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**Emerging Trends in Arts,
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अनुक्रमणिका

		5.
1.	Importance of Communication Skill in Library Science Professionals Prof. Rita Kadam (Khose)	5.
	15
2.	शैक्षणिक विकासात ग्रंथालयाची भूमिका प्रा.डॉ. घ.ना.पांचाळ	7.
	19
3.	भारतीय समाज व्यवस्थेतील तृतीयपंथियांचा सामाजिक व आर्थिक दर्जा प्रा.सदाशिव राजाराम भुयारे	8.
	21
4.	Need of Qualities services in library Prof. Chondikar Prakash Nilkanth	9.
	25
5.	समाज सदृढतेसाठी योगाचे महत्त्व सहा.प्रा.दत्ता रामकिशन मुंडे	0.
	29
6.	DIGITAL LIBRARY AND EDUCATION Asst. Prof. Sangita Gangaram Utekar	1.
	32
7.	HEALTH, PHYSICAL ACTIVITY AND SPORTS: A PERSPECTIVE OF WOMEN Elroy Pinto, Dr. Gopal L Moghe	2.
	42
8.	Importance of Yoga for Modern Lifestyle Dr.Nirajkumar N. Uplanchwar	3.
	49
9.	समाज निरोगी बनविण्यासाठी खेळाची भूमिका प्राचार्य डॉ.भास्कर.व्ही.माने, प्रा.डॉ.खुशाल पा.वाघमारे	4.
	53
10.	Role Of Sports In Making Healthy Society Prof. Nehal A. K., Dr. W. Kushal P.	
	57
11.	निरोगी अरोग्यासाठी - योग प्रा.डॉ.कलवले जी. के .	5.
	59
12.	आरोग्य संवर्धनात मुद्रा चिकित्सा पध्दतीचे योगदान प्रा.डॉ.राजेश प्र. कारंजकर	
	61
13.	लिंगभेद एक सामाजिक कलंक प्रा. ससाणे सतीश गंगाराम	6.
	66
14.	सामाजिक व क्रीडा क्षेत्राच्या विकासांमध्ये योगाची भूमिका डॉ. लोकरे गुरूदास आदीनाथ	
	71

8.

Importance of Yoga for Modern Lifestyle

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Introduction

Yoga is a spiritual science for the integrated and holistic enlargement and magnification of our physical, mental as well as moral-spiritual facets. Yoga is based on the philosophy that is practical and useful for our daily lives. Yoga constructs desirable physiological alterations and has sound scientific foundations. The word Yoga originated from ‘the Sanskrit word Yuj’ meaning to yoke, join or unite. This entails unifying all facets of the individual - body with mind and soul – to achieve a balanced life. The practice of yoga may lead to the unification of the human with the celestial. The aim of yoga is the alteration of human beings from their ordinary form to an ideal form. The Yogic practices began in the ancient depths of India’s past. From this early period the interior attitudes and disciplines which were later acknowledged and given logical expression by Patanjali. To the ancients, Yoga is a complete system, of which the postures are a small, though quite useful part. The word ‘‘Yoga’’ referred to the whole, not merely one part, which is the postures, or Asanas. The entire purpose of Yoga is spiritual in nature, according to the ancient sages. In modern times, the relative position of the postures has been elevated, so as to lead people to believe that the word ‘‘Yoga’’ refers to physical postures or Asanas, and that the goal of these is physical fitness. The whole and the part have been reversed, terribly misleading and confusing people about the true nature of authentic Yoga. Our present day life is so chaotic and stressful that even thinking of ancient days soothes our heart and brain. The lifestyle of human beings with the passage of time has gradually changed. Science has dominated the present age and the modern man fully depends on it. Physical labour

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has reduced and ultimately the health of modern man has weakened due to lack of workout. In this age of competition, life is so hard and stressful that man is unable to cope up and hence suffering from various psychological and mental disorders. Yoga provides the best solution to these problems to which modern man is the sufferer. No other exercise except Yoga, can deal with these problems all together. Yoga manages all problems simultaneously in a brilliant way. To compare with other games and exercises which provide only muscular and cardio-vascular fitness, Yoga gives an all-round development.

Sports and Health A significant difference between the two is that Physical exercise is basically an exercise of skeletal muscles, but what about other involuntary muscles and organs. It is Yoga, which provides a solution to each and every part of our body. Yoga provides exercise, massage and toning to all organs and to all types of muscles. In other words, the effect of Yoga reaches to all internal organs to which the effect of no other exercise can reach. For human it is not only the striated muscles which need to be strengthened, but it is the whole body which needs to be treated effectively to gain strength, energy, flexibility and sound health. Now a day the definition of health has almost changed. Health is considered as the state of mental and physical, in which the individual is functionally well adjusted inwardly as concerns his body parts, and outwardly as concerns his environments. Yoga not only deals with this broad definition of health, but also deals with other aspects like healing of injury and psychological disorders and provides curative treatment of many diseases. Yoga along with Naturopathy, Ayurved and Acupressure provide solution of many complicated diseases. Yoga is a universal remedy for one who sincerely wants to seek it.

Here it is essential to discuss the manner in which techniques of yoga affect the physical and mental fitness; and social well-being of humanity. Due to modern life style man is suffering from various postural deformities and diseases like Obesity, Hypertension, Diabetes, Migraine.

Cervical, Backaches, Depression, Anxiety, Cancer, Insomnia, Constipation, Allergy, Asthma, Cardiac diseases and etc. Various postural deformities like Kyphosis, lordosis, scoliosis, knocked knee etc. can be seen in the modern population. For these deformities congenital can be there, but the acquired especially the life style of an individual is more responsible than any other reason. The population involved in the chair job and driving generally suffered from Khyphosis and as a result cervical spondolitis occurs. Yogasanas like Bhujangasana, Matyasayasana, Chakarasana etc. yields best result, but in the advance stage of diseases suksham Yog is helpful as muscles are too weak to bear the stress of asanas. Obesity, wearing high heals shoes, carrying a heavy weight on the back and pregnancy in some cases results in Lordosis. These people generally suffer from back ache especially in the lumbar region. In lordosis, Scoliosis and knocked knee, whether acquired or genetic, Yoga provides the best solution. In the present era of Science, the human muscles are suffering from atrophy due to lack of muscular activity.

Regular yoga practice builds mental lucidity and coolness, boost body awareness, relives stress patterns, relaxes the minds and sharpens concentration. Yoga provides tools through which one can manage which the pain and helps contradict with the feeling of helplessness and depression. Yogic breathing and stretching exercises have been seen to result in better mental and physical energy and improved mood. The mental performance also increases with yoga. Doctors also have suggested that yoga can enhance cognitive performance.

Conclusion

So Yoga is a multidimensional aspect and its scope has increased in the modern life of twenty first century. It is obvious that yoga is a boon for the 'modern' man of twenty first century, which has become a victim of everyday stress. Modern research has recognized the scientific roots of yogic practices and yoga has now achieved international recognition and acclaim. As we all know, 21st June has declared as

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Yoga Day in all over the world and it has celebrated in all over world. Today, yoga is a painstakingly worldwide phenomenon, it taken the world by tempest and is gaining reputation day by day. It is inevitable that yoga must be made an integral part of our educational as well as health care systems. If our masses practice yoga, they will be physically, mentally and spiritually healthy. The rush and burden of hospitals will be greatly reduced. Hence, there is an urgent need to popularize yoga among the human beings. Yoga is reliable with all ethnicities and harmonizing to science, so, it is our primary duty to endorse it further.

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