



MODERN LIFESTYLE FITNESS TOOL: YOGIC EXERCISES

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ABSTRACT

Yoga is a science of healthy living and for everyone yoga is a fashion for keeping himself healthy and fit. While for some others it's a boon for developing their concentration, memory and creativity. Yogic exercise helps to improve muscle strength, muscular flexibility, stamina, immune system, perceptual sharpness, intelligence, memory, emotional stability and overall maintain a positive physical and mental health. Most of the common health and social problems cannot be solved through germ theories, antibiotics, vaccines or surgeries. The fascinating diagnostic tool has started pointing to the role of mind on matter. Biochemical, psychological, neuro-physiological and immunological researchers are recognizing the role of lifestyle, stress, suppressed emotions and so on as the cause of many of the challenges faced today. Hence health professionals are forced to accept the paradigm shift in the approach of understanding human health problems. The frustrated patients are now moving towards alternative non-scientific therapies for a better living. Yoga with its multifold advantages, is gaining popularity in all parts of the world. For a common man yoga is a fashion for keeping himself healthy and fit. While for some others it's a boon for developing their concentration, memory and creativity. Yoga is the best way to get relieved from mental stress and tensions practice of yoga makes a human being free from all mental tensions. Yoga is an easy way of keeping up health and mental peace.

Keys: Yoga, Fitness, modern lifestyle, Physical Fitness

1. INTRODUCTION

Yoga is an ancient Indian art of exercise which literally means ‘union’ in Sanskrit. This union refers to the unison of body and soul, physical body and the mental processes along with the spirit. Yoga is a science not less than 5000 years old which can help a human life to move towards higher states of harmony and peace both as an individual and a social being. Yoga is done through several breathing exercises, postures and meditation. Although mankind has entered an era of well advanced hi-tech medical facilities which makes life more comfortable, the expected quality of life still seems to be far from reality. Problems like stress, anxiety, restlessness, nervous breakdown, other stress related ailments, fatigue breaking up of families, suicides are all on an exponential rise.

The word “Yoga” originates from Sanskrit and means “to join, to unite”. Yoga exercises have a holistic effect and bring body, mind, consciousness and soul into balance. In this way Yoga assists us in coping with everyday demands, problems and worries. Yoga helps to develop a greater understanding of our self, the purpose of life and our relationship to God. On the spiritual path, Yoga leads us to supreme knowledge and eternal bliss in the union of the individual Self with the universal Self. Yoga is that supreme, cosmic principle. It is the light of life, the universal creative consciousness that is always awake and never sleeps; that always was, always is, and always will be.

The basics of yoga, asana, pranayama, and meditation all work to improve your health, but there’s more in the yoga toolbox. Consider chanting. It tends to prolong exhalation, which shifts the balance toward the parasympathetic nervous system. When done in a group, chanting can be a particularly powerful physical and emotional experience. A recent research study from Sweden’s Karolinska Institute suggests that humming sounds—like those made while chanting *Om*—open the sinuses and facilitate drainage.

2. YOGA IS SCIENCE OF BODY, MIND, CONSCIOUSNESS AND SOUL

To live in harmony with oneself and the environment is the wish of every human. However, in modern times greater physical and emotional demands are constantly placed upon many areas of life. The result: more and more people suffer from physical and mental tension such as stress, anxiety, insomnia, and there is an imbalance in physical activity and proper exercise. This is why methods and techniques for the attainment and improvement of health, as well as physical, mental and spiritual harmony, are of great importance, and it is exactly in this respect that “Yoga in Daily Life” comprehensively offers an aid to help one’s self.

Throughout the many years that I have been active in western countries, I have become familiar with the modern lifestyle and the physical and psychological problems faced by the people of today. The knowledge and experience I gained led me to develop the system of “Yoga in Daily Life”. It is systematic and graduated, integrating all areas of life and offering something valuable for each phase of life. Regardless of age or physical constitution, this system opens the classical path of Yoga to all. In developing this system to accommodate the needs of today’s people, much consideration was given to the conditions within modern society, without losing the originality and effect of the ancient teachings.

From these experiences and insights a far-reaching and comprehensive system known as Yoga originated and gave us valuable, practical instructions for the body, breath, concentration, relaxation and meditation. The practices that this book offers have therefore already proven themselves over thousands of years and have been found to be helpful by millions of people.

The system “Yoga in Daily Life” is taught worldwide in Yoga Centres, Adult Education Centres, Health Institutions, Fitness and Sports Clubs, Rehabilitation Centres and Health Resorts.

It is suitable for all age groups - it requires no “acrobatic” skills and also provides the unfit, as well as handicapped, ill and convalescent people, the possibility of practicing Yoga. The name itself indicates that Yoga can be and should be used “in Daily Life”.

The exercise levels were worked out in consultation with doctors and physiotherapists and can therefore - with observation of the stated rules and precautions - be practiced independently at home by anyone. “Yoga in Daily Life” is a holistic system, which means it takes into consideration not only the physical, but also the mental and spiritual aspects. Positive thinking, perseverance, discipline, orientation towards the Supreme, prayer as well as kindness and understanding form the way to Self-Knowledge and Self-Realisation.

3. YOGA FOR MODERN LIFE

With yoga for modern life my mission is to help you find some time to reconnect with yourself in this busy world. I have an inclusive, straight forward approach to yoga that simply helps you to feel good in body and mind.

Yoga postures for the body, combined with simple breathing exercises and some time for guided relaxation at the end. As a teacher I share what I enjoy, what I have experienced and explored in my own body and that which has spoken to me in some way and I feel will benefit others. I believe that making even a small amount of time in your life for yoga can be hugely rewarding whatever your age, fitness level, shape or size. Yoga for everyone and yoga is the perfect antidote to the stresses and busyness of modern life. It strengthens the body, improves flexibility and range of motion whilst clearing the mind and helping relaxation and sleep.

Today, yogic exercises are the best tool for healthy life style. It's play important role to maintain fitness and cultivates awareness, relaxation, concentration and meditation. Scientific research has proved that yogic practices prevent disease, promote health and have curative abilities therefore many professionals use them to manage psycho-somatic stresses and disease. Yogic exercises are the one of the most important tools in developing body fitness and overcome over weight and obesity.

Modern thinkers is education emphasis that best individuals is one who is physically fit, mentally sound, emotionally balanced and socially well adjusted. Yoga is an ancient Indian practice, first described in Vedic scriptures around 2500 B.C., which utilizes mental and physical exercises to balanced your body fitness.

3.1 BENEFITS

As we know importance of yoga in our daily lives to lead a healthy life. Yogic exercises help in the development of the mind, body and soul. Our body becomes disease free and helps in the development of an individual. Health is not only related to body but one should have a peaceful soul, mind and perfect toned for leading a good healthy life. In the modern age of technology, man aspires to earn more in a short span of time.

In modern lifestyle everyone have to focus on fitness. Based on the yogic exercises help the mind, body and soul is feeling free from any illness. Yoga improves health by improving how you see the world, which calms the spirit and decreases stress. Today, people have practice yogic exercise to improve their physical, mental and spiritual wellbeing.

Yoga has a lot of definitions floating around in today's world. The term 'yoga' has its origin in Sanskrit. It means to 'unite' yoga helps the body to unite with the other vital metaphysical aspects of the mind and spirit. It is also defined as a lifestyle which aims to have a healthy mind within a healthy body. Yoga aims to calm and compose our minds and help us focus clearly on what really matters good health and the happiness that accompanies it. The

practice of yoga was first developed on India and has evolved over thousands of years. You already know that yoga can increase strength, improve flexibility, and ease aches and pains.

3.1.1 INCREASE SELF-ESTEEM

Move more, eat less—that's the adage of many a dieter. Yoga can help on both fronts. A regular practice gets you moving and burns calories and the spiritual and emotional dimensions of your practice may encourage you to address any eating and weight problems on a deeper level. Yoga may also inspire you to become a more conscious eater. One of the benefits of yoga is how the practices resonate through other areas of your life.

Many of us suffer from chronic low self-esteem. If you handle this negatively—take drugs, overeat, work too hard, sleep around—you may pay the price in poorer health physically, mentally, and spiritually. If you take a positive approach and practice yoga, you'll sense, initially in brief glimpses and later in more sustained views, that you're worthwhile or, as yogic philosophy teaches, that you are a manifestation of the Divine. If you practice regularly with an intention of self-examination and betterment—not just as a substitute for an aerobics class—you can access a different side of yourself. You'll experience feelings of gratitude, empathy, and forgiveness, as well as a sense that you're part of something bigger. While better health is not the goal of spirituality, it's often a by-product, as documented by repeated scientific studies.

3.1.2 BOOSTS IMMUNE SYSTEM FUNCTIONALITY

Asana and pranayama probably improve immune function, but, so far, meditation has the strongest scientific support in this area. It appears to have a beneficial effect on the functioning of the immune system, boosting it when needed (for example, raising antibody levels in response to a vaccine) and lowering it when needed (for instance, mitigating an inappropriately aggressive immune function in an autoimmune disease like psoriasis)

3.1.3 INCREASE LUNGS CAPACITY

Yogis tend to take fewer breaths of greater volume, which is both calming and more efficient. A 1998 study published in *The Lancet* taught a yogic technique known as “complete breathing” to people with lung problems due to congestive heart failure. After one month, their average respiratory rate decreased from 13.4 breaths per minute to 7.6. Meanwhile, their exercise capacity increased significantly, as did the oxygen saturation of their blood. In addition, yoga has been shown to improve various measures of lung function, including the maximum volume of the breath and the efficiency of the exhalation.

Yoga also promotes breathing through the nose, which filters the air, warms it (cold, dry air is more likely to trigger an asthma attack in people who are sensitive), and humidifies it, removing pollen and dirt and other things you'd rather not take into your lungs.

4. DISCUSSION

Yogic exercises promote the good health, physical fitness and self-concept of the people. Yogic exercise has good effect on mental health and also improved healthy life.

Yogic practices are a kind of workout style, which enhances both physical and mental health. Yogic exercise in modern life style as important as other things it helps us in different ways and different levels in modern lifestyle.

5. CONCLUSION

The result of the study that yogic exercise can be a helpful for modern lifestyle, which could help them to enhancing overall mental health, physical fitness and state of wellness. Yoga is the important fitness tool for the modern life style and its helps in improving and increasing

the mental and physical strength. It is found in various researches that the people who do yogic exercises daily remain healthier than others do.

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