

THE NEED AND IMPORTANCE OF YOGA

RAMESH KUMAR

Assistant Prof. (Pol. Science) Govt. Degree College Kaffota Distt. Sirmaur Himachal Pradesh

Abstract

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. In recent times, yoga practice has gained unprecedented popularity both nationally and internationally. Studies suggest that practicing yoga is an immunity booster and helps in achieving a healthy physical emotional and spiritual balance. In the light of the COVID-19 pandemic, the need to maintain this balance is very much required. The pandemic has dramatically changed the day-to-day life of individuals forcing them to live in a restrained environment of fear. The overwhelming feeling about the physical well - being, changed work environment and uncertainty about the future has led to increased levels of stress and anxiety amongst individuals. Practicing yoga in such an environment is considered as an „extraordinary choice“ by practitioners and health experts. Not only it helps in uplifting the physical and mental prosperity of people, but yoga also has the potential to build a global community inclined towards global sustainable peace. Yoga has been the subject of research in the past few decades for therapeutic purposes for modern epidemic diseases like mental stress, obesity, diabetes, hypertension, coronary heart disease, and chronic obstructive pulmonary disease. Yoga in fact means union of individual consciousness with the supreme consciousness. It involves eight rungs or limbs of yoga, which include Yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, and samadhi. This is in contrast to purely economic and material developmental goal of modern civilization, which has brought social unrest and ecological devastation. In this study I would focus of the need and importance of Yoga in various dimensions.

Keywords: Yoga, Education, Physical and Mental Development, Self Confidence, Stress Management.

INTRODUCTION

Shiva is considered to be the originator of yoga, he is the Adiyogi, the first yogi (adi = "first"). Summer solstice holds importance in the yogic culture as it is considered to be the very beginning of the yoga. Yoga was brought to the people by the Saptarishis - story[which?] says that Shiva was sitting in blissful meditation for years, many people flocked to him out of curiosity, but left as he never paid attention to anyone. But seven people stayed, they were so determined to learn from Shiva, that they sat still for 84 years. After this, on the day of summer solstice, when the sun was shifting from the northern to the southern run, Shiva took notice of these 7 beings - he could no longer ignore them. The next full moon, 28 days later, Shiva turned into the Adiguru (the first guru), and transmitted the science of yoga to the Saptarishis.

The science of Yoga has its origin thousands of years ago, long before the first religion or belief systems were born. Several thousand years ago, on the banks of lake Kantisarovar in the Himalayas, ādiyogi poured his profound knowledge into the legendary saptarishis or "seven sages". These sages carried this powerful Yogic

science to different parts of the world including Asia, the Middle East, northern Africa and South America. Yoga is widely considered as an "immortal cultural outcome" of the Indus Saraswati Valley Civilization – dating back to 2700 BC – and has proven itself to cater to both material and spiritual uplift of humanity. A number of seals and fossil remains of Indus Saraswati Valley Civilization with Yogic motifs and figures performing Yoga sādhana suggest the presence of Yoga in ancient India. The seals and idols of mother Goddess are suggestive of Tantra Yoga. The presence of Yoga is also available in folk traditions, Vedic and Upanishadic heritage, Buddhist and Jain traditions, Darshanas, epics of Mahabharata including Bhagavad-Gita and Ramayana, theistic traditions of Shaiva's, Vaishnavas and Tantric traditions. Though Yoga was being practiced in the pre-Vedic period, the great sage Maharishi Patanjali systematized and codified the then existing Yogic practices, its meaning and its related knowledge through Patanjali's Yoga Sutras.

NEED OF THE STUDY

Yoga has spread all over the world by the teachings of eminent Yoga masters from ancient times to the present date. Today, everybody has conviction about Yoga practices towards the prevention of disease, maintenance and promotion of health. Millions and millions of people across the globe have benefitted by the practice of Yoga and the practice of Yoga is blossoming and growing more vibrant with each passing day.

METHODOLOGY

The study was conducted on the basis of secondary data as social media, Articles, Journals, Magazines, Paper cutting and websites of yoga.

FEATURES OF YOGA

According to the National Institutes of Health, scientific evidence shows that yoga supports stress management, mental health, mindfulness, healthy eating, weight loss and quality sleep. The present need and importance can be well known by following features: -

Helps You Achieve Tranquility: A better quality of life bereft of unnecessary stress is something that we all wish to achieve. Scientific studies have shown how practicing yoga every day for three months can reduce the secretion of the stress hormone. Combining meditation with breathing lends a feeling of unprecedented calmness. The alleviated stress and anxiety levels have an ameliorating effect on our mental health, thus, resulting in improved quality of life.

Relief from Anxiety: Coping with anxiousness daily can be exhausting. Many people diagnosed with anxiety disorders have revealed how practicing certain yoga poses each day have mitigated symptoms of anxiety that were hard to deal with. The ‘Camel Pose’ improved blood circulation in the body that in turn had a healing effect on both the mind and body. The ‘Bridge Pose’ had a calming effect on the mind while the easy ‘Butterfly Pose’ helped release unwanted tension.

Improved Concentration: Practicing even basic yoga exercises can help relax the mind and senses. A calm and healthy mind helps focus better. The ability to focus on one thing at a time is imperative to improved concentration. While there are emotional exercises prescribed by psychologists to develop laser-like focus and concentration, science is witness to the finding that nothing works better than an hour devoted to yoga every day.

Reduced Depression: Many people suffering from depression are advised to practice yoga asanas daily. Despite numerous research studies emphasizing on yoga’s anti-depressant effects, not many are convinced about yoga benefits for mental health. Participants in various studies have shown visibly reduced symptoms of depression when they practiced yoga daily for roughly two weeks. A common yoga pose called ‘Sudarshan Kriya’ that focuses on rhythmic breathing is effective in many chronically affected depressed patients.

Improved Breathing: Have you ever paid attention to how you breathe? Yoga can help you focus on your breathing. Breathing exercises (pranayama) can teach you better breathing techniques that have many physical and mental benefits. Certain breathing exercises have a calming effect on your nervous system and even help allergy patients clear their nasal passages. The healing effects of these regular breathing exercises have contributed immensely to the well-being of people suffering from lung disease, heart disorders, or asthma.

Maintain Blood Pressure: Practicing yoga regularly improves blood circulation in the body. Practicing breathing exercises can help control blood pressure and alleviate high-stress levels. The functioning of the heart is thus considerably improved as blood circulation is enhanced. Increased blood flow carries increased oxygen level to the tissues, thus, lowering your blood pressure.

Boosts Immunity Levels: This is important as continued stress can wreak havoc on our immunity system. Yoga helps you to relax and trigger a feeling of relaxation in the nervous system. Lung capacity is increased as the effect of stress on the body is reduced. Yoga helps your body to heal and increase its immunity levels.

Brings Positivity in Life: When you perform yoga on a regular basis, there are many hormones in your nervous system that get stabilized and help you calm down. Yoga helps you connect with your inner self, which brings clarity and encourages you to focus on your life goals. You begin to look at your life with a renewed zeal and energy.

Boosts Self-Acceptance, Self-Control and Self-Confidence: Yoga teaches you self-acceptance and self-control. The same way you control your body and movements in yoga, you can control all other aspects of your life. Yoga helps you feel more connected to every aspect of your life and brings more balance in your life. As yoga aims towards improving your mind-body connection, your self-esteem increases. It teaches you to accept yourself and your body without any judgment. This helps in increasing your self-confidence.

Decreases Pulse Rate Respiratory Rate: During yoga sessions, when you control your breath, it fills your lungs to the full capacity. This allows them to work efficiently, lowering your respiratory rate. Yoga reduces the strain and helps your body to relax, which decreases your pulse rate. A lower pulse rate means that your heart is healthy and can pump more blood per beat. As yoga improves oxygenation in your body, it helps in lowering the heart rate which in turn results in better cardiovascular endurance.

ROLE OF YOGA IN EDUCATION

a) **Balance your Brain and Mind through Yoga:** Yoga is basically the most important ancient art that aims towards the building up of a healthy mind within a healthy body. For that reason, it is considered to be the harmonizing system which rejuvenates the body, mind as well as the soul. The great saints, therefore, have mentioned yoga to be a universal attribute of mind which enhances the physical, spiritual and mental status of the human body. On the whole, the yoga in daily life is practiced based on few core principles. Those are such as it is a kind of technique to control the mind as well as body and yoga in itself is the goal for the yoga practice.

In that context when the education is considered yoga has its various important effects. For that reason, various schools are practicing the yoga. The basic advantages of yoga are it helps in dealing with various difficulties, conflicts, distractions, problems, and dissipation faced by the children.

As the society includes a broad variety of schools so the best yoga that can be practiced within the schools are Hatha Yoga and Raja Yoga. The Hatha Yoga School Rishikesh is one of the best places which provide the detailed idea regarding the yoga. More specifically the concept of yoga revolves around the practical aspects of

philosophy which indicates the connection of human soul to supreme power. The role of yoga in education as per the spiritual aspect helps the students to perform their daily duties in the day to day lives.

Thus, the distinctive features of yoga which will help in establishing a positive impact on children during education are: -

- It enhances the self-realization or self-awareness within the children.
- It unfolds the physical, mental and spiritual attributes which eventually inculcates the
- Social as well as ecological awareness within children.
- It promotes uniqueness within the child.
- It promotes the perseverance as well as will power within the child.
- It helps in unfolding the creative consciousness.
- It helps in treating the physical difficulties by making the body active.
- Regular practice of yoga helps the child in managing the stress disorders.

MUSIC AND YOGA

- **MUSIC CAN BE A POWERFUL TOOL FOR YOGA**
- “Music is a surfboard for the waves of challenge.”
- Alexey Gaevskij.
- **MUSIC CAN INFLUENCE THE ENERGY OF A YOGA CLASS**
- “Music has been my companion my whole life.”
- Ami Norton.
- Ami Norton, a Senior Inside Flow Teacher who did her yoga teacher training with Young Ho Kim, agrees that using music for your yoga practice can change things up. “Music can awaken emotions and memories inside you – not always by choice. It can enhance your joy when you’re happy, give you room when you’re feeling melancholic.”
- **MUSIC TOUCHES YOUR SOUL**, “We are energetic, vibrational beings. The power of music impacts our hearts, bodies, spirits and souls.” Cristi Christensen.

- For Cristi, music shifts your energy, it alters your mood and elevates your consciousness. In short: “music is medicine.”
- Depending on the theme of the class, Cristi will use yoga chants for restorative or relaxing classes and spacious
- Music when she wants her students to let go and be embraced by the rhythm and the melodies of the music. She wants her students to let the music wash over them to have their own, unique experience in her class. For Cristi, music is the soundtrack to the experience that is yoga.

SCOPE AND RELEVANCE OF THE STUDY

The International Day of Yoga has been celebrated annually on 21 June since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in India. The Indian Prime Minister, Narendra Modi, in his UN address in 2014, had suggested the date of 21 June, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world.

Prime Minister, Narendra Modi at Yoga Day celebrations in New Delhi, 21 June 2015. The idea of an International Day of Yoga was first proposed by the current Prime Minister of India, Narendra Modi, during his speech at the United Nations General Assembly (UNGA), on 27 September 2014. He stated:

Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being. Let us work towards adopting an International Yoga Day. — Narendra Modi, UN General Assembly



OBJECTIVES OF THE STUDY

The objectives are as follows:

- To enable the person to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral value.
- To attain higher level of consciousness.
- To maintain self control and self discipline.

BENEFITS OF THE STUDY

The benefits of the present study

- This case study will be informative and innovative source for the readers, students and research scholars.
- It would be helpful to create and sustain mental and physical stability.
- It would be beneficial to manage stress, tension, anxiety and depression.
- This study will be enabled to promote health awareness and hygiene also.
- It will enrich moral ethics.

METHODOLOGY

The methodology used for the purpose of the present study for the analysis of the present data are observation, survey, focus groups, secondary data analysis

SOURCES OF DATA COLLECTION

- Primary Data: Observation, Survey, online tracking, social media monitoring.
- Secondary Data: Articles, Newspaper, social media, Websites etc.

SAMPLING TECHNIQUES

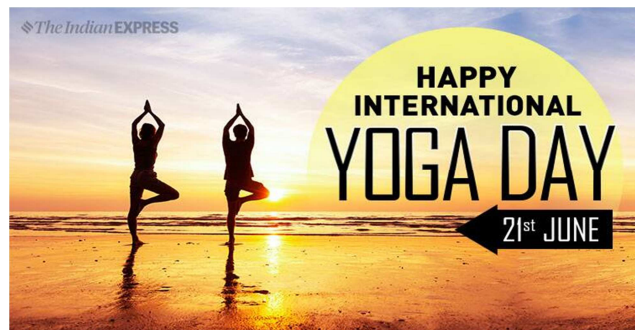
- Sampling and Non sampling

CONCLUSION OF THE STUDY

Yoga is the medicine for nearly every problem. As you practice yoga, it does not only help you to improve your physical body but also helps in maintaining your inner peace and relaxing your mind. Thus, there is nothing that yoga will not help. Moreover, yoga is not just a one-day practice; it's a lifelong commitment. At the end I would conclude here with the essence that this study will be beneficial and much informative for human being as a whole. Yoga is an art of living it is religion, philosophy, science and practical phenomena. The Essence and Significance of the study. The true essence of yoga revolves around elevating the life force or 'Kundalini'

at the base of the spine. It aims to achieve this through a series of physical and mental exercises. At the physical level, the methods comprise various yoga postures or 'asanas' that aim to keep the body healthy. The mental techniques include breathing exercises or 'pranayama' and meditation or 'dhyana' to discipline the mind. "Yoga accepts. Yoga gives." - April Vallei

The ultimate goal of yoga is, however, to help the individual to transcend the self and attain enlightenment. As the Bhagavad-Gita says, "A person is said to have achieved yoga, the union with the Self, when the perfectly disciplined mind gets freedom from all desires, and becomes absorbed in the Self alone."



Yoga Animation Yoga Practices May Help Prevent Migraine Headaches: Swami Vivekananda stated that Yoga means compressing one`s evolutions into single life of a few hours of few minutes of one`s bodily existence • Yoga is an art, a science and a philosophy • It is the practical method for making one`s life purposeful, useful and noble • Yoga is a friend it those who embrace it sincerely and totally • It transforms mind in tune with the essence, the soul, so that it gets blended into one.



International Yoga Day at a glance

LIMITATIONS OF THE STUDY

The limitations of the study are as follows:

I have applied sampling method at large scale due to large scope or area of the study.

Interview, Questionnaire method of research techniques have been not used due to large scale of study.

Further Scope of the Study

Yoga takes a holistic view of the world, which means that it sees everything in terms of its interrelationships with everything else. It's a spiritual and philosophical tradition that guides how we live in the world. It teaches us about our true nature - not this mortal, temporary little being who craves comfort but is susceptible to illness and injury, but rather something more all-encompassing called Atman - often translated as "soul". The purpose of yoga is to take all our human qualities- intelligence, rationality, empathy, emotional - and show us how these different aspects of ourselves are deeply integrated into one another. Practicing yoga can help you develop patience, serenity and compassion for all beings - including yourself. People who practice yoga often become more centered, peaceful and compassionate human beings. In this way, the scope of yoga is to improve our understanding of ourselves physically, mentally and spiritually so that we may lead more balanced and peaceful lives. Yoga is helpful for prolong life.

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