism of the body. The strategy to control or lose weight has therefore to be targeted to reduction of Calorie intake as well as increase of Physical activity like yoga and phanayama. Yogi exercise is an integral part of any weight-reducing Programmes. Generally asanas themselves do not burn large amounts of calories, but you will probably find that a regular yoga practice can be very useful in weight management. The asanas stimulate sluggish glands to increase their hormonal secretion.

Improves Immunity:

Yoga in the 5000yearsold subtle science which improves immunity. Yoga plays a vital role to bringing the harmony between the mind and the body. Immune system of our body's is plays a pivotal role, which fight viruses, bacteria and defends us from ailments.For building the immunityindividuals can be achieved by healthy life style. A nutritious diet, healthy sleeping habits and Physical activity such as yogic techniques improves the immunity of our body thus, diseases and other health problem can be prevented.

Improves Concentration:

Yoga includes various asanas, and Pranayama and meditation. Some of the most recommendedasanas such as Padmasana, Bhramari Pranayama and Sarvangasora, these yoga technique help claim the mind, improve focus stimulate memory help to increaseconcentrations.For better concentrationperforming yoga every day and in less than eight weeks of practice, you will find yourself more motivated.

Spiritual Benefits.

Regular Practiced yogasana develop your mental and physical capacities. As yoga accelerates your spiritual progress. Unless there is unwavering spiritual integrity and discipline, the new-foundpotentials of your mind can put strong negative distractions in your path.Yoga is famous for only Physical benefits, but some type of yoga

that has an equal number of physical and spiritual benefits such as Sirsasana, Surya nomaskarand chitshakti meditation.

II. Conclusion:

Yoga is the one of the most important and valuableheritages of India. The main importance of yoga to unite physical , mental and spiritual health there is a key of life. The regular practice of yoga postulates keeping body healthy a key and the mind clam and peaceful. Yoga is away of life. In the present days stress is a buzzword of the modern world in every human life, which is surely not at all good for our Physical and mental health. Yoga is the only way to decreased stress and develops inner peace of mind. Lastly we concluded that regular practice of yoga can enable you to Strengthen andPurify both your physicalbody and your mind.

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