



Category: Science of Sports Training



ROLE OF YOGA ON MODERN SOCIETY

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INTRODUCTION:

Yoga is the physical, mental and spiritual practices or disciplines which originated in ancient India with a view to attain a state of permanent peace. Yoga is discussed quietly in Upanishads, many of which predate "Patanjali Sutras". "Patanjali" is widely regarded as the compiler of the formal yoga philosophy. The actual term yoga first occurs in "Katha Upanishad" and later in "Shvetasvatara Upanishad". Diffused pre-philosophical speculations of yoga begin to immerse in the texts of 500-200 BC such as the Middle Upanishads, Bhagavadgita and Mokshadharma of Mahabharata. During the period between the Mouryan and The Guptas era philosophical schools of Hinduism, Buddhism and Jainism were taking form and a coherent philosophical system of yoga began to emerge.

- The term Yoga means "Union" in Sanskrit.
- The term Yoga derived from Sanskrit roots "Yujar [to yoke]" or "Yuj Samadhana [to concentrate]".

Principles of Yoga

The Five Principles of Yoga are the basis of attaining a healthy body and mind through the Practice of Yoga. In this section, we give you detailed information on these Five Principles:

- * Proper Relaxation
- * Proper Exercise
- * Proper Breathing
- * Proper Diet
- * Positive Thinking and Meditation

We usually never thought of meditation, yoga and studying all together in a same sentence, but it is worth noting that they all can be interrelated. Well wonder no longer, meditation is absolutely fantastic for young people and there are a lot of benefits of meditation for young people and students that they can avail of. Through the practice of yoga, you can become more aware of your emotional, mental and physical health. Yoga techniques date back to at least the 5th century, and through lot of research it has been proved that its benefits for students and youngsters are outstanding.

BENEFITS OF YOGA:

- Improved concentration leading to better grades
- Balanced Blood Pressure
- Decreased Absenteeism & Tardiness
- Improved Interpersonal Relationships
- Enhanced Confidence Level
- Sharper Brain

HEALTH BENEFITS

Most rigorous studies suggest that yoga is a safe and effective way to increase physical activity, especially strength, flexibility and balance. There's some regular practice is beneficial for :-

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- Leads to total health of the body.
- Calms the mind.
- Improves mental strength and perception.
- Increases concentration.
- Several asanas increase the strength of many muscles and improve the efficiency of all the organs and brain.

PHYSICAL BENEFITS

Doing yoga, in combination with other exercise or even alone, will help tone and shape your body. If you're looking to tone without building a lot of muscle, yoga is perfect for you. It strengthens all your muscles (really – all of them!) but doesn't make you bulk up. Your using your own body weight in each posture, so your muscles get stronger. If you have pain, from headaches to back aches, yoga can help improve the pain. Certain postures help with certain areas of pain. For instance, if you've got a headache, try doing downward dog or ragdoll. Hold the pose for a minute or so, then very slowly rise back up. By allowing blood to flow into your brain, it can relieve the pain of the headache. By stretching all your muscles with yoga, you'll find the physical effects of stress (like tight muscles in your neck or shoulders) won't be as noticeable. Yoga also encourages relaxing your muscles, like letting your head hang down in certain postures, which relieves tension from your neck. This, compiled with deep breathing and closing your eyes, helps chase away physical symptoms of stress.

Weight Management:

There are lots of problems like obesity and uneasiness in breathing that are related to the weight and are very common among the students. Also it has been observed that fat children are always on the target of bullies. The fast-paced life of a student can cause you to eat processed and high calorie food and drinks. Practicing yoga regularly can help with weight management. The thyroid gland plays a large role in body metabolism and there are several yoga poses, such as the fish pose, that specifically target the thyroid gland.

Balance

Most athletes focus their efforts on workouts and drills that are specifically applicable to their sports. This is good in that it helps them increase their ability to perform, but it can lead to imbalances of muscular strength and power in the body. Yoga can help correct these imbalances, leading to greater body stability and control and decreased risk of injury. The mountain and warrior poses, for example, can provide a surprising challenge for the muscles of the lower body, especially for the stabilizer muscles that may not be worked out as directly during ordinary workouts.

PSYCHOLOGICAL BENEFITS

Decreased Stress:

The main purpose of meditation is the peace of mind. Yoga also leads to a peaceful mind thereby decreasing stress levels. The life of a student can be stressful, dealing with school, tuition, games and other activities can be very tiresome and stressful which can lead to a lot of tension and stress thus yoga can help you relax. Yoga and its precise movements draw focus away from your busy and hectic day and can have calming effects on your body. In the same way meditation focus on inner peace leads to decreasing stress level among the preacher. After practicing yoga and meditation you will feel happier and have improved mental focus and concentration.

Concentration and Sharpness:

Meditation and yoga have proved to be of great importance in increasing concentration as well as increasing sharpness of the brain. Yoga helps in increasing concentration by few techniques like gazing. Both of the techniques can contribute directly towards improved mental focus and concentration. Both yoga and most forms of meditation include an increased focus on long, deep, slow breaths, as well as the coordination of mental concentration with some kind of structured activity, such as yoga poses, breath patterns, chanting or

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even just focusing your gaze on a specific spot. Meditation focus on peace of mind leads to a calm mind that further supports sharpness of brain and concentrating power.

HEALTH BENEFITS

The most important benefit of yoga is physical and mental therapy. Along with mental peace yoga and meditation also helps to keep away lot of health problems. The aging process, which is largely an artificial condition, caused mainly by autointoxication or self-poisoning, can be slowed down by practicing yoga. By keeping the body clean, flexible and well lubricated, we can significantly reduce the catabolic process of cell deterioration. To get the maximum benefits of yoga one has to combine the practices of yogasanas, pranayama and meditation. Various health benefits include keeping human away from various health problems like:

Asthma:

Studies conducted at yoga institutions in India as well as in other countries have reported impressive success in improving asthma. Asthma can be controlled to a great extent by using yoga techniques. It has also been proved that asthma attacks can usually be prevented by yoga methods without resorting to drugs. Physicians have found that the addition of improved concentration abilities and yogic meditation together with the practice of simple postures and pranayama makes treatment more effective.

High Blood Pressure:

Meditation and yoga also controls high blood pressure. The relaxation and exercise components of yoga have a major role to play in the treatment and prevention of high blood pressure (hypertension). A combination of biofeedback and yogic breathing and relaxation techniques has been found to lower blood pressure and reduce the need for high blood pressure medication in people suffering from it.

Conclusion:

Yoga Practices improved physical and psychological and physiological and Healthy Yoga is able to help a person have control over their body through control of their mind. As such, Yoga can play a key role in cultivating mind control and concentration which helps a sportsperson to perform at their peak level.

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