



9623979067



Worldwide International Inter
Disciplinary Research Journal

Website : www.wiidrj.com

C/o. R.G. Umbarkar, H.No. 624, Bela Nagar, Near Maroti Mandir,
Taroda Kh. Nanded - 431 605 Maharashtra (India)

Email : umbarkar.rajesh@yahoo.com

shrishprakashan2009@gmail.com

Mob : +91-9623979097



Worldwide International Inter Disciplinary Research Journal (A Peer Reviewed)

Year - 7, Vol. I, Issue-LXI, 21 June 2022



MAH/NAN/10936/2015
ISSN : 2454-7905
SJIF 2021 - Impact Factor: 6.91

Worldwide International Inter Disciplinary Research Journal (A Peer Reviewed)

Year - 7, Vol.I, Issue-LXI, 21 June 2022

Swami Ramanand Teerth Marathwada University Nanded

and
Kisan Shikshan Prasarak Mandal, Udgir

Mahatma Phule Mahavidyalaya, Ahmedpur

Dist. Latur - 431515

(NAAC Accredited 'B' Grade)

One day Interdisciplinary International Conference (Online)

"Human Life and Yoga"

Chief Editor

Principal Dr. Vasant Biradar

Edited by

Prof. Dr. Abhijeet S. More

Address for Correspondence

Mrs. Pallavi Laxman Shete

Editor in Chief : Worldwide International Inter Disciplinary Research Journal (A Peer Reviewed Referred)

Principal, Sanskriti Public School, Nanded (MH, India) Email : shrishprakashan2009@gmail.com

Dr. Rajesh G. Umbarkar

House No. 624 - Belanagar, Near Maruti Temple, Taroda (Kh.) Nanded - 431605 (India - Maharashtra)

Email - umbarkar.rajesh@yahoo.com, shrishprakashan2009@gmail.com Mob. No. 9623979067

Director : Mr. Tejas Rampurkar (For International Contacts only + 91-8857894082)

(Arts - Humanities - Social Sciences - Sports, Commerce, Science, Education, Agriculture, Management,
Law, Engineering, Medical, Ayurveda, Pharmaceutical, Journalism, Mass Communication, Library Science Faculty's)

ISSN: 2454 – 7905

SJIF Impact Factor: 7 . 479

Worldwide International Inter Disciplinary Research Journal

A Peer Reviewed Referred Journal
Quarterly Research Journal

(Arts-Humanities-Social Sciences- Sports, Commerce, Science, Education, Agriculture, Management, Law, Engineering,
Medical-Ayurveda, Pharmaceutical, MSW, Journalism, Mass Communication, Library sci., Faculty's)

www.wiidrj.com

Vol. I ISSUE - LXI Year – 7 21 June 2022

किसान शिक्षण प्रसारक मंडळ, उदगीर द्वारा संचलित,

महात्मा फुले महाविद्यालय, अहमदपूर जि. लातूर

(नॅक मूल्यांकन 'बी' दर्जा)

Web: www.mpmahmedpur.in

Department of Sports & Physical Education

One day Interdisciplinary International Conference (Online)

'Human life and Yoga'

:: Editor in Chief ::

Dr. Vasant Biradar

Principal,

Mahatma Phule Mahavidyalaya, Ahmedpur.

:: Editor ::

Prof. Dr. A. S. More

Department of Sports & Physical Education

Mahatma Phule Mahavidyalaya, Ahmedpur.

Address for Correspondence

Editor in Chief : Mrs. Pallavi Laxman Shete

House No.624 - Belanagar, Near Maruti Temple, Taroda (KH), Nanded – 431605 (India -
Maharashtra) **Email:** Shrishprakashan2009@gmail.com / umbarkar.rajesh@yahoo.com

Mob. No: +91-9623979067

Director : Mr. Tejas Rampurkar (For International contact only +91-8857894082)

Website: www.wiidrj.com

Worldwide International Inter Disciplinary Research (A Peer Reviewed Referred)

Worldwide International Inter Disciplinary Research (A Peer Reviewed Referred) is quarterly published journal for Research scholars, teachers, businessman and scientists to integrate disciplines in an attempt to understand the complexities in the current affairs.

We also believe that both researchers and practitioners can contribute their knowledge by translating understanding into action and by linking theory and practice. This would enhance the relevance and thought in various related fields.

This Journal expected to bring together specialists in the field of commerce, economics, management and industry from different part of the world to address important issues regarding commerce, management and economics. One of the objectives of the journal is to create dialogue between scholars of various disciplines.

The editor, editorial team and the publisher do not hold any responsibility for the views expressed in **Worldwide International Inter Disciplinary Research (A Peer Reviewed Referred)** or for any error or omission arising from it.

The journal will cover the following Faculties for All Subject:

• Arts/ Humanities / Soc. Sci. / Sports	• Engineering
• Commerce	• Medical /Ayurveda
• Science	• Law
• Education	• Journalism
• Agriculture	• Mass Communication- Library sci.
• Pharmaceutical	• Social Work
• Management	• Any Other

Director : Mr. Tejas Rampurkar (For International contact only +91-8857894082)

Printed by

Anupam Printers, Nanded.

Cost: Rs. 400/-

© **Copy Right: Mahatma Phule Mahavidyalaya, Ahmedpur Dist. Latur**

Editors of Worldwide International Peer Reviewed Journal are not responsible for opinions expressed in literature published by journal.

The views expressed in the journal are those of author(s) and not the publisher or the Editorial Board. The readers are informed, authors, editor or the publisher do not owe any responsibility for any damage or loss to any person for the result of any action taken on the basis of the work (c) The articles/papers published in the journal are subject to copyright of the publisher. No part of the publication can be copied or reproduced without the permission of the publisher.

Editorial Board

Dr. Deepak Bacchewar M.C Member and Co-Dean Interdisciplinary Faculty, Swami Ramanand Tirth Marathwada Vidyapeeth Nanded. (MH., India.)	Prof. Dr. vitthal Singh Parihar Director of sports, Swami Ramanand tirth Marathwada Vidyapeeth Nanded. (MH., India.)
Prof. Dr. Mardikar Madhavi Head Physical Education and Coordinator PGDT Physical Education Rashtra Sant Tukdoji Maharaj Nagpur University Nagpur. (MH., India.)	Dr. Pradeep Deshmukh Ex.M.C member and Director of sport, Swami Ramanand tirth Marathwada Vidyapeeth Nanded. (MH., India.)
Prof. Dr. Govind Martale Director sports, Dhanaji Nana College Faizpur Jalgaon (MH., India.)	Prof. Dr. Borkar D. S Director of Sports Dr. Ambedkar College Dikshabhumi Nagpur (MH., India.)

Peer-Review Committee

Dr. Sasane S. G Head Department of sociology, Mahatma Phule Mahavidyalaya Ahmedpur, Latur.	Dr. Biradar Prashant Head Department of Sanskrit Mahatma Phule Mahavidyalaya Ahmedpur, Latur
Dr. Kasab Maroti Department of Marathi, Mahatma Phule Mahavidyalaya Ahmedpur Latur	Dr. Chaukate Prakash Praldhrao Head Department of political science, Mahatma Phule Mahavidyalaya Ahmedpur, Latur
More Babruwan Head Department of history Mahatma Phule Mahavidyalaya Ahmedpur Latur	Mane Digambar Head Department of of Geography Mahatma Phule Mahavidyalaya Ahmedpur, Latur
Garje Sachin Department of geography, Mahatma Phule Mahavidyalaya Ahmedpur, Latur	chilgar Pandurang Department of Hindi, Mahatma Phule Mahavidyalaya Ahmedpur, Latur
Ingle Parmeshwar Librarian, Mahatma Phule Mahavidyalaya Ahmedpur, Latur	Akade Aatish Department of English, Mahatma Phule Mahavidyalaya Ahmedpur Latur

Advisor Committee

Prof. Dr Choudhary Durga Das Vice principal Mahatma Fule Mahavidyalaya Ahmedpur. Dist. Latur.	Prof. Dr Mule Nagraj Head Department of Hindi, Mahatma Phule Mahavidyalaya Ahmedpur District Latur.
Prof. Dr Anil Munde Department of Marathi, Mahatma Phule Mahavidyalaya Ahmedpur. Dist. Latur.	

Guidelines for Submission of Manuscript

1. COVERING LETTER FOR SUBMISSION:

DATE: _____

To,
THE EDITOR,
 WIPRJ,
 Nanded.

Subject: Submission of the article with the title

.....

DEAR Editor,

Please find my submission of article for possible publication in your journal.

I hereby affirm that the contents of this manuscript are original. Furthermore it has neither been published elsewhere fully or partly, nor it is under review for publication anywhere.

I affirm that all author(s) have seen and agreed to the submitted version of the manuscript and their inclusion of name(s) as co-author(s).

Also, if our/my manuscript is accepted, I/We agree to comply with the formalities as given in the journal and you are free to publish our contribution in your journal.

Name and Sign of Author/Authors

Designation:

Affiliation with full address & Pin Code:

Residential address with Pin Code:

Mobile Number (s):

Landline Number (s):

E-mail Address:

Alternate E-mail Address:

2. INTRODUCTION: Manuscript must be in British English prepared on a standard A4 size paper setting. It must be prepared on a single space and single column with 1” margin set for top, bottom, left and right. It should be typed in 12point Times New Roman Font (English Article) and 16 point in DVB-TT Surekh in Pagemaker (Marathi / Hindi Article).

3. MANUSCRIPT TITLE and HEADINGS: The title of the paper should be bold capital. All the headings should be bold. All sub-headings should have also bold.

4. AUTHOR(S) NAME(S) and AFFILIATIONS: The author(s) full name, designation, affiliation(s), address, and email address should be there.

5. ABSTRACT: Abstract should be in fully italicized text, not exceeding 250 words. The abstract must be informative.

6. KEYWORDS: Abstract must be followed by list of keywords, subject to the maximum of five.

7. FIGURES and TABLES: These should be simple, centered, separately numbered and self-explanatory, and titles must be above the tables/figures. Sources of data should be mentioned below the table/figure.

8. REFERENCES: The list of all references should be alphabetically arranged. It must be single spaced, and at the end of the manuscript. The author(s) should mention only the actually utilized references in the preparation of manuscript and they are supposed to follow **Harvard Style of Referencing**.

Review Process

Each research paper submitted to the journal is subject to the following reviewing process:

1. Each research paper/article will be initially evaluated by the editor to check the quality of the research article for the journal.
2. The articles passed through screening at this level will be forwarded to two referees for blind peer review.
3. At this stage, two referees will carefully review the research article, each of whom will make a recommendation to publish the article in its present form/modify/reject.
4. The review process may take one/two months.
5. In case of acceptance of the article, journal reserves the right of making amendments in the final draft of the research paper to suit the journal's standard and requirement.

Worldwide International Inter Disciplinary Research Journal

(A Peer Reviewed Referred)

(ISSN - 2454 7905)

COPYRIGHT WARRANTY AND AUTHORISATION FORM

Date:

TO,
THE PUBLISHING EDITOR,
Worldwide International Inter Disciplinary Research (A Peer Reviewed Referred),
Nanded.

SUBJECT: COPYRIGHT WARRANTY AND AUTHORISATION FORM
(The article cannot be published until this copyright authorization agreement is received by the Editor)

DECLARATION

I/We the
author/authors of the paper titled.....
.....authorize
you to publish the above mentioned article **Worldwide International Inter Disciplinary Research (A Peer Reviewed)**

I/We hereby declare that:

1. This article authored by me/us is an original and genuine research work. It does not infringe on the right of others and does not contain any libelous or unlawful statements. It has not neither been submitted for publication nor published elsewhere in any print/electronic form.
2. I/We have taken permission from the copyright holder to reproduce the matter not owned by me and acknowledged the source.
3. I/We permit editors to publish the said paper in the journal or in any other means with editorial modification, if any.
4. I/We assign all the copyright of this article to the journal, and have not assigned any kind of rights for its publication to any other publisher(s).
5. I/We agree to indemnify the Editors, **Worldwide International Inter Disciplinary Research (A Peer Reviewed Referred)** against all claims and expenses arising from any breach of warranty on my/our behalf in this agreement.
6. In case of a paper by multi-authored article, I/corresponding authors have obtained permission to enter into agreement and assign copyright from all the co-authors, in writing and all the co-authors have thoroughly read and agreed with above warranties and authorization.
7. All disputes subject to jurisdiction of Nanded court only.

Name :

Official Address :

..... Pin

e-mail id :

Mobile and Phone No. :

Signature of the Author(s) :

Worldwide International Inter Disciplinary Research Journal
(A Peer Reviewed Referred)
(ISSN 2454 7905)

Dr. Rajesh G. Umbarkar

House No.624 - Bela Nagar, Near Maruti Temple, Taroda (KH), Nanded – 431605 (India -Maharashtra)

Phone : +91 9623979067 **Email :** umbarkar.rajesh@yahoo.com / Shrishprakashan2009@gmail.com

www.wiidrj.com

Dear Editor,

I wish to be an Annual Member and agree to abide by your rules and regulations.

1. Name in Full : _____

2. Nationality: _____

3. Address for Correspondence: _____

Phone (STD code): _____ Mobile No : _____

4. Name of the College/Employer : _____

5. Present Position/Designation: _____

6. Email Address: _____

Date:

(Signature of the applicant)

Place: Stamp Seal:

ANNUAL SUBSCRIPTION RATES:

	Domestic	International
Individual	Rs. 1500	\$ 150
Institutional	Rs. 1500	\$ 150

Director : Mr. Tejas Rampurkar (For International contact only +91-8857894082)

Subscriptions must be sent by Demand Draft drawn on any Nationalized Bank at Nanded, in favour of **Mrs.Pallavi Laxmanrao Shete** Subscription can also be made by depositing cash or electronic transfer in our bank account.

Name of the Bank : **State Bank of India, Branch – Taroda Naka Dist. NANDED. (MH., India.)**

IFSC Code : **SBIN0016667**

Branch Code : **16667**

Account Number : **20286425949**

Editorial

Keeping this in mind, K.S.P.Mandal's Mahatma PhuleMahavidyalayaAhmedpur, Department of Sports organized the Inter National Seminar on "Yoga and Human Life" and decided to publish the research papers in journal /unveil a book in edited form. The present journal consists of research papers from the academicians, teachers and research scholars across the country. I hope this volume will prove a stepping stone for the teachers, scholars and students. It will definitely guide the students and researchers to study Indian Literature in English in this perspective. This volume cannot, of course, pretend to be a complete one but it includes only selected articles recommended by the Peer Review Panel.

I wish to express special thanks to Hon'ble Members of K.S.P.MandalUdgir, Hon'ble Principal,Dr. Vasant Biradar, for their constant support and encouragement in undertaking such an academic activity.I think, it is my duty to express words of thanks to all the contributors and "Peer Review Panel" for their recommendation of articles.

The present Volume will definitely help the teachers and research scholars to get complete insight of the topic chosen for the National Seminar.

Editor

Prof. Abhijeet Shamrao More

Director of sports and physical Education
Mahatma PhuleMahavidyalaya, Ahmedpur

:: प्रास्ताविक ::

किसान शिक्षण प्रसारक मंडल, उदगीर द्वारा संचलित महात्मा फुले महाविद्यालय, अहमदपुर के क्रीडा विभाग तथा स्वामी रामानंद तीर्थ मराठवाडा विश्वविद्यालय, नांदेड के संयुक्त तत्वाधान मे आजादी के अमृत महोत्सव के उपलक्ष्य मे तथा अंतरराष्ट्रीय योगा दिन के औचित्य पर आयोजित एक दिवसीय आंतरराष्ट्रीय ई - संगोष्ठी मे सभी विद्वज्जन लेखकों का मैं महाविद्यालय का प्रधानाचार्य इस नाते हार्दिक स्वागत करता हूँ।

आभासी पद्धती से जुड़े हुए हमारे किसान शिक्षण प्रसारक मंडल उदगीर के अध्यक्ष मा. श्री. श्रीरंगराव पाटील एकंबेकर साहेब, सचिव मा. श्री. ज्ञानदेव झोडगे साहब तथा जर्मनी से इस संगोष्ठी का उद्घाटन करनेवाले अंतरराष्ट्रीय स्तर के योग अभ्यासक अश्विन आंबटवार तथा स्वामी रामानंद तीर्थ मराठवाडा विश्वविद्यालय के व्यवस्थापन परिषद सदस्य हमारे मित्र डॉ.दीपक बच्चेवार जिन्होंने योगा पर विस्तृत मार्गदर्शन किया ऐसे हमारे मित्र तथा बीजभाषक, स्वामी रामानंद तीर्थ मराठवाडा विश्वविद्यालय के क्रीडा विभाग के संचालक डॉ.विठ्ठलसिंह परिहार, द्वितीय सत्र मे जिन्होंने मार्गदर्शन किया ऐसे हमारे मित्र तथा स्वामी रामानंद तीर्थ मराठवाडा विश्वविद्यालय के भूतपूर्व व्यवस्थापन परिषद सदस्य डॉ.पी. एन. देशमुख सर तथा विशेष मार्गदर्शक पतंजली योग विश्वविद्यालय, हरिद्वार के डॉ. नितिष कुमार यादव, आलेख पठाण सत्र के अध्यक्ष डॉ.बलवंत सिंह तथा प्रातिनिधिक स्वरूप पर शोधालेख पठाण करने वाले डॉ.चंद्रजीत सिंह, डॉ. गौरी बेन पटोलिया, डॉ. अभिजीत सरनाईक तथा डॉ. जयशिला मनोहर आपके सहयोग के कारण आंतरराष्ट्रीय संगोष्ठी सफल हुई हैं।

इसलिये मैं आपका हार्दिक अभिनंदन करता करता हूँ।

मुझे यह बताते हुए अत्याधिक आनंद होता हैं कि, हमारे महाविद्यालय का क्रीडा विभाग अत्यंत सक्रिय है। स्वामी रामानंद तीर्थ मराठवाडा विश्वविद्यालय का राष्ट्रीय, आंतरराष्ट्रीय स्तर पर प्रतिनिधित्व हमारे छात्रोंने किया है। उनको मार्गदर्शन करनेवाले हमारे महाविद्यालय के क्रीडा संचालक प्रो. डॉ. अभिजीत मोरे अभिनंदन के पात्र है। इस अंतरराष्ट्रीय संगोष्ठी के लिए देश-विदेश से सौ से अधिक शोध आलेख प्राप्त हुए है। मैं उनका अभिनंदन और स्वागत करता हूँ।

मित्रों, 'ह्युमन लाईफ अँड योगा ' यह ग्रंथ आपके सहयोग से प्रकाशित हो रहा हैं। इस ग्रंथ का आप सभी स्वागत करेंगे इसका मुझे विश्वास हैं। आज के युग मे योगा करने की आवश्यकता है, क्योंकि मनुष्य के पास सब कुछ है, लेकिन आरोग्य संपन्नता नही है। मनुष्य जीवन मे सफल होने

के लिए अपने आरोग्य को दाँव पर लगा रहा है | लेकिन अपने आरोग्य की चिन्ता नहीं करता । आज वैश्वीकरण के युग मे मनुष्य तरक्की के पीछे दौड रहा है । लेकिन तरक्की ही महत्वपूर्ण नही है । बल्कि शारीरिक और मानसिक तंदुरुस्ती भी आवश्यक है । योगविद्या यह भारत की अतिप्राचीन विद्या मानी जाती हैं जिस का स्वीकार पुरे विश्व ने किया है | विभिन्न प्रकार की शारीरिक या मानसिक व्याधीयों को दूर करने के लिए योगा का बहुत महत्व है । प्रति वर्ष २१ जून को आंतरराष्ट्रीय योग दिन मनाया जाता है । लेकिन केवल एक दिन के लिए योगा करने से कुछ नही होता है । बल्कि मनुष्य ने अपना समय निकाल कर योगा करना चाहिये | योगा से मन तथा तन प्रसन्न होता हैं और प्रसन्न मन से किया गया कार्य जीवन मे सफलता देता है । इसलिये मनुष्य ने निरंतर योगा करना चाहिये । अंतरराष्ट्रीय संगोष्ठी मे उपस्थित विद्वतज्जनों ने योगा के महत्व को समझाया है | उनका मैं अभिनंदन करता हूँ, धन्यवाद देता हूँ । तथा आज के इस आंतरराष्ट्रीय योग दिन के अवसर पर आंतरराष्ट्रीय संगोष्ठी का आयोजन करके हमारे महाविद्यालय के क्रीडा संचालक प्रो. डॉ.अभिजीत मोरे का भी मैं अभिनंदन करता हूँ और भविष्य में भी उनके द्वारा इसप्रकार का कार्य निरंतर होता रहे, इस हेतु शुभेच्छा देता हूँ । और मेरी लेखनी को विराम देता हूँ ।

धन्यवाद !

प्रधानाचार्य डॉ. वसंत बिरादार
महात्मा फुले महाविद्यालय, अहमदपुर,
ता . अहमदपुर जि. लातूर

INDEX

Sr. No.	Title of the Paper	Name of Author	Page No.
01.	EFFECT OF YOGA ON STRESS MANAGEMENT	Jayavant K. Shimpi	01
02.	TO INSPECT WHETHER STRESS MANAGEMENT INTERVENES THE CONNECTION BETWEEN REASON THROUGHOUT EVERYDAY LIFE AND SELF-EVALUATED HEALTH STATUS	Dr. Jyoti Motiram Gaikwad	05
03.	YOGA: ORIGIN, HISTORY AND DEVELOPMENT	Dr. Jyotiram D. Chavan	13
04.	STUDY OF EFFECTS OF SELECTED YOGA TRAINING PROGRAM ON BODY COMPOSITION OF SPORTSMAN	Dr. Arvind Rami	16
05.	STRESS MANAGEMENT AND YOGA	Dr. Chandrakant B. Satpute	19
06.	YOGA FOR HEALTHY LIFE	Dr. Nirajkumar N. Uplanchwar	21
07.	STRESS MANAGEMENT	Dr. Pravin Gopalrao Patil	23
08.	EFFECTS OF YOGA TRAINING AND CIRCUIT TRAINING ON THE STRENGTH OF PLAYERS	Gauri Patoliya	30
09.	YOGA AND STRESS MANAGEMENT	Dr. Madhav D. Shejul	33
10.	INTERRELATED CONCEPT OF YOGIC EXERCISES AND WELLNESS	Dr. Minanath S. Gomchale	35
11.	YOGA AS SILENCE	Dr. Narayan N. Jaybhaye	39
12.	“YOGA FOR PERSONALITY DEVELOPMENT”	Mr. Kapil H. Khalasi	42
13.	YOGA AND PHYSICAL FITNESS	Dr. Prof. Painjane Manoj Madhavrao	46
14.	EFFECT OF PHYSICAL EXERCISE ON HEART RATE OF SEDENTARY STUDENTS.	Amit Kumar Dr. B. John	52
15.	ATTITUDE OF GIRLS STUDENTS TOWARDS YOGA	Mr. Chatse Ashok Jayaji	55
16.	EFFECT OF RESISTANCE TRAINING ON SELECTED HEALTH RELATED PHYSICAL FITNESS COMPONENTS OF BOYS AGED 10 TO 17 YEARS.	Dr. Sangharsh Sumangal Shrangare	58
17.	PROMOTION OF YOGA THROUGH MASS MEDIA AT GRASSROOT LEVEL: A CRITICAL VIEW	Hemant Trimabakrao Shinde	61
18.	ROLE OF YOGA MAINTANCE SOCIAL HEALTH	Dr. Jaysheela Baswantrao Manohar	63

19.	STUDY OF PHYSICAL ACTIVITY LEVEL BETWEEN RURAL & URBAN SCHOOL CHILDREN FROM SHRIGONDA TALUKA	Dr. Bhaskar Reddy S. N. Dr. Sachin Subhashrao Chamle	66
20.	ROLE OF YOGA IN STRESS MANAGEMENT	Mr. Suntosh Jayendra Bhat	70
21.	SIGNIFICANCE OF YOGA AND MEDITATION IN HUMAN LIFE	Dr. Jaikumar G. Kshirsagar	74
22.	YOGA AND CHILD DEVELOPMENT	Dr. Ranmal P. S.	79
23.	YOGA AND CHILD DEVELOPMENT	Dr. N. B. Gajmal	82
24.	YOGA AND DIET	Dr. Pawan Prakashrao Patil	85
25.	YOGA FOR COLLEGE YOUTH	Dr Amey Vinayak Kale	88
26.	YOGA FOR STRESS MANAGEMENT	Dr. Nagesh Phulari	90
27.	IMPORTANCE OF YOGA IN OUR DAILY LIFE	Dr. More Babruwan Kerbaji	96
28.	ROLE OF YOGA IN THE SPORTS FIELD	Mr. Jondhale Suresh Mahajanrao	101

EFFECT OF YOGA ON STRESS MANAGEMENT

Jayavant K. Shimpi

Asst.Prof. SES, College of Physical Education, Jalgaon

ABSTRACT:

Everyone knows what stress is or, at the very least, knows when they are experiencing it first hand or witnessing its effects on someone close to them. Stress is that feeling when you can't seem to sit still, when your thoughts are racing and you feel out of control. Your body feels tense, as if tied into a knot. You feel revved up but can't figure out where to direct your energy. Time pressures weigh down on you. Concentration seems difficult. Yoga is best therapy to avoid stress. From Yoga, we teach how to survive normal life, healthy life and natural life. Yoga is an ancient science, which originated in India and many studies have found that yoga can be practiced to manage and combat stress.

Key Words: Stress, yoga.

INTRODUCTION:

Stress is the way human beings react both physically and mentally to changes, events, and situations in their lives. People experience stress in different ways and for different reasons. The reaction is based on your perception of an event or situation. If you view a situation negatively, you will likely feel distressed—overwhelmed, oppressed, or out of control. Distress is the more familiar form of stress. The other form, eustress, results from a “positive” view of an event or situation, which is why it is also called “good stress.” According to the stressful event, the body's way to respond to stress is by sympathetic nervous system activation which results in the fight-or-flight response. The body cannot keep this state for long periods of time; afterwards the parasympathetic system returns the body's physiological conditions to normal. In humans, stress typically describes a negative condition or a positive condition that can have an impact on a person's mental and physical well-being.

Many of the studies compared yoga to other treatment modalities, most commonly to exercise, meditation, and traditional medicine. However, little has been written about what distinguishes yoga from other treatments. Yoga has recently been found to have beneficial effects on blood glucose levels in individuals with diabetes and other chronic health conditions. Yoga has been shown to be effective in relieving symptoms of mental illness including depression, anxiety, obsessive-compulsive disorder, and schizophrenia. Overall, the studies comparing yoga and exercise seem to indicate that, in both healthy and diseased populations, yoga may be as effective as, or better than exercise at improving a variety of health-related outcome measures, including HRV, blood glucose, blood lipids, salivary cortisol, and oxidative stress. Furthermore, yoga appears to improve subjective measures of fatigue, pain, and sleep in healthy and ill populations.

Stress :-

The word stress has been taken from the Latin word ‘Stringere’ which intends to draw ‘Tight’ means creation of restlessness. Different words have been used as synonymously for stress such as anxiety, pressure, frustration, discomfort, uneasiness, malaise, exertion, fatigue, unrest & strain, etc. (Palmer, 1989)

Stress is the way human beings react both physically and mentally to changes, events and situations in their lives. People experience stress in different ways and for different reasons. The reaction is based on your perception of an event or situation. If you view a situation negatively, you will likely feel distressed—overwhelmed, oppressed, or out of control. Distress is the more familiar

form of stress. The other form, eustress, results from a “positive” view of an event or situation, which is why it is also called “good stress.” Eustress helps you rise to a challenge and can be an antidote to boredom because it engages focused energy. That energy can easily turn to distress, however, if something causes you to view the situation as unmanageable or out of control. Many people regard public speaking or airplane flights as very stressful—causing physical reactions such as an increased heart rate and a loss of appetite—while others look forward to the event. It’s often a question of perception: A positive stressor for one person can be a negative stressor for another.

Stresscauses :-

Many things can cause stress. You might feel stressed because of one big event or situation in your life. Or it might be a build-up of lots of smaller things.

- Feel under lots of pressure.
- Face big changes in your life.
- Are worried about something.
- Don't have much or any control over the outcome of a situation.
- Have responsibilities that you find overwhelming.
- Don't have enough work, activities or change in your life.
- Experience discrimination, hate or abuse.

Symptoms of Distress:-

Stress can be short-term or long-term. Both can lead to a variety of symptoms, but chronic stress can take a serious toll on the body over time and have long-lasting health effects.

- Explicit talk about hopelessness, death, or suicide
- Feeling out of control of one’s behaviors and emotions
- Racing thoughts
- Excessive dependence on others
- Hypertension (high blood pressure)
- Heart problems, such as palpitations
- Sleep disturbances, whether it’s sleeping too much or an inability to sleep
- Anxiety
- Sexual problems.

YOGA:-

The word yoga or ‘Yuj’ has taken from the ancient language Sanskrit, which means ‘Union’. Yoga means – the union of individual consciousness as universal consciousness. Yoga is enlightened the mental and physical qualities and develop the consciousness of human beings in such a way that anyone can know about what is wrong and right. A high-level consciousness among people may help to identify the root cause of stress and other human behavioural weakness that are major sources responsible to create / produce stress. (Yogpeeth, 2017. Yoga Develop a man up to super consciousness level which is an absolute position in this universe so the importance of yoga is not limited to certain human behavioural qualities but also extended to manage the stress, leadership and personality & decision-making skills among peoples.

Managing Stress through Yoga :-

Asanas:-

Asanas increases the awareness of various physical and physiological processes influenced by controlled stretching contraction and relaxation of various muscles, their co-ordination in

balancing and maintenance of Posture. These special patterns of postures that stabilizes the mind and the body through static stretching. Their aim is to establish proper rhythm in the neuromuscular tonic impulses and improve the general muscle tone. Asanas may be classified as meditative, cultural, and relaxative.

Pranayama:-

Pranayama practices similarly involve the manipulation of breathing mechanism along with the increased awareness of the pressure changes inside the cavity of chest and abdomen Holding the breath for a prolonged and comfortable time is an essential technique of pranayama. The main purpose of Pranayama is to gain control over the autonomic nervous system and through it influence the mental function.

Meditation:

This is the practice involving control of die mental functions, which start from the initial withdrawal of the senses from external objects to the complete oblivion of the external environment In the hierarchy of yogic practices, Meditation occupies the higher position. Dhyana or the Meditation practices increase the awareness of one's mental processes including the thoughts, emotions, memory etc. It can make, one aware how the constant restlessness at the level of mind contributes in the feeling of emotional stress feeling of constant fear and Insecurity. This increased awareness combined with the manipulative techniques of Dhyana practices, gradually restores the psycho-physiological functions back to its healthy, harmonious and balanced state.

Kriyas:

These are purificatory process usually classified in to six divisions and called as shatkriyas. These are dauti, basti, Neti, tratarka, nauli and kapalbhati. Kriyas bring control on different reflexes and establish psycho physiological balance. The modes of purification in the Kriyas are air, water, friction, and manipulating movements. The region of cleansing involved invarious kriyas is Nasopharyngeal, Orocranial, gastroesophagel, anorectal and intestinal.

Yoga practices begin at fee physiological levels, with control of fee reflexes, postures and respiratory functions. It then progresses through techniques of concentration to progressive control of mind Through proper conditioning by the regimen, several autonomic functions are also brought under control. Since mind has a great control on body, a pure mind will heal the body and thus a strong anti stress factors, unwanted thoughts and emotion leave fee mind. The level of tension is lessened, conflict will resolve and thus there will be a positive outlook and approach on life. Practicing Yoga may help to bring about a balance in different autonomic function so that function is optimized. Yoga has unique unilateral effect on sympathetic stimulation of heart that may have therapeutic value. Yogic breathing techniques have useful application in treating psycho-physiological disorders with hemispheric imbalance and disorders with autonomic abnormalities.

The practice of yoga involves forming various body postures, slow stretching movements, breathing exercises that can at times lead to progressive relaxation, imagery and meditation. All these specific techniques are meant for a specific purpose and they culminate into a higher awareness of what is happening to oneself during stress – emotionally, physically, mentally and energetically. One develops an understanding of each part of the body by being more aware of it. The practice includes paying attention to each and every part and therefore ensures a holistic therapy.

CONCLUSION:

Asana, meditation, perception, yoga and kriya affect thestress. If you do regular Asana, Dhyana ,Dharana ,Yoga and Kriya, you can see that the stress is greatly reduced. Yoga seems to

have a good effect on the above. Yoga has made significant contributions to many types of research .Therefore, yoga is an effective tool for reducing stress. It is important to practice yoga regularly, it requires consistency while doing yoga activities.Yoga sadhana is very important for controlling the stress.

Yoga also improves our mental state, increases concentration, builds self esteem, and helps us to deal with stress in a positive way.Asanas, Pranayama, Kriyas and Meditation practiced regularly and with faith yield wonderful results. Yoga makes perfection in the action of an individual

REFERENCES:-

1. Brahmacharya V. (1996): 'YogasanaVijanana, Science of Yoga'; Direndra Yoga Publication, New Delhi.
2. Dange V.S. etal.(1991): " Effect of Yoga therapy on Obesity and Lipid Profile' pp. 149-164,1st International Conference' Yoga and Research(1984), Kaivalyadhaina, Lonavla
3. Dr. Reddy P.S. (2000):"Stress and Yogic LifrStyle";Yoga con Hyderabad. Gandhi dyan Mandir.
4. Dr.Abhang R. (1996): "Updating Yoga for healthy Living"; Yoga update Souvenir, KaivayadamMumbai, pp.92-95.
5. Kumar Rajendra, To Study the Effectiveness of Yoga Education on Stress Management of Management Professionals, Doctoral Dissertation,Raffles University,2020.
6. Joseph Shaly, "The Effectiveness of Yoga in stress Management among the Employees in Industry", Doctoral Dissertation, Shivaji University, 2005.
7. Kuvalayananda, S (1993):'Asanas*'; Kaivalyadham, Lonavla.
8. Kuvalayananda, S. and Vinekar, S.L. (1963):"Yogic Therapy: It's Basic Principles and Methods"; Central Health Education Bureau, Ministry of Health, New Delhi, Govt, ofIndia publication.
9. Nimbalkar, S. (1995): 'Yogic Practices';Yoga Vidya NiketaaMumbai. PP 8-9.
10. www.cmha.ca
11. www.lifeline.org.au
12. www.psycholohy.org.au
13. www.stress-relief-exercises.com
14. <https://hydesmith.com/de-stress/files/StressMgt.pdf>
15. <https://www.uakron.edu/armyrotc/MS1/14.pdf>
16. <https://www.verywellmind.com/relaxation-exercises-that-relieve-teens-stress-2608879>
17. <http://mdcurrent.in/patients/role-yoga-stress-management/>
18. https://www.researchgate.net/publication/312153520_Study_of_Stress_Management_with_special_reference_to_Yoga

TO INSPECT WHETHER STRESS MANAGEMENT INTERVENES THE CONNECTION BETWEEN REASON THROUGHOUT EVERYDAY LIFE AND SELF-EVALUATED HEALTH STATUS

Dr. Jyoti Motiram Gaikwad

Director of Physical Education and Sports Saraswati College Kaij

ABSTRACT:

Background: To inspect whether stress management intervenes the connection between reason throughout everyday life and self-evaluated health status (SRH).

Techniques: A cross-sectional review was led among 6500 professional teachers in 2021 at Maharashtra, India. Reason in life was evaluated through the Purpose in Life Subscale of the Psychological Well-being Scale. Stress management was evaluated utilizing the eight-thing poll adjusted from the Health-advancing Lifestyle Profile II. SRH was surveyed by the Suboptimal Health Measurement Scale Version 1.0. The intervention speculation was tried by the underlying condition model for way examination.

Results: It was observed that reason in life had immediate and backhanded impacts on SRH. The way investigation showed the absolute impact ($\beta = 0.563$) of direction in life on SRH was involved an immediate impact ($\beta = 0.319$) and a circuitous impact ($\beta = 0.244$), which was interceded by stress management.

CONCLUSION: By supporting the intercession theory, our outcomes demonstrate that stress management intervened the impact of direction in life on SRH. Upgrade of teacher's motivation throughout everyday life and improvement of preparing abilities of stress management ought to be joined in the system of working on teachers' health.

KEYWORDS: purpose in life; stress management; self-rated health

INTRODUCTION:

Reason in life is a self-arranging life point that animates objectives, oversees practices, and gives a feeling of significance [1]. Investigations have discovered that higher reason in life is related with better wellbeing results and better self-evaluated wellbeing (SRH) [2]. SRH is a self-surveyed or self-saw wellbeing status, giving a decent impression of "emotional" or "saw" wellbeing [3], which centers around the assessment of a gathering's wellbeing status and a singular's prosperity. People with high reason in life unequivocally feel more accountable for their wellbeing [4-6] and trust in the capacity to impact their wellbeing [7]. Physiologically, a lot of proof has shown that people with high reason in everyday routine might experience longer, and have a diminished the danger of weakening conditions [8-10] and diminished mortality [11]. Mentally, a developing collection of studies shows that reason in life has solid relationship with mental prosperity and a low degree of burdensome side effects [12-14]. Socially, reason in life was additionally announced as emphatically connected with social combination and social quality [15]. Studies have shown that people with more significant levels of schooling had higher reason in life [16]. Educators, as designers of the human spirit, have high schooling as well as have the obligation to develop another age and they additionally add to the steadiness of society. Subsequently, teachers additionally have high reason throughout everyday life and exclusive requirements in their work execution, which are reflected by students' test scores and the quantity of students conceded to renowned schools. To

accomplish their motivation and assumption, they generally experience the ill effects of weighty obligation, unreasonable responsibility, time tensions and exclusive standards from both society and the understudies' folks. Contrasted with different occupations, educators were accounted for to have a more elevated level of stress [17]. Word related stress incites demolishing mental conditions for educators, and they were accounted for to have a higher commonness of mental distress [18]. Contrasted and other word related populaces, instructors in India announced the least fortunate SRH [19]. Consequently, heads, clinicians and specialists genuinely should take note of that working on teachers' abilities of stress management is by all accounts essential to improve their wellbeing. Stress management includes changing what is happening, managing issues, dealing with yourself, and setting aside a few minutes for rest and unwinding. Stress management is accounted for to be emphatically connected with better SRH [20]. Studies recommend that stress management is connected with further developed invulnerable capacity [21]. Great stress management capacity is additionally answered to be related with lower weight file and tranquil rest in the older [22], further developing persistent neck torment [23], decreasing medical care usage [24], prompting a more significant level of mental prosperity [25-27] and expanded social help from others [28]. People with better stress management can advance their wellbeing. Thusly, our theory is that stress management could be a possible illustrative component in the relationship between reason throughout everyday life and SRH. The current review planned to explore the connection between reason throughout everyday life, stress management and SRH and the impact of stress management on the connection between reason throughout everyday life and SRH in educators.

Subjects and Methods

Subjects and Data Collection

A cross-sectional, engaging review was directed among 8000 approx. public school teachers during April to July 2021 in Maharashtra, India. Barely any regions were haphazardly chosen from Maharashtra State and are illustrative of monetary qualities, populace socioeconomics, and geographic dispersion. Then, at that point, every one of the essential and optional state funded schools in every space were picked. 1500 approx. extra members were taken out due to conflicting or possibly one-sided reacting, and absent or inadequate data. At last, 6500 teachers were remembered for the current investigation, bringing about a legitimate reaction pace of 84.3%.

Measurement of SRH

SRH was evaluated through the Suboptimal Health Measurement Scale Version 1.0 (SHMS V1.0), which was created by our exploration bunch. As indicated by Indian examination information, the SHMS V1.0 has shown a phenomenal degree of content unwavering quality and legitimacy, upheld by Cronbach's alpha and parted half dependability coefficients of 0.917 and 0.831, separately [29]. These measurements show that SHMS has great dependability. The scale contains 39 things, relating to three subscales: (1) physiological manifestations (14 things); (2) mental side effects (12 things); and (3) social indications (nine things), with four things for abstract wellbeing status, by which members are inquired: "What is your overall inclination as far as physiological/ mental/ social/ general wellbeing?" Items are appraised on a five-point Likert scale (i.e., "none", "every so often", "some of the time", "continually" and "consistently"), with every thing scored from 1 to 5. Changed scores are utilized to represent invert questions. Higher scores address better SRH status. The general size of Cronbach's alpha in this study was 0.935 with subscale alphas of self-appraised physiological ($\alpha = 0.854$), mental ($\alpha = 0.891$), and social ($\alpha = 0.872$) wellbeing.

Measurement of Purpose in Life

Reason in life was surveyed through the Purpose in Life Subscale of the Psychological Well-being Scale [30,31], with high inward consistency for the six spaces (Cronbach's alpha's from 0.86-0.93) and great test-retest dependability with Pearson item second coefficients more than a six-week time frame going from 0.81-0.88. The subscale comprised of three things: "Certain individuals meander capriciously through life, however I am not one of them"; "I carry on with life each day in turn and I don't actually ponder the future (switched)"; and "I in some cases feel as though I've done everything to do throughout everyday life (switched)". The reaction choice was altered as a four-point variable (from "emphatically clash" to "firmly concur". The complete reason in life scores ran somewhere in the range of 3 and 12.

Estimation of Stress Management

Stress management was estimated through an eight-thing survey (e.g., "I utilize a few abilities to manage my stress"), adjusted from the Health-Promoting Lifestyle Profile II, which was created by Walker [32]. The reaction was on a four-point Likert scale from 1 (never) to 4 (regularly). Absolute scores are determined; higher scores demonstrate better stress management. In the current review, the Cronbach's alpha worth was 0.808, contrasting well and past announced alpha qualities 0.75 [33].

Measurable Analysis

Illustrative insights including implies, standard deviations, and frequencies were determined. Bivariate connections were determined utilizing Pearson relationship coefficients to analyze connections among reason throughout everyday life, stress management, SRH and aspects of SRH. The primary condition model (SEM) for way investigation was built to dissect the immediate and backhanded impacts of direction in life on SRH. A model was set up with reason in life as the autonomous variable, SRH as the reliant variable and stress management as the intervening variable. Corroborative variable investigation (CFA) was run on the subscales. All importance tests were two-sided, with p-values < 0.05 considered measurably critical. The investigations were led utilizing SPSS 13.0 (SPSS Inc., Chicago, IL, USA) and AMOS 22.0 (SPSS Inc., Chicago, IL, USA) programming.

RESULTS

Sample Characteristics and Correlations between StudyVariables

Sample characteristics are shown in Table1. Pearson's correlation analysis of the purpose in life, stress management, SRH and dimensions of SRH scores are reported in Table2. Purpose in life had a strong and positive correlation with stress management ($r = 0.589$, $p < 0.001$), while it had a moderate and positive correlation with SRH ($r = 0.462$, $p < 0.001$), and self-rated physiological ($r = 0.302$, $p < 0.001$), psychological ($r = 0.448$, $p < 0.001$) and social ($r = 0.471$, $p < 0.001$) health. Stress management showed a strong and positive correlation with SRH ($r = 0.547$, $p < 0.001$), self-rated psychological health ($r = 0.511$, $p < 0.001$), while it had a moderate and positive correlation with self-rated physiological ($r = 0.416$, $p < 0.001$) and social ($r = 0.498$, $p < 0.001$) health.

Table 1. Sample characteristics (n = 6840).

Variable	Total (n =6840)	
	n	%
Sex		
Male	2518	36.8
Female	4322	63.2
Marital status		
Single	552	8.1
Married	6288	91.9
Education level		
College degree or below	2093	30.6
Bachelor degree or above	4747	69.4
Age, mean (SD)	38.24 (7.46)	
Body mass index	22.45 (3.10)	
Purpose in life, mean (SD)	8.75 (2.17)	
Stress management, mean (SD)	20.29 (4.18)	
SHS, mean (SD)	65.42 (12.03)	
	66.97 (13.35)	

Table 2. Pearson's correlation analysis between purpose in life, stress management, SRH and dimensions of SRH.

Variables	1	2	3	4	5	6
1. Purpose in life	-	0.589 ***	0.462 ***	0.302 ***	0.448 ***	0.471 ***
2. Stress management		-	0.547 ***	0.416 ***	0.511 ***	0.498 ***
3. SRH			-	0.866 ***	0.915 ***	0.780 ***
4. Self-rated physiological health				-	0.681 ***	0.463 ***
5. Self-rated psychological health					-	0.655 ***
6. Self-rated social health						-

Confirmatory Factor Analysis of the Subscales

Table 3 shows the results of the confirmatory factor analysis of the subscales. The standardized estimate of each item was generally >0.4 ($p < 0.001$). These statistics indicate that the items can reflect the subscales. The composite reliability (CR) of purpose in life, stress management, self-rated physiological, psychological and social health were 0.798, 0.813, 0.840, 0.876 and 0.861, respectively. The CRs were all >0.7 , which revealed that the subscales have good internal consistency reliability and validity.

Table 3. The confirmatory factor analysis of the subscales.

Items	Subscales	Estimate	S.E.	Standardized Estimate	C.R.	p	CR
1 <—	Purpose in life	1.087	0.021	0.777	50.996	<0.001	
2 <—		0.94	0.019	0.713	50.048	<0.001	0.798
3 <—		1		0.772			
4 <—	Stress	0.481	0.019	0.33	25.106	<0.001	

5 <—	management	0.74	0.017	0.567	42.775	<0.001	
6 <—		0.64	0.016	0.516	39.041	<0.001	
7 <—		0.671	0.019	0.46	34.891	<0.001	0.813
8 <—		0.715	0.018	0.539	40.769	<0.001	
9 <—		1.031	0.018	0.773	57.062	<0.001	
10 <—		1.033	0.018	0.787	57.901	<0.001	
11 <—		1		0.718			
12 <—	Self-rated physiological health	0.677	0.025	0.402	26.658	<0.001	
13 <—		0.985	0.031	0.503	31.536	<0.001	
14 <—		0.89	0.036	0.371	25.007	<0.001	
15 <—		0.883	0.027	0.531	32.661	<0.001	
16 <—		0.966	0.029	0.542	32.933	<0.001	
17 <—		0.965	0.029	0.534	32.785	<0.001	
18 <—		1.191	0.032	0.669	37.786	<0.001 0.84	0.84
19 <—		1.235	0.034	0.636	36.743	<0.001	
20 <—		1.116	0.032	0.57	34.387	<0.001	
21 <—		0.932	0.029	0.511	31.868	<0.001	
22 <—		0.964	0.03	0.528	32.589	<0.001	
23 <—		0.873	0.029	0.478	30.371	<0.001	
24 <—		0.819	0.02	0.483	40.787	<0.001	
25 <—	1		0.537				
26 <—	Self-rated psychological health	1.692	0.05	0.611	33.823	<0.001	
27 <—		1.319	0.042	0.527	31.069	<0.001	
28 <—		1.313	0.042	0.535	31.36	<0.001	
29 <—		1.565	0.048	0.577	32.766	<0.001	
30 <—		1.397	0.042	0.593	33.225	<0.001	
31 <—		1.414	0.04	0.683	35.764	<0.001	0.876
32 <—		1.788	0.049	0.712	36.306	<0.001	
33 <—		1.69	0.047	0.709	36.224	<0.001	
34 <—		1.915	0.053	0.71	36.422	<0.001	

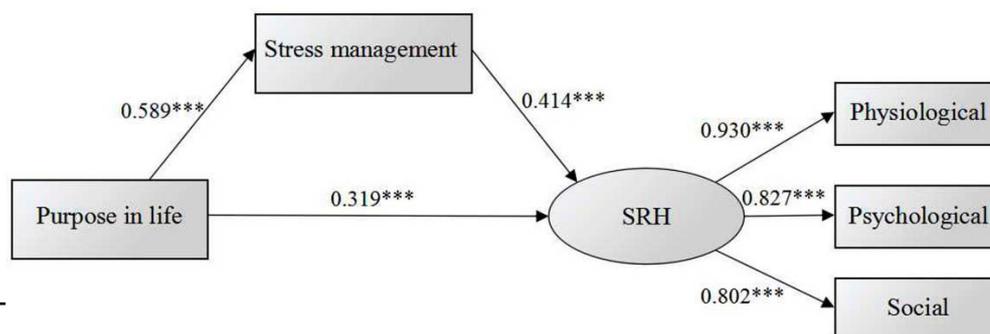
←							
35		1.714	0.048	0.68	35.724	<0.001	
←							
36		1.126	0.031	0.46	36.231		
←							
37		1		0.483			
←							
38	Self-rated social health	1.344	0.042	0.65	32.354	<0.001	
←							
39		1.741	0.052	0.692	33.343	<0.001	
←							
40		1.322	0.036	0.693	32.354		
←							
41		1.541	0.452	0.698	33.341		0.861
←							
42		1.556	0.05	0.7	33.436	<0.001	
←							
43	1.422	0.036	0.617	37.057	<0.001		
←							
44	1.556	0.489	0.7123	37.052			
←							
45	1.652	0.493	0.7231	37.85			
←							
46	1		0.458				
←							

Structural Equation Modeling

The structural equation model was constructed and is shown in Figure 1. Table 4 provides path coefficients between various structural variables. Fit indices of the model are presented in Table 5, which revealed a good fit of the data with SRMR (standardized root mean square residual) < 0.08, GFI (goodness-of-fit index) > 0.90, AGFI (adjusted goodness-of-fit index) > 0.90, NFI (normed fit index) > 0.90, IFI (incremental fit index) > 0.90, TLI (Tucker-Lewis index) > 0.90, CFI (comparative fit index) > 0.90, and RMSEA (root mean square error of approximation) < 0.08. From Figure 1 and Table 4, purpose in life had a positive effect on SRH, which was mediated by stress management. The total effect ($\beta = 0.563$) of purpose in life on SRH was comprised of not only its direct effect ($\beta = 0.319$), but also the indirect effect ($\beta = 0.244$) generated by stress management. The standardized estimations of SRH on self-rated physiological ($\beta = 0.930$), psychological ($\beta = 0.827$) and social ($\beta = 0.802$) health were all > 0.7, which indicated that self-rated physiological, psychological and social health can effectively reflect SRH. Therefore, stress management also partially mediated the effects of purpose in life on self-rated physiological, psychological and social health.

Figure 1. The structural equation model of the relationship between purpose in life, stress management and SRH. (*) $p < 0.001$.**

Table 4. The path coefficients between structural variables.



	Path		Estimate	S.E.	Standardized Estimate	C.R.	p
Stress management	<—	Purpose in life	1.132	0.019	0.589	60.241	<0.001
SRH	<—	Purpose in life	1.817	0.09	0.319	20.13	<0.001
SRH	<—	Stress management	1.227	0.038	0.414	32.17	<0.001

Table 5. Fit indices for the structural models.

χ^2/df	SRMR	GFI	AGFI	PGFI	NFI	IFI	TLI	CFI	RMSEA
25.721	0.011	0.997	0.978	0.133	0.996	0.997	0.983	0.997	0.06

SRMR: standardized root mean square residual; GFI: goodness-of-fit index; AGFI: adjusted goodness-of-fit index; PGFI: parsimony goodness of fit index; NFI: normed fit index; IFI: incremental fit index; TLI: Tucker-Lewis index; CFI: comparative fit index; RMSEA: root mean square error of approximation

DISCUSSION:

The review expected to explore the connection between reason throughout everyday life, stress management and SRH, and the impact of stress management on the connection between reason throughout everyday life and SRH. In the current review, we found that reason in life decidedly and straightforwardly impacted SRH among teachers. Stress management likewise plays a halfway middle person job in the connection between reason throughout everyday life and SRH. Initially, reason in life had a positive and direct impact on SRH in our review. Relationship investigation likewise demonstrated that teachers showed a moderate however altogether sure connection between's motivation throughout everyday life and SRH. Past examinations have shown that people with high reason in life report better SRH [2] and have better wellbeing results (e.g., better insusceptible capacity, diminished danger of weakening conditions and mortality) [8,9,11]. Concentrates likewise show that reason in life has a solid relationship with mental prosperity [13]. Schaefer et al. [12] recommended that more prominent reason in life predicts a superior recuperation from negative boosts. Likewise, Pietrzak and Cook [14] observed that reason in life might assist with advancing mental strength in more seasoned veterans who have persevered through a critical number of life injuries. Moreover, reason in life was likewise answered to decidedly influence self-appraised social wellbeing. People with high reason in life have better friendly combination, social quality, social interest and more grounded social help [15]. These past discoveries were upheld by current discoveries. Besides, our information showed that reason in life impacted SRH by implication through the intervention of stress management. As far as anyone is concerned, this study is quick to show the interceding impact of stress management on the connection between reason throughout everyday life and SRH. On one hand, our investigation discovered that stress management was fundamentally straightforwardly impacted by reason throughout everyday life. It has been accounted for that people with higher reason in life have better abilities for managing stress and working with recuperation from stress [36], have more prominent impact over the capacity of the autonomic sensory system, and can diminish the improvement of uneasiness [37]. The outcomes likewise upheld these past discoveries. Then again, results demonstrated that stress management additionally altogether straightforwardly impacted SRH, which was in accordance with past examinations showing that people with better stress management practices announced better abstract wellbeing status [20]. A few limits should be viewed as when deciphering results from the current review. To begin with, this study was of cross-sectional plan. A replication of the intercession impact in a longitudinal report is important to solidify the guessed headings of the causal connections inside the intervention model. Second, likewise with any self-report surveys, the information acquired in the current review might contain data predisposition. Future investigations should address these restrictions.

CONCLUSIONS:

In synopsis, our discoveries demonstrated that reason in life had immediate and aberrant impacts on SRH. The backhanded impact of direction in life on SRH was intervened by stress management. With respect to the job and significance of direction throughout everyday life and stress management, other than the upgrade of teachers' motivation throughout everyday life, the improvement of preparing abilities of stress management ought to likewise be fused in the technique

of working on teachers' wellbeing.

REFERENCES

1. McKnight, P.E.; Kashdan, T.B. Purpose in life as a system that creates and sustains health and well-being: An integrative, testable theory. *Rev. Gen. Psychol.* 2009, 13, 242–251. [CrossRef]
2. Hooker, K.; Siegler, I.C. Life goals, satisfaction, and self-rated health: Preliminary findings. *Exp. Aging Res.* 1993, 19, 97–110. [CrossRef] [PubMed]
3. Bruin, A.D.; Picavet, H.S.; Nossikov, A. Health interview surveys: Towards international harmonization of methods and instruments. WHO Reg. Publ. Eur. Ser. 1996, 58, 1–161.
4. Holahan, C.K.; Suzuki, R. Motivational factors in health promoting behavior in later aging. *Act. Adapt.* 2006, 30, 47–60. [CrossRef]
5. Wells, J.N.B.; Bush, H.A. Purpose-in-life and breast health behavior in Hispanic and Anglo women. *J. Holist. Nurs.* 2002, 20, 232–249. [CrossRef] [PubMed]
6. Kim, E.S.; Strecher, V.J.; Ryff, C.D. Purpose in life and use of preventive health care services. *Proc. Natl. Acad. Sci. USA* 2014, 111, 16331–16336. [CrossRef] [PubMed]
7. Zilioli, S.; Slatcher, R.B.; Ong, A.D.; Gruenewald, T.L. Purpose in life predicts allostatic load ten years later. *J. Psychosom. Res.* 2015, 79, 451–457. [CrossRef] [PubMed]
8. Kim, E.S.; Hershner, S.D.; Strecher, V.J. Purpose in life and incidence of sleep disturbances. *J. Behav. Med.* 2015, 38, 590–597. [CrossRef] [PubMed]
9. Yu, L.; Boyle, P.A.; Wilson, R.S.; Levine, S.R.; Schneider, J.A.; Bennett, D.A. Purpose in life and cerebral infarcts in community-dwelling older people. *Stroke* 2015, 46, 1071–1076. [CrossRef] [PubMed]
10. Kim, E.S.; Sun, J.K.; Park, N.; Peterson, C. Purpose in life and reduced incidence of stroke in older adults: “The Health and Retirement Study”. *J. Psychosom. Res.* 2013, 74, 427–432. [CrossRef] [PubMed]
11. Cohen, R.; Bavishi, C.; Rozanski, A. Purpose in life and its relationship to all-cause mortality and cardiovascular events: A meta-analysis. *Psychosom. Med.* 2016, 78, 122–133. [CrossRef] [PubMed]
12. Schaefer, S.M.; Morozink, B.J.; vanReekum, C.M.; Lapate, R.C.; Norris, C.J.; Ryff, C.D.; Davidson, R.J. Purpose in life predicts better emotional recovery from negative stimuli. *PLoS ONE* 2013, 8, e80329. [CrossRef] [PubMed]
13. Hedberg, P.; Gustafson, Y.; Alèx, L.; Brulin, C. Depression in relation to purpose in life among a very old population: A five-year follow-up study. *Aging Ment. Health* 2010, 14, 757–763. [CrossRef] [PubMed]
14. Pietrzak, R.H.; Cook, J.M. Psychological resilience in older U.S. veterans: Results from the national health and resilience in veterans study. *Depress. Anxiety* 2013, 30, 432–443. [CrossRef] [PubMed]
15. Pinquart, M. Creating and maintaining purpose in life in old age: A meta-analysis. *Ageing Int.* 2002, 27, 90–114. [CrossRef]
16. Dehnavi, S.R.; Heidarian, F.; Ashtari, F.; Shaygannejad, V. Psychological well-being in people with multiple sclerosis in an Iranian population. *J. Res. Med. Sci.* 2015, 20, 535–539. [CrossRef] [PubMed]
17. Shen, X.; Yang, Y.L.; Wang, Y.; Liu, L.; Wang, S.; Wang, L. The association between occupational stress and depressive symptoms and the mediating role of psychological capital among Chinese university teachers: A cross-sectional study. *BMC Psychiatry* 2014, 14, 329. [CrossRef] [PubMed]
18. Bauer, J.; Stamm, A.; Virnich, K.; Wissing, K.; Müller, U.; Wirsching, M.; Schaarschmidt, U. Correlation between burnout syndrome and psychological and psychosomatic symptoms among teachers. *Int. Arch. Occup. Environ. Health* 2006, 79, 199–204. [CrossRef] [PubMed]
19. Tian, D.; Liu, Y.Q. Self-rated health status and its influencing factors among urban occupational populations in Liaoning Province. *Chin. J. Public Health* 2011, 27, 353–354. (In Chinese)
20. Noh, J.W.; Yun, H.Y.; Park, H.; Yu, S.E. A study of predictive factors affecting health: Promoting behaviors of North Korean adolescent refugees. *J. Prev. Med. Public Health* 2015, 48, 231–238. [CrossRef] [PubMed]
21. McGregor, B.A.; Antoni, M.H.; Boyers, A.; Alferi, S.M.; Blomberg, B.B.; Carver, C.S. Cognitive-behavioral stress management increases benefit finding and immune function among women with early-stage breast cancer. *J. Psychosom. Res.* 2004, 56, 1–8. [CrossRef]
22. Teraoka, S.; Hayashida, N.; Shinkawa, T.; Taira, Y.; Nagai-Sekitani, Y.; Irie, S.; Kamasaki, T.; Nakashima-Hashiguchi, K.; Yoshida, K.; Orita, M.; et al. Good stress management capability is associated with lower body mass index and restful sleep. *Tohoku J. Exp. Med.* 2013, 229, 5–10. [CrossRef] [PubMed]
23. Brufat, A.K.; Balter, J.E.; McGuire, D.; Fethke, N.B.; Maluf, K.S. Stress management as an adjunct to physical therapy for chronic neck pain. *Phys. Ther.* 2012, 92, 1348–1359. [CrossRef] [PubMed]
24. Rahe, R.H.; Taylor, C.B.; Tolles, R.L.; Newhall, L.M.; Veach, T.L.; Bryson, S. A novel stress and coping workplace program reduces illness and healthcare utilization. *Psychosom. Med.* 2002, 64, 278–286. [CrossRef] [PubMed]
25. Nakata, A.; Takahashi, M.; Otsuka, Y.; Swanson, N.G. Is self-rated health associated with blood immune markers in healthy individuals. *Int. J. Behav. Med.* 2010, 7, 234–242. [CrossRef] [PubMed]
26. Molla, J.H.; Salabifard, S.; Mousavi, S.M.; Sobhani, Z. The effectiveness of group training of CBT-based stress management on anxiety, psychological hardiness and general self-efficacy among university students. *Glob. J. Health Sci.* 2015, 8, 53526.
27. Griffith, J.; Steptoe, A.; Cropley, M. An investigation of coping strategies associated with job stress in teachers. *Br. J. Educ. Psychol.* 1999, 69, 517–531. [CrossRef] [PubMed]
28. Shimazu, A.; Okada, Y.; Sakamoto, M.; Miura, M. Effects of stress management program for teachers in Japan: A pilot study. *J. Occup. Health* 2003, 45, 202–208. [CrossRef] [PubMed]
29. Xu, K.; Feng, L.Y.; Luo, R.; Qiu, J.C.; Zhang, J.H.; Zhao, X.S.; Lu, Y.; Wei, Q. Assessment of the reliability and validity of the Sub-Health Measurement Scale Version 1.0. *Nan Fang Yi Ke Da Xue Xue Bao* 2011, 31, 33–38. (In Chinese) [PubMed]

YOGA: ORIGIN, HISTORY AND DEVELOPMENT

Dr. Jyotiram D. Chavan

Director of Physical Education & Sport, Shri Yoganand Swami Arts College, Basmath.

INTRODUCTION

Spirituality in another word that is relevant to our discussion of Yoga as science. This word is yet to find acceptance as a popular idiom in the English language, although it is increasingly used in philosophical, inter religious and even socio-political forums. We have to mention serious efforts made by some Indian scholars to develop Yoga as a science. Here mention can be made to Shri Aurobindo and Acharya Vinoba Bhave. Yoga spirituality refers naturally to the quality of spirit, as opposed to that of matter. The relevant Latin root here is “Spirare ” meaning to breathe spirit is the very breath of life and spirituality may thus be taken as a fundamental quality deeper than those of the body, mind or intellect.

Yoga, as a recognized virtual philosophy, common belief and is one of the first systematic expression of the metaphysical endeavors of our ancestors. It is a system, which owes its inheritance to the ancient Indians. It indicates a “Life Style” aimed towards the training of the physical, mental and emotional aspects of its adherents. The athletes’ body also responds to Pranayama by improving his health.

According to Shri Joshi, ‘Yoga to be associated with the acquisition and exhibition of supernatural powers, requiring complete discipline of the mind and the body.’¹ He has further explained the word “Yoga” as the noun form, derived from the root “Yujur” meaning to unite or to connect. Yoga has its own technology and also scientific basis. ‘It is an art, which aspires to broaden ones perspective and insight to achieve a state of personal enlightenment. The prescribed practice and procedures of Yoga, the need of life and attenuate the obstacles in acquiring the state of enlightenment.’²

Yoga is also a method of self-realization which brings with the perfection of ones physical self and as perse to achieve a state of self-consciousness. According to Yogendra and Vaz, “Hiranaygarbha of the earliest. Vedic and upanishadic times, is regarded to have been the first to reveal Yoga.”³ It was at that time described to be eternal, as well as the sum and substance of the conceptual science. [Maharashtra and Boghivadigita have also mentioned Yoga to be eternal (santana) and archaic (puratana). It is, therefore no wonder that from the anthological point of view, God himself, as attributed to have discovered Yoga.’⁴

Most of the knowledge on yoga is in the form of the classical literature of different era and much of it is in Sanskrit language. Though quite distinct, at times the literary style in each era seems to be over developing.

Origin, History & Development of Yoga

The beginnings of Yoga were developed by the Indus-Sarasvati civilization in Northern India over 5,000 years ago. The word yoga was first mentioned in the oldest sacred texts, the Rig Veda. The Vedas were a collection of texts containing songs, mantras and rituals to be used by Brahmans, the Vedic priests.

According to Dr. Ishwar Basavaraddi ‘Several Thousand years ago, on the banks of the lake Kantisarovar in the Himalayas, Adiyogi poured his profound knowledge into the legendary

Saptarishis or "seven sages".⁵ The sages carried this powerful yogic science to different parts of the world, including Asia, the Middle East, Northern Africa and South America. 'Interestingly, modern scholars have noted and marvelled at the close parallels found between ancient cultures across the globe. However, it was in India that the yogic system found its fullest expression. Agastya, the Saptarishi who travelled across the Indian subcontinent, crafted this culture around a core yogic way of life.⁶ For many, the practice of yoga is restricted to Hatha Yoga and Asanas (postures). However, among the Yoga Sutras, just three sutras are dedicated to asanas. fundamentally, hatha yoga is a preparatory process so that the body can sustain higher levels of energy. The process begins with the body, then the breath, the mind, and the inner self.

Yoga is also commonly understood as a therapy or exercise system for health and fitness. While physical and mental health are natural consequences of yoga, the goal of yoga is more far-reaching. Dr. Basavaraddi says "Yoga is about harmonizing oneself with the universe. It is the technology of aligning individual geometry with the cosmic, to achieve the highest level of perception and harmony."⁷

Yoga's history has many places of obscurity and uncertainty due to its oral transmission of sacred texts and the secretive nature of its teachings. The early writings on yoga were transcribed on fragile palm leaves that were easily damaged, destroyed or lost. The development of yoga can be traced back to over 5,000 years ago, but some researchers think that yoga may be up to 10,000 years.⁸ Yoga's long rich history can be divided into four main periods of innovation, practice and development.

Yoga was slowly refined and developed by the Brahmans and Rishis who documented their practices and beliefs in the upanishads, a huge work containing over 200 scriptures. The most renowned of the Yogic scriptures is the Bhagavad-Gîtâ, composed around 500 B.C.E. The Upanishads took the idea of ritual sacrifice from the Vedas and internalized it, teaching the sacrifice of the ego through self-knowledge, action (karma yoga) and wisdom (jnana yoga).⁹

The practice of Yoga is believed to have started with the very dawn of civilization. The science of yoga has its origin thousands of years ago, long before the first religions or belief systems were born. In the yogic lore, Shiva is seen as the first yogi or Adiyogi, and the first Guru or Adi Guru. Several Thousand years ago, on the banks of the lake Kantisarovar in the Himalayas, Adiyogi poured his profound knowledge into the legendary Saptarishis or "seven sages". The sages carried this powerful yogic science to different parts of the world, including Asia, the Middle East, Northern Africa and South America. Interestingly, modern scholars have noted and marvelled at the close parallels found between ancient cultures across the globe. However, it was in India that the yogic system found its fullest expression. Agastya, the Saptarishi who travelled across the Indian subcontinent, crafted this culture around a core yogic way of life.

SUMMARY

In the new age Yoga has become a new dimension of human health and this ancient Indian practice has become popular in the new world. The ancient science of Yoga is finding wide acceptance all over the world as a means of maintaining and improving physical and mental health and as a means of self-realization as per Government of India's National Educational Policy (1986). As a result, it is becoming increasingly popular answer to a large number of school and college students all over the country are performing same aspect of Yoga according to their curriculum. The performance of Yoga helps for development of complete man. It has been observed that, creation of human being is the supreme aim of education. It is found that the enlightened persons actually fulfill

the need of their times. That is an astonishing thing about them. What a people have knowingly or unknowingly been seeking as the fulfillment of an ideal becomes realized in the Divined Incarnation. 84 In studies of Yoga the persons like Krishna is respected because he is treated as the divine source of incantation.

REFERENCES

1. K.S. Joshi, Yoga and personality, Allahabad, Udayana Publication,1967
2. Ibid
3. Yogi Vithaldas, The yoga system of health and Relief fromtension. New York Corner Store library publication, 1969
4. Ibid
5. Basavaraddi Ishwar V, Morarji Desai National Institute of Yoga
6. Ibid
7. Ibid
8. Jayadeva Yogendra and J. Clement Vaz. Vol.3 Today Mc Millan Co. of India, 1971
9. Swami Satya Prakash Sarswati, Patanjali Yoga, New Delhi, S. Chandra & Co. 1975

STUDY OF EFFECTS OF SELECTED YOGA TRAINING PROGRAM ON BODY COMPOSITION OF SPORTSMAN

Dr. Arvind Rami

Assistant Professor, Faculty of physical education and sportsscience, Gujarat Vidyapith, Sadra Ta. Dist. Gandhinagar(Gujarat)

ABSTRACT

The objective of the study was to know the effects of selected yoga training program on body composition of sportsman. For this study total 60 district level sports selected from district level sports school, the age group 12 to 17 years were selected for the study. 60 students equally divided into two groups i.e. 30 sportsmen in experimental Group and 30 sportsmen in Control Group. Selected yoga training was given to experimental group and no training given to control group. It was hypothesis that that there will be significant difference between selected yoga training program and Control Group on selected body composition such as fat mass and fat percentage. Statistical analysis was done of the raw scores and Mean, Mean Difference and Standard Deviation was found using “T” test and analysis of variance was set at 0.05% level of confidence, which is considered adequate for the purpose of the study. Total duration of training was 12 weeks. Study was indicated that selected yoga training program impact significant effect on fat mass. The study was also indicated that selected yoga training program impact significant effect on fat percentage, it mean the fat percentage was decreases by the selected yoga training program.

INTRODUCTION:

Yoga is a spiritual science for the integrated and holistic development of physical, mental and spiritual aspects of our well being. Yoga is originated in India many thousands of years ago and it is the oldest system of personal development in the World encompassing body, mind and spirit. Yoga has a deeper significant value in the development of the physical, mental and spiritual personality, whereas pure exercises only have a physical effect on the muscles and bones. Yoga poses are also designed to tone and exercise the muscles of the body to eliminate excess fat, and make it more flexible and stronger. Yogic practice reduces the obesity and also reduces the risk factors associated with obesity. A study shows there was a significant reduction in total cholesterol and increase in HDL after twelve weeks of yoga practices.[20] Various researches suggest that yoga exercise improves the BMI of sedentary human beings including boys. Within the last decade the number of individuals participating in yoga has greatly increased. Yoga began in India thousands of years ago, but only recently gained popularity in the United States. This boom in popularity is apparent by the numerous fitness centers, colleges, studios, DVDs, and videos that provide yoga instruction. Yoga instruction can consist of practicing asanas, pranayama, relaxation, and meditation. Yoga is a physical and mental discipline that originated in Indian culture over 2,000 years ago. From 1997, the number of yoga practitioners significantly increased in the world. In addition, adults participating in a yoga intervention found that yoga was easily learned and performed. Once learned, yoga can be practiced at any time on an individual basis, thus reducing common barriers to physical activity such as time conflicts and poor weather. The physical practice of postures (Asanas) was originally intended to prepare the body for meditation. Asana is only one of the eight "limbs" of yoga, the majority of which are more concerned with mental and spiritual well-being than physical activity.

Fat mass (BMI) - A ratio of an individual's body mass to their height squared. Used as a measure of body composition. Expressed in kilograms per meter squared (kg/m²). Body composition, the separation of body mass into fat free and fat mass, often expressed as a percentage of body fat. Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and/or increased health problems. It is a metabolic disorder which is affecting the people throughout the world and commonly caused by a combination of excessive food energy intake, lack of physical activity, genetic susceptibility, and other psychological problems, although a few cases are caused primarily by genes, endocrine disorders, medications or psychiatric illness. The negative health (obesity) consequences are less or more insulin resistance, chances of occurring type 2 diabetes, asthma, hypertension, increase in high total cholesterol, low density lipoproteins, triglycerides and lowering the high density lipoproteins in blood, become sleep apnea, attaining early puberty, etc. Indexes associated with high risk in obese persons often return to normal with appropriate physical activities, dietary habits, and a small weight loss even when body weight and percentage body fat remain above recommended amounts. Today many boys and girls live at an overweight (obese) in underdeveloped or developing countries. Fifty percent of chances that one parent is in obese and the boys too and if both, eighty percent chances of attaining obese. Those children who have BMI of above 95% percentiles are in obese. More children aged 2 to 5 years are obese, as are 17 percent of children aged 6 to 19 according to the Centers of Disease Control and Prevention (CDC). It is also evident that increasing mortality rate during adolescent are due to childhood obesity. A 2008 study has found that children who are obese have carotid arteries which have prematurely aged by as much as thirty years as well as abnormal levels of cholesterol. The obese children were abused and teased by their same age group and also by their family members quite often.

OBJECTIVE OF THE STUDY

The objective of the study was to know the effects of selected yoga training program on body composition of sportsman.

MATERIAL AND METHODOLOGY

For this study total 60 district level sports selected from district level sports school, the age group 12 to 17 years were selected for the study. 60 students equally divided into two groups i.e. 30 sportsmen in experimental Group and 30 sportsmen in Control Group. Selected yoga training was given to experimental group and no training given to control group. It was hypothesis that there will be significant difference between selected yoga training program and Control Group on selected body composition such as fat mass and fat percentage. Statistical analysis was done of the raw scores and Mean, Mean Difference and Standard Deviation was found using "T" test and analysis of variance was set at 0.05% level of confidence, which is considered adequate for the purpose of the study. Total duration of training was 12 weeks.

Table-1

Showing the Difference of the Significance of the Means of Pre Test and Post Test of the experimental and Control Group in the body composition such as Fat mass

Group	Pre Test	Post Test	Mean Difference	T-Ratio
Experimental Groups	2.95	2.42	0.53	3.22*
Control Group	2.75	2.66	0.83	0.77

Level of Significance at 0.05 for one tail test (29) = 1.96

In body composition such as Fat mass component experimental group Pre Test was 2.95 and Post Test mean was 2.42 mean differences was 0.53. Received “T” ratio was 3.22 which were found significant at 0.05 levels. While Control Group Pre Test was 2.75 and Post Test mean was 2.66 mean differences were 0.83 Received “T” ratio was 0.77 which were found not significant at 0.05 levels.

Table-2**Showing the Difference of the Significance of the Means of Pre Test and Post Test of the experimental and Control Group in the body composition such as Fat percentage**

Group	Pre Test	Post Test	Mean Difference	T-Ratio
Experimental Groups	12.27	10.96	1.31	5.88*
Control Group	11.20	11.10	0.1	0.88

Level of Significance at 0.05 for one tail test (29) = 1.96

In body composition such as fat percentage component experimental group Pre Test was 12.27 and Post Test mean was 10.96 mean differences was 1.31. Received “T” ratio was 5.88 which were found significant at 0.05 levels. While Control Group Pre Test was 11.20 and Post Test mean was 11.10 mean differences were 0.1 Received “T” ratio was 0.88 which were found not significant at 0.05 levels.

Results of the study

At the end of the study following results were found.

1. At the end of the selected yoga training program in body composition such as Fat mass component the experimental group and control Group sportsmen was differ. So study was indicated that selected yoga training program impact significant effect on fat mass.
2. At the end of the selected yoga training program in body composition such as fat percentage component the experimental group and control Group sportsmen was differ. So study was indicated that selected yoga training program impact significant effect on fat percentage, it mean the fat percentage was decreases by the selected yoga training program.

REFERENCES:

1. Lim SA, Cheong KJ. Regular yoga practice improves antioxidant status, immune function, and stress hormone releases in young healthy people: A Randomized, double-blind, controlled pilot study. *J Altern Complement Med* 2015
2. Donald K. Methews, Majerment and evolution In Physical Education in 5th edition(philadelphia: w.B., saunders compane, 1973
3. Morgan, W. P., Needle, R. H., & Coyne, L. L. Psychophysiologic phenomena and muscular performance. *AAHPER Research Abstracts*, 1966
4. Hakkinen K, Kallinen M, Izquierdo M, Jokelainen K, Lassila H, Malkia E, et al. Changes in agonist-antagonist EMG, muscle CSA, and force during strength training in middle-aged and older people. *J Appl Physiol* 1998
5. .Komi PV. Training of muscle strength and power: interaction of neuromotoric, hypertrophic, and mechanical factors. *Int J Sports Med* 1986

STRESS MANAGEMENT AND YOGA

Dr. Chandrakant B. Satpute

Head, Dept. of Physical Education & Sports, S.S.J.E.S.'s Arts, Commerce and Science College, Gangakhed-431514 Dist. Parbhani

ABSTRACT:

Yoga has long been known to be a great antidote to stress. Yoga combines many popular stress-reducing techniques, including exercise and learning to control the breath, clear the mind, and relax the body. As yoga becomes increasingly popular, more and more people are discovering the benefits this ancient practice brings to their stressful lives. Establishing a consistent yoga routine is the best way to experience the difference yoga can make. Start with a stress management yoga routine that is intended for beginners who think they don't have time for yoga.

Yoga originated thousands of years ago in India to help people achieve spiritual enlightenment. Based on the idea that the mind and body are one, we believe that Yoga improves health by improving how we see the world, which calms the spirit and decreases stress. Now day, people practice Yoga to improve their physical, mental and spiritual wellbeing. There are different types of yoga that emphasize different aspects of the mind, body and spirit.

INTRODUCTION:

Stress is nothing but the normal response to dealing with changes and challenges in day to day life. In other words, stress can help you perform better under pressure, but constant stress can cause problems for your health. Stress causes the release of cortisol, the stress hormone, as well as adrenaline, which influences your blood pressure, heart rate, eating habits, sleep patterns, blood sugar levels, fat metabolism and your ability to fight-off illness. Long term stress can also increase your risk of heart attack or stroke and contribute to depression.

While treating depression or another mental illness will generally require professional intervention, you're the expert when it comes to self-care, the process of forming healthy habits and making positive changes to your daily routine to improve your emotional and physical health. Self-care includes reducing and managing your stress, maintaining a healthy lifestyle through diet and exercise, and educating yourself about your illness.

People often turn to drugs or alcohol to relieve or manage feelings such as stress, sadness, or anger. However, substance use can worsen or trigger anxiety or depression and make it much harder to recover.

Key Words:

Stress, Yoga, diet, emotions, Healthy lifestyle, Reduce, Avoid, Increase, physical activity etc.

Exercise:

Hatha Yoga is the physical practice of yoga postures. There are many different types of hatha yoga: some are slow and more focused on stretching, others are fast and more of a workout. If you are looking to relieve stress, no one yoga style is superior, so pick one that meets your level of physical fitness and personality. Any exercise will help relieve stress by keeping the body healthy and releasing endorphins, natural hormones that make you feel better. Yoga also relieves stress through stretching.

When you are stressed, tension is stored in the body making you feel tight and often causing pain.

The stretching of yoga releases tension from problem areas, including the hips and shoulders. Relief of low back pain is another common benefit.

Breath Control:

Pranayama, or breath work, is an important part of any yoga practice and one that translates well to life off the mat. At the very least, yoga increases your awareness of the breath as a tool for relaxing the body. Although breathing is an involuntary act (you have to keep doing it to stay alive), you can choose to regulate the breath. Just learning to take deep breaths and realizing that this can be a quick way to combat stressful situations is amazingly effective.

Clearing the Mind:

Our minds are constantly active, racing from one thought to another, spinning possible scenarios for the future, dwelling on incidents from the past. All this mind work is tiring and stressful.

Yoga offers several techniques for taming the monkey mind. One is breath work, as outlined above. Each breath is tied inextricably to the present moment; you are not breathing in the past or the future, but only right now. Focusing on each inhale and exhale to the exclusion of other thoughts is one way to clear the mind. It is also a basic meditation technique. In addition, the performance of yoga poses, or asanas, also acts as a form of meditation. The poses are so physical and have to be done with such concentration, that all other thoughts and worries are put to the side, giving your brain a much-needed break.

Relaxation:

Each yoga sessions ends with five to ten minutes spent relaxing in corpse pose - savasana. While this enforced relaxation can be difficult at first, eventually it serves the purpose of a total release for both body and mind. Savasana transitions you back into the world feeling refreshed and equipped with the tools to combat stress in your daily life. Yoga Nidra is a practice that offers an opportunity for a longer, deeper period of relaxation and an introduction to meditation, which can also be a great stress reducer.

CONCLUSIONS:

Yoga has an effective role in reducing stress, anxiety, and depression. Thus, it can be used as complementary medicine.

REFERENCES

1. Shashidhara, Effect of yoga on sports performance, International Journal of Yoga, Physiotherapy and Physical Education, Volume 3; Issue 1; January 2018; Page No. 20-23
2. West J, Otte C, Geher K, Johnson J, *et al.* Effects of Hatha yoga and African dance on perceived stress, affect, and salivary cortisol. *Ann Behav Med.* 2004; 28:114-118.
3. Michalsen A, Grossman P, Acil A, *et al.* Rapid stress reduction and anxiolysis among distressed women as a consequence of a three month intensive yoga program. *Med Sci Monit.* 2005; 11:555-561.
4. Khatri D, Mathur KC, Gahlot S, *et al.* Effects of yoga and meditation on clinical and biochemical parameters of meta-bolic syndrome. *Diabetes Res Clin Pract.* 2007; 78:e9-e10.
5. Gokal R, Shillito L. Positive impact of yoga and pranayama on obesity, hypertension, blood sugar, and cholesterol: A pilot assessment. *J Altern Complement Med.* 2007; 13:1056-1057.
6. Selvamurthy W, Sridharan K, Ray US, *et al.* A new physiological approach to control essential hypertension. *Indian J Physiol Pharmacol.* 1998; 42:205-213.
7. Damodaran A, Malathi A, Patil N, *et al.* Therapeutic potential of yoga practices in modifying cardiovascular riskprofile in middle aged men and women. *J Assoc Physicians India.* 2002; 50:633-639.
8. McCaffrey R, Ruknui P, Hatthakit U, Kasetomboon P. The effects of yoga on hypertensive persons in Thailand. *Holist Nurs Pract.* 2005; 19:173-180.
9. [www.https://www.depressioncenter.org/toolkit/i-want-stay-mentally-healthy/lifestyle-strategies-and-stress-management](https://www.depressioncenter.org/toolkit/i-want-stay-mentally-healthy/lifestyle-strategies-and-stress-management)
10. [www. https://www.healthlinkbc.ca/physical-activity/reduce-manage-stress.\](https://www.healthlinkbc.ca/physical-activity/reduce-manage-stress)
11. [www.https://counseling.oregonstate.edu/main/lifestyle-changes-more-effective-stress-management.](https://counseling.oregonstate.edu/main/lifestyle-changes-more-effective-stress-management)
12. Berk, M., Sarris, J., Coulson, C. E., & Jacka, F. N. (2013). Lifestyle
13. Sarris, J., O'Neil, A., Coulson, C. E., Schweitzer, I., & Berk, M. (2014). Lifestyle medicine for depression. *BMC psychiatry*, 14(1), 107.

YOGA FOR HEALTHY LIFE

Dr. Nirajkumar N. Uplanchwar
Director of Phy.Edu. Degloor College, Degloor

INTRODUCTION

Yoga is a way of a better living. It ensures great or efficiency in work, and a better control over mind and emotions. Through yoga one can achieve both physical and mental harmony. Health is the greatest blessing of all. Health is not just the absence of disease. To enable the individuals to lead a life of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Physical Education may provide the right direction and needed actions to improve the health of members of any community, society, nation and the world as a whole. An educational system encompassing the mental, emotional, social and physical dimensions of health becomes imperative to bring about all around development in children.

YOGA MEANING

Yoga is the movement of the body through different positions, postures, and poses

AIM AND OBJECTIVES

The aim of yoga is control over the mind. A man who can-not control his mind will find it difficult to attain divine communion, but the self-controlled man can attain it if he tries hard and directs his energy by the right means. The main aim of yoga is integrating the body, mind, and thoughts so as to work for good ends. Modern life style leads to diseases, which are mostly due to poor food habits, heavy daily routines and to air and water pollution in turn easily affect the human body. The main objectives of the Yogic practices are to make one free from diseases, ignorance, egoism, miseries the affiliations of old age, and fear of death etc.

Dress

What is the dress proper for the asanas? The minimum possible dress is recommended. More area of our body should be exposed to the atmosphere. The dress should be loose and preferably elastic in nature prefer cotton materials to other kinds

Time

It can be practiced both in the morning and in the evening. The morning session will be good, because during the mornings the atmosphere is pure and calm and it is very easy to focus our mind in a desired direction.

Body

Body should be clean, particularly our stomach, and intestine should be empty. Finish your morning routines, take your bath, and after 15 minutes, practice the asanas. The important instruction, the body should be light and fresh. Hence the asanas are done during in the early morning hours or during the evening.

CONCENTRATION

During the asana practice the concentration is a must it is easily achieved when you attempt to see the tip of the nose with your eyes or try to see with your eyes the center of your forehead

Initiation

BENEFITS OF YOGA

1. It develops the physical stability.
2. It Strengthens the hamstring, calf, and back muscles.

3. It relieves the stiffness of joint, particularly at knee, hip and ankle.
4. It strengthens the back and abdomen muscles.
5. It develops the balancing power in the body.
6. It reduces the excess fat in the sideways.
7. It strengthens the ankles and tones the muscles of the legs.

ASANAS

Asanas-(Postures) Asanas means holding the body in a particular posture to bring stability to the body and poises to the mind. The Practice of asana brings firmness to the body and vitality to the body and mind. The people of ancient Greece believed in the principle. A sound mind in a sound body. By practicing asana one frees himself from physical disabilities and mental distractions. It's a state of complete equilibrium of body, mind and spirit asanas may be of the following types

Meditative Asanas

Relaxation Asanas

Cultural Asanas

DIFFERENT ASANAS

Asanas are very useful and important from the view point of physical, mental and spiritual growth of an individual. Methods of Doing Asanas

1. Sitting posture
2. Standing posture
3. Lying posture -Supine, Prone (Write any 3 Asanas with Photos, Method, Benefits)

MEDITATION

“The greatest factor for spiritual life is meditation. Meditation we feel our divine nature. We do not depend upon any external help in meditation. Meditation can bring about a true personal transformation. As you learn more about yourself, you'll naturally start discovering more about yourself Benefits to experience the benefits of meditation, regular practice is necessary. It takes only a few minutes every day. Once imbibed into the daily routine, meditation becomes the best part of your day! Meditation is like a seed. When you cultivate a seed with love, the more it blossoms. Busy people from all backgrounds are grateful to pause and enjoy a refreshing few minutes of meditation each day. Dive deep into yourself.

CONCLUSION

Most people are in opinion that yoga refers to performing exercises to keep the body fit and trim. But it is more than that. The systematic yogic practices not only eliminate and control several diseases but also keep the mind perfect, clean and peaceful. That means the yogic practice gives both physical and mental perfection.

REFERENCE

1. Yoga, Health & Physical Education, Dr. T. Krishnammal, Dr. D. Gracenirmala Priyakamal Pathipagam.
2. Internet Help

STRESS MANAGEMENT

Dr. Pravin Gopalrao Patil

(Associate Professor)

College Director of Physical Education Renuka College, BesaNagpur.37 (M.S)

INTRODUCTION

Stress management is a wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress, especially chronic stress, usually for the purpose of and for the motive of improving everyday functioning. Stress produces numerous physical and mental symptoms which vary according to each individual's situational factors. These can include a decline in physical health as well as depression. The process of stress management is named as one of the keys to a happy and successful life in modern society. Life often delivers numerous demands that can be difficult to handle, but stress management provides a number of ways to manage anxiety and maintain overall well-being.

Despite stress often being thought of as a subjective experience, levels of stress are readily measurable; using various physiological tests, similar to those used in polygraphs.

There are several models of stress management, each with distinctive explanations of mechanisms for controlling stress. Much more research is necessary to provide a better understanding of which mechanisms actually operate and are effective in practice.

Historical foundations

Walter Cannon and Hans Selye used animal studies to establish the earliest scientific basis for the study of stress. They measured the physiological responses of animals to external pressures, such as heat and cold, prolonged restraint, and surgical procedures then extrapolated from these studies to human beings.

Subsequent studies of stress in humans by Richard Rahe and others established the view that stress is caused by distinct, measurable life stressors, and further, that these life stressors can be ranked by the median degree of stress they produce (leading to the Holmes and Rahe stress scale). Thus, stress was traditionally conceptualized to be a result of external insults beyond the control of those experiencing the stress. More recently, however, it has been argued that external circumstances do not have any intrinsic capacity to produce stress, but instead, their effect is mediated by the individual's perceptions, capacities, and understanding.

Models

The generalized models are:

- The emergency response/fight-or-flight response by Walter Cannon (1914, 1932)
- General Adaptation Syndrome by Hans Selye (1936)
- Stress Model of Henry and Stephens (1977)
- Transactional (or cognitive) Stress Model / stress model of Lazarus after Lazarus (1974)
- Theory of resource conservation by StevanHobfoll (1988, 1998; Hobfoll& Buchwald, 2004)

Transactional model

Richard Lazarus and Susan Folkman suggested in 1981 that stress can be thought of as resulting from an "imbalance between demands and resources" or as occurring when "pressure exceeds one's perceived ability to cope". Stress management was developed and premised on the idea that stress is not a direct response to a stressor but rather one's resources and ability to cope mediate the stress response and are amenable to change, thus allowing stress to be controllable.

Among the many stressors mentioned by employees, these are the most common:

➤ Conflicts in company, The way employees are treated by their bosses/supervisors or company, Lack of job security, Company policies, Co-workers who don't do their fair share, Unclear expectations, Poor communication, Not enough control over assignments, Inadequate pay or benefits, Urgent deadlines, Too much work, Long hours, Time consumption, Uncomfortable physical conditions, Relationship conflicts, Co-workers making careless mistakes, Dealing with rude customers, Lack of co-operation, How the company treats co-workers.

In order to develop an effective stress management program, it is first necessary to identify the factors that are central to a person controlling his/her stress and to identify the intervention methods which effectively target these factors. Lazarus and Folkman's interpretation of stress focuses on the transaction between people and their external environment (known as the Transactional Model). The model contends that stress may not be stressors if the person does not perceive the stressors as a threat but rather as positive or even challenging. Also, if the person possesses or can use adequate coping skills, then stress may not actually be a result or develop because of the stressors. The model proposes that people can be taught to manage their stress and cope with their stressors. They may learn to change their perspective of the stressors and provide them with the ability and confidence to improve their lives and handle all of the types of stressors.

Health realization/innate health model

The health realization/innate health model of stress is also founded on the idea that stress does not necessarily follow the presence of a potential stressor. Instead of focusing on the individual's appraisal of so-called stressors in relation to his or her own coping skills (as the transactional model does), the health realization model focuses on the nature of thought, stating that it is ultimately a person's thought processes that determine the response to potentially stressful external circumstances. In this model, stress results from appraising oneself and one's circumstances through a mental filter of insecurity and negativity, whereas a feeling of well-being results from approaching the world with a "quiet mind".

This model proposes that helping stressed individuals understand the nature of thought—especially providing them with the ability to recognize when they are in the grip of insecure thinking, disengage from it, and access natural positive feelings—will reduce their stress.

Techniques

High demand levels load the person with extra effort and work. A new time schedule is worked up, and until the period of abnormally high, personal demand has passed, the normal frequency and duration of former schedules is limited.

Many of these techniques cope with stresses one may find themselves withholding. Some of the following ways reduce a lower than usual stress level, temporarily, to compensate the biological issues involved; others face the stressors at a higher level of abstraction:

- Autogenic training, Social activity, Cognitive therapy, Conflict resolution, Cranial release technique, Getting a hobby, Meditation, Mindfulness, Music as a coping strategy, Deep breathing, Yoga Nidra, Nootropics, Reading novels, Prayer, Relaxation techniques, Artistic expression, Fractional relaxation, Humour, Physical exercise, Progressive relaxation, Spas, Somatic training, Spending time in nature, Stress balls, Natural medicine, Clinically validated alternative treatments, Time management, Planning and decision making, Listening to certain types of relaxing music, Spending quality time with pets, Techniques of stress management will vary according to the philosophical paradigm.

Stress prevention and resilience

Although many techniques have traditionally been developed to deal with the consequences of stress, considerable research has also been conducted on the prevention of stress, a subject closely related to psychological resilience-building. A number of self-help approaches to stress-prevention and resilience-building have been developed, drawing mainly on the theory and practice of cognitive-behavioral therapy.

Measuring stress

Levels of stress can be measured. One way is through the use of psychological testing: The Holmes and Rahe Stress Scale [two scales of measuring stress] is used to rate stressful life events, while the DASS [Depression Anxiety Stress Scales] contains a scale for stress based on self-report items. Changes in blood pressure and galvanic skin response can also be measured to test stress levels, and changes in stress levels. A digital thermometer can be used to evaluate changes in skin temperature, which can indicate activation of the fight-or-flight response drawing blood away from the extremities. Deep neural network models using photoplethysmography imaging (PPGI) data from mobile cameras can accurately measure stress levels. Cortisol is the main hormone released during a stress response and measuring cortisol from hair will give a 60- to 90-day baseline stress level of an individual. This method of measuring stress is currently the most popular method in the clinic.

Effectiveness

Stress management has physiological and immune benefits.

Positive outcomes are observed using a combination of non-drug interventions:

- treatment of anger or hostility, autogenic training, talking therapy (around relationship or existential issues), biofeedback, Cognitive therapy for anxiety or clinical depression

Acute stress

Acute stress is the most common form of stress among humans worldwide.

Acute stress deals with the pressures of the near future or dealing with the very recent past. This type of stress is often misinterpreted for being a negative connotation. While this is the case in some circumstances, it is also a good thing to have some acute stress in life. Running or any other form of exercise is considered an acute stressor. Some exciting or exhilarating experiences such as riding a roller coaster is an acute stress but is usually very enjoyable. Acute stress is a short term stress and as a result, does not have enough time to do the damage that long term stress causes.

Chronic stress

Chronic stress is unlike acute stress. It has a wearing effect on people that can become a very serious health risk if it continues over a long period of time. Chronic stress can lead to memory loss, damage spatial recognition and produce a decreased drive of eating. The severity varies from person to person and also gender difference can be an underlying factor. Women are able to take longer durations of stress than men without showing the same maladaptive changes. Men can deal with shorter stress duration better than women can but once males hit a certain threshold, the chances of them developing mental issues increase drastically.

Workplace

All of us have some position in society, in the workplace, within the family, economic status and so on. Unfortunately, most of us are unwilling to accept where we are. Instead, we wish we were somewhere else, usually at a higher position. Managing that stress becomes vital in order to keep up job performance as well as relationship with co-workers and employers. For some workers,

changing the work environment relieves work stress. Making the environment less competitive between employees decreases some amounts of stress. That said, stress in the workplace doesn't always have to be negatively viewed. When managed well, stress can increase employees' focus and productivity. According to the Yerkes Dodson Law, stress is beneficial to human functioning, but only up to a point. People who experience too low levels of stress might feel under stimulated and passive; people experiencing stress that is at excessively high levels would feel overwhelmed, anxious, and irritable. Thus, establishing an optimum level of stress is key.

Organizational stress levels that an individual faces is dependent not just on external factors such as job characteristics or environment, but also on intrapersonal factors such as personality, temperament, and individual coping and thinking styles. Both aspects need to be managed well.

Some examples of stressors in the workplace can be their perception of Organization Commitment, which is the way an employee conceptualizes his/her reasons for staying in the organizations for either Affective, Continuance, or Normative reasons. Affective commitment to the organization is ideal, as it is the situation where an employee strongly identifies with the values and culture of the organization. While this is not directly telling of an employee's stress levels, genuine interest and enjoyment in the employee's work and work relations places the employee in a good position to manage stress well. Employees who stay in an organization for continuance reasons stay as a result of weighing the pros and cons, and then decide that the opportunity cost of leaving the organization is too high. Employees under this category might experience moderate levels of stress, as their reasons for staying is driven more by external rather than internal motivation. Employees who stay for normative reasons, however, are most likely to experience the highest levels of stress, as these are the employees who stay out of obligation and duty.

Salary can also be an important concern of employees. Salary can affect the way people work because they can aim for promotion and in result, a higher salary. This can lead to chronic stress.

In order to manage stress in the workplace, employers can provide stress managing programssuch as therapy, communication programs, and a more flexible work schedule. There have been many studies conducted demonstrating the benefits of mindfulness practices on subjective well-being and work outcomes. Productivity, organization, and performance increase, while burnout rates decrease.

Medical environment

A study was done on the stress levels in general practitioners and hospital consultants in 1999. Over 500 medical employees participated in this study done by R.P Caplan. These results showed that 47% of the workers scored high on their questionnaire for high levels of stress. 27% of the general practitioners even scored to be very depressed. These numbers came to a surprise to Dr. Caplan and it showed how alarming the large number of medical workers becomes stressed out because of their jobs. Managers stress levels were not as high as the actual practitioners themselves. An eye opening statistic showed that nearly 54% of workers suffered from anxiety while being in the hospital. Although this was a small sample size for hospitals around the world, Caplan feels this trend is probably fairly accurate across the majority of hospitals.

Stress management programs

Many businesses today have begun to use stress management programs for employees who are having trouble adapting to stress at the workplace or at home. Some companies provide special equipment's adapting to stress at the workplace to their employees, like coloring diaries and stress relieving gadgets. Many people have spill over stress from home into their working environment.

There are a couple of ways businesses today try to reduce the stress levels of their employees. One way is through individual intervention. This starts off by monitoring the stressors in the individual. After monitoring what causes the stress, next is attacking that stressor and trying to figure out ways to alleviate them in any way. Developing social support is vital in individual intervention, being with others to help you cope has proven to be a very effective way to avoid stress. Avoiding the stressors altogether is the best possible way to get rid of stress but that is very difficult to do in the workplace. Changing behavioral patterns, May in turn, help reduce some of the stress that is put on at work as well.

Employee assistance programs can include in-house counseling programs on managing stress. Evaluative research has been conducted on EAPs that teach individuals stress control and inoculation techniques such as relaxation, biofeedback, and cognitive restructuring. Studies show that these programs can reduce the level of physiological arousal associated with high stress. Participants who master behavioral and cognitive stress-relief techniques report less tension, fewer sleep disturbances, and an improved ability to cope with workplace stressors.

Another way of reducing stress at work is by simply changing the workload for an employee, or even giving them more control as to when or where they work. Some may be too overwhelmed that they have so much work to get done, or some also may have such little work that they are not sure what to do with themselves at work. Improving communications between employees also sounds like a simple approach, but it is very effective for helping reduce stress. Sometimes making the employee feel like they are a bigger part of the company, such as giving them a voice in bigger situations shows that you trust them and value their opinion. Having all the employees mesh well together is a very underlying factor which can take away much of workplace stress. If employees fit well together and feed off of each other, the chances of much stress are minimal. Lastly, changing the physical qualities of the workplace may reduce stress. Changing things such as the lighting, air temperature, odor, and up to date technology.

Intervention is broken down into three steps: primary, secondary, tertiary. Primary deals with eliminating the stressors altogether. Secondary deals with detecting stress and figuring out ways to cope with it and improving stress management skills. Finally, tertiary deals with recovery and rehabbing the stress altogether. These three steps are usually the most effective way to deal with stress not just in the workplace, but overall.

To evaluate workload, a number of tools can be used. The major types of measurement tools are:

1. Performance-based measures;
2. Subjective measures, like questionnaires which aviators answer themselves; and
3. Physiological measures, like measurement of heart rate.

Implementation of evaluation tools requires time, instruments for measurement, and software for collecting data.

Measurement systems

The most commonly used stress measurement systems are primarily rating scale-based. These systems tend to be complex, containing multiple levels with a variety of sections, to attempt to capture the many stressors present in the aviation industry. Different systems may be utilised in different operational specialties.

- The Perceived Stress Scale (PSS) – The PSS is a widely used subjective tool for measuring stress levels. It consists of 10 questions, and asks participants to rate, on a five-point scale, how

stressed they felt after a certain event. All 10 questions are summed to obtain a total score from 0 to 40.^[34] In the aviation industry, for example, it has been used with flight training students to measure how stressed they felt after flight training exercises.

- The Coping Skills Inventory – This inventory measures aviators' skills for coping with stress. This is another subjective measure, asking participants to rate, on a five-point scale, the extent to which they use eight common coping skills: Substance abuse, Emotional support, Instrumental support (help with tangible things, like child care, finances, or task sharing), Positive reframing (changing one's thinking about a negative event, and thinking of it as a positive instead), Self-blame, Planning, Humour and Religion. An individual's total score indicates the extent to which he or she is using effective, positive coping skills (like humor and emotional support); ineffective, negative coping skills (like substance abuse and self-blame); and where the individual could improve.
- The Subjective Workload Assessment Technique (SWAT) – SWAT is a rating system used to measure individuals' perceived mental workload while performing a task, like developing instruments in a lab, multitasking aircraft duties, or conducting air defense. SWAT combines measurements and scaling techniques to develop a global rating scale.

College

College can be a stressful time for many students, as they adjust to a new and unfamiliar environment while transitioning from adolescence to adulthood. Nearly 80% of college students report frequently dealing with daily stress. Sources of stress that influence college students' stress levels include family and friends who are often physically further away, as well as changes in communication patterns with these individuals. Long-held beliefs (i.e. religious beliefs) as well as new opportunities for various behaviors (i.e. alcohol and drug use) are also significant influential factors. In addition to these potential sources of stress, college students are also faced with often rigorous academic demands. In order to manage this stress, students rely on many strategies including problem-focused and emotion-focused coping.

Problem-focused strategies employ action-oriented behavioral activities like planning, for example. Emotion-focused strategies involve the expression of emotion and often include the altering of expectations. Although problem-focused strategies have often been found to be more effective than emotion-focused strategies, both categories include coping mechanisms that effectively reduce the negative impacts of stress.

There are several practical examples of problem-focused or approach-based coping strategies. Notably, developing time management skills, avoiding procrastination, and goal-setting are associated with stress reduction. These skills allow students to better prioritize new responsibilities, leaving them more time for sleep and leisure activities, which have been shown to reduce stress. Additionally, working towards or maintaining healthy sleep habits helps individuals better cope with high levels of stress.

Several emotion-focused strategies have also been found to be effective in combating stress. Accommodation strategies that do not directly change the stressor, but rather change one's emotions surrounding the stressors, such as positive re framing, are widely associated with stress reduction. Strategies like finding humor and journaling—especially gratitude journaling—are also effective.

Without effective coping skills, students tend to engage in unsafe behaviors as a means of trying to reduce the stress they feel. Ineffective coping strategies popular among college students

include drinking excessively, drug use, excessive caffeine consumption, withdrawal from social activities, self-harm, and eating disorders. These ineffective strategies can be dangerous because they often become habitual, addictive, and sometimes fatal. For example, when college students turn to drinking as a way of coping with stress, they begin to drink larger quantities and more frequently, instead of just occasionally with friends. This can lead to alcohol poisoning, addiction, and other dangerous behaviors. The problems these coping methods create can cause more harm than good and often lead to more stress for the student.

Researchers have not found significant gender differences in regard to how men and women use problem-focused coping strategies. However, there is gender variation in regard to emotion-focused coping. Women tend to use emotion-focused coping strategies more often than men on average. However, men do report using one emotion-focused coping strategy more often than women—mental disengagement in the form of alcohol use. Overall, women report higher stress levels than men, specifically for social relationships, daily hassles, finances, self-imposed stress, frustration, and academics. This could be because women are often more in-tune to their emotions and are more comfortable expressing their feelings.

While stress for college students is part of the transitional experience, there are many strategies that students can use to reduce stress in their lives and manage the impacts of stress. Time management skills which encompass goal setting, scheduling, and pacing are effective approaches to reducing stress. Additionally, students should keep up their physical and mental health with regular exercise, healthy eating, good sleep habits, and mindfulness practices. There are several services, such as counseling and therapy, available to students that can be accessed both on and off campus to support stress management and overall student wellbeing.

REFERENCES

1. Cannon, W. (1939). *The Wisdom of the Body*, 2nd ed., NY: Norton Pubs.
2. Selye, H (1950). "Stress and the general adaptation syndrome". *Br. Med. J.* 1 (4667): 1383–92. doi:10.1136/bmj.1.4667.1383. PMC 2038162. PMID 15426759.
3. Lazarus, R.S., & Folkman, S. (1984). *Stress, Appraisal, and Coping*. New York: Springer.
4. Somaz, Wenk Heidi & Tulgan, Bruce (2003). *Performance under Pressure: Managing Stress in the Workplace*. Canada. HRD Press Inc. p 7-8. ISBN 0-87425-741-7
5. Mills, R.C. (1995). *Realizing Mental Health: Toward a new Psychology of Resiliency*. Sulzberger & Graham Publishing, Ltd. ISBN 0-945819-78-1
6. Sedgeman, J.A. (2005). "Health Realization/Innate Health: Can a quiet mind and a positive feeling state be accessible over the lifespan without stress-relief techniques?". *Med. Sci. Monit.* 11 (12): HY47–52. PMID 16319796.
7. Lehrer, Paul M.; David H. (FRW) Barlow, Robert L. Woolfolk, Wesley E. Sime (2007). *Principles and Practice of Stress Management*, Third Edition. pp. 46–47. ISBN 978-1-59385-000-5.

EFFECTS OF YOGA TRAINING AND CIRCUIT TRAINING ON THE STRENGTH OF PLAYERS

Gauri Patoliya

Ph.D. Scholar

Saurashtra University, Rajkot.

ABSTRACT :

The purpose of this research study was Effects of Yoga Training and Circuit Training on the Strength of Players. In this research study, Mr. B. of Amreli city. N. Virani Secondary and Higher Secondary Girls School was selected. The Gajera Sankul has about 150 players. Out of them 90 player sisters were selected by random sampling method. The selected subjects were randomly classified into three groups, 30 in the yoga group, 30 in the Circuit group, and 30 in the controlled group. The force in the measurement scale was measured by the hanging test. The purpose of the research presented is to find out the effects on the physical fitness and IQ on the yoga training group and Circuit training group of the players. One Way Analysis of Covariance test. Was verified. The conclusion was as follows. There was a significant improvement in the hanging test of subjects selected from the systematic twelve (12) week yoga training and Circuit training program.

INTRODUCTION

When we study the Indian tradition, we understand the yoga principles had been the foundation for Indian culture. The word 'Yoga' itself comes from a Sanskrit word meaning 'yoke' or 'union'. It conveys the idea of harnessing oneself to a discipline and at the same time of unifying the parts of the self, body, mind and spirit. Yoga has a complete message for humanity. It has a message for the human body. It has a message for the human mind and it has also a message for the human soul. Yoga is a very ancient discipline. It is recognized as one of the most important and valuable gifts of the Indian heritage. Today the world is looking to yoga for solving the various problems men are facing. At no time in the past yoga has attracted so much attention from people in so many places in the world as it today. Yoga is an indigenous physical and mental training. French scholar, Masson Ural, has described yoga as the permanent basis of Indian culture. Hence it has its varieties and diversions as it has its right and discipline, the different kinds of yoga have played a vital role in forming the spirit of modern India.

Circuit training is very important for development of elements necessary for muscular fitness. Trainee has to do 8 to 12 exercises in this circuit training. The cycles for each type of exercise are also fixed. The sequence of exercises is also fixed. The resting time after finishing one exercise is also fixed. After completing the first exercise, 8 to 12 exercises are to be taken in sequence of second, third and next without stopping for a while. In this way, one cycle of circuit training is completed. Generally, three to five cycles are planned according to need of the players in the circuit training. After the player had finished the first cycle, the rest is given according to training weightage. Weight lifting exercises, other obstructive exercises, calisthenics, race, swimming or stretching exercises etc. are included in the circuit training.

The aspects such as higher level of speed, endurance, muscular power, motion co-ordination, pliability etc are very important in sports and games. Physical fitness is considered more important than other aspects for players. It is very difficult to get success in sports such as handball, basketball, volleyball, hockey, athletics etc without having essential aspects of physical fitness. So, speed and motion co-ordination are very important in any sport or game.

PURPOSE OF THE STUDY :

The purpose of this research study was to Effects of Yoga Training and Circuit Training on the Strength of Players.

SELECTION OF THE SUBJECT :

In this research study, Mr. B. of Amreli city. N. Virani Secondary and Higher Secondary Girls School was selected. The Gajera Sankul has about 150 players. Out of them 90 player sisters were selected by random sampling method. The selected subjects were randomly classified into three groups, 30 in the yoga group, 30 in the Circuit group, and 30 in the controlled group.

Measurement Criterion :

Sl.	Variables	Test	Measrement
1	Strength	Flex Arm Hang	Time (Second)

Statistical process:

The purpose of the research presented is to find out the effects on the physical fitness and IQ on the yoga training group and Circuit training group of the players. One Way Analysis of Covariance test. Was verified.

Result of the Study:**Table – 1****Means and Analysis of Covariance of Flex Arm Hang Test for yoga training, Circuit and Controlled Group**

Test	Group			Variation covariance analysis				
	Yoga Training	Circuit Training	Controlled	Sum of square (SS)		Degree freedom (df)	Mean sum of square (MSS)	F
Per test Mean	11.703	11.943	11.718	A	1.089	2	0.545	0.411
				W	115.355	87	1.326	
Post test Mean	13.968	14.554	11.997	A	107.644	2	53.822	33.967*
				W	137.856	87	1.585	
Adjusted Mean	14.016	14.468	12.036	A	100.040	2	50.020	41.951*
				W	102.541	86	1.192	

*Significance Level at 'F' = 0.05 (2, 87) = 3.101 & (2, 86) = 3.103

The 'F' ratio of the pre-test was found to be 0.411 in Table 1 above. Which was not found to be meaningful at the level of (3.101) 0.05 compared to the table value. The 'F' ratio of the post test was found to be 33.967. Which was found to be meaningful at the level of (3.101) 0.05 compared to the table value. The 'F' ratio of the adjusted median was found to be 41.951. Which was found to be meaningful at the level of (3.103) 0.05 compared to the table value. The difference between the median and the radical difference is shown in Table-2.

Table - 2
Means and Least Significant Difference of Flex Arm Hang Test for Yoga training, Circuit Training and Controlled Group

Mean			Mean Difference	Critical Difference
Yoga Training	Circuit Training	Controlled		
14.016	14.468		0.453	0.558
14.016		12.036	1.979*	
	14.468	12.036	2.432*	

***Significance Level at**

According to the above table 2, the Circuit training group saw a significant improvement (2.432). Yogasana training group then showed improvement at (1.979) level. The experimental fitness of the Circuit training group and the yoga group training group showed a more meaningful effect of the training given to the Circuit training group. Significant effect of experimental fitness was observed in both experimental groups, Circuit training group and yogasana training group as compared to the control group. Significant effect of experimental fitness was not observed between the two experimental groups. But the effect of experimental fitness was observed on both experimental groups compared to the control group.

CONCLUSION :

There was a significant improvement in the Flex Arm Hang test of the subjects selected from the systematic twelve (12) week Yoga Training and Circuit training program.

REFERENCE :

1. Oza, Gunvantray, **Health Club**, Ahmedbad : Gujarat Samachar, 1-15, June-99.
2. Nagratna R. and Nagendra H. Aara, **Yoga and Health Bibliography Perfect Health**, First Edition; Ahmedabad University Granth Nirman Board, 2016.
3. Patel, Harshad I., Patel, Digisha H., **Training methods and competition planning in physical education and sports**, First Edition; Ahmedabad: Krishna Graphics, 1996.
4. Varma Prakash J. **A Textbook on Sports Statistics**, Gwalior : Vinus Publication, 2000.
5. Swami Maharshi Muni, **Yog Darsika**, 18th Edition; Vadodara Gujarat : Life Mission Trust, 2016.
6. Chandrasekaran K., **“Sound Health Through Yoga”**, Madurai : Prem Kalyan Publications, Tamilnadu, Nov. 1999.

YOGA AND STRESS MANAGEMENT

Dr. Madhav D. Shejul

Asstt. Professor & Head, Dept. of Physical Education, DSM College, Parbhani-431401

INTRODUCTION –

The aim of yoga is attainment of physical mental & health. He has recommended Eight stages of yoga discipline. However when the Stress undermine both our mental and physical health they are bad. The most important benefit of yoga is the physical and mental therapy. We cannot always control them but can learn how to Face them and to this end yoga is as good. an invention it has ever been. yoga have tremendous benefits for stress management and overall health while there are many different yoga that are effective each brings something Some yoga may feel more comfortable for you than other. Our lines today abound with tension Stress is our body internal reaction to external Stimuli coming from the environment stress is everywhere. People working in every place develop emotional with result in stress

1) **Stress** : Stress is a feeling we have when under pressure. In good stress people do all work smoothly but immediately in pressure it is good health just the right amount of stress is stimulating and healthy.

2) **Yoga** : Yoga and breathing practice your-brain and improve the performance of your brain. Yoga originated in India the word yoga is derived from the yoga. A stressed mind cannot think clearly. Yoga keeps you stress free and helps helps your handle things better. Yoga breathing considered a very important is Process as it is the most vital means of yoga however should not be confused with Pranayama it is Important for stress relief. The physical activity to keep internal and external part of body healthy and fit is called yoga. In yoga we talk about proactive where as in sport emphasis is placed upon in training, yoga an ancient indian sciences aim to bring about function. All harmony between body and mind through three, main proactive asana pranayama and meditation sports and yoga are often seen in opposition by nature of the quiet approach in yoga.

The most important benefit of yoga. Anything the poses a challenge to our wellbeing is a stress Some stresses get you going and they are good for you. The term Stress has been derived from the Latin word stringers which mean to draw light yoga is quite effective and easy to do these not only exercise the limbs and vital organs improving their disease resistance capacity in fact yoga is the medicine of the body which can restore the vigor of the vital organs like the heart mental health of success sports efficiency in work and performance Physical wellbeing of body. A stressed mind cannot think clearly yoga relieves stress of thoughts. The physical to keep Internal of body healthy is called yoga. The yoga improves Self Confidence.

3) **Management** : It is easily applied by anyone who wants to use it. Elasticity of body increases. It is a natural byproduct of all our activities life is a dynamic process and thus forever changing stressful our body responds to acute stress by chemicals requires no special equipment state of increased equipment stress is the state of increased arousal necessary for on organism to defend itself at a time of danger to a certain point stress.

There are many proven skill that we can use to manage stress. This is know as the fight response of the body which is mediated by adrenaline and other stress. Activity used to control particular things. The word stress derived from the latin word stringy which means to be drawn light stress can be defined as fallows in medical terms stress is described as a physical stimulus that can

produce mental tension when you are under stress your adrenal gland releases corticosteroids which are blood stream stress is an integral part of our lines. It gives you a new perspective on things and rational thoughts. It is an important process for cellular division that helps bodies to function normally.

CONCLUSION :

- Blood pressure in normal Condition active body. Physical Fitness is very good. To improve physical health.
- Yoga techniques is very good in stress management. Increases capacity of thinking. A stressed mind cannot think clearly

REFERENCE:

1. B.K.S. Aayangar : Yoga Dipika.
2. Swami Ramdev Baba : Pranayam Rahasay.
3. A.K. Srivastav : Health & Yoga
4. Sharma : Yogasana and pranayama for health.

INTERRELATED CONCEPT OF YOGIC EXERCISES AND WELLNESS

Dr. Minanath S. Gomchale

Director of Physical Education and Sports, Narayanrao Waghmare Mahavidyalaya, Akhada Balapur Dist.
Hingoli – 431701 (M.S.)

ABSTRACT

Good health has traditionally been viewed as freedom from disease. While everyone agrees that the absence of illness is one part of being healthy, it doesn't indicate whether you are in a state of well being. Lack of yogic exercise is mainly responsible for much health complication in children young and old age persons. To prevent these health troubles, a proper fitness is essential for everyone. Fitness should be a key component in anybody's life simply for the fact that it makes you feel better. Living a healthier life can not only extend our life, it can also improve the quality. Feeling physically better and having control over our own life can greatly increase our mental health as well. Although there are some aspects of physical and mental health that are beyond an individual's (and science's) control, there are many things that people can do to improve their quality of life.

Key words : yogic exercise and wellness.

INTRODUCTION

Yogic Exercise as an physical activities of and through human movement where many of physical and educational objectives are achieved by means of big and small muscles activities involving sports, games, gymnastics, dance and exercise.

Definition on health and wellbeing

The world health organization defines health as a state of complete physical, mental and social well being and not merely the absence of disease or infirmity. Eating right, exercising, and sleeping well play an equal role in the prevention of infections and diseases. However, a good sense of self, a loving support network and the pretrial for continued personal growth is also important to our overall wellbeing. Well being has objective and subjective components. The objective components are relative to such concerns as standard of living and level of living. The subjective components of well being are referring to as quality of life.

Need of Yogic Exercise

1. It is also important for catharsis reasons with mean releasing of energy, emotion, tension or frustration and some people let off their extra steam by participating in various games and sports which are part of physical activity.
2. It is important for aesthetic reasons as by participation in physical fitness programmes like gymnastics and dance, beauty and grace is cultivated in the movement.
3. Yogic exercise teaches us the value of physical fitness and how to become physically fit.
4. Yogic exercise also teaches us the value of ethical behaviour in sporting situations.
5. Yogic exercise teaches us various physical actives that can be practiced now in later life such as motor skills for the games and sports of volleyball, tennis, swimming and so on.
6. It is important as it provides us the knowledge of our bodies from musculoskeletal, physiological and biochemical point of view.
7. During old age, yogic exercise is important to prevent and treat various ailments and disease.
8. It is beneficial during adulthood to maintain good health and fitness.
9. Yogic exercise is needed throughout the life for proper growth and development.

10. Yogic exercise is needed because due to advanced technology the lifestyle of proper becomes sedentary and they become passive entertainer.

Importance of yogic exercise

Yogic exercise provide a unique opportunity for individual to acquire physical, social and personal benefits that can help them throughout their lives., individuals athletes generally do better in schools.

Playing of yogic exercise:

1. Improve physical fitness.
2. Improve confidence through learning skills and success
3. Help individuals learn to control their impulses this is necessary for success in sport as well as social relationships.
4. Help build friendships
5. Start lifetime interest
6. Help individual learn about rules and fair play
7. Help individual to cope with winning and losing
8. Help individuals do better at school work.
9. Children and young people can enjoy the competition and still be learning skills. Some children at 11-12 years age are showing special talent at and interest in a particular sport and can benefit from individual coaching.
10. Children and young people need to learn about how to behave when playing winning and losing.
11. Yogic exercise at the 10-12 years stage can involve trips away with a team and opportunities for team leadership.
12. It is important not to push any young people beyond what they are physically ready for and to find out about what is appropriate in relation to their age and the sport they are playing.

Benefits of yogic exercise

It is widely acknowledged that yogic exercise is essential to individual's growth and development. Yogic exercise activity can have a positive impact on individual's physical, mental, and social well-being. In particular, yogic exercise is likely to have an impact on individuals achievement, readiness to learn, behaviour and self esteem. Positive experiences with yogic exercise at a young age also help lay the foundation for healthy, produce lives. Research also indicates that individuals are in danger of developing serious diseases associated with obesity, which can result from a lack of recreation activity. The researcher reveals that the following benefits can be taken from yogic exercise.

The following are benefits taken from the research on this subject.

Benefits

1. Along with the diabetic diet, regular yogic exercise will decreased the lipid levels in blood circulation.
2. Regular yogic exercise, will strengthen the cardio vascular system.
3. It restricts the acidosis which is dangerous sign for diabetic coma.
4. It causes for more oxygen supply and nutrients to the pancreas for better function.
5. It decreases the adhesion nature of platelets and regulates the heparin secretion in blood vessels.

6. It controls hypertension and plaques in coronary arteries causes for atherosclerotic injury may leads to myocardial infraction.
7. Micro-vascular diseases can also be avoided by regular yogic exercise.

Social acceptance

Regular yogic exercise has been shown to reduce the morbidity and mortality from many chronic diseases. Millions of people in the world suffer from chronic illnesses that can be prevented or improved through regular yogic exercise. Despite the well known benefits of yogic exercise, most individual lead a relatively sedentary lifestyle and are not active enough to achieve these health benefits. A sedentary lifestyle is defined as engaging in no leisure time yogic exercise.

Participation in yogic activities can help young people make friends and gain acceptance from their peers. Regular yogic exercise, fitness are exercise and critically important for the health and well being of people of all ages. Research has demonstrated that virtually all individuals can benefit from regular yogic exercise, whether they participate in vigorous exercise or some type of moderate health enhancing yogic exercise. Even among frail and very old adults, mobility and functioning can be improved through recreational activity. Therefore, physical fitness should be a priority for all ages.

Enjoyment of yogic exercise

If yogic exercise are fun, young people are more likely to participate in them. Also, an enjoyable yogic exercise can be more appealing to young people than a less engaging sedentary one.

Development of competence in yogic skills: Young people enjoy and gain confidence from developing and demonstrating physical fitness and movement skills.

Wellness

The term wellness was first used by a physician named Halbert L. Dunn, who published a small booklet entitled “High Level Wellness” in 1961. Dr. Dunn saw wellness as a lifestyle approach for pursuing elevated states of physical and psychological well being. He described it as a disciplined commitment to personal mastery. Wellness, as a state of health, is closely associated with our lifestyle. Each person has a responsibility to provide for such health essentials as good nutrition, proper weight control, exercise and controlling of risk factors such as smoking, alcohol and drug abuse.

Benefits of wellness

1. High self esteem and a positive outlook
2. A foundation philosophy and a sense of purpose
3. A strong sense of personal responsibility
4. A good sense of humor and plenty of fun in life
5. A concern for others and a respect for the environment
6. A conscious commitment to personal excellence
7. A sense of balance and an integrated lifestyle
8. Freedom from addictive behaviours of a negative or health inhibiting nature
9. A capacity to cope with wheatear life presents and to continue to learn
10. Grounded in reality
11. Highly conditioned and physically fit
12. A capacity to love and an ability to nurture
13. A capacity to manage life demands and communicate effectively

Components and determinants of well being

1. Physical : movements
2. Spiritual : belief
3. Social : interaction
4. Intellectual : knowledge
5. Occupational : Work
6. Emotional : feeling

CONCLUSION

The benefits to fitness and wellness make us to live much healthier life. It helps us to deal successfully with the difficult situations arising in our day to day life. Today everyone knows that life because more faster and if we want to go with that speed we should be fit physically as well as mentally. Stress, obesity, diabetes, acidity and much more diseases are the gift of our unhealthy lifestyle. Due to lack of recreational activities not only elders but youngster are also facing plenty of problems in their life. If we want to avoid it then the only answer is yogic exercise and wellness.

Recommendations

Regular yogic activity is a life saving activity.; it keeps the cardio-vascular system always healthier and protects from the effect of hyperglycemia or hyperlipidemia in diabetics patients. Daily quality and quantity of yogic exercise is an important part of a citizens comprehensive, well rounded program and a means of positively affecting life long. Health and well being. Daily yogic exercise may be incorporated into the whole day in a variety of ways. For instance, twenty minutes or more of yogic exercise during a scheduled health would meet the daily yogic exercise requirement. Since yogic exercise is only one component of a complete health program. Integrating yogic exercise into other working areas is one appropriate strategy.

REFERENCES:

1. Jennifer Wall, Nancy M. (1990), Understanding movement, children and movement physical education in the elementary school, W.C. Brown publication, p. 262.
2. Children and movement, J. Wall and murray WCB Dubuque, Iowa, 1990.

YOGA AS SILENCE

Dr. Narayan N. Jaybhaye
Dept.Of Sports Sanjeevani College Chapoli

INTRODUCTION

A Seed in the womb of mother earth lies in silence absorbing nourishment and other natural blessings until its expanded soul bursts forth into blossom. The spirit of genius, nurtured in the bosom of quiet contemplation, awaits patiently its appointed hour of awakening. Silence, the great unseen power, the miracle of life, works upon our character with strange contrast. At times it overwhelms us with its oppressive stillness, and again it falls upon our heart as a shower of refreshing raindrops on a sultry summer day. How often silence acts as a tonic, invigorating and reviving our dull spirit. Then at other times its effect upon us is like that of a narcotic, putting our life's energies into a state of morbid sleep. All great forces of nature work in contrast.

In the world of religion and philosophy the practice of silence plays a most vital part. It creates an atmosphere and enables the seeker to find access to an inner sanctuary entirely hidden from the restless and turbulent material world. Whenever we are listening to fine music if someone speaks or makes a noise we are distracted, jarred by it, and often we lose the subtle beauty of the music. Similarly in spiritual study of our attention is diverted we receive little or no benefit. That is the reason why the idea of complete silence before spiritual study is strongly advocated by many of the great schools of thought. We can easily see its technical reason, how it aids us in the act of concentration, but its more profound significance is in the unfoldment of our higher nature. Even today, we find that many places of worship maintain rigid silence in order to create an atmosphere so needful for spiritual devotion and prayer. We can never hear the language of the soul if our ears are filled with the loud noises of the world. One of the sufi mystics express the import of this beautifully. "Be silent that the Lord who gave thee language may speak, for as He fashioned a door and lock, He has also made a key. . . . I am silent. Speak Thou, O Soul of Soul of Soul."

Importance of study

All the mystic teachers and illumined sages emanate a peculiar atmosphere of calm and quiet dignity. In India some of the great seers completely refrain from speech and yet they exert a most potent influence upon the lives of their followers. One of the first forms of spiritual discipline the neophytes have to undergo is the practice of silence. They never speak before their teachers unless they are asked to do so. What is the most direct blessing they receive through it? It makes their mind receptive and whatever it receives it can easily assimilate. The necessity of this is felt even in our secular education. Unless the mind is receptive any amount of time expended in study is of very little avail. It is interesting to note how Madame Montessori in her system of education advocates this idea of silence. Its value was felt in India from time immemorial and was widely practiced from child-education to the advanced Vedic revelation. This mode of living and thinking, however, is quite out of fashion with our modern life and habit. There are some who even feel a strong aversion to it and this is because they confuse the idea of silence with dullness and inaction.

The aim silence is not to free our mind from thought and assume a state of emptiness and passivity. On the contrary silence becomes a definite factor for our efficient and concentrated thought. Silence means co-ordination of our body, our mind, and all our faculties to such an extent that every particle moves in one rhythm. In this state all our aspirations and ideals work in harmony,

so much so that there is no friction. You can verify this in connection with machinery: that which avoids friction most makes the least noise and endures the longest. In the world of life and all forms of activity, we find this to be true. The life that moves without in harmony and friction is the most efficient life. A man whose mind is well-ordered and whose whole system is well-organized is always finding something of interest within himself. He does not offer his opinion to others because he has found something within. He has become quite, and through his balance of mind and attitude he is always discovering an inner interest. That is what the Indo-Aryans recognized as the most essential factor in all forms of study. No one can study successfully unless he has the power of concentration and co-ordination, and this power cannot be achieved unless we come to an attitude of silence. A silent being is a very restful being. Even in a household we find that a person who is calm, composed and thoughtful radiates a powerful influence. Nervously disorganized people find a great source of rest rough him.

One of the most interesting phenomena that taken place in connection with the practice of silence is that the mind evolves creative genius. For instance when a person who is used to intense activity and outer diversion for his pastime and pleasure is thrown suddenly on his own inner resources, if he is not thwarted by it, his mind will have a peculiar reaction and he will discover his inherent reserve and originality. This also is true in connection with children's education. If we do not try to keep their minds altogether occupied with artificial toys and noisy games, they will work and invent newer ones, and this quickening of the inner faculties is the gist of true education. We think better when our mind is not weighted down by matter. We see more clearly when our eyes are focused on a single objective and nothing is more efficacious towards this end than the practice of silence.

All wise people realize that the deeper part of our nature can only be expressed effectively when our outer being is still. That is why so often they retire from the crowd. They are not taken to offer their opinions. They think deeply and act quietly. We frequently misunderstand people of this type who are not constantly active like ourselves. We imagine that their lives are wasteful because they are not forever engaged in outer occupation; but we can never measure the good that radiates from a calm and contemplative spirit. Phillips Brooks expresses this beautifully; "Certainly, in our own little sphere, it is not the most. Among the common people whom we know, it is not necessarily those who are busiest, not those who, meteor-like, are ever on the rush after some visible charge and work. It is the lives, like the stars, which simply pour down on us the calm light of their bright and faithful being, up to which we look and out of which we gather the deepest calm and courage. It seems to me that there is reassurance here for many of us who seem to have no chance for active usefulness. We can do nothing for our fellow-men. But still it is good to know that we can be something for them; to know that no man or women of the humblest sort can really be strong, gentle, pure and good, without the world being better for it, without somebody being helped and comforted by the very existence of that goodness;

CONCLUSION :

Therefore silence and patience go together. Silence has a wonderful creative power. Make a study of the lives of great men. They conceive an idea but they do not go out and shout it before the world, they think silently and work quietly until they realize their ideal.

If we can form the habit of devoting a certain time to silent relaxation, it will have a very definite beneficial effect upon both our physical and moral being. When in course of our daily round of duties we find ourselves growing physically tired or mentally tense, if we can take an attitude of

relaxation and co-ordinate our thoughts, discarding all feelings of vexation and unrest, we shall feel restored and refreshed. It will even enable us to do our work better. How often people go to bed after their day's labor and do not rest. The next morning they wake up feeling very weary, without any sense of freshness or repose. What is the cause of it? They were not working at night. No, but they were worrying about their work. They took their work, all their worries and anxieties, to bed with them

There are delicate things in our life, most potent and most vibrant, but we fail to perceive them because we lack in delicacy of feeling. When we are distracted by visible material glamour we miss our mark, but in that hour of silent co-ordination, when all our faculties are in perfect tune, we realize that we are part of the cosmic being. It is in this hour we find the fullness of our life, for then our little life has become united with the great life, and our little mind with the cosmic mind. Only at such moments when the finite and infinite are so commingled does our mind stand apart in speechless silence and unspoken wonder.

REFERENCE

1. Silence as yoga –swami paramananda.

“YOGA FOR PERSONALITY DEVELOPMENT”

Mr. Kapil H. Khalasi

Research scholar, S.G.G.U. Godhra

INTRODUCTION:

Yoga is an ancient art based on an extremely subtle science, that of the body, mind and soul. The prolonged practice of yoga will, in time, lead the student to a sense of peace and feeling of being at one with his or her Environment.

Yoga is more than just form of exercise; it is a holistic experience that benefits the body, mind and spirit. “The body is your temple, keep it pure and clean for the soul to reside in.” it is a general observation that is loses money for health. He loses his physical and mental health while running after the money. Yoga is the most reliable, cheap, and time tested technique to cope up with above mentioned problems, it has become the need of the hour.

Development of personality is an important issue. Personality starts developing since birth, but it assumes great importance during adolescence, when reorganization of personality takes place. Personality is a very common term which is used in our day-to-day life. It tells us what type of person one is. We know that each person generally behaves consistently in most of the situations. The examples of this consistency can be seen in a person who remains friendly or a person who is generally kind or helpful in most situations. Such a consistent pattern of behavior is termed as personality. It can be called as the sum total of behavior that includes attitudes, emotions, thoughts, habits and traits. This pattern of behavior is characteristic to an individual. Personality development in an individual is a process that involves patterns of changes or movements that begin at the conception and continues throughout his/her life span. Development is a multi-dimensional process that consists of evolution of personality on several dimensions. It is a multidirectional process characterized by both growth and decline. During infancy, childhood, adolescence and early adulthood, growth is the centre-stage of all development. However, as the person grows into middle and late adulthood, maintenance and regulation become more important and are more sought after (Santrock, 2007) .

Yoga is a spiritual science for the integrated and holistic development of our physical, mental and moral-spiritual aspects of being. The philosophy of Yoga is practical and applicable in our day-to-day living. Yoga has been documented to normalize physiological function and recent advances in the field of research have shown that it has sound scientific basis. Personality development is a multi-dimensional phenomenon.

What is Yoga?

The word Yoga is derived from Sanskrit word ‘Yog’, which means ‘Jod’ in Hindi or ‘Joining’ in English. This is joining of ‘Jivatam’ (Human) with ‘Parmatma’ (God). Through the practice of Yoga, one can have Self-realization and achieve God. ‘Yog’ word became Yoga in English. For a simple person, Yoga is another form of physical exercise. By doing physical exercises, one can develop only body muscles. But through Yoga, one achieves the conditioning of even all the internal organs like - heart, brain, spleen, liver, lungs, intestines, etc. Apart from these vital organs, through Yoga all the glands, like - thyroid, pituitary and pineal gland of the brain, function better.

Yoga is practical aid, not a religion. Yoga is an ancient art based on a harmonizing system for development of the body, mind, and spirit. The regular practice of yoga will not only lead you to a sense of peace and well-being, but will also give you a feeling of being at one with the nature. In the

present time, more and more people, especially the Westerners, are resorting to Yoga to find a cure for chronic health problems and attain a peace of mind. They are also curious about knowing what exactly is Yoga and what all are included in it. Although many of us are well aware of the health benefits of Yoga, not everyone knows about the origin and exact definition of Yoga. It is a popular belief that Yoga merely includes stretching and warmup exercises.

Originated in ancient India, Yoga typically means 'union' between the mind, body, and spirit. It involves the practice of physical postures and poses, which is also referred to as 'asana' in Sanskrit. As the name suggests, the ultimate aim of practicing Yoga is to create a balance between the body and the mind and to attain self-enlightenment. To accomplish it, Yoga makes use of different movements, breathing exercises, relaxation technique, and meditation. Yoga is associated with a healthy and lively life style with a balanced approach.

The oldest physical discipline in existence known to humanity, the Yoga brings stability to the body and the wavering mind. It increases the lubrication of joints, ligaments, and tendons of the body. Studies in the field of medicine suggest that Yoga is the only form of physical activity that provides complete conditioning to the body because it massages all the internal organs and glands. It reduces the risk of many diseases. Yoga can create a permanently positive difference to the lifestyle of anybody practicing it on a regular basis.

Yoga is a perfect way to ensure overall health and physical fitness. Through meditation, breathing exercises (called pranayams); you can banish all your stress and lead a healthy life. In fact, it is one of the best remedies known to humankind, for curing chronic ailments that are otherwise difficult to be cured by other medications. People suffering from backaches and arthritis are often suggested to do asanas that concentrate on the exercise of the muscles at the strategic locations. Pranayamas are the best breathing exercises to increase the capacity of lungs.

The amazing thing about Yoga is that its positive effects on the health and mind are visible over time. Another specialty about Yoga is its wide choice of asanas. Depending upon the stamina and overall health, you can choose from the mild pranayamas and asanas to high-intensity asanas. It is a medication without the actual use of medicines. Moreover, no visible side effects are associated with the practice of Yoga on a regular basis. All you need to know is the most appropriate asanas according to the ability and structure of your body. Also, you need to know the right way of performing the asanas, because any wrong attempt can cause sprains and injuries.

Conscious connection to something allows us to feel and experience that thing, person, or experience. The experience of connectionism a state of yoga, a joyful and blissful, fulfilling experience.

There is no single definition of yoga. To experience truth through yoga, we must study its classical definitions and reflect on our understanding of it.

If we wish to connect to the intuitive, creative part of us and realize the eternal Self, we need to consider what yoga really is. Each definition of yoga reveals a part of the ocean of knowledge and experience that forms the yogic path.

Meaning of Yoga:

The word yoga is derived from the Sanskrit root yuj which means to join or to yoke the related meaning is to focus attention on your to use in the philosophical terms, the union of the individual self jivatma, with the universal self, paramatma, is yoga. Most people know that the practice of yoga makes the body strong and flexible. It is also well known that yoga improves the functioning of the respiratory circulatory, digestive and hormonal systems. Yoga also brings

emotional stability and clarity of mind, but that is only the beginning of the journey to Samadhi or self-realization, which is the ultimate aim of yoga.

The yogic Approach:

Yoga is a philosophy of life, not merely asana or physical postures for physical health. Through your yoga practice, you can gain a broader perspective in self-realization. No matter what religion you practice, like any religion, yoga can be a bridge to enhancing your spirituality. The magic yoga mantra for maintain fitness a few regulatory principles converting five important processes of life:

- (1) The diet and eating habits
- (2) Thinking or cognitive process
- (3) Behavioral processers or routines
- (4) The conduct the moral fiber
- (5) Sleep or circadian rhythm

Harmony of Body & mind:

Asanas cater to the need of each individual according to his or her specific constitution and physical condition. They involve vertical, horizontal and cyclical movements, which provide energy to the system by directing the blood supply to the areas of the body which need it most. In yoga, each cell is observed, attended to and provided with a fresh supply of blood, allowing it to function smoothly. The mind is naturally active and dynamic, while the soul is luminous. The practice of yoga stimulates and changes emotional attitudes, converting apprehensiveness into courage, indecision and poor, judgment into positive decision making skills, and mental instability into confidence and mental equilibrium.

Yoga & Physical Fitness

Most type of exercise is competitive yoga, although non-competitive, is nevertheless challenging. The challenge is to one's own will power, it is a competition between one's self and one's body. Exercise usually involves quick and forceful body movements. It has repeated actions which often lead to exertion, tension, and fatigue. Yoga asanas, on the other hand, involve movements which bring stability to the body, the sense, the mind, the conscience. The very essences of an asana are steady movement, a process that dose not simply end but finds fulfillments in tranquility.

States of mind:

The mind is the vital link between the body and the consciousness. The individual can live with awareness, discrimination, and confidence only once the mind is clam and focused yoga is the alchemy that generates this equilibrium.

Yoga can be practiced any age:

With advancing age, physically vigorous exercise cannot be performed easily because of stiffening joints and muscles that have lost tone. Isometric exercise, for example, cannot be practiced with increasing age, as they lead to sprained muscles, painful joints; the great advantage is yoga is that it can be practiced by anyone, irrespective of age sex and physical condition.

Benefits of yoga:

- Provide a holistic approach towards your welfare.
- Help to improve your strength and flexibility.
- Help in removal of toxins in the body & aid in relaxations.
- Help to reduce the weight.

- Help in hearing and nourishing the body.
- Also calm your mind.
- Gives clarity to your thought.
- It does not need any special place or equipment or clothes.
- Yoga can enhance concentration.
- Also release the stress from body.

CONCLUSION:

Yoga is a process to control and development the mind and body to gain good health, balance of mind and self-realization. Proper understanding and practice one can reach the optimum level to keep physical fitness. Balance between exercise diet and relaxation will provide the sound mental and physical capacities. Though yoga has the potential power to make up healthy, add to our vigor, still most people lack the knowledge of systematic practice of yoga.

The practice of yoga helps to change a person's mental attitude in a positive way. And thus in this way it helps in overall improvement of our personality.

REFERENCES

1. International Journal of Reflective Research in Social Sciences ISSN: 2581-5733, Impact Factor: RJIF 2.38 www.reflectivejournals.com Volume 1; Issue 1; Sep. 2017; Page No. 14-15 Personality Development through Yoga Nazia Tabassum Assistant Professor, Marathwada College of Education, Aurangabad, Maharashtra, India
2. Santrock John W. A Topical Approach to Life Span Development. New Delhi: Tata McGraw- Hill Publishing Company Limited. 2007.
3. Yoga Education Master of Education, National Council for Teacher Education, Programme, 2015. Retrieved from
4. http://ncte-india.org/ncte_new/pdf/Yoga%20Education%20-%20M.Ed%20-%20English.pdf
5. Yoga A Healthy Way of Living, Secondary Stage, National Council of Educational Research and Training, 2015. Retrieved from <http://www.ncert.nic.in/gpPDF/pdf/tiyhwlss1.pdf>

YOGA AND PHYSICAL FITNESS

Dr. Prof. Painjane Manoj Madhavrao

Director of Physical Education & Sports, Yeshwant Mahavidyalaya, Nanded (M.S.)



ABSTRACT

Yoga is a good way to build muscle tone and strength. By regularly doing yoga, you can build muscle, improve your flexibility, improve your posture, and help you maintain a healthy weight. Help improve general wellness by relieving stress, supporting good health habits, and improving mental/emotional health, sleep, and balance. Yoga has the strong impact on mental and physical health of human being. Therefore, the main object of this research paper is to explore the various health benefits of yoga on the life of human being. A narrative review is undertaken based on traditional and contemporary literature for yoga, along with scientific articles available on yoga and exercise. In the context of asanas, yoga resembles more of a physical exercise, which may lead to the perception that yoga is another kind of physical exercise. Thus, Yoga is a great activity that can be beneficial for all areas of health—physical, mental and emotional.

KEYWORDS:- Yoga; asana; physical exercise;

INTRODUCTION

Yoga is one of the best ways to stay fit and healthy. It can be used to improve health, flexibility, strength, posture, and so much more. It is not only a rewarding physical activity, but it is also a [holistic lifestyle](#) that promotes emotional well-being and good mental health. Yoga has always been a popular way of exercising, and for good reason: it's a low impact holistic workout, it's accessible to just about anyone, and it calms the mind and reduces stress. The poses are easily adaptable, so you can do them regardless of your age, level of fitness or physical limitations. Yoga can be your only exercise, depending on the [type of classes](#) you're taking and their intensity.

Is yoga enough to be your only form of physical exercise?

When it comes to a workout, many people are under the impression that only those who do high-intensity activities like running and weightlifting are the ones that get results. In reality, there are many other kinds of exercises that are extremely helpful for the body, even if they are low

impact, like yoga and walking. In general, it is best to do more than one type of workout to ensure you strengthen and move the maximum amount of muscles and joints in your body.

OBJECTIVES

- To explore the benefits of yoga on physical and mental fitness of human being
- To study about relation between yoga and human health.

CONCEPTUAL STUDY

Health

Health is the level of functional and metabolic efficiency of a living organism. The World Health Organization (WHO) defined human health in its broader sense in its 1948 constitution as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." This definition has been subject to controversy, in particular as lacking operational value, the ambiguity in developing cohesive health strategies, and because of the problem created by use of the word "complete", which makes it practically impossible to achieve. Other definitions have been proposed, among which a recent definition that correlates health and personal satisfaction. An alternative approach focuses on avoiding definitions, which demand precise descriptions of the term. Instead, following a three-year global conversation, convened by Alex Jadad, "health" has been conceptualized as the ability to adapt and self manage when individuals and communities face physical, mental or social challenges.

Fitness

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest. Fitness may refer to:

- Fitness (biology), an individual's ability to propagate its genes
 - Fitness (magazine), a women's magazine, focusing on health and exercise
 - Fitness and figure competition, a form of physique training, related to bodybuilding
 - Fitness approximation, a method of function optimization evolutionary computation or artificial evolution methodologies
1. Fitness (biology), an individual's ability to propagate its genes.
 2. Fitness (magazine), a women's magazine, focusing on health and exercise
 - Fitness and figure competition, a form of physique training, related to bodybuilding
 - Fitness (magazine), a women's magazine, focusing on health and exercise
 - Fitness and figure competition, a form of physique training, related to bodybuilding
 - Fitness (magazine), a women's magazine, focusing on health and exercise
 - Fitness and figure competition, a form of physique training, related to bodybuilding
 3. Fitness (magazine), a women's magazine, focusing on health and exercise.
 4. Fitness and figure competition, a form of physique training, related to bodybuilding.
 5. Fitness approximation, a method of function optimization evolutionary computation

or

6. Fitness approximation, artificial a method of function optimization evolutionary computation or evolution methodologies.
7. Fitness function, a particular type of objective function in mathematics and computer science.

Mordinity Some Problems

Stress

1. Anxiety
2. Depression
3. Obesity
4. Debates
5. High blood pressure
6. Muscular problems

MEANING

The word 'yoga' means "to join or Yoke together". It brings the body and mind together to become a harmonious experience. Yoga is a method of learning that aims at balancing "Mind, Body and Spirit". Yoga is a practice with historical origins in ancient Indian philosophy.

THE BASICS OF YOGA

The philosophy and practice in all forms of YOGA is embedded in the following eight principles

1. *Yama* Control of the Mind
2. *Niyama* Follow rules
3. *Asana* Postures
4. *Pranayama* Controlled Breathing
5. *Pratyahara* Complete relaxation
6. *Dharana* Attain consciousness of the body
7. *Dhyana* Concentration and Awareness
8. *Samadhi* State of Absolute Awareness

VARIOUS FORMS OF YOGA PRACTICE

- Health yoga: is the path of physical fitness or yoga of postures.
- Bhakti Yoga: is the path of the heart or the yoga of devotion.
- Dhyana Yoga: is the path of meditation and contemplation.
- Jnana Yoga : is the path of learning and knowledge.
- Karma Yoga: is the path of action or selfless service.
- Nada Yoga: is the Yoga of inner sound. The sound of the Universe.
- Yoga Nidra: is the yoga to achieve perfect sleep

IMPORTANCE OF YOGA

In the present-day world, the diseases of psycho-somatic origin, such as hyper-tension, heart-diseases, asthma, diabetes, insomnia are increasing very fast and the modern medical science has failed to cure these diseases. After a lot of scientific experiments done on patients undergoing yogic treatment, it has been found to be the most effective treatment for all these ailments. Here lies the importance of yogic practice. It is found to be the best means of leading a tension-free life, which keeps men free from physical, mental, as well as, psycho-somatic disorders. Yoga education is a holistic education which includes physical, mental, emotional, intellectual, moral, spiritual, social as well as environmental education, due to which the practitioner of yoga

becomes healthy in the true sense of the term. Other than yoga, there is no such system which prepares a man holistically and therein lies the importance of yoga.

BENEFITS OF YOGA

Yoga is a form of exercise that originated in ancient India and is practised widely across the world today. Yoga not only enhances your physical strength but also contributes largely towards your mental health and spiritual growth. Looking at the popularity of yoga, Hon'ble Prime Minister Narendra Modi suggested at the UN Assembly that yoga be given a special day as it is beneficial for everyone and making it a world event would help in spreading awareness about its benefits. So, on 21st June 2015, World Yoga Day was observed for the first time across the world and has since been celebrated annually. Yoga not only keeps you fit but also has a lot of long-term benefits when you make it an integral part of your lifestyle. Some benefits of yoga include:

1. Better posture

Yoga helps in keeping the spine erect, enabling you to sit straight and not slouch. It also helps alleviate the stress on your spine, exerted through incorrect posture. Consistent practice of Yoga helps in keeping the spine strong and prevents fatigue.

2. Improved bone health

Many postures in yoga require you to lift your own weight which helps in making the bones stronger and helps ward off osteoporosis.

3. Increased blood flow

The inverted and twisting nature of Yoga poses wring out the venous blood from the internal organs and allow oxygenated blood to flow. This also boosts the haemoglobin and red blood cells count.

4. Improved heart health

When you practice Yoga regularly, you get your heart into the aerobic range. This not only lowers the risk of heart attack but also relieves depression.

5. Lowered blood pressure

The savasana (corpse pose) helps people with hypertension. This pose is said to have resulted in great improvement in people with high blood pressure.

HOW YOGA WORKS IN OUR BODY- A SCIENTIFIC SCENARIO

Blood flow & oxygen supply of whole body increases through yoga, thus every part of body gets more energy.

ROLE OF YOGA IN HEALTH AND FITNESS

Yoga take place main role in three areas that is

1. Physical
2. Psychological and
3. Spiritual

1. PHYSICAL

1. Flexibility: Yoga helps the body to become more flexible, bringing greater range of motion to muscles and joints, flexibility in hamstrings, back, shoulders, and hips.
2. Strength: Many yoga poses support the weight of own body in new ways, including balancing on one leg (such as in Tree Pose) or supporting with arms increases strength.
3. Better Breathing: Most of us breathe very shallowly into the lungs and don't give much thought to how we breathe. Yoga breathing exercises, called Pranayama, focus the attention on the breath and improve lung capacity and posture, and harmonize body and mind which benefits the entire

body. Certain types of breath can also help clear the nasal passages and even calm the central nervous system, which has both physical and mental benefits.

4. Disease Eliminator: Yoga has the power to prevent and eliminate various chronic health conditions in women similar to men.
5. Heart Disease: With less stress and blood pressure chances of cardiovascular diseases are prevented. Increasing blood circulation and fat burning results in lowering cholesterol.
6. Diabetes: Yoga stimulates insulin production and reduces glucose to prevent diabetes.
7. Gastrointestinal: Yoga improves the gastrointestinal functions in women effectively.
8. Metabolism: Yoga helps women to stay healthy by balancing metabolism results by controlling hunger and weight.
9. Pain Prevention: Increased flexibility and strength can help prevent the various instances of back pain, chronic pain, neck pain can be lessened with yoga practice.
10. Blood circulation: Yoga postures can help improve circulation and eliminate toxic waste substances from the body.

2. PSYCHOLOGICAL

1. Mental Calmness: Yoga asana practice is intensely physical. Concentrating so intently on what body is doing has the effect of bringing calmness to the mind.
2. Stress Reduction: Physical activity is good for relieving stress, and this is particularly true of yoga. Yoga provides a much-needed break from stressors, as well as helping put things into perspective. Yoga controls breathing, which reduces anxiety. It also clears all the negative feelings and thoughts from mind leading to reduction of depression.
3. Concentration: Yoga increases concentration and motivation in quick time. This is why women from all aspects of life practice yoga since better concentration can result in better focus on life and profession.
4. Memory: Yoga stimulates better blood circulation especially to the brain, which reduces stress and improves concentration leading to better memory.
5. Body Awareness: Doing yoga will give an increased awareness of own body. It increase level of comfort in own body. This can lead to improved posture and greater self-confidence.

3. SPIRITUAL

1. Inner Connection: Yoga can help to create a bond, a relation between body and mind apart from all other benefits.
2. Inner Peace: Yoga is the only method known to us for better and quicker inner peace. The inner peace generated increases and improves our capability in making effective decisions even at serious circumstances.
3. Purpose of Life: Yoga is a simple exercise method that has numerous benefits, psychologically and physically apart from allowing us to attain inner. It helps to find the purpose of life and secrets to healthy longer life.

OTHER ROLES OF YOGA IN HEALTH AND FITNESS

- Surya Namaskar is a complete body exercise. It keeps all internal organs, stomach, intestines, pancreas, spleen, heart and lungs, healthy and strong. Also muscles of external body parts, chest, shoulders, hands, thighs, legs become healthy and strong.
- It makes spine and waist flexible by removing disorders. It improves blood circulation in the body which removes skin diseases.

- These are the best twelve steps of surya namaskar yoga positions in sequence to burn calories, weight loss and complete health, fitness.
 - Fitness (biology), an individual's ability to propagate its genes
 - Fitness (magazine), a women's magazine, focusing on health and exercise
 - Fitness and figure competition, a form of physique training, related to bodybuilding
 - Fitness approximation, a method of function optimization evolutionary computation or
 - Fitness function, a particular type of objective function in mathematics and computer science

CONCLUSION

Through yoga practice, your body can get a profound workout and relaxation. Practicing rhythmic breathing with yoga helps the mind to go deeper. This is a reason that many athletes today are incorporating yoga into their training programs.

When yoga is practiced in an authentic way with all the four steps intact you will feel a wonderful calmness and ease in your body and mind during the training and afterwards in your daily life. So the stress in your system gradually can leave you along with your physical problems that is caused by stress and which is relaxed by practice of yoga and pranayama only.

REFERENCES

1. <https://www.yogabasics.com/connect/yoga-blog/yoga-for-exercise/>
2. <https://www.nccih.nih.gov/health/yoga-what-you-need-to-know>
3. <https://www.yogabasics.com/connect/yoga-blog/yoga-for-exercise/>
4. https://www.researchgate.net/publication/340731911_Contribution_of_Yoga_for_Health_and_Fitness_in_the_Modern_World
5. http://epao.net/epSubPageExtractor.asp?src=education.Health_Issue.Role_Of_Yoga_In_Health_And_Fitness
6. <https://pubmed.ncbi.nlm.nih.gov/27044898/0020>
7. <https://dash.harvard.edu/bitstream/handle/1/10436227/3447533.pdf>
8. <https://www.artofliving.org/in-en/yoga-and-fitness-adopting-language-yoga-your-body>

EFFECT OF PHYSICAL EXERCISE ON HEART RATE OF SEDENTARY STUDENTS.

Amit Kumar
Research Scholar

Dr. B. John
Research Guide

ABSTRACT-

The aim of this study was to examine the effect of physical exercise on heart rate among sedentary students. Regular physical exercise is an important factor to reduce the indexes of cardiovascular and all cause morbimortality. In this study total forty sedentary students participate from Swami Ramanand Teerth Marathwada University Nanded. All forty acted as experimental group for physical exercise. The training programme was planned as five days a week and sixty minutes a day. Walking, jogging, dancing, stair climbing, jumping, skipping exercise was included in this training programme. Heart rate measured before the training programme and after the training programme. Result indicates that physical exercise has a considerable impact on cardiovascular fitness.

INTRODUCTION-

Regular physical exercise and good physical fitness are widely accepted as factors that improve a number of health outcomes and reduce all- cause mortality. Regular practice of physical exercise and the improvement of the level of aerobic condition, heart rate (HR) is mediated primarily by the direct activity of the autonomic nervous system.

Physical exercise has both long term and short term effects on the cardiovascular system. Good blood circulation throughout our body may provide long standing positive effects to our health. Workout for 30 minutes at least five days a week may help mitigate the chance of developing many heart- related diseases.

Resting heart rate- the heart rate is difference as the frequency or number of heart in one minute. A healthy heart rate of an adult at rest is about sixty- eighty beats per minute, but with regular physical exercise resting heart rate can be developed. Resting heart rate decreases because the heart develops to hold more amount of blood with exercise. Resting heart rate indicate a better cardiovascular fitness and more efficient heart function.

OBJECTIVE OF THE STUDY-

1. This research study mainly focuses on the following objectives
2. The objective was to study and examine the effect of physical exercise on heart rate of sedentary.
3. Learn how to take exercise heart rate.

HYPOTHESES

There would be significant effect of physical exercise on heart rate of sedentary students.

METHOD –

subjects (n=40 only males) were recruited from a simple random sample within the Swami Ramanand Teerth Marathwada University Campus eligible participants were of at least 18 years of (range- 18-26 years). Informed consent was obtained in written form prior to all measurement. Resting heart rate of each subject was recorded before and after training. Before recording heart rate the subject was instructed to remain lying on their bed to record the heart rate, heart rate was

recorded by the palpation at radial artery per minute. The score was expressed in number of heart rate per minute.

STATISTICAL ANALYSIS-

hypothesis tests comparing pre test (before training) and post test (after training) sample. In this study the statistical package for the social sciences (SPSS) version 16 was used to analyse the data. Microsoft excel was used to calculate averages were used in t-test. The level of significance was set up at 0.05 level of confidence. All information was analysed and interpreted using statistics. Multiple trials allowed for accurate measurement and means were calculated. Graph was created and analysed to find difference in heart rate of pre and post test.

Table – 1

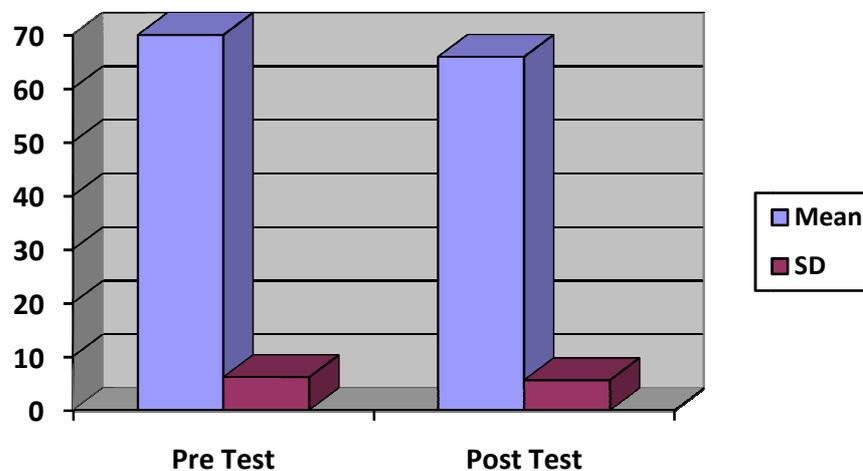
Mean score standard deviation and t-ratio of heart rate in pre and post-test of sedentary students.

Test	Number	Mean	S.D.	T-ratio
Pre test	40	69.93	6.14	3.13*
Post test	40	65.85	5.58	

Table shows that statistically significant difference of mean scores, standard deviation and t-ratio of heart rate of pre and post - test of experimental group. Mean value of 69.93 and 65.85 respectively which are given in the table reveals that there was significant effects of physical exercise was found in ($t=3.13, p<.05$) heart rate of experimental group. That means physical exercise is beneficial for reducing the heart rate among sedentary students.

Figure – 1

Mean score standard deviation of heart rate in pre and post-test of sedentary students.



Discussions-

if a physical exercise is performed for a long time, it will definitely affect on resting heart rate. Which is positive effect on reducing cardiovascular disease. physical exercise is in the limelight as a sport that people also students can enjoy at various places and community. the decrease in resting heart rate after exercise programme is in conformity with a study of Jyoti(2010), Salmern, Owen, Growferd, Baumam, Sallis (2003) who concluded that the endurance training can influence on heart rate. This result is also supported by (Clusen 1977), if heart rate is much less, then the individuals would not get fatigue (Fringer, and Stull 1974). There will be less pressure on heart due to this; they can work efficiently (Clusen 1977).

REFERENCES-

1. **Deuk ja oh, Hyeon ok Hong and Bo ae lee.(2016)** The effects of strenuous exercises on resting heart rate, blood pressure, and maximal oxygen uptake. .doi: 10.12965/jer.150258PMCID: 2016 Feb; 12(1): 42–46.PMC4771152
2. **Mc Guirre DK, Levine BD, Williamson JW, Snell PG, Blomqvist CG, Saltin B, et al. (2001)** A 30-year follow-up of the Dallas Bed Rest and Training Study. The effect of age on the cardiovascular adaptation to exercise. *Circulation* 2001;104:1358-66.
3. **Marcos B. Almeida and Claudio Gil S. Araujo(2003)** Effects of aerobic training on heart rate. *Rev Bras Med Esporte _ Vol. 9, N° 2 – Mar/Abr, 2003*
4. **Haroonrashid M. Hattiwale, Shaheenkousar H. Hattiwale, Salim A. Dhundasi , Kusal K. Das (2012)** recovery Heart Rate Response in Sedentary and Physically Active Young Healthy Adults of Bijapur, Karnataka, India *Basic Sciences of Medicine* 2012, 1(5): 30-33 DOI: 10.5923/j.medicine.20120105.02
5. **Denise Felber Dietrich Ursula Ackermann et.al.(2008)**effect of physical activity on heart rate variability in normal weight, overweight and obese subjects: results from the SAPALDIA study *Eur J Appl Physiol.* 2008 Oct; 104(3): 557–565. Published online 2008 Jul 3. doi: 10.1007/s00421-008-0800-0. PMCID: PMC3705554NIHMSID: NIHMS293572

ATTITUDE OF GIRLS STUDENTS TOWARDS YOGA

Mr. Chatse Ashok Jayaji

Director of Physical Education & Sports Rajarshi Shahu Mahavidyalaya, Parbhani

ABSTRACT

The article aims at understanding the attitude of girls students towards yoga. The perception of sex gender in sports. i.e. manliness and womanliness is discursively constructed in sport during the 19th century. In old days it is said 'man for out work and woman for a house work. But nowadays this thing changed and girls take part in all activities that man are doing and in sports is also contributes her role. The total 150 girls students from arts, commerce and science streams have been randomly selected. The survey methods of research have been carried with the help of well structured questionnaire. The questionnaire consists of eighty statements based on the five points Likert Scale related to social, physical, moral, mental, emotional, intellectual, recreational and general aspects. Frequency, percentage, median, quartile deviation and co-efficient deviation as a statistical tools have been applied. The results reveals that 95 percent of the students have favorable attitude towards yoga. Therefore, it is suggested that adequate measures must be taken by the management for providing yoga infrastructure for girls.

KEYWORDS: attitude, yoga, girls, physical education and sports.

INTRODUCTION:

Yoga:

The goal of all yoga programme is to develop self motivated and self directed individuals. Ever since independence. The importance of yoga as an integral part of the education of our youth has been taken in to account in our over all educational planning. Traditionally, education was thought off are filling up other mind with facts in educational institutions. This is no longer accepted because education takes place throughout life. In the class room, play field, library, home, tours, camps, festival etc., wherever individuals congregate. An individual's education consists of everything he does from birth until death.

The goal of yoga can be achieved through physical education. The contribution of yoga to educational process carries similar respect as any other academic subject. Yoga when will taught can contribute more to the goals of general education that can be as any other school subject. It is clearly understood that participation in organized yogic activities led an individual's to achieve fitness in terms of physical, mental, emotional and social spheres and develop the attitude to adjust with life situations.

ATTITUDE:

Attitude serves as the motivating media to condition girls students which have been acquired. Thus attitude play an important role because the attitude determines an individual's willingness to learn. In the modern sports, Psychological preparation of a team/individual is an important as teaching the different skills of a game with a scientific methods. Most of the coaches, yoga teachers and trainers agree that the physical characteristics, skills and training of the players are extremely important, but they also feel that good mental and psychological preparation for competition is necessary components for success. ALLPORT defined attitude as the mental and neural state of readiness organized through experience which exerts a directive or dynamic influence upon the individual's response to all objectives and situation with which it is related.

In the past, the area of attitude has received attention and consideration moreover recently attitude towards self have been studied in an attempt to gain a better understanding of individuals and of personality development. It was believed that the attitude scale would be of value in deterring favourable and unfavorable attitude of an individual group towards yoga. The scale could be used to determine the attitude of the girls students towards on yoga.

METHODOLOGY:

The Researcher who is specialized in the field of physical education was much interested to determine that students different in their attitude towards yoga. Hence, he had undertaken this problem for his work in order to achieve the purpose, the researcher had confined himself to survey method based on Edward yogic activity attitude inventory questionnaire for collecting the data.

The researcher after carefully studying various aspects of the subject under study after referring to various literatures on attitude inventory questionnaire and in order to determine the structure of attitude towards yoga consideration was given to the social, physical, moral, mental, emotional, intellectual, vocational, recreational and general categories of yoga attitudes. a pilot study was taken up, after the successful completion of the pilot study the questionnaire was administered. The researcher felt an opportunity to go round personally and got the questionnaire duly filled.

The inventory was administered to 150 female students from various college of Parbhanicity who are selected at randomly. Response to the eighty statements given to students subjects was evaluated in the manner described by Likert Scale.

All the statements favoring yoga were scored:

Strongly Agree – 5, Agree-4, Undecided-3, Disagree-2, Strongly Disagree-1

For statements opposing physical education the statement were scored in the opposite order. Strongly Agree – 1, Agree-2, Undecided-3, Disagree-4, Strongly Disagree-1

The total scores obtained on all the statement that measured the student's favourableness or unfavourableness to yoga. The collected data were subjected for statistical analysis in order to arrive at definite conclusions which have been explained in the following way.

RESULT AND DISCUSSION

Attitude inventory results

In this section, the various attitude aspects of college girls students towards yoga have been analyzed. The questionnaire used for this purpose was based on Edward yoga attitude inventory. It had 80 statement of which 10 each were related to the social, physical, moral mental, emotional, intellectual, vocational and recreational while 10 were to the general aspects.

The numerical weightage for the responses strongly Agree, Agree, Undecided, Disagree, Strongly Disagree were (five, Four, Three, Two and one) in the descending order for the positive statement and from one to five in ascending order for the negative term. The specific scores indicated the different degree or disagreement of being neutral. The median for each aspect, quartile deviation as well as the co-efficient of variation of aspect is given in table 1 it also contains the total scores.

Table-1

Median of response to statements on all aspects of the attitude inventory

S.No.	Aspect	Median	Quartile Deviation	Coefficient Deviation	Natural of Attitude
1.	Social	42	3.04	724	Favourable
2.	Physical	42.54	2.63	6.33	Favourable
3.	Moral	39.44	5.67	6.77	Favourable

4.	Mental Emotional	10	2.83	7.07	Favourable
5.	Intellectual	39.92	2.88	7.21	Favourable
6.	Vocational	40.55	2.95	7.27	Favourable
7.	Recreational	38.80	2.30	5.92	Favourable
8.	General	41.90	2.82	6.72	Favourable

Response to statements on all aspects

The response to the survey conducted was positive and all were in favorable attitude towards yoga. Hence, all the attitude scores were 95 percent above the neutral value of 30 points.

CONCLUSION:

Within the limits of this study the following conclusions were drawn seems to be justified. The yoga attitude inventory is a reliable and valid means for determining attitude towards physical education. There is no much difference in the attitude of students towards yoga under various aspects. The response percentage is almost of the same. The results suggest that students had a very favourable attitude towards yoga and training.

RECOMMENDATIONS:

Based on the results of the study the researcher makes the following recommendations.

Especially, research of yoga must help pupils to acquire favorable attitude and appreciation which then serve as motivating agents that condition a student orientation to the use of learned skill, knowledge and understanding. As the yoga areas are found inadequate in most of the colleges it is suggested the adequate measure must be taken to acquire vacant land or municipal areas gardens by the management. The government / university should take proper action against the colleges where playing areas are found insufficient. The physical directors should be sent for the refresher course to update their knowledge and get acquainted with new roles and latest methods and techniques in teaching the yoga.

REFERENCES:

1. Edward, A. L. (1957). *Techniques of Attitude scale construction*. New York: Application country crafts, Inc.
2. Likert, R. (1932). *A technique for the measurement of attitude*. Arch Psychology, Chicago Aldine.

EFFECT OF RESISTANCE TRAINING ON SELECTED HEALTH RELATED PHYSICAL FITNESS COMPONENTS OF BOYS AGED 10 TO 17 YEARS.

Dr. Sangharsh Sumangal Shrangare

Assistant Professor, College of Agriculture Latur.

ABSTRACT

Fitness involves physical, mental, emotional, social, and spiritual factors and the capacity for their whole some expression (Charles, 1998). The purpose of this study was to investigate the effect of resistance training program on the health related physical fitness components among middle age boys. Method: A group of 40 sports persons were selected for this study from the various schools from Latur city, Maharashtra, India. The subjects were segregated in two group's namely resistance training program group and control group. Group-A (resistance training program group n = 30) and Group-B (control group n = 30), age of the subjects between 10-17 years. The selected physical fitness test considered for this study was body composition (body mass index), muscular strength measured by pull ups , muscular endurance measured by sit-up test, and cardio-vascular endurance measured by 9 min run & walk test and flexibility measured by sit and reach test. The training program was employed for 8 weeks, 45 minutes of training per session, four days in a week. To compare the mean differences between the two groups, mean, S.D and t-tests were computed by means of Statistic Software. Results and Discussion: The results of the present study indicate that the resistance training group had improved performance in the muscular endurance, cardio-respiratory endurance, and flexibility. Resistance training group had not shown any improvement with regard to muscular strength, which is not significant. The data was shown that the control group had not shown any improvement in the selected fitness variables from pre to post test. Conclusions: It is concluded that the resistance training group had shows significant performance in all the selected fitness variables except muscular strength. Control group was not shown any significant improvement pertaining to all the selected fitness variables. Key words: Resistance, Fitness, Training, Endurance.

INTRODUCTION

Physical fitness means different things to different people and may include muscular strength, muscular endurance, cardio respiratory endurance, body composition and flexibility. Physical fitness or motor fitness aspects are same. The motor fitness aspects are power, speed, agility, co-ordination, balance, reaction time and muscular endurance. Strength, cardio-vascular endurance contributes to one's ability to perform skills and to participate in enjoyable leisure time activities. Physical fitness needs depend upon the individual. Several generations ago many people performed vigorous physical activity as a way of life. More recently they need for physical exertion as part of one's job has decreased, it is not true that there is little need for physical fitness for those employed in sedentary for this reason; many individuals feel little need for physical fitness for efficient daily work. Sometime the individuals feel little need for physical fitness for efficient daily work. Sometime the individual's occupation will affect the need for physical fitness occupations; every individual has a need for fitness for those employed in sedentary occupations, and every individual has need for fitness for living.

Resistance Training- Resistance training is a form of exercise for the development of strength and size of skeletal muscles. According to the American sports medicine institute is a "specialized

method of conditioning designed to increase muscle strength, muscle endurance and muscle power". Resistance training can be performed in a variety of way with resistance machines, free weights like dumbbells and barbells, rubber tubing, or own body weight as in doing push ups, squats or abdominal crunches.

METHOD:

A total of 40 (only boys) students aged 10-17 years voluntarily participated in this study. They were divided into experimental (20) and control (20) group. Student's characteristics are presented in the Table 1. Prior to the enrolment in the study, parents reported their child's health history and current activity status through a questionnaire and only healthy children from 10 to 17 years old were chosen. Participants were excluded if they had a chronic paediatric disease or had an orthopaedic condition that would limit their ability to perform exercise. Participants were excluded if they have missed two consecutive classes during study. The study was approved by the Research Ethics Committee of the Faculty of sport and physical education in Novi Sad, and written informed consent was gained from both parents and children.

Table 1

Tests and Equipment's Used for Assessing Various Components of Health Related Physical Fitness

Sl.no	Test	Purpose
1	Pull ups	To find out the muscular strength
2	1 min bent knee sit ups	To find out the muscular endurance
3	9 min run-walk	To find out the cardio-vascular endurance
4	Body composition	To find out the body mass index (BMI)
5	Sit and reach	To find out the flexibility

Various components of health related fitness were measured using standard techniques (Table 1).

STATISTICAL ANALYSIS

The recorded score of each subject in each test item were recorded the researcher collected the necessary data in the specified scoring tables. For comparison of motor fitness level of the students statistical t – test was used, the level of significance at 0.05 level of confidence was considered adequate for the purpose of this study. The findings of comparison between English and Marathi medium school going students motor fitness level was shown in table.

Table 2

Comparison of Motor Fitness Level Mean of English and Marathi medium school going students.

Variables	Group	Mean	SD	SE	T-Value
Muscular Strength	Control	4.64	1.03	0.33	2.84
	Resistance Training	3.7	1.08		
Muscular Endurance	Control	23.15	2.77	1.26	3.45
	Resistance Training	27.5	4.19		
Cardio- Vascular Endurance	Control	619.7	90.32	32.45	3.73
	Resistance Training	741	113.60		

Body Mass Index (BMI)	Control	20.30	3.86	1.22	2.67
	Resistance Training	23.40	3.45		
Flexibility	Control	22.4	3.01	1.31	2.27
	Resistance Training	25.4	5.06		

Table 1 shows that the mean and standard deviation of resistance training group and control group students on Muscular Strength has been found 10.8855 ± 9.7538 and 0.9750 ± 0.5401 , the mean and standard deviation of resistance training group and control group students on Muscular Endurance has been found 12.5043 ± 12.3455 and 0.4837 ± 0.4914 , the mean and standard deviation of resistance training group and control group on Explosive Leg Strength has been found 1.3913 ± 1.4590 and 0.0872 ± 0.1067 , the mean and standard deviation of resistance training group and control group students on balance has been found 20.1960 ± 22.3712 and 4.9778 ± 6.3116 respectively. The t value of Speed is (6.4218), the t value of Agility is (1.4561), the t value of Explosive Leg Strength is (3.1082), the t value of balance is (1.6307), are found to be significant at .05 level of confidence (df 78).

CONCLUSION –

We have conducted the research study on 10 to 17 years' old school students. We could conclude from our study that the resistance training group had shown significant performance in all the selected fitness variables except muscular strength. Control group was not shown any significant improvement pertaining to all the selected fitness variables

REFERENCE -

1. **Dr.Kaukab AZEEM (2014)** effects of rhythmic exercise program me on health related physical fitness components among male students <https://www.researchgate.net/publication/267544220>
2. https://shodhganga.inflibnet.ac.in/bitstream/10603/102022/9/09_chapter%201.pdf
3. **Harmandeep Singh (2017)** Physical fitness differentials between boys of government and private schools. International Journal of Physical Education, Sports and Health 2017; 4(3): 468-471P-ISSN: 2394-1685 E-ISSN: 2394-1693

PROMOTION OF YOGA THROUGH MASS MEDIA AT GRASSROOT LEVEL: A CRITICAL VIEW

Hemant Trimabakrao Shinde

Toshniwal Arts, Commerce and Science, College, Tq. Sengaon. Dist. Hingoli (M.S.)

INTRODUCTION

Mass media refers to various means of communication for example television, radio and the newspaper are different types of mass media. Communication media has four basic functions, such as to inform, to interpret, to indicate and to entertain. Yoga has direct relationship with two functions such as to inform and to entertain. Yoga has become an essential part of modern mass media and it has relationship with news and views. Media is the 4th pillar of the democracy, today the media plays 50% role and this would not be any kind of exaggeration. Media is one which conveys information to the public. Media has played a vital role in promoting various games, sports and yoga. For example in India the live telecast of matches through television popularized the games of cricket.

Govt. sports policy and mass media

The national sports policy of 1984 and 2011 stress broad base yoga and promote excellence yoga activities, need to promote media support for the creation of yoga culture and corporate houses must be involved in promotion of yoga promotion of sports mindedness in the public at large.

Mass media and yoga in Indian perspective

A developing country like India requires media support for building excellence in yoga activities. India has seen great technological changes during the past fifty years and the changes will continue in the coming fifty years. Of all changes, it is the changes in the area of communication, particularly mass communication, space technology and telecommunication that are the most outstanding. Computer application and media support is a new phenomenon in yoga. In all the Indian languages sports coverage has considerably increased during the last decade and it is likely to increase. It has been observed that from the point of view of technical improvement, circulation and distribution of Indian newspapers have registered unprecedented and quite impressive growth and development. Further number of TV channels have also increased and yoga coverage both in newspapers, Radio and TV media requires both quantitative as well as qualitative development.

Yogic news in regional Indian newspapers

The newspaper media is a most credible media and it has tremendous popularity among the new literate society. The language newspapers in order to support their new readership, are presenting yogic news as an essential part in the end of the last page and among the young readers, sports page is the prime preference even than the political news. DeVito has rightly pointed that communication always requires at least three elements, the source, the message, and the destination. In yoga, communication these three parts are very much significant in broadcast media. In print media yoga news is an essential entertainment news having broad base of readership encompassing youth readers on large scale. In India cricket is number one, followed by Tennis and Hockey. However Indian games such as Kabaddi, Wrestling, KhoKho are also gaining slow improvement in the language newspapers.

The role of media in our country

If media decides, to promote yoga, then it can inspire every citizen of our country. If our child do yoga 1 hours in the morning and 1 hours in the evening. I am sure, we will have not to be

satisfied with only one or two medals in the biggest games like Olympic, but by claiming more medals, we can be equaled with America and China.

Nature of sports coverage

One of most obvious and significant change in the media landscape in terms of sports coverage has been the explosive growth of electronic media. It is the electronic media that has led sport from being pure sport to an all in one entertainment package. In India specifically, yoga as entertainment package has followed sometimes a tasteless and crass trajectory in the interest of pandering to the lowest common denominator. Coming to the relationship between the type of media and the nature of coverage, the electronic media has tended to focus more on the current. Its focus is more on the game that day and at best that series, while the print media has tended to have a more expansive window in terms of coverage and analysis. Another inter related phenomenon is the way Indian media tends to that demonist in its coverage of domestic yoga event's this could very well be manifestation of the lack of print media has tended to treat domestic competition compare to inter national ones particularly the visual medial has been very paltry in its coverage of domestic yoga events this could very well be a manifestation of the lack of big money in domestic yoga.

CONCLUSION

The reach, access and availability of yoga news has increased due to enhanced yogic activities, yoga coverage and specialized manpower. Yoga as a leisure activity improves social relationship within various organizations and within the spirit of self. The yogic activities are related to human health and media support helps to bridge gap and helps to encourager different problems in entertainment. The yogic communication is thus social communication of cultural information for building yogic organization from local to international level.

Media has so much power that it can make any yoga very popular. Media should also directly telecast the training of yoga on district, state and national level. So that people should come to know about the training, yoga and capacity of yoga person. The telecasted of yoga facilities, yoga scholarship and yoga awards would definitely inspire and attract the budding yoga persons.

REFERENCES

1. D. Souza V/I *Encyclopedia on communication media* vol. 2 Amol Publication, new Delhi p. – 440.
2. DeVito Joseph A *Communication prentice hall*, new jersey, 1971 p -11.
3. DhuliyaSubhas, PradhanAnand (2004). *SamacharAvdharanaAurLekhan*, 1st edition, Dilhi, Bhartiya Jan Sanchar Sansthan.
4. DoshiSushil, Kaushik Suresh (2003) *KhelPatrakarita, ParivartitSanskaran*, Dilhi, Radhakrushna Publication.
5. India (2009) publication division, ministry of I and B, Government of India, New Delhi, p-1026.
6. Khambete, Satish, Thakur Yogendra (2006) *PatrakaritaEakAvhan*. 1st edition, Mumbai, Amod Publication
7. Vilanilan J. V. *Growth and development of mass communication in India*. National book trust, govt. of India, New Delhi, 190.

ROLE OF YOGA MAINTANCE SOCIAL HEALTH

Dr. Jaysheela Baswantrao Manohar

Asst. Professor

Food Science & Nutrition S. R. M. P. College of Home Science for Women, Akluj, Tq. Malshiras, Dist. Solapur

ABSTRACT: -

The word Yoga, has also been applied to those traditions that have been directly or indirectly inspired by the Indian Sources, such as Tibetan Yoga (= Vajrayana Buddis), Japanese Yoga (=Zen) and Chinese Yoga (Chan). It is however, somewhat misleading to speak of Jewish Yoga. Christian Yoga or Egyptian Yoga unless the word Yoga is employed as a straight forward substitute for mysticism or spirituality. The term Yoga is frequently used in the Sanskrit literature. It is already employed in many ways in the ancient Rig-veda, which is as pious to the Hindus as the old testament is to the Christian. The word Yoga is etymologically derived from the verbal root yuj, meaning to bind together or "to yoke" and can have many connotations, such as "Union conjunction occupation, "team, "equipment, means "Trick, magic, "aggregate, sum and so on. It is related to English yoke. French joug.

The word sadhak (nominative: Sadhana) is derived from the same verbal root as yoga, namely yuj and denotes the sadhak of yogsadhana, who may be a novice, an advanced student, or even a full-fledged, god or self-realized adept.

Sadhak / Sadhana / Sadhika

साधक / साधना / साधिका

A female practitioner is called sadhika. This word is also applied to the female partner in the ritual sexuality (maithuna) of certain school of Tantra. The term sadhika also can refer to a member of the group of sixty-four female deities particularly associated with Tantra, who are regarded as manifestations of the universal creative energy (shakti). The term sadhak is generally loosely applied to all spiritual practitioners, but sometimes a distinction is made, for instance, between the sadhak (as a sadhak of a particular discipline) and the Jnanin (gnostic), who purports to follow no ideology or method, but lives on the basis of spontaneous spiritual; understanding or intuition. In the literature of the vast spiritual movement of medieval India known as Tantra, or Tantrism a distinction is made between the "realizing aspirant" (Sadhaka) and the perfected one (Siddha) - or adept who are attained emancipation or perfection (siddhi), the pinnacle of the "path to realization" Sadhana). Other classifications are employed in the various puranas (popular quasi-religious encyclopedias) and Agamas and Samhitas (sectarian works of encyclopedic scope) as well as in the scriptures of Hathayoga, the "forceful" yoga of physical discipline. Furthermore, the great religions of which have incorporated and contributed to the development of Yoga, also have their own scales of spiritual achievement and adeptship.

INTRODUCTION -

Yog sadhana and Pranayama are the basic steps to a healthy mind & a healthy body. Yoga is one of the complete exercise forms for our entire body. Sadhak who yog sadhana with physical workouts benefit more in health because yog sadhana not only deals with physical aspects but also promotes mental well being too. Many ailments, both physical and psychological, appear to be

curable with the regular sadhana. Postures in yoga give strength to our muscles while the deep meditation and Pranayama relive stress.

Surya Namaskara or Sun salutation is best to start one's sadhana in this sadhana the whole body improves the strength and flexibility of the muscles.

Mind related exercise: -

After the sadhana next is the relaxation of the mind. The breathing pattern is changed in such a manner that it calms the mind and which in turn seems to reduce the attack of ailments like diabetes, heart problem etc. meditation if sadhana regularly seems to bring down stress, frustration and anger. Keeping bit and looking good are the two important qualities sadhak should have and both seem to be possible with the sadhana.

OBJECTIVES OF THE PRESENT STUDY: -

The present study was undertaken with the following objectives.

- 1) To study the yoga practice pattern among subjects.
- 2) To study the frequency type duration and time pattern of difference yoga asanas performed by subjects.
- 3) To study the dietary pattern and nutrient intake profile of subjects.
- 3) To find out of different type of yog sadhak, yog sadhika, Non yog sadhak and Non yog sadhika.

Limitations of the Present Study : -

- 1) The study is limited to the people living in a Amravati District.
- 2) The study is limited to the yog sadhak of 30-60 years of age only.
- 3) Minimum Five year practice of yoga was taken as paramerts.
- 4) 150 such yog sadhak and 150 yog sadhika who perform yog everyday will be selected.

REVIEW OF LITERATURE: -

Pranayam: -

Pranayam is a science of breath control, with which the sadhak experiences the vibrant health. It's not only a single inhalation followed by a single exhalation, but is divided into four stages to profit from the breathing exercises. The four stages are 1) Puraka 2) Antara Kumbhaka 3) Rechaka 4) Bhaya Kumbhaka.

Breathings: -

While performing padmasana, breathe with a regular pace and rhythm. By taking the air (i.e. pran vayu) gently upwards and releasing it out slowly; allowth the mind the mind to relax and the body and soul also refreshed.

Kapalbhati: -

When inhalation and exhalation are performed very quickly, like a pair of bellows of a blacksmith, it dires up all disorders from the excess of phlegm, and is known as Kapalbharti.

Benefits of Kapalbhati:-

- 1) Cleans the body.
- 2) Purifies blood and makes the brain clam.
- 3) Assists in combating asthma, diabetes and nervous system disorders.
- 4) Cleans the nasal passage.

RESULT AND DISCUSSION: -

- The obtained 'F' value 374.65 for dietary information of yog sadhak, yog sadhika, non-yog sadhak and non-yog sadhika is greater than tabulated 'F' value 2.60. Indicate significant difference in dietary information of yog sadhak, yog sadhika, non-yog and non-yog sadhika.
- The dietary information mean values of yog sadhika, yog sadhk, non-yog sadhika and non-yog sadhak are 60.87, 57.25, 34.16 and 29.20 respectively.
- The obtained 'F' value 206.68 for health information of yog sadhak, yog sadhika, non-yog sadhak and non-yog sadhika is greater than tabulated 'F' value 2.60. Indicate significant difference in health information of yog sadhak, yog sadhika, non-yog sadhak and non-yog sadhika.
- The health information mean values of yog sadhika, yog sadhak, non-yog sadhika and non-yog sadhak are 52.48, 52.61 29.79 and 29.63 respectively.
- Yog sadhika and non-yog sadhika differed significantly with respect to their health information as the calculated 't' value 17.278 is greater than the table value of 1.960. The mean value of health information of yog sadhika (52.48) is greater than non-yog sadhika (29.79)
- Yog Sadhak and non-yog sadhak differed significantly with respect to their health information as the calculated 't' value 17.939 is greater than the table value of 1.960. The mean value of health information of yog sadhak (52.61) is greater non-yog sadhika (29.63)

REFERENCE: -

1. Gore M. M., (2005). Anatomy and Physiology of Yogic Pratices, New age book, New Delhi, p. no. 14-15.
2. Yoga Mimansa, Devoted to Scientific and Philosophic Literary Research in Yoga, Oct. 2011. Vol. XLIII.
3. Vaze Dattatraya R., (2002). Swadhyaya and Yog Therapy Vedic Physiology and Anatomy, Gokul Nashik Prakashan.
4. Udupa K. N. (1996). Stress and Its Management by Yoga. Second Edition Motilal Banarsidas, p. no. 138-142.
5. Datta Ray S., (2001). Yoga in Education, Vivekananda Kendra, Yoga Anusadhana Samsthan Yoga Research Foundation, Bangaloru, Vol. 1.

STUDY OF PHYSICAL ACTIVITY LEVEL BETWEEN RURAL & URBAN SCHOOL CHILDREN FROM SHRIGONDA TALUKA

Dr. Bhaskar Reddy S. N.

*Director of Physical Education and Sports Department of Physical Education and Sports, Mahatma
Basweshwer Science College, Latur (MH)*

Dr. Sachin Subhashrao Chamle

*Director of Physical Education and Sports Department of Physical Education and Sports, Kai.Rasika
Mahavidyalaya, Deoni Tal.Deoni, Dist. Latur (MH)*

ABSTRACT

Adolescent is the stage where lifestyle are formed and established & which are relatively stable throughout the life, unhealthy lifestyle increase the risk of becoming obese during later stages of life which in turn increase the risk of causing lifestyle disease. Lifestyle differs among country to country, state to state and within a state area to area so researcher wants to compare the physical activity level among urban and rural school children aged between 14 to 16 years from Shrigonda. For the present study 15 boys' students from rural area and similarly 15 boys students from urban area were selected using simple random sampling method. Teens lifestyle Questionnaire (PA and dietary habits) developed by M.Al-Hazzaa, et.al (1997) containing 34 items was administered on these children. The above groups were compared using independent sample t-test. The analysis of comparison between rural male and urban boys there is no significant difference in moderate physical activity however there is significant difference in moderate to vigorous activity. Hence it was concluded that difference was found in PA level between rural and urban school children.

KEYWORDS: Physical Activity, Moderate-Vigorous Physical Activity.

INTRODUCTION

In our history we were more concern about communicable disease till we understand that much of our health diseases can be caused by choices peoples makes in their day to day life. Non communicable disease is defined as disease of long duration generally slow progression and major cause of adult mortality and morbidity worldwide (WHO, 2005). The major Non communicable disease is cardiovascular diseases (including heart diseases & stroke), Diabetes, Cancer & chronic respiratory diseases (including chronic obstructive pulmonary disease & asthma). obesity is the main cause of lifestyle disease. This rapidly growing epidemic of non-communicable diseases is responsible for 60% of the world's deaths. In India also, the situation of lifestyle diseases is quite alarming. The disease profile is changing rapidly. The World Health Organization has identified India as one of the nations that is going to have most of the lifestyle disorders in the near future already considered the diabetic capital of the world.

BENEFITS OF PHYSICAL ACTIVITY

The benefits of physical activity extend to all age group, all ethnic group studied so far and both man and women. Let us look preventive benefits of physical activity individually.

- ✓ Humans have a natural life span clearly varies from person to person. Regular physical activity is not believed to extend natural life.
- ✓ This improves your heart's ability to pump blood to your lungs and throughout your body.

- ✓ The diabetes prevention project study of people with abnormal glucose tolerance, regular physical activity reduced risk of advancing to diabetes by percent.
- ✓ Studies report that regular physical activity and greater aerobic fitness do not entirely prevent this weight gain but do reduce it and thereby reduce a person's risk of reaching a BMI of 30.

Regular physical activity reduces risk and symptoms of depression in humans & other mental health benefit of physical activity are improved quality of sleep.

MATERIAL AND METHOD

Sample: -

Present study 15 boy's students from rural area and similarly 15 boy's students from urban areas aged between 14 to 16 years from Nutan High School Karjat, Ahmednagar (Rural), and Shrigonda Madhyamik High School Shrigonda, Ahmednagar (Urban) were selected using simple random sampling technique. All the subjects, after having been informed about the objective and protocol of the study was give their consent and volunteered to participate in this study.

Selection of Tools: -

The teen's lifestyle research questionnaire (Physical activity) developed by M.Al-Hazaa, et.al (1997) was administered on these children. The TLS research instrument used for the collection of lifestyle information consist of 34 items. Items 1 to 24 dealt with physical activity. TLS self-reported questionnaire were used to assess the level of physical activity of young children. The questionnaire was so designed that it measured frequency, duration, intensity of light, moderate, & vigorous intensity of physical activity during the week. Moderate intensity physical activity includes normal pace walking, brisk walking recreational swimming, household activities & moderate intensity recreational sports, each of this value given METs value differently according to their intensity. A moderate intensity recreational sport (METs value 4) includes volleyball, badminton, table tennis, cricket, Kabaddi etc. Household activities were given (METs value 3) because it include some which require less than 3 met such as washing dishes, cleaning the bathroom, cooking ironing were given 2.5, 2.5, 2.5, & 2.3 respectively as well as other more than 3 METs such as car washing, gardening were given 3.5 METs. Slow walking, Normal Pace walking, brisk walking was given 2.8, 3.5 & 4.5 METs respectively. Moderate-Vigorous intensity physical activity includes stair climbing, jogging, running, cycling, self-defense, weight training, & vigorous sports such as football, basketball, handball, kho-kho, athletics etc. They assigned met value 8. To assess the physical activity we calculated total METs min per weak & total met min per week of moderate intensity and vigorous intensity of physical activity.

Procedure of the study: -

A study followed a descriptive survey method where TLS questionnaire was used to collect data. The researcher approached the physical education teacher and principal of Nutan High School Karjat, Ahmednagar (Rural), and Shrigonda Madhyamik High School Shrigonda, Ahmednagar (Urban) for seeking permissions for collection of data on 9th standard boys aged between 14 to 16 years. After getting the permission from both schools, Questionnaire was administered on students & before responding to questionnaire each and every question was explained meaningfully to students & they did not find any difficulty while answering the questions. The students took between 30 to 35 minutes to complete the questionnaire.

RESULTS AND DISCUSSION

The results pertaining to significant difference between boys rural & urban schools students were assessed using the Independent sample 't' test & the results are presented in table 1

Analysis of physical activity level

Table no -1
Descriptive Statistics of Rural & Urban Boys Schools Students

Group	Area	N	Mean	STD	SEM
Moderate physical activity	Rural Boys	15	2751.21	1389.431	253.67
	Urban Boys	15	2676.70	1981.65	361.79
Moderate-vigorous physical activity	Rural male	15	1612.80	1505.46	274.85
	Urban Boys	15	3841.86	3427.38	625.75

Table no. 1 gives descriptive statistics of moderate physical activity & moderate-vigorous physical activity for rural and urban area. When score of moderate physical activity level of rural area for 15 students was analyzed it shows that their mean performance was 2751.21 with S.D 1389.43 and SEM was 253.67. When score of moderate physical activity level of urban area for 15 students was analyzed, it shows that their mean performance was 2676.70 with S.D 1981.65 and SEM was 361.79. Similarly, when score of moderate to vigorous physical activity level of rural area for 15 students was analyzed it shows that their mean performance was 1612.80 with S.D 1505.46 and SEM was 274.85. When score of moderate-vigorous physical activity of urban area for 15 students was analyzed it shows that their mean performance was 3841.86 with S.D 3427.38 and SEM was 625.75.

Table no 2
Inferential Statistics of Rural & Urban Boys Schools Students

Levene's Test for Equality of Variances			t-test for Equality of Means				
Intensity	Variance	F	Sig.	t-value	Df	Sig. (2-tailed)	Mean Difference
Moderate physical activity	Equal variances assumed	4.739	0.03	-0.16	28	0.86	-74.51
	Equal variances not assumed			-0.16	25.77	0.86	-74.51

Moderate Vigorous Physical activity	Equal variances assumed	12.312	0.00	3.26	28	0.00	2229.06
	Equal variances not assumed			3.26	26.82	0.00	2229.06

Table no. 2 shows Levene's Test for Equality of Variances of moderate physical activity level and moderate to vigorous physical activity. In the table 2 comparisons was done between rural and urban school children. In case of moderate physical activity level the calculated F value was 4.73 which shows equal variance is not assumed. On comparing mean performance of moderate physical activity level for urban and rural school children the computed mean difference was 74.51. The calculated T value was 0.16 for df 25.77 which shows no significant difference at 0.05 level of significance. Hence we reject we failed to reject null hypothesis and we reject research hypothesis. Similarly, in case of moderate-vigorous physical activity the calculated F value was 12.31 which is not assumed. On comparing mean performance of moderate-vigorous physical activity for urban and rural school children the computed mean difference was 2229.06. The calculated T value was 3.26 for df 26.82 which shows there is a significant difference at 0.05 level of significance. Hence we reject null hypothesis and we accept research hypothesis.

CONCLUSION

On the basis of the result obtained in the study the researcher concluded. In moderate physical activity level if comparison was done taking boys together between rural and urban school children than it can be seen that rural school children activity level is higher compared than urban boy's activity level. In case of moderate to vigorous physical activity if comparison was done taking boys together between rural and urban school children than it can be seen that urban school children activity level is higher compared between rural and urban school children than also urban children activity level is higher.

REFERENCES

1. Acherberg, C. (1992). Perspective Challenges of Teaching Dietary guidelines graphic. Food & Nutrition News, In Alicia (2011) Latent Growth Modeling of Nutrition and physical activity Intervention University Of Southern Mississippi.
2. Allon, N. (1982). Stigma of Overweight in Everyday Life. In B. Wolman (Ed.), Psychological Aspects of Obesity: A Handbook, Pp. 88-98.
3. Bandura, A. (1986). Social Foundations of Thought & Action. Englewood Cliffs, NJ: Prentice-Hall Pp. 88-93.
4. Biddle, S., & Armstrong, N. (2004), Children physical activity; an Exploratory Study of Psychological Correlates, Social Science & Medicine.
5. Francine J. Silver (2002), the Effects of Aerobic Exercise and Slow-Speed Strength Training on Body Composition and Weight Loss in Obese Women Dickinson University Farleigh.
6. Bjomtorp, P. (1986), Fat cells & Obesity. In K. D. Brownell& J. P. Foreyt (Eds.), Handbook of Eating Disorders: Physiology, Psychology, and Treatment of Obesity.
7. Bray, G. A, Nielsen, (2004), Consumption of High-Fructose Corn Syrup In Beverages May Play A Role In The Epidemic of Obesity

ROLE OF YOGA IN STRESS MANAGEMENT

Mr. Suntosh Jayendra Bhat

Research Scholar, SRTM University, Nanded

ABSTRACT

Stress produces numerous symptoms which vary according to persons, situations, and severity. These can include physical health decline as well as depression. Studies attest the fact that yoga enhances performance physiologically and psychologically. It can improve the mental well-being of the people and reduce the impulsiveness among people with the help of stress management. People, now a days going through tough and frustrating situations that build up their stress levels. The present research focuses on the exploration of how these people benefit from yoga. The studies used in the present research help in establishing how yoga can improve mood, reduce stress and control depression in human beings.

Keywords: Stress management, Yoga, depression

MAIN CONTENT

YOGA

In today's modern and fast paced life, everyone is realizing the need for peaceful breaks in between continuous cell phone calls. We have to restructure our habits of food, drink, emotions, relationships, money and spirituality to achieve balance. Yoga will help to balance the mental and physical accounts, practicing yoga opens the doors to various aspects whether it's trying to remain calm under stress, apply new disciplines through asanas or just trying to be a better person.

Yoga is a science as well as an art of healthy living. It is no way limited by race, age, sex, religion, caste, creed and any other boundaries and can be practiced by those who seek an education on better living and those who want to have a more meaningful life. Thus, by and large, Yoga has been secularized and turned from a rigorous spiritual discipline into an "instant" fitness system.

It is quite amazing to know that yoga, which had its origin nearly four thousand years ago in India is becoming highly relevant in this present hi-tech world, in facing the challenges of stress.

The eight limbed astanga yoga yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, samadhi develops the personality physically, mentally and emotionally from a holistic perspective, also offers a total and comprehensive approach to the challenges posed by stress, by eliminating the root cause.

Benefits of Yoga

Yoga is about fabricate balance, strength, flexibility and relaxation in the body through a series of postures, movements and breathing patterns. Yoga practice proffer many physical and mental benefits, offering improved circulation, flexibility, respiration, energy, and more. While all exercise renders physical benefits, yoga is unique. Not only does it bestow preventative mental and physical benefits, but it also teaches breath awareness called pranayama- along with a variety of breathing techniques to help maintain energy, strength, and relieve stress. Experts have long publicized the advantages of yoga for your mind and body, and there are many great reasons yoga has become so popular for maintaining physical and mental wellbeing.

- Improves athletic performance
- Energy level increases
- Immunity increases

- Improves circulation, massages internal organs
- Enhances physical balance
- Creates overall body flexibility
- Improves flexibility and core strength
- Enhances sensory acuity, focus, concentration
- Helps to balance and manage emotions
- Increases life's force energy

STRESS

Stress is a normal physical reaction that occurs when we feel threatened or overwhelmed. With increasing demands of home and work life, many people are under enormous stress.

Stress adds flavor. In small doses, stress can be a good thing. It can give the push we need, motivating us to do the best and to stay focused and alert. But when the going gets too tough and life's demands exceed our ability to cope, stress becomes a threat to both our physical and emotional well-being.

Without stress, life would be dull and unexciting. However, too much stress can seriously affect our physical and mental well-being. It is not a new idea that stress is the cause of up to 80% of illness. Over two thousand years ago Plato said "all diseases of the body proceed from the mind or soul."

Adverse Effects of Stress

In a challenging situation the brain prepares the body for defensive action - the fight or flight response by releasing stress hormones, namely, cortisone and adrenaline. These hormones raise the blood pressure and the body prepares to react to the situation. With a concrete defensive action (fight response) the stress hormones in the blood get used up, entailing reduced stress effects and symptoms of anxiety.

When we fail to counter a stress situation (flight response) the hormones and chemicals remain unreleased in the blood stream for a long period of time. It results in stress related physical symptoms such as tense muscles, unfocused anxiety, dizziness and rapid heartbeats. We all encounter various stressors (causes of stress) in everyday life, which can accumulate, if not released. Subsequently, it compels the mind and body to be in an almost constant alarm-state in preparation to fight or flee. This state of accumulated stress can increase the risk of both acute and chronic psychosomatic illnesses and weaken the immune system of the human body. Almost every system in the body is affected by stress.

Stress and the Disorders

When we are under stress, we may experience different "signals" in our thoughts, feelings, behavior and physical health. Recent research suggests that anywhere from two-thirds to 90 percent of illness is stress-related. The following problems can be caused or exacerbated by long-term stress:

Health Problems Linked to Stress

Heart attack, Hypertension, Stroke, Cancer, Diabetes, Depression, Obesity, Substance abuse, Ulcers, Irritable bowel syndrome, Thyroid problems, Infertility tight muscles, Cold or sweaty hands, Headaches, Back or neck problems, Sleep disturbances, Stomach distress, Fatigue, Digestive problems, Muscle tension and pain. Chest pain, High blood pressure, Weight gain or loss, Asthma or shortness of breath, Skin problems, Decreased sex drive, etc.

Intellectual Problems Linked to Stress

Memory problems, Difficulty making decisions, Inability to concentrate, Confusion, Seeing only the negative, Repetitive or racing thoughts, Poor judgment, Loss of objectivity, Desire to escape or run away.

Emotional Problems Linked to Stress

Moody and hypersensitive, Restlessness and anxiety, Depression, Anger, Sense of being overwhelmed, Lack of confidence, Apathy, Fear of failure, Self-criticism, Urge to laugh or cry at inappropriate times, Embarrassment.

Behavioral Problems Linked to Stress

Eating more or less, Sleeping too much or too little, Isolating from others, Neglecting the responsibilities, Increase in alcohol, smoking and drug use, Nervous habits (e.g., nail biting, pacing), Overdoing activities such as exercising or shopping, Losing temper, overreacting to unexpected problems.

STRESSMANAGEMENT THROUGH YOGA

Various techniques in yoga have been documented to help in stress management. These techniques work at an individual level and also at a collective level to ensure that there is significant respite from the condition of extreme stress. They help in relieving the physical as well as the psychological negative effects of the problem by ensuring a healthy and productive response to the stress.

Yoga can have a positive effect on the parasympathetic nervous system and aid in lowering heartbeat and blood pressure. This reduces the demand of the body for oxygen. Yoga can also improve digestion, strengthen immunity, help in effective elimination of toxic wastes and also increase lung capacity. Effective use of this practice can also reduce the chances of stress culminating in anxiety and depression.

The practice of yoga involves forming various body postures, slow stretching movements, breathing exercises that can at times lead to progressive relaxation, imagery and meditation. All these specific techniques are meant for a specific purpose and they culminate into a higher awareness of what is happening to oneself during stress – emotionally, physically, mentally and energetically. One develops an understanding of each part of the body by being more aware of it. The practice includes paying attention to each and every part and therefore ensures a holistic therapy.

The start of the practice is with becoming aware of what the stressful stimuli is so that one knows what one is fighting. Understanding the enemy is an important factor in combat and similarly in an understanding the factors that cause stress can help you in deciding how it needs to be tackled. Yoga enables and empowers you to control the natural and immediate reactions to a stressor. With practice the psychological responses can also be mastered. This means that the previous reactions that put the body in an alert or alarm mode do not take over as soon as a stressful situation occurs.

And this leads to a situation wherein irrespective of the challenges you face, you remain calm, composed and capable of tackling the situation with a level head. Stresses, almost all are victim of this drastic term. People from all occupations are facing stress in their life in one way or the other. In this article I would like to summarize the causes and cure for stress through natural therapy called —YOGA. But before coming to that point we should have clear understanding of what exactly the stress is. Stress is usually a mental pressure exerted due to fatigue or excessive work. It is also caused from worrying about the work or happenings in the past, present or future. Suppose there is a businessman exporting his products to several countries, his business is doing fine and growing but

somehow a situation comes and he finds his business on decline though there might be some cause for this and it could be short lived making his business to bloom once again, but within this short span the person develops stress which may lead to severe mental hazards.

In the modern world we face stress in every sphere and every step of our life, whether we are in schools, colleges, offices etc. Students face stress due to exams, serviceman face stress due to huge pile of pending work etc. As a result, people often practice medications like taking sedatives, narcotics and tranquilizers (medicines to cure anxiety) which calm the mind but in future it creates serious other maladies.

But still there is a therapy which is purely natural and is considered to be the best weapon against stress and that is —YOGA. Yoga is the ancient mantra for sound health and also to retain juvenility to a great extent. It has been practiced by several Rishi-Munis in ancient India and now has become a major concern among the modern genre too.

So back to stress management, Yoga provides a unique way of managing stress through Pranayama (A breathing technique), in this technique an individual do slow and steady breathing- like inhaling through his one nostril and exhaling through other. Besides there are fast breathing movements like intake of air through nostrils and exhaling through mouth at fast pace, this way air is passed properly through blood capillaries and the person feels himself / herself in light mode i.e., he / she feels that there is no burden over their mind and soul.

Dhyana (Meditation) is also a good method of controlling stress; in this part of Yoga a person sits in a posture (usually in relaxing mode) and concentrate his / her mind over one point with eyes closed. The mind is concentrated up to an extent when an individual feels that he / she has no interaction with the surroundings, in-fact the mind reaches in a neutral stage thereby relieving mental exhaustion. Hence yoga provides the best cure to this serious ailment which is disrupting the life of millions of people daily. Anyone practicing yoga daily is rarely suspected to stress, as yoga creates the mind and body immune to stress.

Finally, Yoga has and is proving itself as —Stress Management Tool and now a day it is being used in Western world too as a major alternative to the offensive allopathic drugs.

CONCLUSION

At one point or the other everybody suffers from stress. Relationship demands, physical as well as mental health problems, pressure at workplaces, traffic snarls, meeting deadlines, growing-up tensions are valid causes of stress, to overcome this I can conclude that it is high time to move towards a stress-free life with the help of yoga, besides periodically and regularly releasing the accumulated stress and tensions. Yoga is being widely used as stress management tool even by Western people.

REFERENCES

1. Lalitha Panguluri. 2013, 'The Effect of Yoga on The Stress Levels of Women'. Shodhganga@INFLIBNETpp.1-22
2. Mukesh kumara.2012, 'A study of stress management using yoga' International Journal of Research in Social Science and Humanities
3. Neeta, R. (2002). Role of Sahaja Yoga in stress management and control of other diseases. Retrieved April 24, 2003 from http://www.Sahajaai.net/neeta_rai.htm
4. Psychosomatic Disorder. Britannica Student Encyclopedia. Retrieved April 30, 2003, from Encyclopedia Britannica Online.
5. <http://www.search.eb.com/ebi/article?eu=298651>
6. Stress information from the American Institute of Stress. Retrieved April 25, 2003 from the American Institute of Stress, <http://www.stress.org/problem.htm>
7. Sharma, L. (2015). Benefits of Yoga in Sports –A Study. International Journal of Physical Education, Sports and Health.

SIGNIFICANCE OF YOGA AND MEDITATION IN HUMAN LIFE

Dr. Jaikumar G. Kshirsagar

Asst. Prof. Of Physical Education Arts College, Sihora Tumsar, Dist. Bhandara

ABSTRACT

Yoga is a traditional method of meditation developed with the useful resource of the use of the saints of ancient India. They practiced yoga as a effective method of controlling their mind and bodily activities. Yoga in Daily Life is a system of workout which include eight tiers of development withinside the areas of physical, highbrow, social and non secular health. When you are healthful you are in touch collectively together with your inner Self, with others and your surroundings on a much deeper level, which presents on your non secular health. Practicing yoga can also additionally seem like actually stretching, but it can do an lousy lot more on your body from the way you experience, look and move. Above paper talk approximately the blessings of yogic practices in day by day lifestyles and additionally intellectual and bodily health. The above paper discuss about the significance of yoga and meditation.

KEYWORDS: Yoga, physical, yogic practices, meditation

INTRODUCTION

Yoga will growth the cappotential of the spine, improves body's physical scenario and heightened reputation to the importance of relaxation. It has been emphasized that each exercise be practiced slowly, coordinating movement with the breath, pausing motionless in each characteristic and continuously with entire concentration. Yoga teaches you to awareness on breathing whilst you maintain the poses. This hobby to breath is calming it dissolves stress and tension. Yoga can help remedy insomnia, as ordinary yoga workout effects in better and deeper sleep. Yoga can help fight fatigue and maintain your power at a few level withinside the day. Yoga is an effective treatment for an entire lot of autoimmune ailments because of the reality it may reduce the symptoms and symptoms the ones ailments often cause, together with stiffness, malaise, fatigue, and weakness. Even children can benefit from yoga. Those with hobby deficit disease and hyperactivity can learn how to lighten up and get manipulate with the useful resource of the use of the use of yoga breathing and yoga asanas. Yoga has been used to help heal patients of torture or exclusive trauma. Because yoga is a form of meditation, it effects in a experience of inner peace and reason, which has far-attaining health benefits.

Meditation is popularized as a practising approach for centuries. The time period meditation refers to "a own circle of relatives of intellectual physical activities that typically contain frivolously restricting concept and interest". Using attentional mechanisms as the premise for the definition, Shapiro (1982) defines meditation as "a own circle of relatives of techniques, that have in not unusualplace a aware try and cognizance interest in a no analytical manner and an strive now no longer to reside on discursive, ruminating concept." Such physical activities range extensively and might contain sitting nevertheless and counting breaths, getting to a repeated concept, or specializing in really any easy outside or inner stimulus. Carrington (1977) devised her very own kind of "Mantra" meditation that would be utilized in medical exercise and research. In CSM the selection of the chant is left to the character who chooses one a number of the 16 mantras in Sanskrit that Carrington collected. It is even feasible for the meditator to concoct his/her very own mantra by following a few easy rules.

Mental health and Consciousness

To stay in concord with oneself and the surroundings is the want of each human. However, in cutting-edge instances more emotional needs are continuously positioned upon many regions of lifestyles. The result: increasingly humans be afflicted by body and intellectual anxiety consisting of strain, anxiety, insomnia, and there may be an imbalance in body pastime and right Exercise. This why of strategies and strategies for the attainment and development of fitness, in addition to bodily, intellectual and religious concord, are of brilliant significance, and it's far precisely on this admire that “Yoga in Daily Life” comprehensively gives an useful resource to assist one’s self. The word “Yoga” originates from Sanskrit and means “to join, to unite”. Yoga physical games have a holistic impact and convey frame, thoughts, recognition and soul into balance. In this manner Yoga assists us in dealing with ordinary needs, troubles and worries. Yoga facilitates to expand a more information of our self, the motive of lifestyles and our dating to God. On the religious path, Yoga leads us to ideally suited expertise and everlasting bliss withinside the union of the person Self with the conventional Self. Yoga is that ideally suited, cosmic principle. It is the mild of lifestyles, the conventional innovative recognition this is constantly unsleeping and in no way sleeps; that constantly turned into, constantly is, and constantly will be. Many hundreds of years in the past in India, Rishis (clever guys and saints) explored nature and the cosmos of their meditations. They observed the legal guidelines of the fabric and religious geographical regions and won a perception into the connections in the universe.

The practices that this book of yoga gives have consequently already demonstrated themselves over hundreds of years and were located to be beneficial with the aid of using hundreds of thousands of humans. The gadget “Yoga in Daily Life” is taught global in Yoga Centres, Adult Education Centres, Health Institutions, Fitness and Sports Clubs, Rehabilitation Centres and Health Resorts. It is appropriate for all age groups - it calls for no “acrobatic” abilities and additionally offers the unfit, in addition to handicapped, sick and convalescent humans, the opportunity of working towards Yoga. The call itself suggests that Yoga may be and must be used “in Daily Life”.

Review of Literature

Praveena kumar et al. (2011) studied the impact of yogic pranayama and meditation on decided on body and physiological variables. Thirty boys withinside the age organization of 12 to fifteen years had been decided on from Karnataka college branch of yoga, Dharwad. The topics had been divided into businesses particularly manipulate organization and Experimental organization. The Experimental organization changed into given yogic pranayama and meditation for a duration of twelve weeks, each morning and night on opportunity days in a week. The manipulate organization did now no longer take part in yogic pranayama and meditation education programmer. The amassed facts had been statistically analyzed with the aid of using the use of evaluation of covariance (ANCOVA). The test organization had a substantial development on the chosen bodily and physiological variables besides systolic and diastolic Blood strain than that of manipulate organization.

Kirsnoff (1987) evaluated that the lifestyles pressure and social guide as predictors of Athletic harm. The cause of this examiner changed into to decide if lifestyles pressure and social guide are predictive of athletic harm. The athletic lifestyles Exp survey (passer and seese, 1983) and a social guide Functions scale (pines, Aronson and kafry, 1981) have been admin to 170, M and F, varsity athletes. The pattern covered athletes from 7 sports: volleyball, gymnastics, hockey, soccer, cross – country. Track and wrestling. The end result of the examiner indicates that the frequency of harm is

predictable on the premise of lifestyles pressure. They additionally suggest that the high-satisfactory of emotional social guide functions ‘buffers’ the affect of lifestyles pressure

Aim of the study:

The specific aim of this scholarly qualitative study was to know the significance of yoga and meditation for humans.

Methodology:

A thorough on-line and offline search procedure was applied for the acquisition of evidence in this systematic qualitative study. A critical analysis of the literature was systematically searched through online databases: PubMed, Google Scholar, and Google Advance Search.

Physical Health

The fitness of the frame is of essential significance in lifestyles. As the Swiss-born Physician, Paracelsus, very effectively said, “Health is not the entirety, however with out fitness the entirety is nothing”. To maintain and repair fitness there are bodily physical activities (Asanas), breath physical activities (Pranayama) and rest strategies. Seven different components observe this preparatory stage and lead regularly thru the exercise of Asanas and Pranayamas. Several unique packages had been advanced from the simple physical activities: “Yoga for Back Pain”, “Yoga for Joints”, “Yoga for Seniors”, “Yoga for Managers” and “Yoga for Children”. To keep desirable fitness, different treasured physical activities within “Yoga in Daily Life” are the purification strategies of Hatha Yoga. These contain Deep Relaxation (Yoga Nidra), Concentration Exercises (e.g. Trataka) in addition to Mudras and Bandhas (unique Yoga strategies).

Fig-1 Benefits of Yoga



Results and discussion

Role of meditation and yoga in daily life

Meditation has these days grown in popularity, and as greater humans see the blessings of it, greater coaches, running shoes and athletes are starting to contain it into their schooling plans. Novak Djokovic, Olympian and expert tennis participant claims he practices 15 mins of conscious meditation a day. Other athletes like Lebron James, Kobe Bryant, and Derek Jeter, to call a few, additionally use meditation.

1. Enhances Focus

Meditation permits us to cognize on the existing moment. There are lots of distractions for an athlete as they carry out; the noise of the crowd, the competition beside them, or maybe beyond mistakes. These distractions could have bad effects on their overall performance and can be the purpose an athlete misses the rostrum or their risk at making an Olympic team. The exercise of meditation teaches athletes to reinforce their cognize on the existing assignment handy and drop all distractions, mainly bad mind that can intrude with their success. Staying targeted on the sport or race is a vital factor for an athlete to succeed.

2. Helps Athletes Cope with Pain

With all the extreme schooling that athletes undergo on a normal basis, it's common for them to be in ache or discomfort. According to a latest examiner, meditation has been established to sharply lessen a person's sensitivity to ache. The examiner measured how members replied to ache earlier than and after attending 4 20-minute meditation schooling classes over the path of 4 days. The consequences confirmed that members rated ache 57% much less ugly and 40% much less intense, on average, once they went via the meditation schooling. These findings display that meditation can assist athletes deal with ache, which could assist them push via the ones difficult moments of schooling while it hurts the most.

3. Improves Sleep Patterns

Another gain that meditation has on athletes is that it improves sleep patterns. An examiner posted withinside the Journal of Sleep confirmed that athletes who do now no longer get sufficient sleep can revel in bad results which include weight gain, lack of ability to hold cognize, temper disturbances, improved tension or melancholy, and reduced motor manage. All those bad results can dramatically effect an athlete's overall performance. By incorporating meditation into their exercising routine, athletes can sleep higher and combat insomnia. This is due to the fact meditation strategies evoke the rest reaction, a deep physiological shift withinside the frame that's the alternative of a pressure reaction. This rest reaction can assist remove pressure, that's typically the purpose of sleep trouble. Athletes who've issue snoozing because of the pressure in their schooling or upcoming competitions, may want to gain from an amazing night's sleep.

4. Boosts the Immune System

Not simplest does meditation and yoga assist an athlete sleep higher, it additionally enables enhance their immune system, stopping infection that might have an effect on their schooling or competition. An examiner performed through the University of Wisconsin, evaluated the capability preventative results meditation and workout have on incidence, period and severity of acute respiration infection (ARI) infection. The examiner observed that folks that practiced meditation skilled fewer incidences of ARI, in addition to shortened period and severity of signs and symptoms in comparison to the ones withinside the workout and manage group. Bottom line: meditation can assist decrease the risk and severity of infection, permitting athletes to keep to teach for success.

CONCLUSIONS

Yoga isn't a religion - it's far the supply of spirituality and wisdom, the foundation of all religions. Yoga transcends spiritual barriers and well-known shows the manner to unity. "Yoga in Daily Life" gives the religious aspirant steering on lifestyles's direction through the practices of Mantra Yoga and Kriya Yoga. As the maximum especially advanced beings upon earth, people are able to figuring out their actual nature and internal Self, God. The religious intention of Yoga is God-Realization, the union of the man or woman soul with God. The attention that we're all one in root and connection to God is the primary step. Meditation is popularized as a practising approach for

centuries. The time period meditation refers to “a own circle of relatives of intellectual physical activities that typically contain frivolously restricting concept and interest”.

REFERENCES

1. Paramhans Swami Maheshwarananda. Yoga in Daily Life - The System. Vienna: IberoVerlag/ European University Press; 2000.
2. Wood C. Mood alternate and perceptions of vitality: a assessment of the consequences of rest, visualisation and yoga. J R Soc Med 1993 May; 86(5): 254-8.
3. Jella SA, Shannahoff-Khalsa DS. The consequences of unilateral nose respiration on cognitive performance. Int J Neurosci 1993 Nov; 73(1-2): 61-8.
4. Telles S, Nagarathna R, Nagendra HR. Breathing thru a selected nose can regulate metabolism and autonomic activities. 1994 Apr; 38(2): 133-7.
5. Section 2. Patanjali, the Yoga Sutra, and Indian Philosophy. The "Yoga Sutra of Patanjali": A Biography *Internet+. Princeton University Press; 2014 Dec 31;18-52. Accessible from: <http://dx.doi.org/10.1515/9781400850051-004>

YOGA AND CHILD DEVELOPMENT

Dr. Ranmal P. S.

HOD Sports Department, Vasundhara College, Ghatnandur

ABSTRACT:

Yoga is such a heritage of India, which has been helping people to have a healthy life since ancient times. The benefits of yoga, which has made its mark internationally, are not limited to adults only. Children can also reap the benefits of yoga by practicing yoga daily it may be good for their all-round development. In this research, I have brought information related to yoga for children. Along with the benefits of doing yoga for children and the initial tips related to it, here we are telling about the precautions to be taken before doing yoga. Doing yoga can also increase flexibility in children. For this reason, motivate the child to do yoga, so that he remains healthy and flexible. Yoga can also help in cardiopulmonary fitness that is, keeping the heart and lungs healthy. In addition, it can also be helpful in strengthening muscles. If we do it regular with proper instructions it will be helpful for our children and development in fitness.

KEYWORDS: Child fitness, Yoga, Yoga and Children, Fitness, Yoga Practice.

INTRODUCTION:

All parents want their child to be healthy and fit, but it is not easy in today's stress and competition life. In such a situation, they need a healthy start. So why not take a healthy step in this direction today and give a healthy gift to children along with a great lifestyle for their all-round development. The benefits of yoga for children are many. Before including yoga in your daily routine, it is important to pay attention to some things. One study found that students who practiced yoga had mild but significant improvements in their level of confidence, social confidence with teachers, confidence in communication with peers, and contribution to the classroom. In addition, it is also said that yoga can also help in increasing self-esteem.

Stress and Todays Children:

Yoga can reduce stress level of children. Many times children become a victim of stress due to school and home environment. It is said that by doing yoga, the stress in the child can be reduced. This can help eliminate stress. Also, the negative behavior of children can also be reduced. Research published in the journal Psychology Resource and Behavior Management has found that activities related to yoga and meditation in schools can help young children to relieve stress and anxiety and can improve their physical and mental health. Researchers from Toulon University in America carried out this research. In which third grade students who were found to have symptoms of anxiety in the first year of school were divided into two groups. Of these, a group of 32 students got better care. He was mentored and involved in other school activities. At the same time, a group of 20 students was involved in yoga/meditation activities for about eight weeks under the 'Yoga Aid' program. What experts say - Alessandro Bajano, assistant professor at Toulon University, said that the psychological and emotional quality of the students who got special care was seen to improve. Reasons for concern - Researchers also found in research that children in third grade had more anxiety due to school work being more tiring and burdensome.

How should children do Yoga for development?

- 1) Before doing yoga, do a light warm-up and stretching.
- 2) Choose such yogasanas, which are easy to do.

- 3) No yogasana is necessary to be perfect. Do not put too much stress on the body in the pursuit of perfection.
- 4) In each pose, inhale, exhale or continue breathing at a normal pace as needed.
- 5) Make sure to sequence all the poses. Meaning, do any yogasana with both the parts of the body, only then the cycle of yogasana is completed.
- 6) Do yoga on an empty stomach only.
- 7) Wear loose and comfortable clothes while doing yoga.
- 8) Try to practice yoga in an open and quiet place.
- 9) Music can be used to make yoga asana fun for children.
- 10) The ideal time to practice yoga is in the morning, but it can be practiced in the evening as well.
- 11) Do not practice yoga in a hurry and avoid doing yoga even if you feel tired.
- 12) Never practice yoga on a hard surface. Always do it by laying a mat, blanket or yoga mat.
- 13) It is considered good to take a bath before doing yoga. You can take bath with cold and hot water according to the weather and your need.
- 14) Before starting yoga practice, tell your yoga teacher about your diseases. Yoga is forbidden in some chronic diseases and physical problems.
- 15) Do it at home only after you have learned yoga poses from a yoga guru in school or yoga class.
- 16) Parents should do yoga with children to help them even after the initial stage of testing.

Some Yogasana's for Children and their benefits:

1. Down Dog – AdhoMukhaSvanasana:

Lie straight on the floor on your stomach. Bring both the palms near the chest and rise upwards. Raise the hip from the ground, so that the shape of the body becomes like a V shape. Now look at both the feet. - Come back to normal.

Benefits: Develops the brain, improves the respiratory system, strengthens the upper body as well as removes fatigue.

2. Humming Bee- Brahma

Sit in Sukhasana. Close your eyes and breathe out by putting a finger in your ears and exhale with the sound of anghammam.

Benefits: Reduces stress caused by anger and fatigue, strengthens vocal cords, relieves sleep deprivation and accelerates the healing process of body tissues.

3. ShitkariSheetali Pranayama

Sit in Sukhasana or Padmasana. Roll the tongue from both the sides and make it like a tube. If you are not able to roll the tongue, then make a small O with the mouth. Breathe in through the tongue and exhale through the nose. Repeat this action for 5-10 times as per your convenience.

Benefits: This asana purifies the blood and makes children mentally and physically calm.

4. Tree Pose – Ekapadasana

Stand up straight. Bend the right leg from the knee and place it above or below the knee of the left leg. If you wish, encourage two children to stand side by side and hold each other's hands to do this asana.

Benefits: It enhances concentration, confidence and balance in children. This asana strengthens the legs.

It Enhances Physical Flexibility:

Yoga promotes physical strength because kids learn to use all of their muscles in new ways. Whether a pose is done standing, sitting, or lying down, each one can challenge various muscle groups while helping a child become aware of his body and how it efficiently functions.

It Refines Balance and Coordination:

Balance is a key element of yoga. Balancing poses were created to promote mental and physical poise, as mental clarity and stability emerge from the effort of trying the poses. Even if a child has difficulty standing on one foot, she learns mental and physical balance if she can stay calm when she falls and when she gets up to try again. As children learn to improve their physical balance, they will be filled with a sense of accomplishment. Coordination is also closely tied to balance and promotes overall dexterity. Some yoga teachers and occupational therapists use finger yoga and other specialized techniques to help children with gross and fine motor coordination.

It Boosts Self-Esteem and Confidence

Yoga helps to instill confidence and to bring learning to children on an experiential level, Enneking says. "It helps to provide building blocks for the future. It is our responsibility to develop our children's sense of wonder and to give them a strong sense of self so they know where they belong in this world and can contribute to making their community a better place." Yoga teaches them to persevere, be patient, and work toward their goals. A yoga teacher can only offer guidance; it is the child who has to work to succeed. Therefore, when a child masters a pose, it gives him confidence and self-esteem. Enneking often describes kids' yoga as "prehabilitation," a proactive action to ward off instability or sickness; yoga also provides tools for practicing compassion, mindfulness, generosity, focus, strength, and flexibility.

CONCLUSION:

Due to the changing lifestyle of today, not only the elderly but also children are falling prey to many serious diseases. As you all know that yoga can keep the body and mind healthy. If you make yourself and your children a habit of doing yoga regularly, then they will stay away from many diseases and at the same time their physical and mental development will also be faster. Therefore, yoga should be done not only by adults and the elderly but also by children. With given instructions your children become more healthy and developed in future. We hope that above research will be beneficial for the development of children through Yoga.

REFERENCE:

- 1) Psychology Resource and Behavior Management– Journal – Dove Press
- 2) <https://www.parents.com/fun/sports/exercise/the-benefits-of-yoga-for-kids/>
- 3) <https://www.jagruk.in/vidhyarthiyo-ke-liye-yog-siksha-ka-mahatv/>
- 4) BacchoKeLiyeYogShiksha: Yoga Education for Children - Swami SatyanandaSaraswati (8-11)
- 5) <https://www.livehindustan.com/hindustan-smart/my-health/story-yoga-is-also-important-for-children-2613385.html>
- 6) Yoga for Children – by Swati Chanchani&Rajiv Chanchani (56-58)

YOGA AND CHILD DEVELOPMENT

Dr. N. B. Gajmal

B.S.College Basmath

Childhood is the developmental stage between birth and adolescence when vital changes occur. As a parent, you can support your child through this period of growth with yoga. Using simple yoga breathing, poses, and relaxation techniques as a part of your parenting can help plant the seeds for a lifetime of health and wellness.

Yoga is a holistic exercise that incorporates both the body and mind. Yoga builds and strengthens the body through a series of postures and stretches. Throughout the series of postures, you have to concentrate on controlled breathing. By concentrating on steady breathing, your mind is cleared of all the stresses of daily life. You are able to allow your mind to relax after being overworked for so long. Although yoga is physically beneficial, your mind to relax after being overworked for so long. Although yoga is physical beneficial, it's may also be used to be socially beneficial. Yoga views the person as a whole; as a unique combination of body, mind and consciousness or soul, and its techniques maintain that body, mind-soul harmony.

1. Physically

Children explore body movements and build spatial awareness through yoga. Yoga develops motor skills by giving students ample opportunities to practice movement, balance, and hand-eye coordination.

It is often said that “you are as young as your spine” “Asanas initially focus an increasing and maintaining flexibility of the spine, to ring and rejuvenating the nervous system. The gentle stretching, twisting and bending movements bring flexibility to the other joints and muscles of the body, as well as massaging the glands and organs. Circulation is also improved ensuring a rich supply of nutrients and oxygen to all the cell of the body.

A.) 2. Mentally

A highly desirable skill, creativity is a marker of success in the modern workforce. Creativity is a natural part of learning that is directly related to innovation. Bring your yoga poses to life by creating stories that can engage your child's imagination while challenging students to creatively participate in the story. We love to take our children on a Yoga Jungle Safari by having them warm up with their lion breath before they turn into magical yoga snakes and giant amazon yoga trees.

lion breath

1. Begin seated in your chair. Make sure both feet are touching the floor and you are sitting up tall in your body. Imagine you are a lion waiting to pounce. Inhale through your nose.
2. Exhale with a roar, opening your mouth wide and stick your tongue out, bringing your hands to your face.

Increases memory concentration and intellectual capacity enhances all the sensory faculties. Steady postures free the mind from disturbances caused by physical movement promoting steadiness of mind balancing the emotions and improving your outlook on life.

3. Emotionally

Yoga teaches self-awareness, self-regulation, and stress reduction. Students learn how to respond reflectively rather than reactively to life's challenges. Yoga also nurtures emotional intelligence as students learn to consult their intuition when faced.

Due to the strong mind body connection, yoga can help improve emotional health. The concentration required during yoga practice tends to focus your attention on the matter at hand, thereby reducing the emphasis you may have been putting on the stress in your life.

One benefit to the controlled breathing used in yoga is reduction in anxiety learn more about how you can use yoga breathing to reduce your anxiety.

The negative energy is no longer stuck within you during some types of yoga exercise, but released through exercise. Regularly releasing this negativity leads to a reduction of depression. The controlled movements of yoga teach you how to translate the self control in all aspects of your life.

Researchers have shown that as little as eight weeks of yoga practice can result in better concentration and more motivation.

4. Socially

Yoga teaches children to successfully navigate their emotional selves in order to build and maintain relationships with others. When you feel happy and well with yourself, you have well behaved children. When you feel down and out you have poorly behaved children. The same goes for your children, when they are better able to understand and regulate their own emotions they become happy little humans which allows them to connect and relate better to you, their siblings and friends.

5. Academically

Yoga increases your child's readiness to learn. Learning readiness involves attention, motivation, curiosity, and decreased stress and anxiety. Yoga primes students for learning in many ways. Breathing exercises and yoga postures direct students' awareness, attention, and motivation, while dynamic sequences engage multiple networks throughout the brain (Ratey, 2008). Relaxation provides students with tools to let go of stress and anxiety. As a physical activity, yoga also increases oxygen-rich blood in the brain, which improves brain function. What's even better about yoga as a tool for parenting is that it can be done on a mat or in a chair depending on your own personal experience with yoga. Check out Balloon Breathing, a simple breathing exercise that can be done right in your chair at home.

6. Balloon breathe

1. Begin seated in your chair. Make sure both feet are touching the floor and you are sitting up tall in your body.
2. Place one or both hands on your belly and breathe deeply. Inhale, feeling your belly rise.
3. Exhale, feeling your belly lower and contract.

How yoga benefits children.

Improves posture, flexibility, strength, balance, coordination and motor skills. Helps children recognise and honour all emotions, learning to trust their instincts. Teaches breathing techniques that increase energy and decrease anxiety providing effective coping strategies for stress. Increases body awareness as we explore our anatomy and benefits of the poses. Teaches relaxation and stress management techniques for school and home. Nurtures self-esteem, confidence and acceptance. Offers a platform for creativity and imagination. Builds a foundation for lifelong well-being non-competitive and honours each child's unique way of absorbing and integrating information. Provides techniques to quiet the mind and sharpen focus and concentration. Endorses healthy choices and lifestyle. Balances and coordinate the brain non-competitive and honours each Childs unique way of absorbing and integrating information. Provides techniques to quiet the mind and sharpen focus and

concentration. Endorses healthy choices and lifestyle. Balances and coordinate the brain Encourages positive thinking and a motivation to learn. Improves grades and reading skills. Aids better sleep. Promotes a sense of peace, within and without Allows for playfulness and collaboration in the learning process . Allows children to learn to respect themselves, others and the world around them; encouraging the acceptance of differences . Trains the sense of balance and as a result boost overall heath and physical fitness.

YOGA AND DIET

Dr. Pawan Prakashrao Patil

KKM College Manwat

Yoga is more than just a set of pretzel-like poses. It's a spiritual philosophy and a lifestyle rooted in healthy living. While some yoga practitioners choose a vegetarian or vegan diet, others follow a stricter diet that's free of stimulants, like caffeine, alcohol, and refined sugar. The main reason to follow a yogic diet is that it promotes healing, balance, and inner peace.

Although many people love the idea of the yogic diet, the restrictive nature of yogic eating often drives people away from it. To help you out, we've compiled a list of helpful tips and strategies to make it easy for you to transition to a diet that's more harmonious with your yoga practice.

What is the yogic diet?

The yogic diet stresses the consumption of natural, unprocessed foods that promote spiritual, mental, and physical health and aligns with yogic philosophy. It's based primarily on the yogic principles of ahimsa, sattva, and saucha.

Ahimsa is commonly translated to non-violence. Ahimsa is the idea that all living things are connected and that the world would be a better place if you do not harm living things. The most obvious way to not cause harm is to reduce or eliminate the consumption of meat and dairy products.

Sattva is a state of equanimity that yogic practices aim to cultivate. A diet that is abundant in sattvic foods will promote a calm heart and a clear mind. Sattvic foods are generally fresh vegetables, whole grains and beans, mild healing spices, and other mildly sweet fruits and vegetables.

Saucha is the practice of purity and cleanliness. One of the simplest ways to promote saucha is to remove or reduce impurities in your body by only eating organic foods, which are free of chemicals.

How to follow a yogic diet

Beginning and adhering to a yogic diet can certainly be challenging. It is best to take it slow and ease your way into it. Start with just one or two changes and see how you feel. Slowly explore and add more changes as you can. Most importantly, make sure these changes do not create stress or imbalance in your life.

Eat fresh seasonal foods

A yoga diet consists of whole, fresh, seasonal foods and organic, locally grown foods, and as close to their natural state as possible. Try to grow your own vegetables in a garden or container, shop at farmers' markets, or buy directly from local farmers. Buy fresh produce that's in season, and avoid processed and packaged items, even if they are organic.

Be vegetarian

A plant-based, whole-food diet is essential for yogis. Fortunately, vegetarianism and veganism have become quite popular, making going meat-free much easier when grocery shopping, cooking, and dining out. Nuts, dairy products, leafy greens, and legumes are all great sources of high-quality protein.

Avoid chemicals and stimulants

We are exposed to chemical substances just about everywhere—in the air, in the water, and in the food that we consume. One of the goals of hatha yoga is to purify the physical and energetic bodies. Thus, reducing or eliminating chemicals and stimulants is encouraged. Wherever possible,

avoid processed foods, artificial sweeteners, caffeine, alcohol, and tobacco to move towards a healthier lifestyle and to create purity in the body and mind.

Eat at regular intervals and allow space between meals

Except for the first meal of the day, it's important to allow at least five hours between your meals. This allows your system to fully digest from your last meal. When you eat at regular intervals, your meals will taste better, and you will be less likely to overeat. It would be best if you ate only when you are truly hungry and not because of stress or boredom.

Eat two hours before asana practice or sleep

To avoid the discomfort of a full stomach during asana practice, it's important to keep your meals small and light. It's also important to eat at least two hours before your yoga sessions.

Make lunch the biggest meal of the day

Ayurvedic theory states that the digestive fire is strongest at midday and encourages the largest meal to be consumed at lunchtime. Raw vegetables and difficult to digest proteins are best suited for a yogi's lunchtime meal. Small amounts of fats should come from wholesome sources such as nuts and seeds and cold-pressed olive oil or high-oleic safflower oil.

Eat mostly cooked foods at dinner

Yogic diet recommendations encourage eating a cooked dinner because it's easier to digest than a raw meal. The body digests cooked food much more easily, which allows for quicker absorption and allows you to rest more after a meal. Try to eat as many cooked vegetables at your evening meal. Incorporate soothing soups and root veggies like carrots, sweet potatoes, yams, winter squash, and beets.

Emphasize healing herbs and spices

A yoga diet emphasizes healing herbs and spices, like turmeric, cardamom, cinnamon, ginger, fennel, mint, basil, cumin, parsley, cilantro, and black pepper. These spices offer many benefits to your body, including aiding digestion, alkalizing the blood, increasing mood, reducing anxiety, and promoting cleansing and healing.

To make your diet more healing, work on adding more of these healing herbs to your meals. You can also use some of these in herbal teas as well.

Consider fasting

The concept of fasting should be considered in the context of a yogic diet. Fasting is the practice of abstaining from food and/or drink for a period of time. The purpose of fasting is to cleanse the body, seek a spiritual goal, or express devotion to a chosen deity.

The different fasting methods also vary in their requirements—from abstinence from all food and liquids to abstinence from only certain foods, for example. Fasting is not recommended for those who have poor digestion or a tendency towards weight gain. Fasting for more than a few days is not recommended as it puts excessive stress on your body's systems

Most yogis at some stage of their journey will wonder whether they should adopt a vegan/vegetarian diet. It goes without saying that a well balanced nutritious diet has a huge impact on your physical and mental well being. However due to health reasons, busy lifestyles and certain other factors (for one the high cost of organic/health food) it is not always possible to maintain a strict yogic diet. It is however very important to listen to the needs of your body adjusting food choices accordingly rather than following a restrictive plan that could eventually make you unwell.

Conscious Eating.

Mindfulness is not only an essential tool in your yoga practise it is also very important at mealtimes. Your food choices should be tailor made to support you, important basic factors to take into consideration are lifestyle, health and age. Your diet should come from a conscious, self-reflective look at how your eating habits affect your body, mind, and soul. By eating consciously, you quickly become aware of how your choices affect you. Sometimes you can feel these effects straight after a meal and sometimes the next day. Think indigestion, bloating, fatigue, constipation and so on.

Yogic Foods.

The yogic diet is based on the yoga principles of purity (sattva), nonviolence (ahimsa), and balanced living. It consists of foods with sattvic qualities, which increase energy and create balance in the mind and body. Rajasic and Tamasic foods are limited or eliminated whenever possible, as their low vibration or life force and inherent toxins reduce the vitality of the person eating them. Yogis advocate a vegetarian/vegan diet, as one of the basic principles of yoga is not to harm any living creature. This is a pure diet that, with careful planning, leads to optimum health and a peaceful mind in control of a fit body.

Sattvic

Sattvic foods are pure and life-giving, and they promote health, vitality, strength and relaxation. These include fresh fruit and juices, vegetables and herbs, honey, whole grains, nuts, and seeds and should be organically grown, locally sourced, (where possible) unprocessed and additive and preservative free. These foods are easy to digest. Eating slowly, chewing well and savouring each bite is also considered sattvic.

Rajasic.

Rajasic foods are overstimulating and promote excess energy. They cause sleeplessness, anger, hyperactivity and restlessness of the mind. These include meat, fish, coffee, black tea sweets, chocolate, food additives/colourings, some spices and eggs and are spicy, sour, bitter, dry and salty. Eating in a hurry is also considered rajasic.

Tamasic

A Tamasic Diet benefits neither the mind nor the body. This group includes foods which are stale, over-cultivated, packaged, preserved, and deep-fried. Tamasic foods can be difficult to digest, make you feel bloated and encourage lethargy. The body's immune system is compromised. Overeating is also considered tamasic.

YOGA FOR COLLEGE YOUTH

Dr Amey Vinayak Kale

Director of Physical Education & Sports, S S Dhamdhare Arts and Commerce College Talegaon Dhamdhare,
Tal- Shirur, Dist- Pune

INTRODUCTION:-

In the present era of globalization, we are trying to achieve our goal of development with the help of education. Today's new age luxuries and changed life style. Man is trying to surpass time. The temptation of physical pleasure has developed stress and anxiety among the youth. There is also rise in the crime. The today's youth fails to fulfill the expectations of the society. The commonly noticed behavior of youth is indiscipline, that they have nuisance value, deviation, from social norms, increased non-co-operation unawareness about responsibilities, unpatriotic behavior, quarrelsome nature, indecent talk, violent behavior, addictedness, unfaithfulness, tendency to rob others, behaving in a way which is harmful to health, social struggle caste, abuse, non observance of ideals, one sided love etc. Also commonly seen is degradation of courage, co-operation, responsibility and absence of a role model.

The increase in such uncultured behavior of the youth is harmful to social health. Therefore it is necessary to bring cultural and behavioral changes in the society. Yoga can play an important role in developing the social health. Training of yoga is a process of socialization. The training provided under yoga inculcates values and ideals in the minds of the youth.

Problems of college youth: -

1. Frustration
2. Stress
3. Unemployment
4. Economic worries
5. Health problems
6. Habit of smoking
7. Arrogant behavior
8. Indiscipline
9. Non-co-operation
10. Violent behavior
11. Strain
12. Addiction to alcoholic drinks
13. Injecting drugs
14. Mind and emotional disturbance.

Importance of yogic exercise for college youth Health:-

1. Shavasana- For relaxation.
2. Yoga nidra- For overcoming tension.
3. Vipreethkarani- For mental peace.
4. Trikonasana- For a healthy back.
5. Vajrasana- For relief of stress and strain.
6. Swinging- For whole body limb and mind relaxed.
7. Pranayama- For health of body and mind.
8. Palming- Leading to release from nervous stress and tension.

9. Ujjayi- Breathing for relaxation.
10. Sitali and sitakari- For cooling body and mind.
11. Anulomaviloma-Deep breathing for mental peace.
12. Abdominal respiration- For mental relaxation.
13. Dharana and dhyana- For stress and tension.

Benefits of performing yoga for college youth: -

1. Maintains physical and mental fitness.
2. Purifies the blood.
3. Maintains heart beats.
4. Maintains body system.
5. Relieves fatigue and stress.
6. Strengthens the body parts and the muscles.
7. Improve flexibility.
8. Helps to regulate temperature.
9. Helps to develop the quality of cleanliness, simplicity, purity which removes the bad thoughts.
10. Spritual development.
11. Good eating habits.
12. Yoga develop ability to plan and set goals.
13. yoga develop positive world –view
14. Yoga develop positive attitudes.
15. Yoga develop healthy and happy behavior.
16. Yoga develop honesty and integrity or character and moral qualities.
17. Yoga brings about fulfillment in man's life.
18. Yoga makes man broad-minded.
19. Yoga develop healthy and happy behavior.
20. Yoga develop self confidence and positive thought.

CONCLUSION-

In this paper, I tried to regain the importance of Yoga, Asanas and Physical exercise. The only solution of yoga to the development mentally, physical and socially fitness which will enable of living in modern, fast changing technological era. It must become a way up life, its best therapies. Remove functional disorders, drug, addiction's rehabilitation, psycho-somatic disorders and structural disorders.

Physical exercise because it meets all requirement of one like shaping and strengthening the muscles, toning up the nerves and correcting small deformities in the bold structure etc. Asana help develop a perfect healthy body.

REFERENCES-

1. The yoga system of patanjali, p.k.sasidharannair[2007]
2. [http://www,bodymechanixonline. Com/](http://www,bodymechanixonline.com/)
3. Ramdev,swami:yogasadhana[2001]divyapublishan,hardwar.
4. [www.yoga for the mind.info/article.3](http://www.yogaforthemind.info/article.3)
5. [www,health and yoga. com/html/news/yoga](http://www,healthand yoga.com/html/news/yoga)

YOGA FOR STRESS MANAGEMENT

Dr. Nagesh Phulari

Shri Datta Arts, Commerce & Science College, Hadgaon, Tq. Hadgaon, Dist. Nanded.

INTRODUCTION :-

Scientific and technological progress has made man highly critical, creative, sensitive and preoccupied. This caused the emergence of stress. The present world is experiencing the accelerating speed of the modern illness Stress. Stress has been taking a great toll. Humanity is suffering from many ills generated by itself. Strained inter-personal relationships, ego battles at the work place, pretty issues at home, have become common in today's lifestyle of most people which are causes for this stress. A steadily rising workload and an intense competitive environment have left people with very little time to nurture and cultivate their relationships and for regular introspection to remove the stress.

Stress is a normal physical reaction that occurs when we feel threatened or overwhelmed. With increasing demands of home and work life, many people are under enormous stress. Stress in one setting can affect stress levels in the other. Stress adds flavor. In small doses, stress can be a good thing. It can give the push we need, motivating us to do the best and to stay focused and alert. But when the going gets too tough and life's demands exceed our ability to cope, stress becomes a threat to both our physical and emotional well-being. Without stress, life would be dull and unexciting. However, too much stress can seriously affect our physical and mental well-being. It is not a new idea that stress is the cause of up to 80% of illness. Over two thousand years ago Plato said "all diseases of the body proceed from the mind or soul."

Stress is the "wear and tear", our bodies experience as we adjust to our continually changing environment; it has physical and emotional effects on us and can create positive or negative feelings. As a positive influence, stress can help compel us to action; it can result in a new awareness and an exciting new perspective. As a negative influence, it can result in feelings of distrust, rejection, anger, and depression, which in turn can lead to health problems such as headaches, upset stomach, rashes, insomnia, ulcers, high blood pressure, heart disease, and stroke. With the death of a loved one, the birth of a child, a job promotion, or a new relationship, we experience stress as we readjust our lives. In so adjusting to different circumstances, stress will help or hinder us depending on how we react to it.

CONCEPTUAL BACKGROUND OF STRESS :-

The origin of the concept of stress predates antiquity. Selye has defined stress as : " the nonspecific response of the body to any demand made upon it". The concept of stress has been borrowed from the natural sciences. During the 18th and 19th century, stress was equated with "force. Pressure or strain" exerted up on a material object or person which resists these forces and attempts to maintain its original state. The use of the concept in this fashion encouraged physicists and engineers into adopting it to suit their ends. Thus, stress in engineering is known as " the ratio of the internal force brought into play when a substance is distorted to the area over which the force act". The term stress has been used variously to refer to (1) stimulus (external force acting on the organism). (2) response (changes in physiological functions), (3) interaction (interaction between an external force and the resistance opposed to it, as in biology), and (4) more comprehensive combination of the above factors.

1. Stress as External Force

The external force approach to the phenomenon of stress focuses on the circumstances which people experience as stressful. Stress is treated as an independent variable, more or less beyond the control of the individual. According to Weitz the stressful stimuli are : (1) Speed-up information processing (2) Noxious environmental stimuli (3) Perceived threat (4) Disrupted psychological function (5) Isolation and confinement (6) Blocking (7) Group pressures, and (8) Frustrations

2. Psychological Function

Stress is considered as a response to a situation which demands that the individual adapts to a change physically or psychologically. Proposed the theory of "General Adaptation Syndrome", which states that when an organism is confronted with a threat the general physiological response occurs in three stages".

TYPES OF STRESSORS

There are three types of stressors

(1) Psychological Stressors (2) Organisational Stressors, and (3) Societal Stressors.

POSITIVE STRESS OR EUSTRESS :-

The words 'positive' and 'stress' may not often go together. But, there are innumerable instances of athletes rising to the challenge of stress and achieving the unachievable, scientists stressing themselves out over a point to bring into light the most unthinkable secrets of the phenomenal world, and likewise a painter, a composer or a writer producing the best paintings, the most lilting of tunes or the most appealing piece of writing by pushing themselves to the limit. Psychologists second the opinion that some 'stress' situations can actually boost our inner potential and can be creatively helpful. Experts tell us that stress, in moderate doses, are necessary in our life. Stress responses are one of our body's best defense systems against outer and inner dangers. In a risky situation (in case of accidents or a sudden attack on life, body releases stress hormones that instantly make us more alert and our senses become more focused. The body is also prepared to act with increased strength and speed in a pressure situation.

Stress is, perhaps, necessary to occasionally clear cobwebs from our thinking. If approached positively, stress can help us evolve as a person by letting go of unwanted thoughts and principle in our life. Very often, at various crossroads of life, stress may remind us of the transitory nature of our experiences, and may prod us to look for the true happiness of life.. The choice is between becoming a slave to the stressful situations of life or using them to our advantage.

As we have seen, positive stress adds anticipation and excitement to life, and we all thrive under a certain amount of stress. Deadlines, competitions, confrontations, and even our frustrations and sorrows add depth and enrichment to our lives. Our goal is not to eliminate stress but to learn how to manage it and how to use it to help us. Insufficient stress acts as a depressant and may leave us feeling bored or dejected; on the other hand, excessive stress may leave us feeling "tied up in knots." What we need to do is find the optimal level of stress which will individually motivate but not overwhelm each of us.

EFFECTS OF STRESS :-

At one point or the other everybody suffers from stress. Relationship demands, physical as well as mental health problems, pressure at workplaces, traffic snarls, meeting deadlines, growing-up tensions are valid causes of stress. People have their own methods of stress management. In some people, stress-induced adverse feelings and anxieties tend to persist and intensify. Learning to

understand and master stress management techniques can help to prevent the counter effects of this modern malaise.

In a challenging situation the brain prepares the body for defensive action - the fight or flight response by releasing stress hormones, namely, cortisone and adrenaline. These hormones raise the blood pressure and the body prepares to react to the situation. With a concrete defensive action (fight response) the stress hormones in the blood get used up, entailing reduced stress effects and symptoms of anxiety. When we fail to counter a stress situation (flight response) the hormones and chemicals remain unreleased in the blood stream for a long period of time. It results in stress related physical symptoms such as tense muscles, unfocused anxiety, dizziness and rapid heartbeats. We all encounter various stressors (causes of stress) in everyday life, which can accumulate, if not released. Subsequently, it compels the mind and body to be in an almost constant alarm-state in preparation to fight or flee. This state of accumulated stress can increase the risk of both acute and chronic psychosomatic illnesses and weaken the immune system of the human body. Almost every system in the body is effected by stress. It effects heart and circulatory system, lungs and respiratory system, muscles, and joints, genitals and urinary system, digestive system, brain and mind, etc.

BACKGROUND OF YOGA

In today's modern and fast paced life, everyone is realizing the need for peaceful breaks in between continuous cell phone calls. We have to restructure our habits of food, drink, emotions, relationships, money and spirituality to achieve balance. Our bodies, when they need

balance they often fall ill. Yoga will help to balance the mental and physical accounts, Practicing yoga opens the doors to various ideals whether it's trying to remain calm under stress, apply new disciplines through asana work or just trying to be a better person.

Yoga is a science as well as an art of healthy living. It is no way limited by race, age, sex, religion, caste, creed and any other boundaries and can be practiced by those who seek an education on better living and those who want to have a more meaningful life Thus, by and large, Yoga has been secularized and turned from a rigorous spiritual discipline into an "instant" fitness system. It is high time to move towards a stress free life with the help of yoga, besides periodically and regularly releasing the accumulated stress and tensions. Yoga is being widely used as stress management tool even by Western people.

Infact, in yoga the mind reaches in a neutral stage thereby relieving mental exhaustion. Yoga helps us in retaining our sharp intellect and all the powers and capabilities obtained by a sensitive mind which becomes vital for day to day functioning in this hi-tech era. The regular release of stress helps us to spread this insight through the action phase. Application of karma yoga techniques helps us to reduce the accumulation of tension and stress and thus makes possible tension free life a reality. Thus yoga with physical and mental and emotional personality and a holistic understanding offers a total approach to the challenge of stress. It will be seen that these practices begin at the physiological level with proper control of reflexes, postures and respiratory functions. It then progresses through techniques to progressive control of higher mental processes leading to control of the mind. One can practice this Ashtanga yoga with slight modifications to the present day society with out deviating the basic principles. Thus the practice of Ashtanga yoga makes an individual to think in a proper way, to live in a proper way with a philosophical view. This in turn helps him to the different yoga schools simply adhere to different applications of inner discipline, all of which ultimately lead to the liberation of the soul and to a unique understanding of the Divine Unity.

It is quite amazing to know that yoga, which had its origin nearly four thousands year ago in India is becoming highly relevant in this present hi-tech world, in facing the challenges of stress. Yoga techniques coupled with proper understanding help us to use our high sensitivity and sharpness and calm the mind, stabilize the emotions, improve the quality of life and bring health and harmony in the society. The eight limbed astanga yoga yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, samadhi develops the personality physically, mentally and emotionally from a holistic perspective, also offers a total and comprehensive approach to the challenges poised by stress, by eliminating the root cause.

Yoga, far from being a mere physical or breathing acrobatics is the science of the future, with a holistic vision relevant to progressive society. Yoga is a conscious process helping us to rise from our animal instincts to a level of normal discrimination and elevating us to manifest the immense potentialities dormant in us. Yoga not only works to bring fitness and vigour to the physical body, but also harness our will and emotions and expands our power of insight, vision and analysis. Yoga is the key to progress.

Change in attitude and modification of lifestyle are the two pillars on which the management of stress through yoga is based. Attitude change can be achieved by developing positive attitudes. It actually means living a self-disciplined life of detachment. Yoga begins by becoming self-aware.

BENEFITS OF YOGA

Physiological Benefits of Yoga :-

(1) Stable autonomic nervous system equilibrium (2) Pulse rate decreases (3) Respiratory rate decreases (4) Blood Pressure decreases (of special significance for hyporeactors) (5) Galvanic Skin Response (GSR) increases (6) EEG - alpha waves increase (theta, delta, and beta waves also increase during various stages of meditation) (7) EMG activity decreases (8) Cardiovascular efficiency increases (9) Respiratory efficiency increases (10) Gastrointestinal function normalizes (11) Endocrine function normalizes (12) Excretory functions improve (13) Musculoskeletal flexibility and joint range of motion increase (14) Breath-holding time increases (15) Joint range of motion increase (16) Grip strength increases (17) Eye-hand coordination improves (18) Dexterity skills improve (19) Reaction time improves (20) Posture improves (21) Strength and resiliency increase (22) Endurance increases (23) Energy level increases (24) Weight normalizes (25) Sleep improves (26) Immunity increases (27) Pain decreases (28) Steadiness improves (29) Depth perception improves (30) Balance improves (31) Integrated functioning of body parts improves

Psychological Benefits of Yoga :

(1) Somatic and kinesthetic awareness increase (2) Mood improves and subjective well-being increases (3) Self-acceptance and self-actualization increase (4) Social adjustment increases (5) Anxiety and Depression decrease (6) Hostility decreases (7) Concentration improves (8) Memory improves (9) Attention improves (10) Learning efficiency improves (11) Mood improves (12) Self-actualization increase (13) Social skills increases (14) Well-being increases (15) Somatic and kinesthetic awareness increase (16) Self-acceptance increase (17) Symbol coding improves (18) Depth perception improves (19) Flicker fusion frequency improves

Biochemical Benefits of Yoga :-

(1) Glucose decreases (2) Sodium decreases (3) Total cholesterol decreases (4) Triglycerides decrease (5) HDL cholesterol increases (6) LDL cholesterol decreases (7) VLDL cholesterol decreases (8) Cholinesterase increases (9) Catecholamines decrease (10) ATPase increases (11) Hematocrit increases (12) Hemoglobin increases (13) Lymphocyte count increases (14) Total white

blood cell count decreases (15) Thyroxin increases (16) Vitamin C increases (17) Total serum protein increases

YOGIC MANAGEMENT OF STRESS – PRINCIPLES :-

The yogic way of management of stress, is totally holistic, and is based on an understanding of the concept of stress, as presented earlier. It is not enough, if we work at the physical level (annamaya Kosa) alone to reduce stress, it is mandatory to bring a balance at all the other levels, Pranamaya, Manomaya and Vijnanamaya Kosas too. This is the total approach used in Yoga.

The stress accumulated at the body level as stiffness of joints and spasms of muscles can be released by the practise of yogasanas which are congenial postures of the body to help in calming down the mind. Slow movements help in combating the rush from within. Rhythmic breathing and the breath-slowng process of Pranayama bring a balance at the pranic level. Retaining awareness and relaxation throughout the practice helps to gain mastery over the mental processes and thus eliminate imbalances at the Manomaya Kosa level. Keeping our goal of achieving a happy, peaceful, healthy and efficient like and to promote harmony in the surroundings were proven ourselves from getting into the rat race and mad rush, of accumulating affluence and losing the very purpose of inner poise, tranquillity and calmness. We then learn to work the right way, free of tension. Thus, a holistic approach of Yoga will be the right answer to the challenges of stress.

According to yoga, one becomes a victim of stress not on account of a stressful situation but on account of one's inability to cope with it. Do not fight stress, rather develop and enhance the potential and capacity to cope with it., yoga is most useful in controlling and treating stress in the early psychic and psychosomatic phases and to meet the challenging effects of stress in the present day scenario.

SCOPE OF THE STUDY :-

The rationale of any scientific study depends primarily on the need of the study. The rationale of any study may be found in proving once again what is already in existence, disproving something and improving upon the existing study or venturing into the new areas to prove some thing. The present study i.e. the effect of yoga on the stress levels has been chosen because of its importance due to present day life style, and its impact on their health. Right from the beginning, work or job is considered to be a life role as far as men are concerned. Their interests are supposed to centre around home. In this home, they have their definite and decided 'roles' to play. Now-a-days, in addition to these roles, a new role has emerged, i.e., an occupational role, this consists of a number of activities. It is obvious that some role conflict is sure to persist. The reason is she has to divide the available time between these two roles. Another thing is that as she assumed the occupational roles, she is likely to develop certain attitudes, values and habits, hitherto unknown to her and her family. Thus every woman usually experience stress in six different areas viz. occupational area, familial area, personal area, area of economical factors, area of external factors, ,and area of physical factors. The contributing factors in these areas in which women feel stress have to be studied in detail.

OBJECTIVES :-

1. To find out the level of stress.
2. To find out the effect of yoga on the stress levels.
3. To know the effect of yoga on the stress levels in (a) Occupational area, (b) Familial area, (c) Personal area, (d) Area of economical factors, (e) Area of external factors, (f) area of physical factors.

4. To know the difference in the effect of yoga on the stress levels with regard to (a) age, (b) marital status, (c) size of the family, (d) financial status, (e) working status and in particular in every area of life viz. (a) occupational area, (b) familial area, (c) personal area, (d) area of economical factors, (e) area of external factors, (f) area of physical factors.
5. To find out the difference in the effect of yoga on the stress levels between women and men and in particular in every area of life viz. (a) occupational area, (b) familial area, (c) personal area, (d) area of economical factors, (e) area of external factors, (f) area of physical factors.

FINDINGS :-

1. There is significant effect of yoga in reducing the stress levels.
2. There is significant effect of yoga in reducing the stress levels in occupational area.
3. There is significant effect of yoga in reducing the stress levels in familial area
4. There is significant effect of yoga in reducing the stress levels in personal area.
5. There is significant effect of yoga in reducing the stress levels in area of economical factors.
6. There is significant effect of yoga in reducing the stress levels in area of external factors.
7. There is significant effect of yoga in reducing the stress levels in area of physical factors.
8. There is no significant difference in the effect of yoga in reducing the stress levels with regard to age.
9. There is no significant difference in the effect of yoga with regard to marital status in reducing the stress levels
10. There is no significant difference in the effect of yoga with regard to size of the family in reducing the stress levels
11. There is no significant difference in the effect of yoga with regard to financial status in reducing the stress levels
12. There is no significant difference in the effect of yoga with regard to working status in reducing the stress levels.

IMPORTANCE OF YOGA IN OUR DAILY LIFE

Dr. More Babruwan Kerbaji

H.O.D. History, Mahatma Phule Mahavidyalay Ahmedpur Dist Latur

ABSTRACT:

Now a days we are celebrating every year 21st June as world international day for yoga from 2015. Yoga is gift from Ancient India to the whole universe. Today's Modern life patterns affect our health in different aspects mentally, physically, psychologically, and socially. There is a need for increasing people awareness about the impact of modern life to control the effects of the patterns of life. Promoting healthy lifestyle includes proper eating, physical activity, and better way of communicating and socializing in the community. All these have positive impacts which we can easily get in practising yoga. Yoga will reduce the risk of getting so many diseases which resulted from our day to day lifestyles. This research article therefore, deals with the significance of yoga in modern life.

Health is a primary goal of any individual and hence without spending lots of money by practicing Yoga one can achieve proper health. This research article therefore, deals with impact of Yoga in modern life to encourage the reader to practice Yoga to sustain physical, social and spiritual health. Yoga is very much concern today. Yoga is the science of life and the art of living. Yoga arose in the age of the Vedas and Upanishads in ancient India. It is India's oldest scientific, perfect spiritual discipline. Yoga is a method of training the mind and developing its power of subtle perceptions so that man may discover for himself the spiritual truths on which religion, beliefs and moral values finally rest. The yogic activities provide immense help in assisting an individual to seek his all round growth and development. Present world use to practice yoga for maintaining good health. Researcher in this research article try to show the role of yoga to maintaining good physical and mental health.

KEY WORDS: Yoga, Modern life, Vedas, Upanishads, Spiritual, Good Health,

INTRODUCTION:

Yoga is a traditional method of meditation developed by the saints of ancient India. Yoga is one of the most ancient metaphysical sciences, which investigates the nature of soul and through its discipline, awakens the super conscious mind of the man which unites the moral being with the immortal supreme spirit. Yoga leads to balance and also provides both a philosophy and a religion. Yoga is useful for every human being. The real joy of life appears when we can unify nature and culture, wealth and poverty, movement and stillness, attachment and detachment. In these modern days the yogic activities provide lots is help in assisting an individual to seek his all round growth and development in all the personality dimensions including the union of his self with the Greater soul.

Somany people believe that yoga is a religion, but it's not, instead, it's a way of living who strives to have a healthy mind in a healthy body. A human is a mental, physical and spiritual being and yoga helps promote a balanced development of all the three. Other forms of physical exercises, such as aerobics, guarantee only physical well being. The exercises performed through yoga recharge the body with cosmic energy, which facilitates Accomplishment of ideal equilibrium and harmony and it's very important for life.

Daily life Yoga Increases personal power and self awareness, Helps in focusing and achieving concentration, which is particularly important for children,

Yoga Lessens stress and tension in the physical body by activating the parasympathetic nervous system, The person performing this art feels rejuvenated, thus yoga bestows upon every individual the powers to control the mind and body.

METHODOLOGY:

In this research article the research was based on secondary data taken from different books, research reports and journals research papers.

OBJECTIVES:

- 1.To know the ancient gift of the yoga.
- 2.To know about best health.
- 3.To find out the importance of yoga in reducing stress and anxiety to maintain good mental and physical health.
- 4.To find out the importance of yoga for maintaining good physical health in present today's very busy life.

Yoga:

The term "Yoga" means merger. Yoga, as the spiritual goal, denotes the union of the Individual Soul with the Supreme Soul. As per Hindu Religious faith, this union or merger leading to Liberation or Emancipation is the supreme goal of all individuals. Yoga as a tool helps the aspirants attain their goals.

In practical terms, Yoga plays functional harmony between the body and the mind. The harmony gained as a result of the practice of Yoga, leads to inexplicable joy, good health, long life, peace and happiness in daily life. Yoga has immense capabilities to develop the physical and mental health. It cures diseases, including the dreaded ones. However, as a curative science, much of its potential still remains to be tapped.

Yoga is useful for the mental and physical health. The first to write a compendium on Yoga was Sage Patanjali who is believed to have lived in 200 B.C. or earlier. This work of Sage Patanjali, known as "Yoga Sutras" or "Yoga Darshana" is regarded as the most precise and scientific text ever written on. Today also Yoga Sutras study is beneficial for the betterment of the human being.

Yoga is restraining the Mind-stuff from taking various forms. In other words, Yoga is the elimination of the modifications of the mind and making it one-pointed. Chitta means individual consciousness, which includes the conscious, the subconscious, and the unconscious states of mind. These three states of the individual mind are called Chitta. The waves of thought in the Chitta are called Vrttis. Nirodah means restraining or eliminating. So, restraining the modifications of the Chitta is the subject matter or the end goal of Yoga. So a Yoga is most important in our daily life.

Restraining the Chitta appears to be very simple. But, in practice, it is a very difficult task. This implies that the Yoga Sutras are not meant for beginners and that a teacher is necessary to pursue the studies seriously. So Yoga is very essential in our daily life.

TYPES OF YOGA:

Gradually there are four yoga as Karma Yoga, Bhakti yoga, Rajyoga and Jnyan yoga. Karma is suitable for people of active temperament. Bhakti yoga for people of devotional temperament. Raj yoga for main of mystic temperament with bold understanding and strong will power. Bhakti yoga is suitable for vast majority of persons as they are emotional Jnyan yoga is suitable for microscopic minority only. Ladies can realise God quickly as their hearts are filled with devotion and affection but it is very difficult for them to get Vairagya.

Eight Limbs of Ashtang Yoga:

Yama, Niyama, Asana, Pranayama, Pratyahara, Dhyana, Dharana, Samadhi are limbs of ashtang yoga. Samadhi is state of super leaves blis. joy and merging individual consciousness into universal consciousness. Union between jivatman and Paramatman . Union of Shiva and Shakti in Sahastrar chakra realising the Brahma or realisation of God is the ultimate achievement of Human birth.

Importance of Yoga:

The true importance of Yoga revolves around uplifting the life force or 'Kundalini' at the base of the spine. It strives to accomplish this through a series of mental and physical exercises. At the physical level, the methods consist several yoga postures that strives to keep the body healthy and fit. The mental techniques include breathing techniques or 'pranayama' and meditation or 'dhyana' to discipline the mind. Ultimately, yoga aims to help the human being to rise above the self and attain enlightenment in his life

YOGA FOR GOOD HEALTH:

In our life there is too much importance for best health. Good health is a reflection of body, mind and spirit. Through integration of moderate functional exercise, meditation and awareness, balanced nutrition, morality and peace-loving relationships . The absence of disease can be attained. Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity. Health is precisely, that condition in which human being has full sensitivity and in which all his faculties are operating fully. To actively work towards this condition is to cure illness and to develop maximum health.

From ancient time Yoga is both a philosophy and a living religion, believes that the body is so important and trains it so strictly. Without health we can neither practice meditation nor attain enlightenment. For total health one should seek the truth by scepticism. The body mind system possesses the innate power of recovering health and the yogic method of curing human ills aims at stimulating it.

On mental level it proves to be an applied method to train the mind to concentrate; it offers way to treat serious psychosomatic illness without drugs; it is an efficient tool for ending addictions and other bad habits.

Now a days Every person is under pressure. Sound health and peaceful mind are a must for man to enjoy the material world. In order to achieve this purpose of birth one has to maintain harmony between body and life force, life force and mind, between individuals and society and between nature and will. Practicing appropriate exercises of body and mind and a virtuous way of living to maintain the harmonies described above constitute yoga. Thus Karma Yoga is a system of life utilizing the full Potential of the body and mind with understanding and awareness for a happy, prosperous and peaceful daily life. All experiences in life are enjoyed only by the mind. Mind is the peripheral stage of consciousness. Realization of consciousness is the only one perfect and higher knowledge by which one can know everything in the universe. The mind is nothing but the extended and perceptual activity of the consciousness.

IMPORTANCE OF YOGA:

Importance of Yoga in our daily life is very important. Weight loss, strong and flexible body, glowing beautiful skin, peaceful mind, good health - whatever you may be looking for, yoga has it on offer. However, very often, yoga is only partially understood as being limited to asanas (yoga poses). As such, its benefits are only perceived to be at the body level and we fail to realize the immense

benefits yoga offers in uniting the body, mind and breath. When you are in harmony, the journey through life is calmer, happier and more fulfilling.

The benefits of yoga are felt in a profound yet subtle manner. Here, we look at the important benefits of yoga practice.

All-round fitness:

Every person wants physical fitness in his life. You are truly healthy when you are not just physically fit but also mentally and emotionally balanced. Health is important in our daily life. "Health is not a mere absence of disease. It is adynamic expression of life in terms of how joyful, loving and enthusiastic you are." This is where yogahelps: postures, pranayama and meditation are a holistic fitness package.

Waight Loss:

Over Weight is a new problem in front of the world. Yoga benefits here too. Sun Salutations and Kapal Bhati pranayama are some ways to help lose weight with yoga. Moreover, with regular practice of yoga, we tend to become more sensitive to the kind of food our body asks for and when. This can also help keep a check on weight.

Stress relief:

In modern days everyone is under pressure of work and daily problems. A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily in both the body and mind. Yoga postures, pranayama and meditation are effective techniques to release stress.

Inner peace of mind:

Due to materialistic development will lost peace of mind. We all love to visit peaceful, serene spots, rich in natural beauty, Little do we realize that peace can be found right within us and we can take a mini-vacation to experience this any time of the day. Benefit from a small holiday every day with yoga and meditation. Yoga is also one of the best ways to calm a disturbed mind.

Immunity Booster:

If we do yoga and Pranayam regularly we will boost our immunity power. Our system is a seamless blend of the body, mind and spirit. An irregularity in the body affects the mind and similarly unpleasantness or restlessness in the mind can manifest as an ailment in the body. Yoga poses massage organs and strengthens muscles; breathing techniques and meditation release stress and improves immunity. Living with greater awareness. The mind is constantly involved in activity-swinging from the past to the future. But never staying in the present. By simply being aware of this tendency of the mind, we can actually save ourselves from getting stressed or worked up and relax the mind. Yoga and pranayama help create that awareness and bring the mind back to the present moment, where it can stay happy and focused.

Better relationships:

We want better relationship with our family members and the community behind us. Yoga can even help improve your relationship with your spouse, parents, friends or loved ones. A mind that is relaxed, happy and contented is better able to deal with sensitive relationship matters. Yoga and meditation work on keeping the mind happy and peaceful, benefit from the strengthened special bond you share with people close to you.

Energy Booster:

Doing yoga is as like energy booster in daily life. Do you feel completely drained out by the end of the day? Shuttling between multiple tasks through the day can sometimes be quite exhausting. A few minutes of yoga everyday provides the secret to feeling fresh and energetic even after a long

day. Half an hour online guided meditation benefits you immensely, leaving you refreshed and recharged in the middle of a hectic day. Better flexibility & posture. You only need to include yoga in your daily routine to benefit from a body that is strong, supple and flexible. Regular yoga practice stretches and tones the body muscles and also makes them strong.

Powerful Lungs:

We want powerful lungs for the healthy body. Yoga activities specially concerned with pranayam help in the promotion and increase in strength and stamina of our lung power in terms of their expansion and contraction enabling us to inhale maximum amount of oxygen in our body for the purification of our blood besides helping in the proper circulation of the purified blood in all corners of our body.

CONCLUSION:

As per the above information and precious knowledge we know that importance of yoga in our day life is most essential. In the modern age everyone is under tension. Now everyone is busy for whole day for his hectic work. We don't get time for playing and entertainment. The modern lifestyle is complex and filled with tension. As a result, people in urban areas are busy with work to full fill what life demands survival. The modern man is living in a competitive environment due to technological progress and hectic schedule. In the current lifestyles especially in urban industrial society the work style, eating habit and family life structure is completely changed. The extended family structure in this society is unthinkable, and administering the nuclear family structure itself is hectic due to the huge demands it requires. So that this lifestyle brought stress to the individuals which leads to different types of diseases. Therefore, practicing yoga is significant in controlling health problems resulted from

Modern life situation. Yoga is holistic which provide physical, psychological, social and spiritual benefits in our daily life. This is why we must accept yoga in our daily life. So yoga is essential for every human being in this world.

REFERENCES:

1. Anita Need and Importance of Yoga in Healthy Living An International Indexed Online Journal. Global International Research Thoughts, 2014. www.darpanonline.org/GIRT, accessed 11/07/2022
2. Claire T. Yoga for men. Postures for Healthy Stress free living. The Career press, Inc, USA, 2004.
3. Farhi D. Bringing Yoga to Life: The everyday practise of Enlightened Living. Harper Collins Publisher, Australia, 2005.
4. Heerman G. Yoga in the Modern World: The Search for The "Authentic" Practice: Asia 489, Independent Research Project, Sociology, and Anthropology thesis, 2014. <http://soundideas.pugetsound.edu/csoc>
5. Sivananda Sri Swami. Yoga in daily life. Eighth Edition: A divine life society publication, 1999.
6. <http://www.SivanandaDishq.org/>. Accessed 11/07/2022.
7. M.Hiriyana, Outlines of Indian Philosophy, Motilal Banarsidass Publishers Private Ltd Delhi, first edition, 1993
8. Swami Manavaryaji Maharaj, Yoga and Health Dundubhi printers, first edition, 1994
9. Acharya Mahaprajna, Preksha Dhyana, Basic Principles-Jain Vishva Bharati, Ladman (Raj), January-2003,
10. Acharya Mahaprajna, Preksha Dhyana, Theory and Practice-Jain Vishva Bharati, Ladnun (Raj), January-2003.
11. Dr Preksha Dhyana Human Body (part-11), Health Care-JS Zaveri, Jain Vishva Bharati, Ladnun(Raj), Edition 1993.

ROLE OF YOGA IN THE SPORTS FIELD

Mr. Jondhale Suresh Mahajanrao

Director of Sports. Dr.Babasaheb Ambedkar College, Latur

ABSTRACT :-

Every human as well as like sportsman. In every field life human feel lot of stress. In the modern era human life is full of competition. In the general field or field of sports and games every human /sportsmen are usually seen under the stress for their better performance in their life or win in the competition. According to the various physical educationalists, Physical education as well as activities of sports plays significant role in the harmonious development of an individual. It is very difficult task to meet out the lot of stress without the appropriate program of physical education and sports. As a matter of fact, unachievable things can be achieved by involving in high quality programs of physical education and sports. In the field of physical education and sports Yoga is one of them. Yoga has a positive and strengthening impact on the physique and mind of the performer in the every field of sports.

KEYWORDS: Yoga, Sports, Development. Physical education. Paranayam, Asana Exercises

INTRODUCTION:

The various people the concept of yoga is mainly related with spiritual development of an individual. Up to some extent, it is exactly right to think like that as yoga is not directly related to the field of sports and games. But in the field of sports, systematic and regular use of physical exercises does not entirely ensure further improvement. There are some other factors also which are necessary for good performance in the field of sports such as special rehabilitation treatments, use of supplementary extra training, extra competitions. special nutrition and psychological factors etc. So in order to achieve the best results in the field of sports all the above mentioned factors are to be used along with yogic exercises that can certainly affect the performance of every sportsmen in every field of sports.

Role of Yoga in the Sports Field:

But the research studies which have been conducted on the role of yoga in the field of sports clearly shows that along with sports training programme yogic practices are beneficial in the enhancement of health and fitness of sportsmen. It is essential to know the physiological as well as psychological effects of yoga on sportsmen. The following points clearly show the

IMPORTANCE OF YOGA:

Improvement in the Concentration Power:

The concentration of power is play very significant role for success in every field of human life. For better performance in every field concentration is required. Vajrasana, Vrikasana, Padamasana and sidha asana etc. and Paranayama such as Ujjayi, Kapalbhati and Bhastrika etc are beneficial for the improvement of concentration power.

Improvement in the Function of Respiratory System:

For the best result or performance in area of any type of work or in the field of sports it is necessary to use full capacity of the lungs brought into proper use. For endurance related work or activities ie. paranayama is very beneficial. The various forms of paranayama i.e. Ujjayi, Sheetkari and bhastrika enhance the function of respiratory system. It also increases will power and vital capacity of the sportsmen.

Improvement in the Skeleton System:

Various yogic exercises enhance of the strength of cartilages and ligament to bear maximum stress of work. Practice of yogic exercises increase the flexibility of joints. Increases in flexibility of joints are beneficial in every field of life and in every sports activity.

Improvement in the Motor skill Learning:

Motor skill learning plays a vital role in the performance daily routine work and in sports and games. While learning a motor skill, tension and stress are common for learner. Yogic practices relax so he can learn the motor skill easily and accurately. Along relaxation, yoga helps in concentration of the learner which further improves the motor skill learning in every field of life.

Improvement in the cardiovascular efficiency:

It is a well known fact that cardiovascular efficiency is essential in every activity in human life or as well as in field of games and sports. For improving cardiovascular efficiency of every human yogic practice mainly paranayam is very beneficial. Various types of paranayam such as Ujjayi, and Bhastrika are essential and beneficial for improving such efficiency.

Prevention from Injuries:

Every human as well as sportsman have tendency to get injuries in their daily routine such sprain, strain, muscle cramp or rapture and fractures etc. Such injuries definitely affect the performance of human work capacity. Such injuries can be prevented by practicing of different types suitable yogasanas. Therefore yogasana should be done before and after the workout or competition. Such practice can prevent sports injuries.

DISCUSSION:

Many research works are done some following research paper published in different journal in the Role of Yoga in the field of Sports;

a) Luxmi Sharma (Research Scholar) Department Of Physical Education, C.D.L.U.,Sirsa, Haryana. P-Issn: 2394-1685 E-Issn: 2394-1693 Ijpes 2015; 1(3): 30-32 2015

b) Influence of Suryanamaskar on Human Body Original Article Siddappa Nandar And Sundar Raj Urs ISSN: 2277-3665 Vol. 3 | Issue. 7 July 2014 3. Physiology Effects Of Suryanamaskar On Cardio Vascular And Respiratory Parameters In School Students Sasi Kumar A+, Sivapriya D V. Shyamala Thirumeni Recent Research in Science and Technology 2011, 3(10): 19-24 ISSN: 2076-5061

On the basis of above research, it can be concluded that yoga is beneficial for improving and maintaining general health and fitness of general person as well as sportsmen. It is helpful in achieving the aim of World Health Organization, i.c. "Health for All" because it prevents and cures various diseases. Also its role in the field of sports especially in every level competitive sport is not neglected. Nowadays, different yogic practices are being applied for improving the performance of sportsmen.

REFERENCES:

- 1) "Prevention of muscular distress after exercise" -De veries H.A. (1961)
- 2) "Physiological benefit through yoga"- M.V. Bhole(1988)
- 3)"Effect of yogic training on physical fitness" -Ghorte M.L. (1973)
- 4)"Studies on physiological and psychological evaluation of yoga system exercises" Romaenvaski, W. and Pasek, T.
- 5) Yoga Mimanmsa.

ISSN: 2454 – 7905

SJIF Impact Factor: 7 . 479

Worldwide International Inter Disciplinary Research Journal

A Peer Reviewed Referred Journal
Quarterly Research Journal

(Arts-Humanities-Social Sciences- Sports, Commerce, Science, Education, Agriculture, Management, Law, Engineering,
Medical-Ayurveda, Pharmaceutical, MSW, Journalism, Mass Communication, Library sci., Faculty's)

www.wiidrj.com

Vol. II ISSUE - LXI Year – 7 21 July 2022

किसान शिक्षण प्रसारक मंडळ, उदगीर द्वारा संचलित,

महात्मा फुले महाविद्यालय, अहमदपूर जि. लातूर

(नॅक मूल्यांकन 'बी' दर्जा)

Web: www.mpmahmedpur.in

Department of Sports & Physical Education

One day Interdisciplinary International Conference (Online)

'Human life and Yoga'

:: Editor in Chief ::

Dr. Vasant Biradar

Principal,

Mahatma Phule Mahavidyalaya, Ahmedpur.

:: Editor ::

Prof. Dr. A. S. More

Department of Sports & Physical Education

Mahatma Phule Mahavidyalaya, Ahmedpur.

Address for Correspondence

Editor in Chief : Mrs. Pallavi Laxman Shete

House No.624 - Belanagar, Near Maruti Temple, Taroda (KH), Nanded – 431605 (India -
Maharashtra) **Email:** Shrishprakashan2009@gmail.com / umbarkar.rajesh@yahoo.com

Mob. No: +91-9623979067

Director : Mr. Tejas Rampurkar (For International contact only +91-8857894082)

Website: www.wiidrj.com

Worldwide International Inter Disciplinary Research (A Peer Reviewed Referred)

Worldwide International Inter Disciplinary Research (A Peer Reviewed Referred) is quarterly published journal for Research scholars, teachers, businessman and scientists to integrate disciplines in an attempt to understand the complexities in the current affairs.

We also believe that both researchers and practitioners can contribute their knowledge by translating understanding into action and by linking theory and practice. This would enhance the relevance and thought in various related fields.

This Journal expected to bring together specialists in the field of commerce, economics, management and industry from different part of the world to address important issues regarding commerce, management and economics. One of the objectives of the journal is to create dialogue between scholars of various disciplines.

The editor, editorial team and the publisher do not hold any responsibility for the views expressed in **Worldwide International Inter Disciplinary Research (A Peer Reviewed Referred)** or for any error or omission arising from it.

The journal will cover the following Faculties for All Subject:

• Arts/ Humanities / Soc. Sci. / Sports	• Engineering
• Commerce	• Medical /Ayurveda
• Science	• Law
• Education	• Journalism
• Agriculture	• Mass Communication- Library sci.
• Pharmaceutical	• Social Work
• Management	• Any Other

Director : Mr. Tejas Rampurkar (For International contact only +91-8857894082)

Printed by

Anupam Printers, Nanded.

Cost: Rs. 400/-

© Copy Right: Mahatma Phule Mahavidyalaya, Ahmedpur Dist. Latur

Editors of Worldwide International Peer Reviewed Journal are not responsible for opinions expressed in literature published by journal.

The views expressed in the journal are those of author(s) and not the publisher or the Editorial Board. The readers are informed, authors, editor or the publisher do not owe any responsibility for any damage or loss to any person for the result of any action taken on the basis of the work (c) The articles/papers published in the journal are subject to copyright of the publisher. No part of the publication can be copied or reproduced without the permission of the publisher.

Editorial Board

Dr. Deepak Bacchewar M.C Member and Co-Dean Interdisciplinary Faculty, Swami Ramanand Tirth Marathwada Vidyapeeth Nanded. (MH., India.)	Prof. Dr. vitthal Singh Parihar Director of sports, Swami Ramanand tirth Marathwada Vidyapeeth Nanded. (MH., India.)
Prof. Dr. Mardikar Madhavi Head Physical Education and Coordinator PGDT Physical Education Rashtra Sant Tukdoji Maharaj Nagpur University Nagpur. (MH., India.)	Dr. Pradeep Deshmukh Ex.M.C member and Director of sport, Swami Ramanand tirth Marathwada Vidyapeeth Nanded. (MH., India.)
Prof. Dr. Govind Martale Director sports, Dhanaji Nana College Faizpur Jalgaon (MH., India.)	Prof. Dr. Borkar D. S Director of Sports Dr. Ambedkar College Dikshabhumi Nagpur (MH., India.)

Peer-Review Committee

Dr. Sasane S. G Head Department of sociology, Mahatma Phule Mahavidyalaya Ahmedpur, Latur.	Dr. Biradar Prashant Head Department of Sanskrit Mahatma Phule Mahavidyalaya Ahmedpur, Latur
Dr. Kasab Maroti Department of Marathi, Mahatma Phule Mahavidyalaya Ahmedpur Latur	Dr. Chaukate Prakash Praldhrao Head Department of political science, Mahatma Phule Mahavidyalaya Ahmedpur, Latur
More Babruwan Head Department of history Mahatma Phule Mahavidyalaya Ahmedpur Latur	Mane Digambar Head Department of of Geography Mahatma Phule Mahavidyalaya Ahmedpur, Latur
Garje Sachin Department of geography, Mahatma Phule Mahavidyalaya Ahmedpur, Latur	chilgar Pandurang Department of Hindi, Mahatma Phule Mahavidyalaya Ahmedpur, Latur
Ingle Parmeshwar Librarian, Mahatma Phule Mahavidyalaya Ahmedpur, Latur	Akade Aatish Department of English, Mahatma Phule Mahavidyalaya Ahmedpur Latur

Advisor Committee

Prof. Dr Choudhary Durga Das Vice principal Mahatma Fule Mahavidyalaya Ahmedpur. Dist. Latur.	Prof. Dr Mule Nagraj Head Department of Hindi, Mahatma Phule Mahavidyalaya Ahmedpur District Latur.
Prof. Dr Anil Munde Department of Marathi, Mahatma Phule Mahavidyalaya Ahmedpur. Dist. Latur.	

Guidelines for Submission of Manuscript

1. COVERING LETTER FOR SUBMISSION:

DATE: _____

To,
THE EDITOR,
WIPRJ,
Nanded.

Subject: Submission of the article with the title

.....

DEAR Editor,

Please find my submission of article for possible publication in your journal.

I hereby affirm that the contents of this manuscript are original. Furthermore it has neither been published elsewhere fully or partly, nor it is under review for publication anywhere.

I affirm that all author(s) have seen and agreed to the submitted version of the manuscript and their inclusion of name(s) as co-author(s).

Also, if our/my manuscript is accepted, I/We agree to comply with the formalities as given in the journal and you are free to publish our contribution in your journal.

Name and Sign of Author/Authors

Designation:

Affiliation with full address & Pin Code:

Residential address with Pin Code:

Mobile Number (s):

Landline Number (s):

E-mail Address:

Alternate E-mail Address:

2. INTRODUCTION: Manuscript must be in British English prepared on a standard A4 size paper setting. It must be prepared on a single space and single column with 1” margin set for top, bottom, left and right. It should be typed in 12point Times New Roman Font (English Article) and 16 point in DVB-TT Surekh in Pagemaker (Marathi / Hindi Article).

3. MANUSCRIPT TITLE and HEADINGS: The title of the paper should be bold capital. All the headings should be bold. All sub-headings should have also bold.

4. AUTHOR(S) NAME(S) and AFFILIATIONS: The author(s) full name, designation, affiliation(s), address, and email address should be there.

5. ABSTRACT: Abstract should be in fully italicized text, not exceeding 250 words. The abstract must be informative.

6. KEYWORDS: Abstract must be followed by list of keywords, subject to the maximum of five.

7. FIGURES and TABLES: These should be simple, centered, separately numbered and self-explanatory, and titles must be above the tables/figures. Sources of data should be mentioned below the table/figure.

8. REFERENCES: The list of all references should be alphabetically arranged. It must be single spaced, and at the end of the manuscript. The author(s) should mention only the actually utilized references in the preparation of manuscript and they are supposed to follow **Harvard Style of Referencing**.

Review Process

Each research paper submitted to the journal is subject to the following reviewing process:

1. Each research paper/article will be initially evaluated by the editor to check the quality of the research article for the journal.
2. The articles passed through screening at this level will be forwarded to two referees for blind peer review.
3. At this stage, two referees will carefully review the research article, each of whom will make a recommendation to publish the article in its present form/modify/reject.
4. The review process may take one/two months.
5. In case of acceptance of the article, journal reserves the right of making amendments in the final draft of the research paper to suit the journal's standard and requirement.

Worldwide International Inter Disciplinary Research Journal

(A Peer Reviewed Referred)

(ISSN - 2454 7905)

COPYRIGHT WARRANTY AND AUTHORISATION FORM

Date:

TO,
THE PUBLISHING EDITOR,
Worldwide International Inter Disciplinary Research (A Peer Reviewed Referred),
Nanded.

SUBJECT: COPYRIGHT WARRANTY AND AUTHORISATION FORM
(The article cannot be published until this copyright authorization agreement is received by the Editor)

DECLARATION

I/We the
author/authors of the paper titled.....
.....authorize
you to publish the above mentioned article **Worldwide International Inter Disciplinary Research (A Peer Reviewed)**

I/We hereby declare that:

1. This article authored by me/us is an original and genuine research work. It does not infringe on the right of others and does not contain any libelous or unlawful statements. It has not neither been submitted for publication nor published elsewhere in any print/electronic form.
2. I/We have taken permission from the copyright holder to reproduce the matter not owned by me and acknowledged the source.
3. I/We permit editors to publish the said paper in the journal or in any other means with editorial modification, if any.
4. I/We assign all the copyright of this article to the journal, and have not assigned any kind of rights for its publication to any other publisher(s).
5. I/We agree to indemnify the Editors, **Worldwide International Inter Disciplinary Research (A Peer Reviewed Referred)** against all claims and expenses arising from any breach of warranty on my/our behalf in this agreement.
6. In case of a paper by multi-authored article, I/corresponding authors have obtained permission to enter into agreement and assign copyright from all the co-authors, in writing and all the co-authors have thoroughly read and agreed with above warranties and authorization.
7. All disputes subject to jurisdiction of Nanded court only.

Name :

Official Address :

..... Pin

e-mail id :

Mobile and Phone No. :

Signature of the Author(s) :

Worldwide International Inter Disciplinary Research Journal
(A Peer Reviewed Referred)
(ISSN 2454 7905)

Dr. Rajesh G. Umbarkar

House No.624 - Bela Nagar, Near Maruti Temple, Taroda (KH), Nanded – 431605 (India -Maharashtra)

Phone : +91 9623979067 **Email :** umbarkar.rajesh@yahoo.com / Shrishprakashan2009@gmil.com

www.wiidrj.com

Dear Editor,

I wish to be an Annual Member and agree to abide by your rules and regulations.

1. Name in Full : _____

2. Nationality: _____

3. Address for Correspondence: _____

Phone (STD code): _____ Mobile No : _____

4. Name of the College/Employer : _____

5. Present Position/Designation: _____

6. Email Address: _____

Date:

(Signature of the applicant)

Place: Stamp Seal:

ANNUAL SUBSCRIPTION RATES:

	Domestic	International
Individual	Rs. 1500	\$ 150
Institutional	Rs. 1500	\$ 150

Director : Mr. Tejas Rampurkar (For International contact only +91-8857894082)

Subscriptions must be sent by Demand Draft drawn on any Nationalized Bank at Nanded, in favour of **Mrs.Pallavi Laxmanrao Shete** Subscription can also be made by depositing cash or electronic transfer in our bank account.

Name of the Bank : **State Bank of India, Branch – Taroda Naka Dist. NANDED. (MH., India.)**

IFSC Code : **SBIN0016667**

Branch Code : **16667**

Account Number : **20286425949**

:: Editorial ::

Keeping this in mind, K.S.P.Mandal's Mahatma PhuleMahavidyalayaAhmedpur, Department of Sports organized the Inter National Seminar on "Yoga and Human Life" and decided to publish the research papers in journal /unveil a book in edited form. The present journal consists of research papers from the academicians, teachers and research scholars across the country. I hope this volume will prove a stepping stone for the teachers, scholars and students. It will definitely guide the students and researchers to study Indian Literature in English in this perspective. This volume cannot, of course, pretend to be a complete one but it includes only selected articles recommended by the Peer Review Panel.

I wish to express special thanks to Hon'ble Members of K.S.P.MandalUdgir, Hon'ble Principal,Dr. Vasant Biradar, for their constant support and encouragement in undertaking such an academic activity.I think, it is my duty to express words of thanks to all the contributors and "Peer Review Panel" for their recommendation of articles.

The present Volume will definitely help the teachers and research scholars to get complete insight of the topic chosen for the National Seminar.

Editor

Prof. Abhijeet Shamrao More

Director of sports and physical Education
Mahatma PhuleMahavidyalaya, Ahmedpur

:: प्रास्ताविक ::

किसान शिक्षण प्रसारक मंडल, उदगीर द्वारा संचलित महात्मा फुले महाविद्यालय, अहमदपुर के क्रीडा विभाग तथा स्वामी रामानंद तीर्थ मराठवाडा विश्वविद्यालय, नांदेड के संयुक्त तत्वाधान मे आजादी के अमृत महोत्सव के उपलक्ष्य मे तथा अंतरराष्ट्रीय योगा दिन के औचित्य पर आयोजित एक दिवसीय आंतरराष्ट्रीय ई - संगोष्ठी मे सभी विद्वज्जन लेखकों का मै महाविद्यालय का प्रधानाचार्य इस नाते हार्दिक स्वागत करता हूँ।

आभासी पद्धती से जुड़े हुए हमारे किसान शिक्षण प्रसारक मंडल उदगीर के अध्यक्ष मा. श्री. श्रीरंगराव पाटील एकंबेकर साहेब, सचिव मा. श्री. ज्ञानदेव झोडगे साहब तथा जर्मनी से इस संगोष्ठी का उद्घाटन करनेवाले अंतरराष्ट्रीय स्तर के योग अभ्यासक अश्विन आंबटवार तथा स्वामी रामानंद तीर्थ मराठवाडा विश्वविद्यालय के व्यवस्थापन परिषद सदस्य हमारे मित्र डॉ.दीपक बच्चेवार जिन्होंने योगा पर विस्तृत मार्गदर्शन किया ऐसे हमारे मित्र तथा बीजभाषक, स्वामी रामानंद तीर्थ मराठवाडा विश्वविद्यालय के क्रीडा विभाग के संचालक डॉ.विठ्ठलसिंह परिहार, द्वितीय सत्र मे जिन्होंने मार्गदर्शन किया ऐसे हमारे मित्र तथा स्वामी रामानंद तीर्थ मराठवाडा विश्वविद्यालय के भूतपूर्व व्यवस्थापन परिषद सदस्य डॉ.पी. एन. देशमुख सर तथा विशेष मार्गदर्शक पतंजली योग विश्वविद्यालय, हरिद्वार के डॉ. नितिष कुमार यादव, आलेख पठाण सत्र के अध्यक्ष डॉ.बलवंत सिंह तथा प्रातिनिधिक स्वरूप पर शोधालेख पठाण करने वाले डॉ.चंद्रजीत सिंह, डॉ. गौरी बेन पटोलिया, डॉ. अभिजीत सरनाईक तथा डॉ. जयशिला मनोहर आपके सहयोग के कारण आंतरराष्ट्रीय संगोष्ठी सफल हुई हैं।

इसलिये मै आपका हार्दिक अभिनंदन करता करता हूँ।

मुझे यह बताते हुए अत्याधिक आनंद होता हैं कि, हमारे महाविद्यालय का क्रीडा विभाग अत्यंत सक्रिय है। स्वामी रामानंद तीर्थ मराठवाडा विश्वविद्यालय का राष्ट्रीय, आंतरराष्ट्रीय स्तर पर प्रतिनिधित्व हमारे छात्रोंने किया है। उनको मार्गदर्शन करनेवाले हमारे महाविद्यालय के क्रीडा संचालक प्रो. डॉ. अभिजीत मोरे अभिनंदन के पात्र है। इस अंतरराष्ट्रीय संगोष्ठी के लिए देश-विदेश से सौ से अधिक शोध आलेख प्राप्त हुए है। मै उनका अभिनंदन और स्वागत करता हूँ।

मित्रों, 'ह्युमन लाईफ अँड योगा ' यह ग्रंथ आपके सहयोग से प्रकाशित हो रहा हैं। इस ग्रंथ का आप सभी स्वागत करेंगे इसका मुझे विश्वास हैं। आज के युग मे योगा करने की आवश्यकता है, क्योंकि मनुष्य के पास सब कुछ है, लेकिन आरोग्य संपन्नता नही है। मनुष्य जीवन मे सफल होने

के लिए अपने आरोग्य को दाँव पर लगा रहा है | लेकिन अपने आरोग्य की चिन्ता नहीं करता । आज वैश्वीकरण के युग मे मनुष्य तरक्की के पीछे दौड रहा है । लेकिन तरक्की ही महत्वपूर्ण नही है । बल्कि शारीरिक और मानसिक तंदुरुस्ती भी आवश्यक है । योगविद्या यह भारत की अतिप्राचीन विद्या मानी जाती हैं जिस का स्वीकार पुरे विश्व ने किया है | विभिन्न प्रकार की शारीरिक या मानसिक व्याधीयों को दूर करने के लिए योगा का बहुत महत्व है । प्रति वर्ष २१ जून को आंतरराष्ट्रीय योग दिन मनाया जाता है । लेकिन केवल एक दिन के लिए योगा करने से कुछ नही होता है । बल्कि मनुष्य ने अपना समय निकाल कर योगा करना चाहिये | योगा से मन तथा तन प्रसन्न होता हैं और प्रसन्न मन से किया गया कार्य जीवन मे सफलता देता है । इसलिये मनुष्य ने निरंतर योगा करना चाहिये । अंतरराष्ट्रीय संगोष्ठी मे उपस्थित विद्वतज्जनों ने योगा के महत्व को समझाया है | उनका मैं अभिनंदन करता हूँ, धन्यवाद देता हूँ । तथा आज के इस आंतरराष्ट्रीय योग दिन के अवसर पर आंतरराष्ट्रीय संगोष्ठी का आयोजन करके हमारे महाविद्यालय के क्रीडा संचालक प्रो. डॉ.अभिजीत मोरे का भी मैं अभिनंदन करता हूँ और भविष्य में भी उनके द्वारा इसप्रकार का कार्य निरंतर होता रहे, इस हेतु शुभेच्छा देता हूँ । और मेरी लेखनी को विराम देता हूँ ।

धन्यवाद !

प्रधानाचार्य डॉ. वसंत बिरादार

महात्मा फुले महाविद्यालय, अहमदपुर,

ता . अहमदपुर जि. लातूर

INDEX

Sr. No.	Title of the Paper	Name of Author	Page No.
1.	A COMPARATIVE STUDY ON SELECTED PHYSICAL FITNESS COMPONENTS OF KARATE AND TAEKWONDO MALE SCHOOL PLAYERS	Manash Jyoti Nath Dr. Mahesh R. Wakradkar	01
2.	THE BENIFITS OF YOGA: ON THE HUMAN BODY, PHYSICAL FITNESS AND THE MENTAL HEALTH	Dr. S. G. Sasane Pooja Vitthal Kendre	05
3.	COMPARISON OF POSITION WISE SKILL PERFORMANCES OF JUNIOR MALE BALL BADMINTON PLAYERS FROM MAHARASHTRA STATE.	Asst. Prof. Pallavi Tarde Prof. Dr. Abhijit More	12
4.	A SURVEY STUDY OF DIVERSE INTERESTS RELATED TO PHYSICAL ACTIVITIES AMONGST MIDDLE-AGED MEN	Dr. Abhijit A. Sarnaik Dr. Pallavi S. Deshmukh	16
5.	ANALYTICAL STUDY OF SELECTED PHYSICAL FITNESS FACTORS OF JUNIOR COLLEGE STUDENTS IN PUNE AND PIMPRI CHINCHWAD	Dr. Chaya Kote Mrs. Suvarna Govardhan Gholap	20
6.	ASHTANGA YOGA: PANACEA OF ALL CURE	Dr. Bhatt Anand Shrinath	25
7.	YOGA, PHYSICAL FITNESS AND MODERN LIFE	Dr. Ganacharya Vinod Nagnath	28
8.	YOGA PILATES :PANACEA FOR COVID 19 PANDEMIC	Dr. Shejul Madhav D.	32
9.	YOGA FOR HELTH LIFE	Dr. Hanumante Chandrakala	34
10.	YOGA AN EFFECTIVE TOOL IN STRESS MANAGEMENT	Dr. Charanjeetsingh Mahajan	37
11.	HEALTHANDNUTRITIONSTATUSOFT RIBESOFTRIPURAININDIA	Sajana Begam Dr. Abhijeet Shamrao More	41
12.	योग और शारिरीक फिटनेस संशोधक	सचिन गोविंदराव चौधरी	45
13.	मानवी जिवन आणि योगा	प्रा. डॉ. फड एल. एच.	49
14.	धर्मावरील मेडीटेशनचा प्रभाव: एक संक्षिप्त अभ्यास	प्रा. डॉ. विठ्ठल डुमनर	53
15.	सर्वांगीण आरोग्यासाठी योग	प्रा. डॉ. कालवले गोविंद केरबा	56
16.	सामाजिक स्वास्थ्य राखण्यासाठी योगची सकारात्मक भूमिका.	डॉ. गणेश पुंडलिकराव कदम	58
17.	मानसिक आरोग्य आणि योग	डॉ. तत्तापुरे जे.जी	64

18.	शारीरिक व मानसिक आरोग्यासाठी योगसाधना	प्रा. डॉ. कैलास शिवहरराव पाळणे	66
19.	व्यायामाचे जीवनातील महत्त्व : एक अभ्यास	Prof. Ashtekar Nitin Vasantryao	71
20.	मानसिक ताणतणाव आणि योगसाधना	सहा. प्रा. दत्ता रामकिशन मुंढे	75
21.	चांगल्या आरोग्यासाठी योगाची गरज	प्रा. डॉ. देवकते उत्तम शेषराव	77
22.	योग आणि शारीरिक सुदृढता	संतोष श्रीक्रिष्ण कदम	79
23.	योग आणि योगाचे फायदे	प्रा. विजय परमेशु उपलंचवार	84
24.	हृदया संबंधीत जास्तीचा व्यायाम आणि जिम करणे मृत्युस कारणीभूत ठरते का यासंबंधी एक अभ्यास	प्रा. डॉ. गुणाजी पांडुरंग नलगे	87
25.	योग आणि आहार	काझी महंमद वजीरोदिन सदरोदिन	89
26.	मानवी स्वास्थासाठी योग	प्रा. नेहाल अहेमदखान	92
27.	योगासनाचे फायदे	विनोद बळीराम जमदाडे डॉ. गजमल एन. जी.	94
28.	योग साधना करणाऱ्या व योगसाधना न करणाऱ्या महाविद्यालयीन विद्यार्थ्यांमधील मानसिक आरोग्याशी असलेला सहसंबंधचा अभ्यास	सौ. क्रांती संदेश क्षीरसागर	97
29.	Yogic & Diet (यौगिक आहार)	Dr. Jagjeetkour	101

A COMPARATIVE STUDY ON SELECTED PHYSICAL FITNESS COMPONENTS OF KARATE AND TAEKWONDO MALE SCHOOL PLAYERS

Manash Jyoti Nath

Research Scholar

Dr. Mahesh R. Wakradkar

(Research Guide) Director of Physical Education Pansare mahavidyalaya arjapur.
Nanded.(MH) S.R.T.M university,Nanded

ABSTRACT

The purpose of the present study was to compare the physical fitness variables among school level male karate and Taekwondo players. To accomplish the goal of the current research, forty School level karate (N20) and taekwondo (N20) male players who were active in training and age ranging from 13 to 18 years old were randomly selected from Mahendranagar of Kanchanpur District Nepal. To compare the mean differences between the school level male karate and taekwondo players, 't' tests were computed using SPSS software. Agility and strength were found significantly different whereas speed was not found to be statistically significant.

Keywords: Karate, Agility, Strength

INTRODUCTION

Physical fitness is the ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to engage in leisure pursuits and to meet energy situations. Physical fitness is gauged by performance and which is based on a composite of many factors. The most commonly mentioned fitness factors are speed, endurance, power, flexibility, balance, coordination and accuracy. Fitness variables have been considered the important requisite for sportsmen to secure top level performance in games (Harold and Rosemary, 1979). Speed is the performance pre-requisite to do motor actions under given conditions (movement tasks, external factors, individual pre-requisites) in minimum time (Schnabel 1987). The agility is the capacity of an individual measured by the rate of changing his position in space. It is the ability to change the direction quickly and effectively with moving as nearly as possible with full speed. Strength is one of the most important abilities in sports. Strength is a condition ability of a sports person. It is the ability to overcome to act against the maximum resistance.

OBJECTIVES

The main objective of the study was to compare the speed agility and strength of school level male karate and Tae kwon Do players.

METHODOLOGY

This study was designed to compare the strength, speed and agility between the karate and taekwondo players. To achieve the purpose, a total of forty (20 karate and 20 taekwondo) players were selected randomly from Kanchanpur District of Nepal. Their age ranged from 13 to 18 years. The purpose of the study was to find out the selected physical fitness components among school level male karate and taekwondo players. The researcher used the random group design in this study. In this study randomly selected 20 karate and 20 tae kwon do male players who volunteered to participate. They were measured by their speed, agility and strength. The collected data were subjected to statistical treatment using mean, standard deviation and 't' ratio by using SPSS software to find out the

significance of the mean obtained.

The researcher reviewed the literature regarding physical fitness from books and journals as well as discussed with the experts, feasibility and availability of instruments and equipment. The variables used for the study are given in the following table.

Table 1 : Selection of Variables and Test

S. No.	Physical Fitness variables	Test
1.	Speed	50 m. Dash
2.	Agility	Shuttle run
3.	Strength	Push ups

RESULTS

The results are presented in the following tables:

Comparison of Scores on speed between school level male Karate and Taekwondo players are presented in table No. 20

Table 2 : Comparison of Scores on speed between male school level Karate and Taekwondo players

Variable	Groups	N	Mean	SD	T
Speed	Karate	20	6.459	0.720	0.326
	Tae kwon do	20	6.393	0.539	

It is depicted from the table No. 2.0 that the calculated 't' values in case of school level karate and taekwondo players was not found to be statistically significant as the value obtained was 0.326 where as the tabulated value was 2.0244 with 38 degree of freedom at 0.05 level of significance. Mean scores are shown graphically in fig. 1

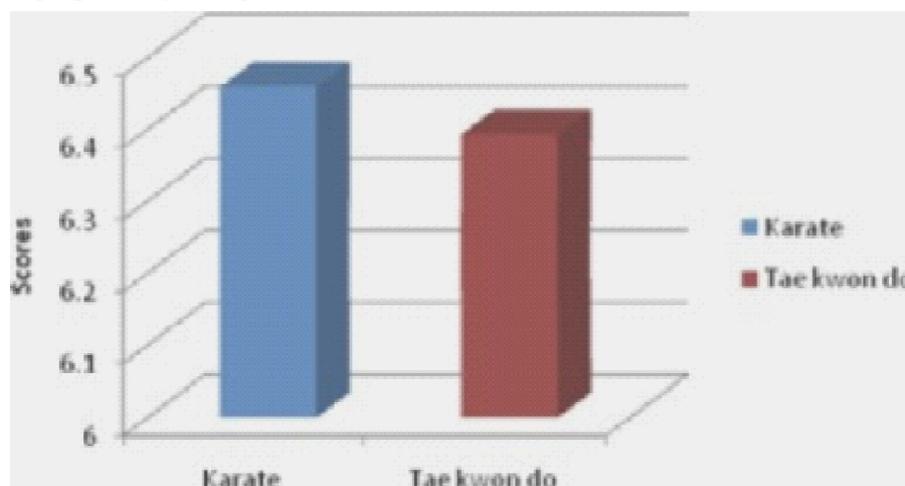


Fig. 1 : Mean Scores of Speed

Table 3 : comparison of Scores on Agility between school level male karate and taekwondo players

Variable	Groups	N	Mean	SD	T
Agility	Karate	20	7.896	0.867	10.171
	Tae kwon do	20	5.678	0.446	

Table 3 clearly indicates that there was highly significant differences between school level male karate and taekwondo players on the variable of Agility since the 't' value obtained at 0.05 level was 10.171 whereas the tabulated 't' value was 2.0224 with 38 degree of freedom at 0.05 level of significance. Mean scores are shown graphically in fig 2

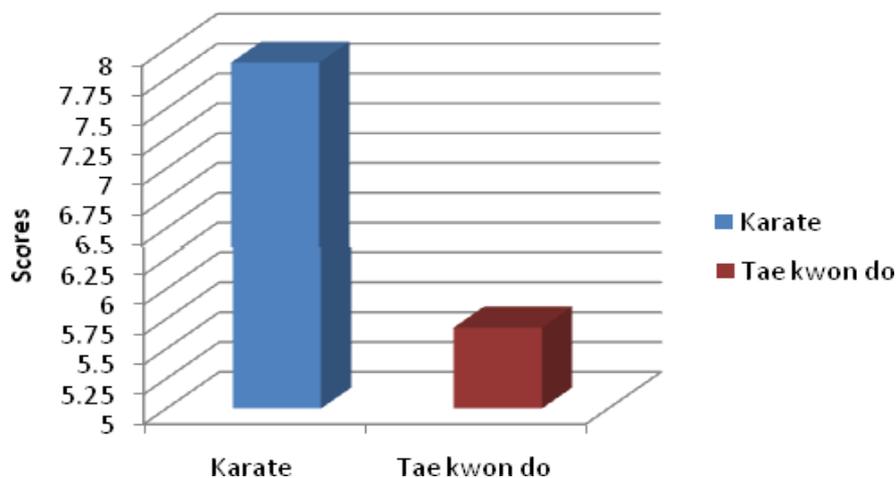


Fig. 2 : Mean Scores of Agility

Comparison of scores on strength between school level male karate and taekwondo players are presented in table No. 4

Table 4: Comparison of scores on strength between school level male karate and taekwondo players.

Variable	Groups	N	Mean	SD	T
Strength	Karate	20	53	11.32	4.518
	Taekwondo	20	40.85	4.05	

It is clearly depicted from table No. 4 that the calculated 't' value in case of strength on school level male karate and taekwondo players was statistically significant as the value obtained was 4.518 where as the tabulated value was 2.0244 with 38 degree of freedom at 0.05 level of significance. Mean scores are shown graphically in fig. 3

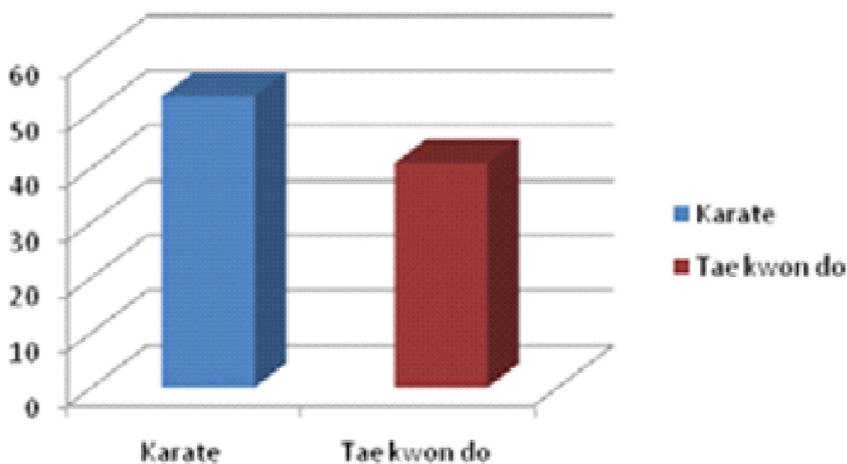


Fig. 3 : Mean scores of Strength

DISCUSSION

From the result presented in table 2,3 and 4. It has been observed that there was a significant difference on Agility and strength between school level male karate and taekwondo players. More upper body strength is required to karate players to punch (Tsuki) in comparison to taekwondo players. But in case of agility taekwondo players need more agility than karate players so that they can change their direction immediately to kick. Hence forth, the levels of Agility and strength possessed by

school level male karate and taekwondo players were significantly different.

From the analysis of data it is revealed that there was no significant difference in speed between school level male karate and taekwondo players because both players need to have more speed during the game.

CONCLUSION

In the light of the findings and limitations of the present study the following conclusions were drawn: Significant differences were obtained between school level male karate and taekwondo players on Agility and strength. No significant difference was found between school level male karate and taekwondo players on speed.

REFERENCES

- 1) Ajayaghos, M. V. (2017). Comparative Study on Selected Physical Fitness variables Among men Football and Hockey Players. International Journal of physiology, Nutrition and Physical Education, 2(2), 792 -794.
- 2) Aman Singh Sisodiya et.al. A comparative study on selected motor abilities of team and individual Game Players. Human Kinetics Journal of Physical Education 2010;1(2):65-68.
- 3) Barrow, H.M. and McGee .R. (1979). Practical Approach to measurement in physical Education. Lea & Febiger, London.
- 4) Harold, M.B. & Rosemary, M. (1979). "A practical approach to movement in physical education: Philadelphia: Lea and Febiger, London.
- 5) Singh, N.D., Singh R., & Singh, S. V. (2011). Study of Trunk Flexibility and Body Composition between football and Badminton Players. Journal of Physical Education and sport, 11(1), 18-21

THE BENIFITS OF YOGA: ON THE HUMAN BODY, PHYSICAL FITNESS AND THE MENTAL HEALTH

Dr. S. G. Sasane

Department Of Sociology M.P. Collage,Ahamdpur, 413515.

Pooja Vitthal Kendre

Pg In Ma English

ABSTRACT:

This report summarizes the current evidence on the effects of yoga interventions on various components of mental and physical health, by focussing on the evidence described in review articles. yoga in fact means union of personal awareness with the supreme awareness. The objective of this study is to assess the findings of selected articles regarding the therapeutic effects of yoga and to provide a comprehensive review of the benefits of regular yoga practice. Yoga practice can improved health and mental condition, therefore it may help to improve the mind -body awareness, self regulation and physical fitness of humanity. In this brief article we discuss the evidence for yoga as a form of mental health promotion, illness prevention and treatment for depression. Results from this study show that yogic practices enhance muscular strength and body flexibility, promote and improve respiratory and cardiovascular function, promote recovery from and treatment of addiction, reduce stress, anxiety, depression, and chronic pain, improve sleep patterns, and enhance overall well-being and quality of life.

KEYWORDS:

Benifits of yoga, mental condition, meditation, humanity, flexibility.

INTRODUCTION:

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'.

Yoga is an ancient activity and discipline. It is related to achieving physical, mental and spiritual health. It includes various postures, chunts, mantras, and meditation. It also includes breathing exercises. Yoga is more than just a workout—it's actually a combination of four components: postures (like tree pose), breathing practices, deep relaxation, and meditation that can transform your health on many different levels. One of the oldest sciences in the world, Yoga originated in India. According to mythology, Lord Shiva was the first one to impart the knowledge of yoga. Yoga, dating back to 2700 BC, is an offering of the Indus valley civilization that seeks to promote both the material and spiritual well-being of humanity. Yoga has been practiced for thousands of years, and whilst many different interpretations and styles have been developed, most tend to agree that the ultimate goal of yoga is to achieve liberation from suffering. Although each school or tradition of yoga has its own emphasis and practices, most focus on bringing together body, mind and breath as a means of altering energy or shifting consciousness.

Benefits Of Yoga In Human Body:

According to a 2012 survey Trusted Source, 94% of adults who practice yoga do so for wellness reasons.

Yoga has many physical and mental benefits, including Trusted Source:

building muscle strength
 enhancing flexibility
 promoting better breathing
 supporting heart health
 helping with treatment for addiction
 reducing stress, anxiety, depression, and chronic pain
 improving sleep
 enhancing overall well-being and quality of life

It is advisable to consult a medical professional, if possible, before starting a yoga practice.

If you're a passionate yoga practitioner, you've probably noticed the benefits of yoga. Maybe you're sleeping better or getting fewer colds or just feeling more relaxed and at ease. But if you've ever tried telling a newbie about the benefits of yoga, you might find that explanations like "It increases the flow of prana" or "It brings energy up your spine" fall on deaf or skeptical ears.

Physical Benefits of Yoga:

Yoga promotes physical health in multiple different ways. Some of them derive from better stress management. Others come more directly from the physical movements and postures in yoga, which help promote flexibility and reduce joint pain.

Better Deep-Rooted To Lumber pain:

Yoga is a mind-body therapy that's often recommended to treat not only back pain but the stress that accompanies it. The appropriate poses can relax and strengthen your body. Yoga helps to balance your weight evenly all points and maintain awareness of your body. The lower back consists of the five lumbar vertebrae at the bottom of backbone. The lumbar vertebrae are the largest when compared to the rest of the backbone and help support your upper and lower body, allow you to twist and move your torso, and protect your spinal cord. There is also a complex network of ligaments, muscles, and tendons here to help everything move properly and stay in place.

The lumbar region handles high stress and heavy loads when you're walking, running, lifting, carrying, or doing just about anything—which is why it's no surprise that lower back pain is so common.

Now the time, our lifestyle leaves our back respectable to pain on account of bad posture. Yoga helps to get rid of the back ache. Here are some yoga asanas for back ache that will tighten the back muscles and strengthen your back. Practice these yoga asanas for back ache on a regular basis to stay healthy.

- 1] Adho Mukha Svanasana (Downward-Facing Dog Pose)
- 2] Balasana (Child's Pose)
- 3] Uttanasana (Standing Forward Bend)
- 4] Malasana (Garland Pose)
- 5] Apanasana (Wind-Relieving or Knees-to-Chest Pose)
- 6] Supta Matsyendrasana (Supine Spinal Twist)
- 7] Marjaryasana / Bitilasana (Cat-Cow Pose)

This pose is excellent for relaxing the muscles of the lower back and drains stagnant fluid from the feet and ankles.

Yoga Makes Body Self realization:

Yoga is a Spiritual Journey of Self Realization. Yoga is not a religion; it is a way of living that aims towards 'a healthy mind in a healthy body'. Yoga makes body realization with

Promotes self-healing

Removes negative blocks from the mind and toxins from the body

Enhances personal power

Increases self-awareness

Helps in attention, focus and concentration, especially important for children

Reduces stress and tension in the physical body by activating the parasympathetic nervous system

The aspirant feels rejuvenated and energized. Thus, yoga bestows upon every aspirant the powers to control body and mind.

The difficulty with the body is, you may have worked your whole life — sixty years, seventy years — and you may have come to a certain state, but this body will die. And when you get a new body, you will have to start from scratch; you cannot start from where you had stopped in the past life. This was such a great difficulty for the yoga system that they started looking at how to lengthen the body's life span. so yoga is the best for relax and grow up to body. Yoga is a way of leading a healthy, long, and improved life. It is not just a form of exercise but its adoption leads to holistic wellness for ourselves. The realization of our wellness, health, and the need to improve our lives.

Fight With Tiredness:

Fatigue is a state of constant tiredness and weakness that is not relieved by rest. It may occur due to stress (emotional, work or other), lifestyle factors such as smoking, poor diet, lack of sleep or exercise, or medical conditions like heart disease, diabetes or thyroid issues.

If it is not due to an underlying condition, fatigue can be easily managed through improving one's diet and including regular exercise in their daily schedule.

Yoga asanas for stress relief: These 5 yoga poses will help reduce stress and tiredness

Sukhasana (Easy pose)

Balāsana (Child's pose)

Paschimottāsana (Seated forward bend)

Ananda Balāsana (Happy baby pose)

Uttānāsana (Standing forward)

Yoga can help you relax and feel more balanced and rejuvenated.

Encourage Stability:

Yoga is a very good tool to access for improving the strength in your abs and back. Balance is your ability to control your body without movement against gravity. Stability is your ability to control your body during movement. Yoga helps with balance, focus, movement, and coordination. The foundation for all of the standing yoga poses is Tadasana, or Mountain pose. Practicing this pose with keen awareness and a strong muscular engagement is a powerful and effective way to create balance. "This pose makes me feel steady and stable.

The best yoga poses to promoting our balance.

TADASANA

UTTANASANA

VIRABHADRASANA/PARSHVA

UTTANASANA

CHAKRAVAKASANA

DVIPADA PITHAM

APANASANA

Balancing postures in yoga help us to really stay with our breath, be compassionate with our bodies, and become a little more humble with our abilities.

Yoga Good For Heart Health:

Yoga also improves heart health by increasing circulation and blood flow. In addition, practicing yoga can help lower blood pressure, cholesterol, and blood glucose levels, as well as the heart rate — which can all add up to a lower risk of hypertension, stroke, and heart disease.

Most people start experiencing heart-related issues during their old age. However, recent studies have shown that more than 30% of heart attack patients are under the age of 40.

It means that a majority of adults start showing symptoms of heart diseases at a much younger age. A hectic lifestyle, lack of physical activities and an unhealthy diet are some of the main reasons for this drastic change.

So, here are some simple and effective yoga asanas that can be helpful for a healthy heart.

1. The Mountain Pose (Tadasana)
2. The Chair Pose (Utkatasana)
3. The Tree Pose (Vrikshasana)
4. The Standing Forward Bend (Uttanasana)
5. The Big Toe Pose (Padangusthasana)
6. The Downward Facing Dog Pose (Adho Mukho Svanasana)
7. The Seated Forward Bend (Paschimottanasana)
8. The Bridge Pose (Setu Bandhasana)
9. The Cobra Pose (Bhujangasana).

Apart from regularly practicing yoga for heart health, you need to also work on maintaining a healthy diet. As it allows you to experience the benefits of a healthy heart, it can also prove to be one of the best ways to happy and healthy aging.

Build Strength:

Yoga is a strength-based practice. It excels at using your body weight to make you stronger and increase muscle tone. Unlike weight training regimes that isolate movements, yoga is a whole-body workout. It builds strength you can use in your everyday activities. Yoga is strength training for the body and mind.

9 Yoga Poses That Build Strength - Verywell Fit

CHATURANGA DANDASANA**BHUJANGASANA****NAVASANA****VIRABHADRASANA****ARDHA CHANDRASANA****VAKRASANA****UTKATASANA****ADHO MUKHA VRKSASANA**

Yoga offers a lot of ways to improve your strength that are adaptable to different levels of practice.

Mental Health From Yoga:**Yoga Improves To Mood:**

Yoga has a greater positive effect on a person's mood and anxiety level than walking and other forms of exercise, which may be due to higher levels of the brain chemical GABA, according to new article. GABA activity is reduced in people with mood and anxiety disorders, and drugs that increase GABA activity are commonly prescribed to improve mood and decrease anxiety. Yoga may have additional benefits. It can affect mood by elevating levels of a brain chemical called gamma-aminobutyric acid (GABA), which is associated with better mood and decreased anxiety.

Practice These 9 Feel-Good Yoga Poses Any Time You Need to Boost Your Mood

1. Mountain Pose (Tadasana)
2. Wide Legged Forward Fold (Prasarita Padottanasana I)
3. Downward Facing Dog (Adho Mukha Svanasana)
4. Down Dog Crunch (Adho Mukha Svanasana Variation)
5. One Leg Plank Pose (Eka Pada Phalakasana)
6. Cobra Pose (Bhujangasana)
7. Forward Fold (Uttanasana)
8. Butterfly Pose (Baddha Konasana)
9. Legs Up the Wall (Viparita Karani)

Better To Mind Relax:

Breathe it out. Breathing exercises are one of the simplest relaxation strategies, and can effectively calm your stressed-out body and mind. Meditation helps you learn how to relax your mind in a few different ways. One meditation session can calm your physiology and relax your mind, but many sessions over time can help you to feel less stressed when you face stress in the future--you can become more resilient to stress with the help of meditation.

Meditation can clear your mind from thoughts that are stressing you, and over time, regular meditation can lead you to be less reactive to stress, and more resilient in the face of your stressors. Cognitive restructuring is a strategy that shows you how to relax your mind by changing habitual thought patterns that trigger your stress response. Taking care of yourself physically can improve your mental health. ... Relaxation exercises and prayer can improve your state of mind and outlook on life.

Eight Yoga Poses to Help Relax Your Mind at Home

Wide-Legged Forward Bend Pose (Prasarita Padottanasana)

Lizard Pose (Utthan Pristhasana)

Sphinx Pose (Salamba Bhujangasana)

Supported Bridge Pose (Setu Bandhasana Sarvangasana)

Forward Fold Pose (Uttanasana) Reclining Bound Angle Pose (Supta Baddha Konasana)

Legs Up the Wall Pose (Viparita Karani)

Corpse Pose (Savasana)

Finding time to relax in the everyday hustle and bustle of life is challenging. However, you don't have to make major lifestyle changes to reduce your stress levels and feel better mentally.

Supply A Calm End To Your Workout:

Exercise reduces levels of the body's stress hormones, such as adrenaline and cortisol. It also stimulates the production of endorphins, chemicals in the brain that are the body's natural painkillers

and mood elevators. When you work out, your body loses water. You want to replenish your body's water supply to help increase .

What to Do After a Workout

Cool down. If you stop exercising too suddenly, you may feel lightheaded or dizzy. ...

Stretch. You want your body to return to how it was before you started your workout. ...

Drink up. With water that is! ...

Change your clothing. ...

Take a cool shower. ...

Let your body recover. ...

Munch on the right snack.

Cooling down requires you to keep moving after you end the conditioning phase. Cooldown movements should allow your heart rate, blood pressure and body .The key here is variety. Don't let yourself get stuck in an exercise rut. In regards to intensity and time, vary your effort. Dedicate some of your workouts to .

Sharper Brains:

We all know that our brain is the most crucial organ in our body. Unfortunately, it is also the most neglected one. The brain degeneration is not easily visible like skin degeneration. Various factors are responsible for brain degeneration.

circulation, especially to the head region. Better the blood circulation, more will be the supply of oxygen to the brain.circulation, especially to the head region. **Better the blood circulation, more will be the supply of oxygen to the brain.**

Yoga asanas to improve memory: 5 yoga poses to increase your concentration and memory power

Padmasana (Lotus pose)

Sarvangasana (Shoulder stand pose)

Paschimottanasana (Seated forward bend pose)

Padahasthasana (Standing forward bend pose)

Halasana (Plow pose)

SuperBrain Power Yoga builds connections between the different parts of the brain synchronising the brain waves. This synchronisation of brain waves leads to increase in the overall brain activity. The energy which is trapped in lower energy centres begin to make their way up through the body's other major centres such as the heart. This passing energy instils the feelings of calm and inner peace, increases the practitioner's intelligence and creativity.

Improves patience:

Patience is not a simple virtue to come by; it's a skill that must be diligently and consciously worked on every day. In today's day and age, we are used to the constant hustle and bustle of life, never taking a second to breathe. Patience is a huge contributing factor to achievement and creating a trusting bond.

Patience can help us deepen our yoga asana practice.Patience can help us deepen our yoga asana practice.Patience also helps us to approach ourselves and others with more compassion. For example, at times we might feel impatient with ourselves for feeling down. We may wish we would just snap out of it. If, instead, we observe the feeling without judgment and give ourselves the time we need, our approach is gentler and far more likely to bring about positive change.

CONCLUSION:

Yoga affects every body cell. Yoga brings into account not only physical wellbeing but also emotional wellness. Yoga, which stresses the essential, is a great complement to certain human practices that glorify the specific and have constant motivation and happiness base.

The purpose of Yoga is to create harmony in the physical, vital, mental, psychological and spiritual aspects of the human being. Yoga described the technique of relaxation in different postures. The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing.

DISCUSSION:

Yoga is an ancient practice that may have originated in India. It involves movement, meditation, and breathing techniques to promote mental and physical well-being. This article explores the history, philosophy, health and wellness benefits, and various branches of yoga. Modern yoga focuses on exercise, strength, agility, and breathing. It can help Trusted Source boost physical and mental well-being.

There are many styles of yoga. A person should choose a style based on their goals and fitness level. Yoga can help support a balanced, active lifestyle.

REFERENCE:

1. Yoga & Stress Management, by Acharya Yatendra.
2. The Complete Book Of Yoga, by Swami Vivekanand.
3. www.wikipedia.com
4. Google Web search
5. The Subtle Body: An Encyclopedia of Your Energetic Anatomy (Paperback) by. Cyndi Dale
6. The Heart of Yoga: Developing a Personal Practice by T.K.V. Desikachar

COMPARISON OF POSITION WISE SKILL PERFORMANCES OF JUNIOR MALE BALL BADMINTON PLAYERS FROM MAHARASHTRA STATE.

Asst. Prof. Pallavi Tarde

Ph.D. Research Scholar, SRTMU, Nanded.

Prof. Dr. Abhijit More

Guide, Mahatma Fule College, Ahemdpur, Latur.

ABSTRACT

Performance is the most important part of any game where everybody focused on it. Player gets selected according to his performance level in the tournament. Present study was held to find junior Ball Badminton male players performance according to their playing position. To find out the players performance service, toss, receive, push and hit test which were reliable and valid were applied on all participants from Maharashtra state Ball Badminton junior state competition. Descriptive analysis, One way ANOVA was conducted to compare the position wise skill performance of the players.

Key words: *Ball Badminton Game, front, centre& back position, skill tests.*

INTRODUCTION

Opportunities for all sports talents are not equal for everyone. Every kid Want to play sports that are fun, sports in which they can be successful and sports that their friends play. Firstly sports participation occurred roughly between the ages of 6 to 13 when the emphasis is on fun and excitement. (Brown Jim, 1940)

A play field is an open laboratory which does not have physical boundaries. Analysis is a process where research enters into one level to another. Data means studying the organized material in order to find inherent facts. That data were studied from as many angles as possible as to the new facts. (Rao, Mohan, 2003)

Test can be conducted to create awareness and interest in player's behavior attitude and approach to experience of personal development program and to find out development and training needs. (Reddin, 1994)

Ball Badminton is also popular game in Maharashtra state, many district participate in state level completion held every year according to the age group i.e. sub-junior, junior senior for male and female. Each team consist of ten players where 5 players play inside the ground while match. Front, center and back are the playing position of the game. Service, toss, push, hit and receive skills are mostly used by the players while plying game. Coordination, reaction time and concentration also important for playing this game. (Patel, 1992)

METHODOLOGY

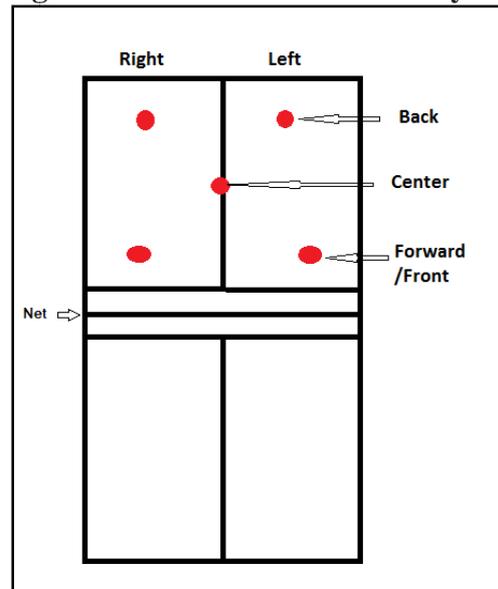
The goal of the study was to find out the difference between position wise skills performances of Ball Badminton junior male players from Maharashtra state. To check the player's performances 5 Ball Badminton skill tests like service receive, push, hit and toss tests were applied on 272 male player participants of state level junior Ball Badminton competition held at Malkapur, Buldhana in 2021-22. Test were held when team gate rest time between their match schedule. Using purposive sample method data were collected on all players participant from 29 different districts of Maharashtra state. With the help of trained assistant each test were explained and demonstrate to

clear players doubt if any. To major the difference between position wise skill performance of the players mean and standard deviation of descriptive statistics and one way ANOVA were conducted.

HYPOTHESIS

- H_0 : There is no statistical significant difference in position wise skill performance of Ball Badminton junior male player
- H_1 : There is no statistical significant difference in position wise skill performance of Ball Badminton junior male player

Fig 1: Ball Badminton Game Player Position



BALL BADMINTON GAME SKILL TESTS

- 1) **Service Test-** Each position player will get 10 chances to perform only Simple toss service. 5, 3 and 1 point area were marked into opposite side half ground. Player has to perform 5 services from right court and 5 services from left court. Ball outside the ground and net touch service will be scored as zero. Total number of points scored was recorded.
- 2) **Receive Test-** Each position player will receive five balls which will be provided by assistant one after one immediately. 5, 3 and 1 point area were marked into opposite side half ground. Each player has to receive the ball and send it into the marking area without touching the net. If ball falls outside the ground will be scored as zero. Total number of points score was recorded.
- 3) **Push Test-** Each position player has to push the ball in front of his shoulder and chest level. Player will get 5 balls by the assistant one after one immediately. 1 and 5 point area was marked. This test scoring is different for front and Centre than the back player. If front player push the ball in the opposite side ground near to the net area that player will get 5 points where as the back player will get one point for same. Likewise if front player push the ball backside near to end line then this player will get 1 point where as the back player will get 5 point for the same. Away ball will be scored as zero Total number of points scored was recorded.
- 4) **Hit Test-** Each player will get 5 toss balls near to his playing position by the assistant. Player has to hit the ball without touching the net into opposite side ground. Correct hit will be

scored as one point. Away ball will be scored as zero. Total number of points scored was recorded.

- 5) **Toss Test-** Each position player has to keep tossing the ball in the marked area of 7 feet high on the wall and 7 feet long from the wall. If the ball falls down then collect it again and continue playing with the same counting. Total number of correct toss will be recorded.

Interpretation of the Result

In the following table no. 1 mean and SD of position wise players skill performance is given accordingly.

Table 1
Descriptive statistic of position wise player’s skill performances.

Sr.No. & Position	Playing Position	N	Mean	Std. Deviation
1	Service Test	272	26.445	8.4594
A	Forward	129	25.372	8.252
B	Center	53	27.415	8.9366
C	Back	90	27.411	8.3745
2	Receive Test	272	14.265	4.8165
A	Forward	129	14.14	4.6364
B	Center	53	13.736	4.8917
C	Back	90	14.756	5.0309
3	Push Test	272	13.588	5.7609
A	Forward	129	13.202	5.4949
B	Center	53	13.585	5.995
C	Back	90	14.144	6.0085
4	Hit Test	272	3.423	1.0422
A	Forward	129	3.457	0.9763
B	Center	53	3.358	1.0395
C	Back	90	3.411	1.1406
5	Toss Test	272	42.239	15.1328
A	Forward	129	40.837	14.5933
B	Center	53	46.528	14.8241
C	Back	90	41.722	15.7651

Fig.2: Graphical Presentation of Position Wise Players Skill Performances Mean

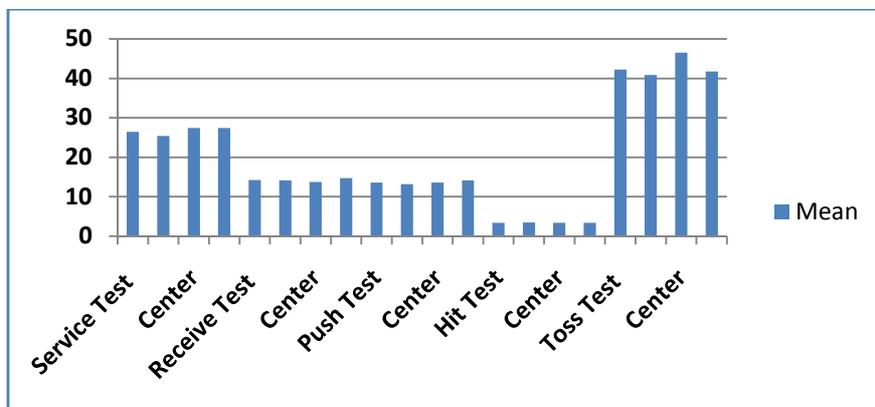


Table 2
One way analysis of variance (ANOVA) of position wise skill performance of Ball Badminton junior male players.

Sr.No.	Source	Type III Sum of Squares	df	Mean Square	F	Sig.
1	Service Test Total	282.376 ^a	2	141.188	1.98	.139
2	Receive Test Total	38.529 ^a	2	19.264	.829	.437
3	Push Test Total	47.133 ^a	2	23.566	.709	.493
4	Hit Test Total	.386 ^a	2	.193	.176	.838
5	Toss Test Total	1252.622 ^a	2	626.311	2.77	.064

Significance level at $p=.005$

Interpretation of table value for sources as shown in table 2 as follows..

Service Test- Comparison of the position wise performance of service test was checked. F value is 1.987 and significance $p= 1.39$. This is more than significance value $p<.005$ this indicates that there is no significance difference between front, center and back position players service skill performance.

Receive Test- Comparison of the position wise performance of receive test was checked. F value is .829 and P significance $p= .437$. This is more than significance value $p<.005$ this indicates that there is no significance difference between fronts, center and back position players receive skill performance.

Push Test- Comparison of the position wise performance of push test was checked. F value is .709 and significance $p= .493$. This is more than significance value $p<.005$ this indicates that there is no significance difference between fronts, center and back position players push skill performance.

Hit Test- Comparison of the position wise performance of hit test was checked. F value is .176 and significance $p=.838$. This is more than significance value $p<.005$ this indicates that there is no significance difference between fronts, center and back position players hit skill performance.

Toss Test- Comparison of the position wise performance of toss test was checked. F value is 2.77 and significance $p= 0.64$. This is more than significance value $p<.005$ this indicates that there is no significance difference between front, center and back position players toss skill performance.

Therefore researcher accept the H_0 null hypothesis of no statistical significant difference in position wise skill performances of all above mentioned skill tests performances.

CONCLUSION-

With the limitation of the study and according to the statistical analysis of collected data it indicates that there is no significant difference in position wise performance among service, receive, push, hit and toss skill tests of Ball Badminton junior male players of Maharashtra State.

REFERENCES-

1. Brown, Jim (1940), Sports Talent, Human Kinetics United State of America.
2. Rao Digumarti B; Mohan Setlem Chandra (2003), Sports management, A.P.H. Publicationing Corporation, New Delhi.
3. Reddin, W. J.(1994), Using Test To Improve Testing, Percentile Hall United State of America.
4. International Journals of Physical Education Health & Sports Science; A Journal of Physical Education Foundation if India.
5. Research Quarterly For Exercise and Sports ,The portal of Kinesiology Research, Volume 93, Number1, March2022.
6. Patel, P. (1992). Ball Badminton Art, Rules and Skills. Pune: Dipti Prakashan.

A SURVEY STUDY OF DIVERSE INTERESTS RELATED TO PHYSICAL ACTIVITIES AMONGST MIDDLE-AGED MEN

Dr. Abhijit A. Sarnaik

Director, Physical Education, Late Sow. Kamaltai Jamkar Mahila Mahavidyalaya, Parbhani.

Dr. Pallavi S. Deshmukh

Assistant Professor, Shri. Shivaji College, Parbhani

Abstract:

we tried to explore the diverse interests of Middle-Aged Men related to various physical activities. The main objective was to find the diverse interests related to Physical Activities amongst Middle-Aged Men. We assumed that Samples may have diverse interests related to Physical Activities amongst Middle-Aged Men. The study was delimited to only Parbhani city. The study was delimited to the following Physical Activities only: Brisk Walking, Jogging & Running, Yoga & Pranayama, Any Sports Activity, Swimming, Dancing & Cycling. 50 Samples were selected from randomly selected from Parbhani City. The study is based on Survey Research characteristics. The researcher collected data through an unstructured interview method. For this study, an unstructured interview method was used. Data was collected through unstructured interviews and recorded with help of a Linear Scale (1 to 5 scale). The study found diverse interests related to Physical Activities amongst Middle-Aged Men. It shows that middle-aged men are mostly interested in the Yogic practices (3.36) followed by the Brisk Walking (2.8).

INTRODUCTION:

WHO describes Physical Activity as “Any movement which includes skeletal muscles and burns energy in the form of ATP-CP”

Through this research, the researcher tried to explore the diverse interests of Middle-Aged Men related to various physical activities. In Indian society, from ancient times there are many guidelines provided in various religious books or literature for the answer to this particular question and that is “How to spend time throughout a day for a healthy body?” In this regard, Yoga is the ancient Hindu culture or lifestyle that teaches us how to live a happy and healthy lifestyle. India is the birthplace of many cultures Yogic culture is one of them, the speciality of Yogic culture is it focuses on Psychological & physiological aspects of the human body.

Objectives of the study:

1. To find the diverse interests related to Physical Activities amongst Middle-Aged Men.

Hypothesis of the study:

1. Samples may have diverse interests related to Physical Activities amongst Middle-Aged Men.

Limitations of the study:

1. There was no control of the investigator on the nourishment of the subjects.
2. Inheritance
3. Communal environment
4. Financial Status
5. The effects of climate situations were considered as limitations.
6. No inspiration methods were used during the Study

Delimitations of the study:

1. The study is delimited to only Parbhani city.
2. The study is delimited to only middle-aged men between 35 to 45 years old.

The study is delimited to the following Physical Activities only.

- (a) Brisk Walking
- (b) Jogging & Running
- (c) Yoga & Pranayama
- (d) Any Sports Activity
- (e) Swimming
- (f) Dancing
- (g) Cycling

REVIEWS & LITERATURE:

Wladyslaw Mynarski, Michał Rozpara et.al.(2014) assessed the level of usual physical activity, mainly its regularity and duration, of middle-aged adults aged 50–65 years. This research was carried out in the Upper Silesia region in Poland in May 2010. The sample size was 456 subjects (234 women & 222 men) aged 50–65 years were selected. Numeric data were collected by diagnostic survey method using the short version of IPAQ. The surveyed men were characterized by higher level of physical activity than the surveyed women (longer duration and higher frequency) ($p < 0.01$). This regularity was observed both for moderate- and vigorous-intensity physical activity. At the same time, significantly higher percentage of men (41 %) than women (28 %) met the recommendations of the American College of Sports Medicine (ACSM) on physical activity beneficial for health ($p < 0.01$). The level of physical activity of the surveyed group of older adults was estimated as unsatisfactory—72 % of women and 59 % of men did not perform physical activity resulting in the expected health benefits.

Yi-Hsuan Lin, Yi-Chun Chen et.al. (2020) aimed to investigate the association between physical activity and successful aging among middle-aged and older adults and study how this association changes with age and time. The mean score of Newcastle-Ottawa Scale assessment was 8.0 ± 0.8 . Physically active middle-aged and older adults were more likely to age successfully than sedentary adults (OR=1.64, 95%CI: 1.40–1.94). The effect of physical activity was stronger in the younger group (OR=1.71, 95%CI: 1.41–2.08) than on the older group (OR=1.54, 95%CI: 1.13–2.08). However, the protective effect of physical activity is reduced annually by approximately 3%. Physical activity promotes successful aging among middle-aged and older adults, especially in the younger population. Being physically active at middle and old age is beneficial to successful aging. For this research The Newcastle-Ottawa Scale assessment Form was used for quality assessment. Overall, 189,192 participants aged 43.9–79.0 years were analyzed. The odds ratio for successful aging of the most physically active group compared with sedentary group was analyzed. Subgroup analysis was conducted by age group. Univariate Meta-regression was performed according to follow-up years.

METHODOLOGY:

This research is based on the survey research method

- **Population and Sampling:** 50 Samples were selected from randomly selected from Parbhani City.
- **Research Design:** The study is based on Survey Research characteristics. The researcher collected data through an unstructured interview method.

- **Tools of the Study:** For this study, an unstructured interview method was used.
- **Data Collection:** Data was collected through unstructured interviews and recorded with help of a Linear Scale (1 to 5 scale).

DATA ANALYSIS:

This section shows the statistical data and its analysis in the form of numerical data.

Table 1

Statistically demonstrate the diverse interests related to Physical Activities amongst Middle-Aged Men in the form of Mean

Age	Brisk Walking	Jogging & Running	Yoga & Pranayama	Any Sports Activity	Swimming	Dancing	Cycling
41.48	2.8	1.76	3.36	1.14	1.66	1.04	2.32

Figure 1

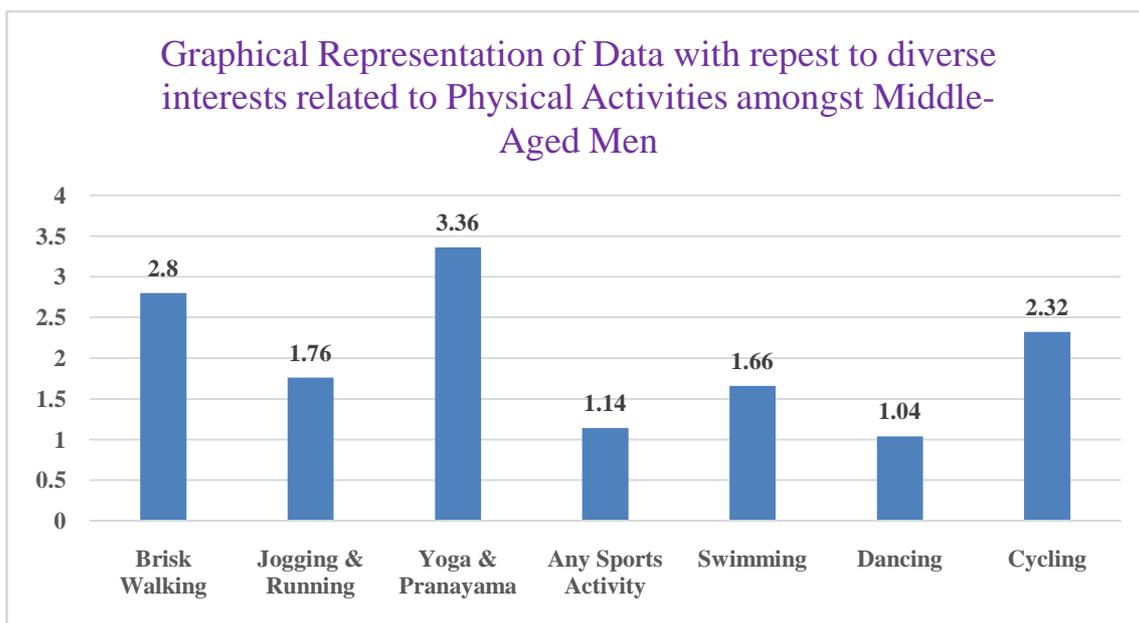


Table 1 & Figure 1 shows the diverse interests related to Physical Activities amongst Middle-Aged Men in the form of Mean value. It shows that middle-aged men are mostly interested in the Yogic practices (3.36) followed by the Brisk Walking (2.8).

CONCLUSIONS:

1. Samples had diverse interests related to Physical Activities amongst Middle-Aged Men aged between 35 to 45 years.
2. Samples were mostly interested in the Yogic practices (3.36)
3. Brisk Walking (2.8) was the second most likable physical activity.
4. Dancing (1.04) was the least interesting physical activity during this study.
5. Because of less infrastructure available for swimming (1.66) the participation level is low.
6. City also needs infrastructural development regarding cycling tracks and side space for the cyclist on major roads.

DISCUSSION:

Through this research, we found that in the Parbhani city, people were mostly interested in the Yogic practices, but other physical activity needs some basic infrastructural facilities like a cultural hall and trainers for dancing, for upliftment in sports participation, we require well-develop

indoor and out sports grounds and swimming pools for improvements in these two least interesting physical activities. Though people are interested in yogic practices, there is a need of Trainers for good training. With regards to brisk walking & jogging, the city also needs jogging tracks & walking tracks for improving the number of healthy citizens.

REFERENCES

1. **Wladyslaw Mynarski, Michał Rozpara et.al. (2014)** Physical activity of middle-age adults aged 50–65 years in view of health recommendations, *European Review of Aging and Physical Activity* volume 11, pages 141–147.
2. **Yi-Hsuan Lin, Yi-Chun Chen et.al. (2020)** Physical activity and successful aging among middle-aged and older adults: a systematic review and meta-analysis of cohort studies, *Aging (Albany NY)*. 2020 May 15; 12(9): 7704–7716. Published online 2020 Apr 29. doi: 10.18632/aging.103057

ANALYTICAL STUDY OF SELECTED PHYSICAL FITNESS FACTORS OF JUNIOR COLLEGE STUDENTS IN PUNE AND PIMPRI CHINCHWAD

Guide

Dr. Chaya Kote

Researcher

Mrs. Suvarna Govardhan Gholap

ABSTRACT:

In the present day the children are not interested in different types of sports. Due to that reason their physical and mental health is not up to the good mark. In the present research paper, researcher tried to find out the level of physical fitness of the students. Researcher selected the Junior college students for that purpose. The biggest problem for junior college students in today's age is physical fitness and health. This is because today's education system is not providing the sports related exercise on the ground. The use of TVs, computers, mobiles has led to drastic changes in the way children play and exercise and their diet. With the modern education system neglecting children's health, researchers need to be aware of the health and physical well-being of junior college students. In the present research paper, researcher pointed out the Objectives of the research problem, Need and importance of research, Functional definition of research, Assumptions, Research Limits, Reviews, Research Methods Research Procedure, Sample, Research tools and research findings. According to this survey it is observed that students are not physically fit due to the lack of physical activity on the ground. Students should have proper practice of all the important physical activity on the ground. The present research study pointed out that students are very weak in performance in above all tests. The findings of the study show that students were found to be deficient in physical strength.

KEY WORDS - *physical fitness factors, tests, sports, strength*

INTRODUCTION:

In ancient times, games were played in a variety of ways, so from an early age, children could learn lot of from this type of game in day today life. From this, the student's exercise was very useful, as well as training for subsistence. e.g. the game was used to learn the art of hunting, fishing, javelin throwing. From that, their physical development was taking place. In ancient times sports were used for physical development of the person. They began to change and to enjoy. The kings and maharajas started preparing the ground for sports, which mainly included sports like wrestling, sword fighting, boxing warfare for body fitness. In the present day the children are not interested in such types of sports. Due to that reason their physical and mental health is not up to the good mark. In the present research paper, researcher tried to find out the level of physical fitness of the students. Researcher selected the Junior college students for that purpose. The biggest problem for junior college students in today's age is physical fitness and health. This is because today's education system is not providing the sports related exercise on the ground. The use of TVs, computers, mobiles has led to drastic changes in the way children play and exercise and their diet. With the modern education system neglecting children's health, researchers need to be aware of the health and physical well-being of junior college students.

EXPLANATION OF RESEARCH PROBLEM:

This research is to find out the physical fitness of junior college students in Pune and Pimpri Chinchwad. There has been a lot of progress in the field and at the same time competition has increased. In order to survive in this competition, it is necessary to take a period of physical fitness along with academic quality. If health is good from childhood, it is beneficial. In India, people suffer from many ailments like high blood pressure, diabetes, obesity, stroke and heart disease. If you want to get rid of it, you have to make it a habit for children from an early age to take care that the only solution is not to get sick. This includes walking, running, daily exercise, getting proper exercise to the heart, blood supply to the body and good health. This research collected the information about the students of junior college and asking for information about physical fitness and collected information from them by giving them questionnaires. Junior college students have many problems to maintain their health. Hence the analytical study of selected physical components has been chosen as the research problem.

OBJECTIVES OF THE RESEARCH PROBLEM:

1. To measure and analyze selected physical fitness factors of junior college students in Pune and Pimpri Chinchwad.
2. To prepare a questionnaire to check the reasons regarding the present condition of selected physical fitness of junior college students in Pune and Pimpri Chinchwad.
3. To analyze the reasons regarding the present condition of selected physical fitness factors of junior college students in Pune and Pimpri Chinchwad,
4. To prepare guidelines for keeping selected physical fitness level of junior college students in Pune and Pimpri Chinchwad in proper condition.

NEED AND IMPORTANCE OF RESEARCH:**Research Needed for:**

1. This research will provide information about the health of junior college students considering the current situation.\
2. This research will show the attitude of the junior college student towards physical fitness.
3. Each student's approach to physical fitness may be different. Problems need to be selected for this.
4. How does the physical well-being approach change with age? This will help to understand from the presented research. Understand what measures need to be taken to improve and change the attitude towards physical fitness. In the current situation, it is necessary to know what kind of health needs to be maintained for the students of junior colleges.
5. Knowing the causes of selected physical fitness factors, help junior college students to make improvements in the future.

Importance of research:

The research presented will show the attitude of junior college students towards physical education, as well as the attitude and awareness towards physical fitness component. Athletes and other students may have different approaches to selective physical fitness, so this issue needs to be addressed. He will understand how attitudes change with age, what measures need to be taken to increase and change physical fitness, what measures should be taken to increase the desire for physical fitness.

Functional definition of research:

1. City of Pune - Called the Maher Ghar of education, sanctified by the inauguration of Shivaji Maharaj and situated on the banks of the river Mula, Mutha, the city of Pune is located west of the Indian state of Maharashtra.
2. Pimpri Chinchwad City - Industry and I.P. T. Pimpri Chinchwad is located in the western part of the Indian state of Maharashtra.
3. Junior College- In Pune city and S. in Pimpri Chinchwad. S. C. The Institute of Arts, Commerce and Science Education for 11th and 12th boys and girls affiliated to the Board and with the permission of Government of Maharashtra is referred to as Junior College in this research.
4. Selective Physical Fitness For the research presented- selective physical fitness is a measure of strength, flexibility, muscle strength, muscle strength and speed.
5. Students - Studying in Arts, Commerce and Science branches of Junior College Boys and girls are called students.

ASSUMPTIONS:

1. In Pimpri Chinchwad and Pune city junior colleges will get full support everywhere
2. Physical fitness program will be implemented in Pimpri Chinchwad and Pune city junior colleges in a proper manner.
3. Students will be allowed to test in junior colleges in Pimpri Chinchwad and Pune city.
4. Selective Physical Fitness will provide factual information in the given questionnaire to check the attitude towards health.

RESEARCH LIMITS:

1. The research presented is limited to Pune City and Pimpri Chinchwad Junior College of Arts, Commerce and Science.
2. Presented research 11th and 12th in Pune city and Pimpri Chinchwad city limited to students only.
3. The researcher had no control over the thoughts and feelings of the lifestyle, social and cultural environment.

REVIEWS:

1. Patil V. A. (2017) Analytical study of self-awareness and physical fitness of 8th and 9th standard students of Symbiosis School. The objectives of the research were to measure self-awareness and how age-sensitive and gender differences differ. Differences were found between 8th and 9th standard students. The findings of the study show that students were found to be deficient in body, attractiveness and physical strength.

2. Jondhale Vikas (2009) used descriptive research methodology to create a standard of physical fitness components and causal fitness factors for first year students in Junior College, Satara District. The first year college student in Satara district will understand the complete physical fitness and causal fitness taken through 8 tests. These standards will be useful for Satara district, are the findings of the research.

3. Aher Sharad Shankarrao (2008) studied the correlation between the mental health, educational performance and physical fitness factors of obese children, a descriptive research method. 252 higher in Pune city for research 9 out of 36 secondary and English secondary schools, 600 obese students in the age group of 11 to 15 years were selected through multi-level sample selection method. No significant correlation was found between the academic performance of the obese student, mental

health and the amount of fat, while the proportion of fat was found to be a correlation between the health and physical well-being.

Research Methods:

There are different methods of research. 1. Historical methods, 2. Survey methods, 3. Experimental methods, 4. Individual Study Methods.

The survey method used in the present research.

Research Procedure -

1. 10 students of Arts, Commerce and Science from 10 (ten) junior colleges in Pune city and Pimpri Chinchwad city selected at random.
2. Preparation of Questionnaire for Causation of Physical Fitness of Pune City and Pimpri Chinchwad Junior College Students.
3. Selected assistants for measuring the physical components of Pune City and Pimpri Chinchwad junior college students and to take training in collecting their information.
4. Measuring the physical fitness factors of Pune city and Pimpri Chinchwad junior college students and collecting information through statistical process.
5. Determined the reasons for the present situation of Pune City and Pimpri Chinchwad junior college students and to prepare a guidance list based on that.
6. Collected the information through questionnaire to check the reasons regarding current situation of Pune city and Pimpri Chinchwad junior college student.

Population:

For the present research from 10 colleges in Pune and Pimpri Chinchwad city selected and each of the 10 students were involved in the research.

Sample:

For the present research, 100 students from 11th and 12th standard of junior colleges in Pune and Pimpri Chinchwad were included.

Research tools:

1. Grip Strength
2. Seat and reach
3. B. M. I.
4. Step test 3 min.
5. Shuttle Run 50 min. Dash
6. Standing Broad Jump

The research questionnaire was based on the following points.

Personal reasons, social reasons, mental reasons, technical reasons, medical reasons

- 1]. Questionnaire 2] Testing

Research procedure:

1. Review the reference material according to the research problem. Expert guidance will also be sought.
2. Selection of selected fitness tests for junior college students in Pune and Pimpri Chinchwad.
3. Conducted tests in different junior colleges in Pune and Pimpri Chinchwad.
4. Visited to different junior colleges in Pune and Pimpri Chinchwad and Filling out the questionnaire from the student.
5. Some conclusions are made according to the statistical analysis of the information received.

Statistical tools:

In the present research, analysis was done through software. S. P. S. S. (statistical package for the social science). This statistical package will be used for data analysis. Frequency, mean, median, polymer, percentage is used.

RESEARCH FINDINGS

1. According to the survey 90% students are unaware about the different types of physical activity of the ground.
2. It is observed that, 80% students play only one game on the ground and that is running. They don't have practice of other physical activity.
3. It is noticed that many students have health problem due to not practice of daily exercise.
4. Survey also pointed out that 70% students have very poor performance in the Grip Strength test.
5. It is also noticed that 90% students couldn't do successfully or performed well in Seat and reach test.
6. According to the physical fitness test result 85% students' B.M.I. is not proper
7. Above 90% students can not complete Step test 3 min.properly.
8. According to the physical fitness test students are not complete Shuttle Run 50 min. Dash within given time. It is indicator of not proper health.
9. Students are also not given 100% performance in Standing Broad Jump. Students are very weak in performance in above all tests.
10. The findings of the study show that students were found to be deficient in physical strength.

SUMMING UP -

According to this survey it is observed that students are not physically fit due to the lack of physical activity on the ground. Students should have proper practice of all the important physical activity on the ground. The present research study pointed out that students are very weak in performance in above all tests. The findings of the study show that students were found to be deficient in physical strength.

REFERENCES

1. Agarwal J.C. (1975), Introduction of Educational Research,; Arya Book Depot. New Delhi
2. Best J.W., (1963), Research in Education, New Delhi: Prentice hall of India Private limited. Brunet, M., Chaput, J. P., & Tremblay, A. (2007). The association between low physical fitness and high body mass index or waist circumference is increasing with age in children: the "Quebec en Forme" Project. *Int. J. Obes. (Lond)*, 31, 637-643.
3. Carrel, A. L., McVean, J. J., Clark, R. R., Peterson, S. E., Eickhoff, J. C., & Allen, D. B. (2009). School-based exercise improves fitness, body composition, insulin sensitivity, and markers of inflammation in non-obese children. *J Pediatr Endocrinol Metab.*, 22(5), 409-415.
4. <http://shodhganga.inflibnet.ac.in>

ASHTANGA YOGA: PANACEA OF ALL CURE

Dr. Bhatt Anand Shrinath

Asst. Director of Physical Education & Sports Adarsh College, Hingoli

ABSTRACT

'Yoga chitta Vruti Nirodhah' means to control the senses and the uncontrolled movements of Psycho. Concentration is a main aim here through Yoga. Concentration is a direct mode of consciousness. Yoga is designed to concentrate but this concentration is not full of selfishness. Yoga asks to concentrate on the cosmic energies. This helps one to bind with the cosmic energies easily. Yoga is considered as few postures only these days. But it is not so. Practicing postures and making body stronger and flexible is important to start with the yoga. Yoga needs a greater patience and stamina.

Ashtanga Yoga – Eight Limbs of Yoga

YAMA

Yama is the attitude towards others the world around us these are the initial steps to startup with the Yoga. Yama comprises five parts

1. **Ahimsa or non violence:** This Yama does not only mean not doing harm to others in thought and in deed, but also to practice acts of kindness to their creatures and to one's own self.
2. **Satya or truthfulness:** Satya is the Yama that is about living a truthful life without doing harm to others. To practice Satya, one must think before he speaks and consider the consequence of his action. If the truth could harm others, it might be better to keep silent.
3. **Asteya or non stealing:** This Yama is not only concerned about the non-stealing of material objects but also the stealing of other's ideas and other forms of possession. Using power for selfish motives or telling someone else about confidential information that had been entrusted with is against Asteya.
4. **Bramacharya or non lust:** Bramacharya means to move toward the essential truth or to achieve self control, abstinence or moderation especially regarding to sexual activity. It is about not giving in to our ego's excessive desires or taking nothing in excess.
5. **Aparigraha or non possessiveness:** This Yama is about living a life free from greed or taking only what is necessary and do not take advantage of someone or of a situation. It is about using our powers correctly and appropriately and not exploiting others.

NIYAMA

Niyama is how one treats themselves or their attitude towards themselves. The following are the three important Niyamas:

1. **Saucha or cleanliness:** This Niyama is concerned on both the outer and inner cleanliness. The practice of pranayamas, asanas and yogic cleansing practices detoxify and cleanse the physical body are necessary to achieve inner cleanliness. The mind must also be kept clean or pure. Outer clean environment or surroundings.
2. **Santosha or contentment:** Santosha is to practice humility, modesty and finding contentment.
3. **Tapas or austerity:** This Niyama refers to keeping the body in good condition. Tapas is practiced through disciplining the body. Speech and mind like eating only when hungry and maintaining a good posture.

ASANA

As asana is a posture which is comfortably held. It is the most well known part of yoga, but it is often misunderstood as well. Asanas are not normal exercises such as calisthenics or gymnastics. Asanas are special exercises which have specific effects on the endocrine glands, joints, muscles, specific nerves and neural plexuses. Thousands of years ago sages used to observe the animals of the forest. They noticed that each animal had certain qualities and that the animals often assumed different poses. By imitating these poses they began to notice important effects on the human body. For example, the peacock is a bird with a powerful digestive system capable of digesting even a poisonous snake. The ancient scholars developed a posture for humans; this is known as MayuraAsanas, imitating that of the peacock, which strengthens the human digestive system. Other postures were also developed which exercise other organs and glands.

PRANAYAMA

Pranayama is made by two words –Prana + Ayama - where Prana stands for the energy of life, the vital energies and Ayama tells way to master this energy. Pranayama is a procedure, with controls this energy of life. It's in all out flow in our body enables our body to do its daily activities. Entrance of this energy is from breathing organs. So these organs are exercised in such particular way that maximum energy is provided to the body when this energy is available for body, body will perform its best and diseases appeared due to lack of energy will disappear. Concentration on breathing makes the psychological stronger and aimed. When one will be a master of Prana (the life), there is no doubt he will get the happiness. This works as a basic homework to do the best of the yoga and to relieve from all pains by the yogic exercises.

PRATYAHARA

The word “pratyahara” means “removing indriyas from material objects” Pratyahara is the stage at which an adept learns how to control the “tentacles” of consciousness that are called “indriyas” in Sanskrit. Pratyahara is derived from two Sanskrit words :prati and ahara, with ahara meaning food, or anything taken into ourselves, and prati a preposition meaning away or against, together they mean weaning away from ahara, or simply ingestion. This allows him to achieve the ability to see in subtle and the subtlest layers of multidimensional space, as well as to exit of his material body into them and to settle in them, accustoming him to their subtlety, tenderness and purity. Pratyahara is the fifth limb of Patanjali's Ashtanaga Yoga.

Types of Pratyahara

There are two types of Pratyahara – IndriyaPratyahara and PranaPratyahara; these two further lead to two subsequent types of Pratyahara KramaPratyahara and Mano Pratyahara.

IndriyaPratyahara implies withdrawal of senses, or sensory inputs into out physical being. Since five sense create sensory overload, indriyaPratyaharathwards the collection in the mind.

PranaPratyahara suggests withdrawal of Prana (vital energy of the body), as prana is what that drives the senses. To stop the dispersion of prana, we are required to control its flow and harmonize it.

Karma Pratyahara implies control of Action, which actually entails not just control of motor organs, but also right action of work.

DHARNA

One starts doing meditation by concentrating on wordly object. This object may be a sound or a picture. This is the procedure which is used by maximum in the world.

The study of Dharana is the study of concentration of mind. Hence, certain preliminary preparations are necessary. We get various perceptions, through the five sensory organs. The mind usually runs behind such sensory perceptions. To stabilize the mind, attention has to be paid as to how these perceptions can be reduced. The surroundings should be pleasurable to the mind and not troublesome. There should not be any external disturbances. The general chaos, other sounds, strong breeze, different smells, extremely bright light are various disturbances that should be avoided. When these are removed, the causes, which seek the attention of the mind, get reduced. Then one should sit on a comfortable seat in a pose conducive to Dhyana such as Padmasana, Swatikasana or Siddhasana. One should have the practice of sitting firmly, yet comfortably in a particular pose for a longer duration. Otherwise, the mind will get diverted towards the signals from various muscles. The pose should be 'samkayshirogreavam' and the eyes should be fixed on the picture of OM in the front. The picture should be at the eye level and placed under sufficient light. Whenever the eyes try to avert itself beyond the picture, an effort should be made to lock it on the picture again. The mind generally follows the eyesight, so fixing of the gaze will result in locking the mind too. Start the Japa or Om with calm attitude. The way with which the sound of Om is emitted through the mouth should be gradual and effective. The vocal cords of the lungs should be learnt from the experts. As the tongue is engaged in the japa of Om, the mind will follow the tongue and will restrict its movement towards Om. The japa is automatically heard by the ears and as such again felt by the mind. Thus, the mind will be firmly kept onto the Om.

DHYANA

Dhyana is the stage of meditation trainings that lead to Samadhi. Meditation is the work of consciousness aimed at the consciousness development along the path to perfection and to the merger with the creator. Meditation is practiced at three stages of the Patanjali's scheme. At the dharana stage adepts among other than learn how to expand consciousness in the subtlest and the most beautiful that exists in the world of matter.

SAMADHI

According to Vyasa, a major figure in Hinduism and one of the traditional authors of the Mahabharata, yoga is Samadhi. This is generally interpreted to mean that Samadhi is a state of complete control (samadhana) over the function and distractions of consciousness. Samadhi is described in different ways such as the state of being aware of one's Existence without thinking, in a state of undifferentiated Beingness or as an altered state of consciousness that characterized by bliss (ananda) and joy (sukha).

Laya Samadhi is a latent (laya), potential level of Samadhi. It begins in deep meditation or trance even with movement, such as dancing.

Sarvikalpa Samadhi refers to the initial temporary state of full valued Samadhi. The conscious mind is still active, as is the kalpa, meaning imagination.

Nirvikalpa Samadhi is the highest transcendent state of consciousness. In this state there is no owner mind, duality, or subject object relationship or experiences.

REFERENCES:

1. Iyenger, B. K. S. (2000). *Light on yoga*. New Delhi: Harine Collins Publication.
2. Krishnamurthi, J. (2002). *On meditation*. Chennai: The Theosophical society, 3rd edition, Adyar.
3. Sivananda, Swami. (1995). *Practice of Karma Yoga, A divine life society*, Uttar Pradesh: Posivanandnagar Himalayas.

YOGA, PHYSICAL FITNESS AND MODERN LIFE

Dr. Ganacharya Vinod Nagnath

Director of Physical Education & Sports, B.R.College, Parbhani.

ABSTRACT

For hundreds of years, man has been vaguely aware that exercise and fitness are important to his well being. Not until recently has science began to document the nature and extent of the relationship between exercise and health. Although man is supposed to be more knowledgeable about the role of exercise today than ever before, it is an indisputable truth that present day and has deteriorated in his fitness level as compared with his ancestors. This is because most of the activities carried out by our ancestors for their welfare and which indirectly benefited them in terms of high fitness status has today been taken over by products of automation and scientific developments. Man now has the tendency to be sedentary and to include in life style devoid of physical activities. It has been observed that when physical inactivity sets in, the signs are more quickly manifested in the female sex than in the male. There is a notion among the modern female that rigorous physical activities apart from dancing are undesirable for women, and that they lead to the development of masculinity. Some do not care for extra exertion required for conscious exercise and will complain of aches, pains and ill imagined fictions in order to escape from vigorous physical activity.

KEYWORDS: Yoga, Physical education, sports, physical fitness, wellness and modern life.

INTRODUCTION:

Yoga and mental well being are very closely interrelated, physical activity enhances mental development of person. In yoga, especially, in developing physical fitness there is a large repertoire of activities for experiencing success. Albert (1968) recommends that success in motor skill depends upon physical fitness research findings showed that participation in running programme contributed to development of cardiovascular fitness. Many studies conducted outside India have advised for physical fitness has positive effect on sport performance capacity. Norms of physical fitness are essential for formulation, control and assessment of training of sportsman. Apart from many other factors, the health and performance of an individual in general and sports persons in particular, affects because of physical fitness.

AIM: To know the importance of yoga and in the modern life.

REVIEW OF LITERATURE:

Tuttle and Beebes (1941) and Davis and Berger (1973) compared college athletes to non athletes on the basis of scholastic achievement but found no differences. Hart and Shay (1964) observed a positive relationship between physical fitness and grade points average and stated that physical fitness could not be used as a predictive device for academic performance nor could academic performance be used for prediction of physical fitness. Jones (1967) observed that physical fitness did not seem to be related to academic achievement for university students. Bruntley (1967) found that physical fitness, motor ability and states strength batteries associated with under achievers did not account either for an adequate amount of variance for prediction of intelligence level or of for prediction of academic achievement level. Mcclanney (1969) concluded that high fitness group appeared to be more group depended and the low fitness group was more self sufficient.

RESEARCH METHODOLOGY:

Brassfield (1943) pointed that the physical fitness of a person is limited by the cardio respiratory system, after analyzing all the physiological characteristics of the human body. Evaluation of physical fitness by measuring the recovery heart rate after stepping exercise (Brouha, 1943) and also by measuring the aerobic and anaerobic power (Astrand and Rodahl, 1970) are of prime importance. For evaluation of physical fitness, step test was given importance, and several modifications have been made by the later researchers (Rhming, 1953, Skubic and Hodegkins, 1963; Shephard, 1971; McArdle et al., 1972; Margarita, 1976; Ghosh et al., 1980; Ghosh, 1981), Relative merits (Margaria et al., 1965) and demerits (Lang Anderson et al., 1971; Shephard, 1971) have also been reported in the literature.

PHYSICAL FITNESS:

The battery of yogic exercises selected consists of the following,

1. Karma yoga
2. Bhakti yoga
3. Jnana yoga
4. Hatha yoga
5. Mantra yoga
6. Yantra yoga
7. Laya and Kundalini yoga
8. Tantra yoga
9. Yama yoga
10. Niyama yoga
11. Asana
12. Pranayama
13. Pratyahara
14. Dharna
15. Dhyana and
16. Samadhi

RESULTS:**NEED AND IMPORTANCE OF FITNESS**

We all know that being physically fit is good for us, but exactly what are the needs of physical fitness? Why is physical fitness important?

NEED

1. Effective work
2. Good health
3. Face emergencies

IMPORTANCE:

Fitness is important for people of all age groups.

1. Overall health
2. Boosts energy
3. Weight reduction
4. keep our bones strong
5. We will sleep better
6. Strong build
7. Mental strength
8. Personality development

What affects physical fitness?

All unhealthy lifestyles affect fitness

1. Regular physical activity
2. Eating well.
3. Managing stress
4. Avoiding bad habits
5. Practicing safe sex
6. Learning first aid
7. Seeking medical advice
8. Protecting the environment

Benefits of Fitness

1. Improve sleep
2. Improves body composition
3. Increases bone density
4. Decreases risk of injury, promotes joint stability and strength
5. Increase BMR
6. Increases immunity
7. Improves circulatory system health
8. Decreases risk of disease (cancer, type II diabetes)
9. Assists in stress management decreases depression
10. Improves self image
11. Lose excess body fat
12. Increases energy
13. Improves athletic performance
14. Injury and disease prevention
15. Increase muscle mass and bone strength

Other effects of being physically fit

1. Wonderful stress reliever
2. Improves flexibility
3. Increases energy levels and stamina
4. Helps regulate your appetite
5. Postpones the process of aging
6. Enhances quality of life
7. Helps look better
8. Helps sleep better

Mental benefits of physical fitness:

Releases endorphins which are responsible for our psychological well being and also help in reducing pain, increases brain power by increasing serotonin level in our brains, which leads to improved mental clarity and boosts self confidence, improves mood, and relieves symptoms of depression.

Benefits of physical fitness

1. High self esteem and a positive outlook.
2. A foundation philosophy and a sense of purpose
3. A strong sense of person responsibility

4. A good sense of humor and plenty of fun in life
5. A concern for others and a respect for the environment
6. A conscious commitment to personal excellence
7. A sense of balance and an integrate lifestyle
8. Freedom from addictive behaviors of a negative or health inhibiting nature
9. A capacity to cope with whatever life present and to continue to learn
10. Grounded in reality
11. Highly conditioned and physically fit
12. A capacity to love and an ability to untrue
13. A capacity to manage life demands and communicate effectively

CONCLUSION:

The benefits of fitness make us to live much healthier life. It helps us to deal successfully with the difficult situations arising in our day to day life. Today everyone knows that life became more faster and if we want to go with that speed we should be fit physically as well as mentally. Stress, obesity, diabetes, acidity and much more diseases are the gift of our unhealthy lifestyles. Due to lack of physical activities but only elders but youngersters are also facing plenty of problems in their life. If we want to avoid it then the only answer is yogic exercises, fitness and wellness.

REFERENCES:

1. Arbett, C. (1968). Interrelationship between selected physical variables and academic achievement of college women. *Research Quarterly*, 31(2):43-46.
2. Bruntley, N. T. (1967). *Weight training in relation to strength, speed and coordination*. Res., Qrtly., 24: 30-15.
3. Davis, B. E. and Berger, R. A. (1973). *Relative academic achievement of varsity athletes*. *Research quarterly*, 44(1): 22-24.
4. Hart, E. Marna and Shay, T. C. (1964). *Relationship between physical fitness and academic success*. *Research Quarterly*., 35(2):55-60
5. Jones, J. A. (1967). *The relationship of physical fitness to selected aspects of intellectual and academic performance co-curricular participation and socio-economic status*. *Dissertation Abstract International*, 29(10):2449.
6. McClanney, B. N. (1969). *A comparison of personality characteristics, self concept and academic. Aptitude of selected college man classified according to performance on test of physical fitness*. *Dissertation Abstracts International*, 30 October, 1423.
7. Thomas, P. S. (1969). *The relationship of physical fitness to selected aspects of intellectual and academic performance co-curricular particapalia and socio-economic status*. *Dissertation abstracts international*, 29(10): 3449.
8. Tuttle, W. W. and Beebes, F.S. (1941). *A study of the scholastic attainment of letter winners at the state university of Iowa*, *Research Quarterly*, 12:174

YOGA PILATES :PANACEA FOR COVID 19 PANDEMIC

Dr. Shejul Madhav D.

Asst.Prof. Dept.of.Physical Education Head of Dept. D.S.M.College,Parbhani

ABSTRACT

Now a days, the whole world in general and humanity in particular is suffering form Covid-19 Pandemic. More and more of us are looking for fitness programmers that address not just the body but the mind, too. We are turning to holistic forms of exercise that aim to develop the whole person. Yoga and Pilates are the two leading forms of mind body fitness. Practiced regularly, they can benefit every aspect of our lives, from our posture to our moods, and our physical well being to our sense of happiness and peace. Yoga and Pilates continue to be refined as people seek new ways of maintaining their well being despite busy life styles. Yoga Pilates is the latest incarnation of mind body exercise, a practice that draws on both systems to create a dynamic and fully integrated workout.

KEYBOARD: Yoga, Pilates covid-19 and Panacea

INTRODUCTION

What is yoga?

Yoga is a science that has been practiced for thousands of years. It consists ancient theories, observation and principles about the mind and body connection which is now being proven by modern medicine. The most important benefit of yoga is physical and mental therapy. Yoga therapy is successful because of the balanced created in the nervous and endocrine systems which directly influence all the other systems and organs of the body. Yoga acts both as a curative and preventive therapy. The very essence of yoga lies in attaining emotional peace, improved concentration powers, a relaxed state of living and harmony in relationship. The ultimate goal of yoga is to make it possible to fuse together the gross material (annamaya), physical (pranayama) and mental (manomaya), intellectual (vijnanmaya) and spiritual (anandamaya) levels within your belong. Holistic health, which includes prevention of disease by improving the thought pattern, regulating the energy flow in the body and realizing the divine within, is an important for children as much as it is for adults.

Yoga is the best possible exercise there is for improving supplements. However, yoga postures are more than physical poses, they work on the mind and spirit, and promote increased awareness, vitality and inner peace. There are many forms of yoga,astanga for example is flowing and dynamic, while Shivananda is very gental. Iyengar yoga, is the most precise method. It was developed in the 1960s by an advanced practioner B.K.S. Iyengar, who wanted to integrate modern thinking about the body with the ancient system he had studied for many years. Iyengar emphasizes the importance of correct alignment at all times. All the poses can be modified, depending on the student's abilities and flexibility. Equipment, such as blocks and straps, is used to help practioners get into postures without straining joints or overstretching muscles. This attention to details makes Iyengar yoga very safe, provided that it is practiced with care and with respect to the body's limitations.

What is pilates?

Pilates is a very focused form of exercise that helps to strengthen the body without adding muscle bulk. Over time, it helps to develop a sculpted, toned physique. Pilates is based on the idea that bad habits or injuries lead to imbalance and weakness in the body. Controlled, repetitive actions

are used to realign and re educate the body. Mental focus and breathing techniques are used to encourage graceful movement and improved awareness. The Pilates system was created by Joseph Pilates in the early 20th century. Pilates developed an interest in fitness during a sickly childhood in Germany. He studied many forms of exercise, including yoga, gymnastics and body building, in order to improve his health. Eventually Pilates used his knowledge and understanding of how the body works to create his own method, which he said could rehabilitate an injured body or strength a healthy one. Pilates exercise have been modified over the years, but teachers hold true to the fundamental ideas of Joseph Pilates. They emphasize the importance of ‘core strength’ a stable centre as well as good alignment and posture. concentrating and controlled breathing help to make Pilates an effective method of relaxation as well as physical fitness.

OBJECTIVE OF THE STUDY

To know the role of yoga Pilates in holistic fitness of exercising mind and body.

REVIEW OF LITERATURE

Moustag and Vallimurugan (2012) revealed that the yogic exercise group showed a decreased level of cognitive anxiety and somatic anxiety than the control group owing to the effects of yogic practices. Similarly, the yogic exercise group showed an increased level of self confidence than the control group owing to the effects of yogic practices. **James (2014)** opined that in yoga, great attention to detail is needed to perfect your alignment, practicing Pilates may help to bring added strength to your practice, and enable you to target specific areas of weakness. practicing Pilates at home means that you can adapt your session depending on how you feel on the day. Sometimes you may need a quite, restful practice at others you may want to extend yourself further.

Yoga Pilates : an integrated system

Combine yoga and Pilates to create a fitness programme tailored to individual needs. Yoga and Pilates naturally share many feathers for example some, Pilates exercise are based on yoga poses, and both practices emphasize the importance of good breathing, awareness, and of working within your own abilities. Yoga Pilates aims to take the best from both methods, coming the core strength that is the fundamental idea of Pilates with the flexibility and versatility of yoga. In a sense, use Pilates to form a firm foundation on which to build with yoga. In practice, this means warming up with Pilates, then moving on to a series of yoga postures in one session. Practicing Pilates may bring extra strength and stability to your yoga, while incorporating yoga into your Pilates workout can help with relaxation and breathing.

CONCLUSION:

There are may benefits of practicing and Pilates; as the body begins to function as its peak, stamina rises, strength improves and body confidence hits an all time high. Pilates aligns the muscles in the back and abdominals, to create a vital support for the torso and internal organs, with a revolutionary impact on posture. Yoga Pilates fuses the stretching and balance of yoga with the muscle tone of Pilates the objective is to promote enjoyment of life through the body, creating balance between the muscles, lengthening the spine, and freeing the back and chest, learn to lift the body during exercise and see all movements become fluid and light.

LITERATURE CITED:

1. James, M.C. 2014 *Yoga: The key to life*, Jaico publishing House Bombay p.6
2. Smith, J. E. Kelly and J. Monk's *.Pilates yoga*, anness publishing Ltd., 2014, London.
3. Moustaq, M. K. and V. V. Vallimurugan, *Impact of yogic practices on selected psychological variables*, UGC sponsored national conference on role of physical education and yoga for the welfare of society 15-16 April, 2012 Maharashtra Mahavidyalaya, NilangaTq. Lature (M.S.)

YOGA FOR HELTH LIFE

Dr. Hanumante Chandrakala

Narayanrao Shri Shivaji College, Kandhar

Yoga possesses great power to build those values that go a long way in making a person complete. With the help of Yoga, you can tackle any tricky situations that you may face in your daily life. The biggest virtue of Yoga is that the individual is in full command of his own. He is in love with himself as well as others. He is admired by every one for his social values and positive behavior which comes from yoga.

DEVELOPMENT OF SOCIAL NORMS:

We all have a wish to be good & admirable, but it is not easy at all. Sometimes we become so obstinate, demanding and imperative that it is hard to get along with the words like good or admirable. If an individual is able to fight these irritants, he can become less difficult to deal with. Yoga can be really helpful in this regard. The social effects of person's changed behavior upon colleagues, clients, superiors, inferiors, public officers and service specialists could be awesome. Thus, the universally accepted social norms of society can be developed in an individual with the help of yoga.

CHANGE IN PERSONALITY:

Person becomes easier to deal with and even others want to be like him. With these positive qualities, one becomes more admired and desirable individual. When you change your attitude, others also tend to change and respond in the same vein. Yoga accelerates the sense of duty in us and also makes us responsible human beings. Hatha Yoga has such a strong power that after some weeks of practice, everyone notices a change in practitioner's attitude and behavior. In fact the practitioner fails to recognize himself as the change is so big & fast.

GET SPIRITUAL LIFE:

Along with realizing his own self, Yoga helps an individual to understand the issues around him/her. Continuous yoga practice increases self-knowledge of the person. Yoga practices, including breathing and posture exercises, help in attaining and maintaining relaxation, physical and mental health. The person gains spiritual knowledge through Yoga, making his understanding vast about the nature, self and other matters related to society. He is now a more refined and clear minded individual.

KNOW YOURSELF:

Person should have awareness of the processes and happenings going around him. But it is not possible, if one does not know himself/herself. Knowing your self at rest, at peace, and as a being, is a legitimate kind of knowledge, but unfortunately it is lost in the desire of fulfilling our worldly needs. The value of discovering one's own self as it is, rather than what it is going to be or should be is a kind of knowledge which is gained through yoga. Your experience of this world will become nicer and life will become easier. Thus, Yoga has the power not only to increase your physical, but also mental attributes.

SOCIAL VALUES:

A mind that is accepting and focused, a mind that sets itself to a level of excellence and nothing less. How we see our self is how others will see us, whether we realize it or not. Social values are dependent on our personality. Are we have a positive person with a warm glow that

attracts good feeling or are we have a negative cold person who acts as a repellent and pushes people away?

How deep and strong our foundations go, is how high and erect the building our place As our personal values are our foundation then our social values is our building upon it.

The great thing about yoga is that it keeps our spine strong and erect. We are tall and straight, we walk with purpose and pose, we are confident and clear. We are full of energy and we have that warm glow, we have control and focus. We are true to others because we are true to us.

THE YOGA OF LIFE:

Most of us are accustomed to activities in the world. Everything that we do is only an activity. Whether we worship God, undertake a journey to a place of worship or visit the holy shrines all these programs come under the category of activity. Man knows nothing but activity.

If we do something, it is an activity; if we do not do anything, it is also some sort of a negative activity. Now, most of us, human beings as we are and capable of thinking only in human terms, cannot escape the difficulty of assessing everything in terms of human values. When we turn to religion, when we take to spirituality, mostly we have a business attitude. What will it bring to us? Commercial thinking is so impetuous and insatiable that we cannot exercise our mind except in terms of a give-and-take bargain. Is our austerity, discipline, and prayerful conduct in religion and spirituality the price we pay for a commodity that we purchase from the shop of spirituality? Or has it any other significance?

SOCIAL VALUES AND YOGA:

The social values are dependent on your personality. If your personal values are your foundation then your social values is your building. How deep and strong your foundations go, is how high And erect the building you place upon it. If you are regular performer of yoga then the great thing about yoga is that it keeps your spine strong and erect. Yoga can accelerate the sense of duty and responsibility as human beings. The biggest virtue of Yoga is that the individual is in full command of his own. The power of Hath Yoga is so strong that after some weeks of practice, an individual is so lost that he she no longer knows himself/herself and each person notices a change in his bearing and reaction.

THE SCIENCE AND ART OF YOGA:

It has for millennia guided man in his search for truth. Even in his personal and social life, Yoga has given him the tools and techniques with which he can find happiness spiritual realization and social harmony. Various yogic concepts have guided man towards shaping his life and the interpersonal relationships in a social life

- a) Vasudeva Kudumbakam
- b) Panchakosha
- c) Chaturvidha Purushartha
- d) Chatur Ashrama
- e) Pancha Klesha
- f) Nishkama Karma
- g) Karma Su Koushalam
- h) Samatvam

ROLE OF THE PANCHAYAMA AND PANCHANIYAMA:

The panchayama and panchaniyama provide a strong moral and ethical foundation for our personal and social life. They guide our attitudes with red to the right and wrong in our life and in relation to our self, our family unit and the entire social system.

A) Pancha Yama:

ahimsa-Non-violence, satya-truthfulness, asteya-on-stealing intactares -proper, channeling of the creative impulse, aparigraha-m-arvetel-nes

B) Pancha Niyama

soucha-cleanliness, santhosha-contentment, tupa-discipline, sway
study of one's-self, ishwarpranidhana-gratitude to the divine self (aman grasatham)

CONCLUSION:

Yoga is an integrated way of life in which awareness and consciousness play a great part in guiding our spiritual evolution through life. It poses or huffing and puffing some pranayama or sleeping our way through my so-called meditation. An "individualist" seeking salvation for only himself, but on the contrary is "universalist seeking to live life. The panchayama and panchaniyama provide a strong moral and ethical.

YOGA AN EFFECTIVE TOOL IN STRESS MANAGEMENT

Dr. Charanjeetsingh Mahajan

Director of Physical Education, Narayanrao Chavan Law College, Nanded

ABSTRACT

As we all are living in the era of globalization where there is a lot of competition, revolution and changes happening around, we cannot avoid stress, tension and anxiety in our day-to-day life. Only hardworking, disciplined, prompt and mentally alert can survive the work pressure and strike a balance between professional life and personal life, we are exposed to stress and tension for long periods which may appear in the form of many disorders like hypertension, high & low blood pressure, depression, backaches, migraine, spondylitis, insomnia, etc.. Yoga is the best option for healing stress among working men and women. It serves as a reviver of mind, body and soul. The different methods of yoga which comprise of physical postures (*asanas*), breath expansion and enhancement (*pranayama*), relaxation and meditation techniques (*dhyaan*), combine with the ideology of simple and natural lifestyle management to enhance the energy of the individual and develop a positive attitude. It has been attested by many as a complete all-in-one holistic formula for stress management.

KEY WORDS: Yoga, stress, tension, anxiety, discipline, exercise, punctuality.

INTRODUCTION

Today modern Medical science is giving more importance for prevention and maintenance of health. Every human being's strongest desire is to live a healthy, happy and an inspired life. Out of these three, health is foremost because without it, one cannot feel happy or inspired. Due to the competitive world, demanding jobs and other strenuous works, man is affected with high stress which in turn creates an imbalance at physical, psychological and social levels of the individual leading to various physical and psychological disorders. Yoga, an Ancient science, art provides an effective method of managing and reducing stress, anxiety and depression and numerous studies demonstrate the efficacy of yoga on mood-related disorders. Yoga, a form of mind-body exercise, has become an increasingly widespread therapy used to maintain wellness, and alleviate a range of health problems and ailments.

In an age of highly dynamic and competitive world, man is exposed to all kinds of stressors that can affect him on all realms of life. Hans Selye first introduced the term stress into life science. The term stress is derived from the Latin word 'Stringere' which means to be drawn tight. Stress is a complex, dynamic process of interaction between a person and his or her life. Stress can affect one's health, work performance, social life and the relationship with family members. The stress response is a complex emotion that produces physiological changes to prepare us for fight or flight to defend ourselves from the threat or flee from it. Eminent behavioral scientist Stephen [3] defines stress as that arises from an opportunity, demand, constraint, threat or challenge, when the outcomes of the event are important and uncertain. Stress can also be defined as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker. Job stress can lead to poor health and even injury. Yoga is an increasingly popular therapy, used to maintain wellness and assist with the management of a range of health complaints. Increased stress, depression and anxiety are the features of modern lifestyle.

Yoga

The word Yoga is derived from the Sanskrit word Yuj, meaning “to yoke or to unite.” The practice aims to create union between body, mind and spirit, as well as between the individual self and universal consciousness.

Yoga is a mind-body practice that combines physical poses, controlled breathing, and meditation or relaxation. Yoga may help reduce stress, lower blood pressure and lower your heart rate. And almost anyone can do it.

Yoga has been used in Eastern societies since thousand years ago and has recently received much attention from Western countries.

Yoga is an ancient discipline designed to bring balance and health to the physical, mental, emotional, and spiritual dimensions of the individual. It is an art of balancing mind and body. Yoga results in peacefulness by balancing the physical and mental status to get relaxed and manage stress and anxiety. Yoga is often depicted metaphorically as a tree and comprises eight aspects, or limbs: yama (universal ethics), niyama (individual ethics), asana (physical postures), pranayama (breath control), pratyahara (control of the senses), dharana (concentration), dyana (meditation), and samadhi (bliss). Long a popular practice in India, yoga has become increasingly more common in Western society.

Stress

“Stress is the physical and psychological effects we experience as a result of the way we reach to changes in the surrounding environment”- Pavel Stoyanow

Stress is becoming a part of life in present days due to the increased workload and long working hours resulting in other health problems too. Work pressure mounting up due to stress and looming deadlines and difficulties with colleagues and bosses building up the physical tension in our bodies. The stress remains bottled up as we sit at our desks with little opportunity for movement, leading to physical and mental health problems in the future. The continuous state of tension can desperately affect the health of an individual.

Stress **produces a state of physical and mental tension.** Yoga, developed thousands of years ago, is recognized as a form of mind-body medicine. In yoga, physical postures and breathing exercises improve muscle strength, flexibility, blood circulation and oxygen uptake as well as hormone functions. Over recent decades, several medical and research based studies on yoga proved it to be very useful in the treatment and management of stress, anxiety, and depression.

EFFECT OF YOGA IN STRESS

A growing body of research evidence supports the belief that certain yoga techniques may improve physical and mental health through down-regulation of the hypothalamic– pituitary–adrenal (HPA) axis and the sympathetic nervous system (SNS). Studies also show that the yoga decreases the levels of salivary cortisol, blood glucose, as well as plasma rennin levels, and 24-hour urine nor epinephrine and epinephrine levels. Yoga significantly decreases heart rate and systolic and diastolic blood pressure. Studies suggest that yoga reverses the negative impact of stress on the immune system by increasing levels of immunoglobulin A 912) as well as natural killer cells. Yoga has been found to decrease markers of inflammation such as high sensitivity C-reactive protein as well as inflammatory cytokines such as interleukin- 6 (14) and lymphocyte-1B. Yoga has been shown to have immediate psychological effects: decreasing anxiety and increasing feelings of emotional, social, and spiritual well-being. Several literature reviews have been conducted that examined the

impact of yoga on specific health conditions including cardiovascular disease, metabolic syndrome diabetes, cancer, and anxiety.

Yoga exercises improved the variables of self-description, psychological status, and the quality of life. Researchers suggest that yoga as an intellectual and mental exercise, improves health feeling. Furthermore, yoga can improve the psychological conditions for monitoring and managing stress and negative emotions, increase positive emotions, and help mental balance.

Yoga encourages mental and physical relaxation, which helps reduce stress and anxiety. Yoga can have a positive effect on the parasympathetic nervous system and aid in lowering heartbeat and blood pressure.

Yoga has been found to improve quality of life, reduce stress, anxiety, insomnia, depression and back pain.

Benefits of Yoga

1. Reduce stress, tension and anxiety.
2. Sound sleep.
3. Reduced cortisol levels.
4. Improvement of many medical conditions.
5. Relief allergy and asthma.
6. Lower blood pressure.
7. Help with smoking cessation.
8. Lower heart rate.
9. Spiritual growth.
10. Sense of well-being.
11. Reduced muscle tension.
12. Increased strength and flexibility.
13. Slowed aging process.

Stress-Relief Techniques Involved in Yoga

- Controlled breathing.
- Meditation.
- Physical movement.
- Mental imagery.
- Stretching.



CONCLUSION

Yoga has an effective tool in reducing stress, anxiety, and depression that can be considered as complementary medicine and reduce the medical cost per treatment by reducing the use of drugs.

Yoga is a complete science as it fulfills the definition by World Health Organisation of health by dealing the individual at all physical, psychological and social levels. Stress affects individuals of all age groups including children, people of all sections and profession including students, engineers, doctors, artist etc. Though many modalities of treatments are available for reducing stress, people are trying to find out some alternative to be relieved from stress without medications. Yogic science includes yogasanas (postures), pranayama (breathing practices), dhyana (meditation) and relaxation techniques that tackles human beings at all the levels. Through research studies yoga has been proved to be effective in many of the physical and psychological ailments. Apart from the management of diseased condition, it also has been proved to improve the positive health and quality of life.

REFERENCES

1. Singh S, Malhotra V, Singh KP, Sharma SB, Madhu SV, Tandon OP. A preliminary report on the role of yoga asanas on oxidative stress in non-insulin dependent diabetes mellitus. *Indian J Clin Biochem.* 2001;16:216–20. [PMC free article] [PubMed] [Google Scholar]
2. Oken BS, Kishiyama S, Zajdel D, Bourdette D, Carlsen J, Haas M, et al. Randomized controlled trial of yoga and exercise in multiple sclerosis. *Neurology.* 2004;62:2058–64. [PubMed] [Google Scholar]
3. Freitas DA, Holloway EA, Bruno SS, Chaves GS, Fregonezi GA, Mendonça KP. Breathing exercises for adults with asthma. *Cochrane Database Syst Rev.* 2013;1:CD001277. [PubMed] [Google Scholar]
4. Taneja I, Deepak KK, Poojary G, Acharya IN, Pandey RM, Sharma MP. Yogic versus conventional treatment in diarrhea-predominant irritable bowel syndrome: A randomized control study. *Appl Psychophysiol Biofeedback.* 2004;29:19–33. [PubMed] [Google Scholar]
5. Selys, H., (1936), Quoted by Pestonjee, DM (1999), *Stress and Coping: the Indian Experience*, Sage Publication, 2nd Edition, p 15.
6. Revati C. Deshpande. A healthy way to handle work place stress through Yoga, Meditation and Soothing Humor. *International Journal of Environmental Sciences.* Volume 2, No 4, 2012.
7. Steven L. Sauter PhD, Occupational stress and work-related upper extremity disorders: Concepts and models, *Journal of Occupational Health Psychology.*
8. Kulkarni GK., (2006), in an article Burnout published in *Indian Journal of Occupational and Environmental Medicine* 2006 [cited 2008 Feb 28].
9. Dr. K.N Udupa., (1997), Biochemical studies on meditation, Paper presented at the international seminar on stress in Health and Diseases, BHU, Varanasi.
10. Amy Wheeler, PhD, and Linda Wilkin, PhD. A Study of the Impact of Yoga Âsana on Perceived Stress, Heart Rate, and Breathing Rate. *International Journal of Yoga Therapy.* 2007. No. 17:57-63.
11. Catherine Woodyard. Exploring the therapeutic effects of yoga and its ability to increase quality of life. *Int J Yoga.* 2011 Jul- Dec; 4(2): 49–54.
12. Amber W. Li, Pharm D and Carroll-Ann W. Golsmith, DSc. The Effects of Yoga on Anxiety and Stress. *Alternative Medicine Review.* 2011. Volume 17, Number 1, 21-35.
13. Campbell, Debra Elise, and Kathleen A. Moore., (2004), Yoga as a preventative and treatment for depression, anxiety, and stress. *International Journal of Yoga Therapy,* 14, pp 53-58.

HEALTH AND NUTRITION STATUS OF TRIBES OF TRIPURA IN INDIA

Sajana Begam

Research Scholar

Dr. Abhijeet Shamrao More

Director of Physical Education and Sports, Mahatma Phule College, Ahemadpur.

ABSTRACT:

The tribal population in India is 8.7% of the total population. They are more susceptible to malnutrition which is known as a prevalent health problem mainly due to the uncertainty of their food supply, which has serious long term consequences for children and adversely affects the development of the nation. Assessing nutritional status is of paramount importance as it tends to identify malnutrition which increases the risk of malnutrition and death. The purpose of this review was to find out the overall nutritional status of tribal preschool children. The review research also explores the major socio-

cultural factors influencing the nutritional status of tribal children in India from a bio-cultural point of view.

KEYWORDS: *Preschool children, Tribal, Nutritional Status, Meta-Analysis, Underweight.*

INTRODUCTION

The tribe is an independent political division of a population characterized by specific cultures, primitive features and socio economic backwardness. Tribal people are the primitive inhabitants of any country. But, even after six decades of independence, the tribals in India are still mired in many problems, a dark truth. Among those problems is now the poor state of health of the tribals. India has almost half of the world's tribal population and 84.37 million people are classified as tribals, which is 8.5% of the total population. There are 461 groups of tribes spread across 29 states and 8 Union Territories with majority of 89% tribes found in the central belt of the country. Reliable and comprehensive data on disease patterns and trends in tribal areas are needed to monitor local epidemics and evaluate the effectiveness of public health programs for disease prevention and control. Religious rituals are mainly used to treat diseases and to worship the respective deities, most of whom believe that plagues associated with various diseases can be cured. No comprehensive strategy has been devised to address the health problems of the tribals, as there is insufficient knowledge about their norms, beliefs and practices, which are closely linked to the treatment of the disease. Further, there is a broad understanding of health problems and disorders in the general population, especially in urban areas, but studies related to demographic characteristics show that the health status of tribal children under 5 years of age in different tribal groups is very low and lacks comparability.

Tribal groups constitute about 8.3% of the total population of India. According to government figures, tribes can be found in about 461 communities and about 93% of them live in rural areas, mostly in remote forest areas that lack or lack basic civic amenities like transportation, roads, markets, health services, safe drinking water. Or cleanliness. Therefore, tribal communities lag other communities in terms of income, education, health and other essentials for good community nutrition. Of the 87 million tribals, whomakeup 8.3 percent of the population, 80 percent live in the Central Indian belt of Andhra Pradesh, Orissa, Jharkhand, Chhattisgarh, Madhya Pradesh, North Maharashtra, and South Gujarat. About 13 percent, or 10.1 million people, live in

the Northeast. Are spread across the remaining states. Scheduled Tribes are distributed all over the country except Pondicherry, Haryana, Punjab, Chandigarh, and Delhi.

Table 1.1 Demographical Statistics of Tribals of North Eastern States of India

State	Population
Arunachal Pradesh	1,383,727
Assam	31,205,576
Manipur	2,570,390
Meghalaya	2,966,889
Mizoram	1,097,206
Nagaland	1,978,502
Sikkim	610,577
Tripura	3,673,917

Source: Census 2011,

Table 1.2 Zonewise Demographic Statistics of Tripura

Sl. No.	Name of Zone	No. of V.C	No. of Family				Population			
			ST	SC	UR	Total	ST	SC	UR	Total
1.	West Zone	185	72,308	2,436	4,487	79,231	4,02,948	12,423	23,647	4,39,018
2.	South Zone	167	56,260	2,878	7,890	67,028	2,90,153	13,288	37,654	3,41,095
3.	North Zone	79	23,750	2,733	9,865	36,303	1,25,641	13,360	47,486	1,86,487
4.	Dhalai Zone	96	37,158	3,933	5,578	46,669	2,02,818	19,442	27,605	2,49,865
Total		527	1,89,431	11,980	27,820	2,29,231	10,21,560	58,513	1,36,392	12,16,465

Source: Tripura Tribal Area Autonomous District Council

After the first influx of refugees as Hindu Bangladeshi immigrants, the state of Tripura enacted the Tripura Land and Land Revenue Act 1960 which recognizes only registered lands. Since the majority of the tribals are illiterate, they have not registered the land of the community that has been living for thousands of years as per their traditional law. So, they were declared encroachments on the land they had inhabited for hundreds of years.

The population of Tripura is characterized by social diversity. Scheduled Tribes (STs) make up about one-third of the population. Nineteen tribes are represented in the population of Tripura, the two largest being Tripuri and Reang, which in 2011 accounted for 71 percent of the tribal population. There is also a diversity of languages and dialects; Bengali and Kokborok are the two official languages of the state. The majority of the tribal people live in rural areas.

1.1 Health Status:

Lack of personal hygiene, poor hygiene, poor maternal and child health care, health care benefits covered under the Managed Care Health Agreement, lack of health education, lack of national preventive programs and lack of health services are responsible for poor health. Problems such as tribal hygienic food supply, water contamination and improper diet affect the health status of the tribals. Tropical diseases like malaria are still prevalent in tribal areas. Therefore, good nutrition and good environmental health are important aspects of village health services.

2. Maternal and Health Care Practices:

Childbirth imposes additional health needs and problems on women - physically, mentally, and socially. Maternal mortality was reported to be high among various tribal groups. The main causes of maternal mortality were found to be unhygienic and primitive practices for childbirth.

No specific nutritional diet is taken by women from the beginning to the end of pregnancy. On the other hand, some pregnant tribal women reduced food intake for fear of frequent vomiting and to keep the baby small and facilitate childbirth. Low intake of iron, calcium and vitamins during pregnancy. The habit of drinking alcohol during pregnancy has been found to be common among tribal women and almost all continue their regular activities with hard work during advanced pregnancies. More than 90 percent of deliveries take place at home in the presence of older women. No specific precautions are taken during childbirth which increases the susceptibility to various infections. The services of paramedical personnel are secured only in difficult labor cases.

As far as child rearing is concerned, illiterate mothers, both rural and tribal, are seen breastfeeding their babies. However, most of them resort to harmful methods such as discarding colostrum, giving preeclampsia feeds, delaying the start of breastfeeding, and delaying supplemental feeds. Vaccination and immunization of infants and children in tribal groups is inadequate. In addition, magical-religious beliefs and the end of taboos exacerbate problems.

3. Nutrition Status of Tribals of Tripura:

The health and nutrition problems of the vast tribal population in India are as diverse as the tribal groups have presented a amazing diversity and diversity in their socio-economic, socio-cultural and environmental settings. Malnutrition is high among tribal

people. Malnutrition causes diseases such as local goiter: see thyroid gland, Anemia, pellagra and beriberi beriberi, diseases caused by deficiency of thiamine in the human body. Improper diet can lead to this deficiency. It has a profound effect on mental and physical health. Anemia reduces immunity to fatigue, affects the ability to work in stressful situations, and increases the chances of falling prey to other diseases. Maternal malnutrition is common among tribal women, especially those whose pregnancies are very close. Tribal diets are generally deficient in calcium, vitamin A, vitamin C, riboflavin, and animal protein.

India's worst track record in ensuring a basic level of nutrition as measured by the new International Multidimensional Poverty Index (MPI) is the biggest contributor to its poverty. About 652 million people or 53% of India's population are poor, as measured by this composite indicator with ten markers of education, health and living achievement levels.

In general, a balanced diet provides the body with all the nutrients it needs for healthy growth and development. Good nutrition also includes eating the right amount of food every day. It helps

to keep the body healthy and fit. How does the concept of nutritious food apply to them when they are not getting two meals a day?

Lack of medical facilities is another problem. Poor tribals do not get regular meals so they get sick. Doctors recommend that people seek medical attention at the first sign of any illness. Early care can lead to early recovery. But the tribals are deprived of all these basic needs. Mosquito bites, skin ailments, jaundice, natural disasters are not treated in time. Sanitation

problems are very common in rural as well as tribal areas. Unhygienic conditions cause many diseases in their children, such as measles, mumps, polio, tetanus, and whooping cough. Disease prevention is an important part of medical care. Parents should make sure their children are vaccinated against diphtheria, German measles, measles, mumps, polio, tetanus and whooping cough. But tribal parents are ignorant of these things.

Tribals are the second largest social group in India. Access to higher education in the tribal population is a matter of concern as indicated by the Gross Enrollment Ratio (GER) as it lags behind the rest of the population compared to other disadvantaged groups. In addition, the GER of female tribals lags behind their male counterparts. These factors reflect the inequality among the tribals in Indian society. Many tribal schools have high dropout rates. Children go to primary school for the first time at the age of four years and they get a taste of knowledge, then they become engrossed in illiteracy. Few enter the tenth; some of those who do, manage to complete high school. Therefore, very few people are eligible to attend higher education institutions, where the dropout rate is high. Senior tribal members are often reluctant to send their children to school, requiring them to work in the fields.

4. CONCLUSION:

From the above discussions, the tribal population is affected by various social, economic and development barriers which lead to high rates of malnutrition and health problems which are related to low percentage of higher education in the society. Tribals in India are heterogeneous. Although Scheduled Tribes have been accorded special status under the Fifth/Sixth Schedule of the Constitution of India, their condition, especially their health, is still unsatisfactory. Therefore, their health problem-solving methods should be not only multifaceted but also specific to as many individual groups as possible.

REFERENCES:

1. Deka, Sanjay. (2011), 'Health and Nutrition Status of India Tribes of Tripura and Effects of Education', *Inquires Journal*, Vol-3, Issue-3, pp. 1-15.
2. Dey, Uposoma and Bisai, Samiran. (2019), 'The Prevalence of Under-Nutrition Among the Tribal Children in India: A Systematic Review', *Anthropological Review*, Vol. 82(2), pp. 203-217.
3. Kapil U., Singh P. and Pathak P. (2003), 'Serum Zinc Levels Amongst Tribal Population in a District of Jharkhand State, India: A Pilot Study', *Eastern Journal of Medicine*, 8, pp. 334-341.
4. Manjunath, R, Kumar, KJ, Kulkarni P. Begum K, Gangadhar MR. (2014). Malnutrition among under-five children of Kadukuruba tribe: Need to reach the unreached. *J Clin Diagn Res* 8: J C01-JC04.
5. National Nutrition Monitoring Bureau Diet and Nutritional status of tribal population A first repeat survey technical report No. 24. National Institute of Nutrition, Indian council of medical research, Hyderabad, India, 2000.
6. Reddy, VB, Kusuma, YS, Pandav, CS, Goswami, AK, Krishnan, A. (2016). Prevalence of malnutrition, diarrhea, and acute respiratory infections among under-five children of Sugali tribe of Chittoor district, Andhra Pradesh, India. *J Nat Sc Biol Med* 7(2):155-60.

योग और शारीरिक फिटनेस

संशोधक

सचिन गोविंदराव चौधरी

योग मानवता के कल्याण के लिए भारत के संतों और संतों द्वारा दिया गया स्वास्थ्य और कल्याण का प्राचीन विज्ञान है। यह मानव के लिए ज्ञात मनोदैहिक प्रशिक्षण की सबसे प्राचीन प्रणालियों में से एक है। योग महान कला और स्वस्थ जीवन का विज्ञान रहा है, भले ही यह भारतीय दर्शन की छह प्रणालियों में से एक है। सकारात्मक स्वास्थ्य खुशी और आंतरिक सद्भाव से भरे सार्थक जीवन जीने का एक महत्वपूर्ण साधन है। ऋषि पतंजलि के अष्टांग योग के सिद्धांतों और प्रथाओं का ऐसा जीवन जीने में बहुत योगदान है। वे हमारे सामाजिक व्यवहार, बुद्धि और भावनाओं जैसे व्यक्तिगत लक्षणों के साथ-साथ होमोस्टैसिस या पूर्ण संतुलन की स्थिति के लिए मन और शरीर की क्षमता का दोहन करने के कारण मानव व्यक्तित्व के पहलुओं को शामिल करते हैं। हठ योग की शिक्षा जैसे आसन का अभ्यास शारीरिक और मानसिक स्वास्थ्य, स्थिरता और भलाई की भावना के लिए योगदान देता है और व्यक्ति को मन और शरीर के रोगों से मुक्त रखता है। ये तकनीकें मन और शरीर की शुद्धि में समृद्ध हैं और योग के अभ्यासियों के स्वास्थ्य को बनाए रखने और बढ़ावा देने के लिए उनके तंत्र बहुत उपयोगी रहे हैं। योग का अभ्यास भी मानव जीवन के कष्टों को उचित ज्ञान और दुखों के संबंध और उनके प्रभाव को समझने के माध्यम से दूर करने का महान साधन है। यह आत्म-साक्षात्कार का मार्ग भी है। वर्तमान पेपर प्राकृतिक स्वास्थ्य देखभाल उपायों के रूप में योग के निवारक, प्रोत्साहक और उपचारात्मक पहलुओं पर केंद्रित है जो वास्तव में आधुनिक स्वास्थ्य देखभाल प्रणाली की ताकत और समर्थन के लिए बहुत मांग में हैं। योग का नियमित अभ्यास आधुनिक जीवन के कई मनोदैहिक और जीवन शैली विकारों के लिए एक मारक है, जो स्थायी दृष्टिकोण की तर्ज पर पारंपरिक विरासत के पुनरुद्धार के साथ है। स्वास्थ्य और कल्याण स्वास्थ्य मानव की मूलभूत आवश्यकताओं में से एक है और मानव जीवन के अनुभव की गुणवत्ता के लिए अच्छा स्वास्थ्य एक महत्वपूर्ण योगदान है। हमारे प्राचीन वैदिक शास्त्रों में शरीर को तंदुरुस्त रखकर अच्छे स्वास्थ्य के महत्व को दर्शाया गया है जिसमें यह कहा गया है कि "शरीर मध्यमं खालू धर्म साधनाम" जिसका अर्थ है कि शरीर सार्थक जीवन के महान उद्देश्यों को प्राप्त करने का साधन है। इन उद्देश्यों को भारतीय शास्त्रों में चतुर्विध पुरुषार्थ कहा गया है। चरकसंहिता के इस सूत्र में हम अच्छे स्वास्थ्य के महत्व को देख सकते हैं।

स्वास्थ्य देखभाल प्रणाली और इसकी चुनौतियाँ दुनिया भर में स्वास्थ्य देखभाल प्रणालियाँ सर्वोत्तम संभव स्वास्थ्य समाधान प्रदान करने के लिए ग्रेट स्पिरिट के साथ काम कर रही हैं, साथ ही वे आधुनिक जीवन की चुनौतियों का सामना कर रहे हैं जिसमें हम उच्च रक्तचाप जैसे मनोदैहिक रोगों के उदय को देख सकते हैं। जो पुरानी तनावपूर्ण स्थितियों, अनुचित जीवन शैली और शारीरिक गतिविधि की कमी के कारण होते हैं। मानसिक रुग्णता की घटनाएँ शारीरिक स्वास्थ्य स्थितियों को अत्यधिक प्रभावित कर रही हैं। योग की दार्शनिक नींव का समग्र स्वास्थ्य दृष्टिकोण योग के स्कूल जो अपने तरीकों के माध्यम से जीवन के उच्च लक्ष्यों की प्राप्ति के दार्शनिक आधार हैं। इन प्रक्रियाओं के सामूहिक अनुभव भावनाओं की स्थिरता, बेहतर बुद्धि के साथ-साथ हमारे शरीर की विभिन्न प्रणालियों की कुशल कार्यात्मक क्षमताओं में मदद करते हैं जो शरीर, मन और आत्मा के संबंध को शामिल करते हैं। हठ योग की भूमिका और स्वास्थ्य और कल्याण में इसका पाठ्यक्रम हठ योग मन और शरीर की शुद्धि का विज्ञान है, हठ का अर्थ है ऊर्जा की दो शक्तियों के बीच संतुलन जो शारीरिक और मानसिक ऊर्जा के रूप में प्रतिनिधित्व करती है। ऊर्जा का चैनलीकरण नाडियों नामक सूक्ष्म ऊर्जा चैनलों के माध्यम से होता है और वे ऊर्जा केंद्रों के रूप में ऊर्जा के प्रवाह में योगदान करते हैं जिन्हें चक्र कहा जाता है। ये हमारे शरीर की महत्वपूर्ण शक्तियाँ और स्थान हैं जो स्थूल से सूक्ष्म अनुभवों तक संपूर्ण मानव स्पेक्ट्रम को समेटे हुए हैं। रोग की अवधारणा नाडियों में ऊर्जा के रुकावटों में गहराई से

स्थापित है जो मुख्य रूप से बाहरी वातावरण में आने वाले विभिन्न तनावपूर्ण कारकों के कारण अपने दैनिक जीवन में एक व्यक्ति द्वारा अनुभव किए गए मनोदैहिक गड़बड़ी के कारण कई असंतुलन के कारण होते हैं। व्यक्तिगत या पेशेवर जीवन में उसका परिवेश। अच्छे स्वास्थ्य का आनंद लेने के लिए मन और शरीर में ऐसा सामंजस्य लाने के लिए हठ योग पाठ्यक्रम का अभ्यास बहुत मददगार होगा। प्राचीन शास्त्रीय ग्रंथ विभिन्न तकनीकों की व्याख्या करते हैं, हठ प्रदीपिका इस विषय पर प्रसिद्ध ग्रंथों में निम्नलिखित प्रथाओं की व्याख्या करती है।

आसन - शरीर की मुद्राएँ आसन के अभ्यास को हठ योग साधना में सबसे प्रमुख अभ्यास माना जाता है। स्थिर और आरामदायक शरीर मुद्रा को आसन कहा जाता है। आसन का नियमित अभ्यास स्वास्थ्य, स्थिरता और कल्याण की भावना लाने वाला है। इन मुद्राओं को व्यापक रूप से सांस्कृतिक और ध्यान श्रेणियों में विभाजित किया गया है। विभिन्न आसनों से शरीर का समुचित विकास और मजबूती होती है। प्रणाली के आंतरिक विकारों को ठीक करने के लिए उनके पास चिकित्सीय मूल्यों की एक विस्तृत श्रृंखला है। इन पोज़ में आइसोमेट्रिक मूवमेंट शामिल होते हैं जो थकावट और मांसपेशियों की थकान के जोखिम के बिना मांसपेशियों के इष्टतम खिंचाव और जोड़ों की गति की सर्वोत्तम संभव सीमा में मदद करते हैं। आहार का वर्णन पहले अध्याय के दूसरे भाग में भी योग अभ्यास के लिए अनुकूल खाने की आदतों को विकसित करने के उद्देश्य से समझाया गया है। इसे सफल अभ्यास के लिए "मिथारा" या नियंत्रित आहार के रूप में जाना जाता है। **प्राणायाम** - प्राण / श्वास पर नियंत्रण हठ प्रदीपिका का दूसरा अध्याय प्राणायाम तकनीक के बारे में बताता है। श्वास की आंतरिक या बाह्य रूप से नियंत्रित श्वास, श्वास और प्रतिधारण के माध्यम से श्वसन की गति के नियंत्रित विनियमन को प्राणायाम कहा जाता है जो सांस की लंबाई में सुधार और इसे सूक्ष्म बनाने में मदद करता है। आठ शास्त्रीय प्राणायाम तकनीकें हैं। ये अभ्यास नाड़ियों में रुकावट के लिए जिम्मेदार बाधाओं को दूर करते हैं और शुद्धिकरण लाते हैं। अधिकांश मानसिक बीमारी और मन की व्याकुलता को प्राण के अशांत प्रवाह के लिए जिम्मेदार ठहराया जाता है। इसलिए, प्राणायाम अभ्यास संतुलित प्रवाह के माध्यम से सामंजस्य स्थापित करने और सर्वोत्तम संभव मानसिक स्वास्थ्य लाने में बहुत मदद करता है। श्वास में स्थिरता के प्रभाव से मन की स्थिरता होती है। यह इन्द्रियों के नियंत्रण के नियमन के साथ-साथ मन की एकाग्रता प्राप्त करने में उपयोगी है। प्राणायाम के इस पूरे अनुभव से एकाग्रता की क्षमता का विकास होगा। **षट्कर्म** - 6 सफाई तकनीकें शरीर से विषाक्त पदार्थों को हटाने में सफाई तकनीक महत्वपूर्ण भूमिका निभाती हैं जो चयापचय के परिणामस्वरूप होती हैं। त्रिदोष पर संतुलन अच्छे स्वास्थ्य और कल्याण के लिए षट्कर्मों का एक महत्वपूर्ण योगदान है। ये सकल अशुद्धियाँ स्वास्थ्य और उचित रक्त परिसंचरण के साथ-साथ गति की संयुक्त श्रेणी के लिए कुछ जोखिम कारकों को भी उजागर कर रही हैं। शरीर की सफाई षट्कर्मों या छह शोधन तकनीकों के अभ्यास से होती है। ये शारीरिक और मानसिक स्वास्थ्य की दृष्टि से बहुत महत्वपूर्ण हैं। आंतरिक विकारों को ठीक करने में भी ये तकनीक अत्यधिक मूल्यवान हैं। षट्कर्म या योगिक सफाई करने वालों के छह मुख्य समूह इस प्रकार हैं 1. **नेति**: नाक की सफाई, जिसमें जल नेति और सूत्र नेति शामिल हैं। 2. **धौती**: पाचन तंत्र की सफाई। 3. **नौली**: पेट की मालिश। 4. **बस्ती**: पेट की सफाई। 5. **कपालभाती**: ललाट लोब की शुद्धि और जीवन शक्ति। 6. **त्राटक**: निमिष टकटकी

योग लचीलेपन और मूल शक्ति में सुधार करता है

योग कई कारणों से फायदेमंद है। यह लचीलेपन में सुधार करने में मदद करता है, आपकी मुख्य मांसपेशियों को काम करता है, और यह आपको कार्डियो-केंद्रित अभ्यास करने की अनुमति देता है जो कार्डियो प्रशिक्षण के अन्य रूपों के रूप में स्पष्ट रूप से कर नहीं है।

प्लांक और चतुरंग जैसे योगा पोज़ के अलावा, आप पेट की मांसपेशियों को लक्षित कर सकते हैं ताकि आप खड़े संतुलन पोज़ में कोर को शामिल करके आपको अधिक टॉड और ट्रिम टमी दे सकें।

यदि आप अपनी ताकत में सुधार करना चाहते हैं, तो नियमित अष्टांग योग अभ्यास की तुलना में ऊपरी शरीर की ताकत तेजी से विकसित नहीं होगी, जिसमें बहुत सारे तख्ते, प्रेस अप (उर्फ चतुरंगा दंडासन) और हाथ संतुलन शामिल हैं।

किसी के लिए भी अष्टांग उनके लिए नहीं हो सकता है क्योंकि वे प्रेस अप नहीं कर सकते हैं, आप आश्चर्यचकित होंगे कि एक शुरुआत के रूप में कक्षाएं कितनी सुलभ हैं, और नियमित अभ्यास के साथ, आप बहुत जल्दी सुधार करते हैं

वजन घटाने के लिए योग

योग और वजन घटाने के बारे में क्या? कैलोरी-बर्निंग के मामले में अधिकांश प्रकार के योग कार्डियो (यानी दौड़ना, साइकिल चलाना आदि) के पारंपरिक रूपों की तरह प्रभावी नहीं होते हैं। लेकिन योग दिमागीपन को बढ़ा सकता है क्योंकि आप अपने शरीर के बारे में अधिक जागरूक हो जाते हैं: लोग इस बारे में अधिक जागरूक हो सकते हैं कि वे कितना खा रहे हैं और बेहतर भोजन विकल्प बना सकते हैं।

योग अपने तनाव को कम करने के लाभों के लिए जाना जाता है, और एक आराम से शरीर एक बेहतर शरीर है: जब शरीर में "तनाव हार्मोन" कोर्टिसोल का उच्च स्तर मौजूद होता है, तो यह वजन बढ़ाने में योगदान देता है - विशेष रूप से वसा को शरीर में जमा होने के लिए प्रोत्साहित करता है। उदर क्षेत्र।

यही कारण है कि नियमित योगाभ्यास से कार्डियो को लाभ और आराम मिलता है, एक समझदार आहार के साथ, वजन घटाने में प्रभावी रूप से सहायता कर सकता है।

योग चोट के जोखिम को कम करता है

योग अन्य खेलों में भाग लेते समय वार्म अप/डाउन करने का एक आदर्श तरीका हो सकता है और इससे भी महत्वपूर्ण बात यह है कि चोट के बाद ठीक होने के लिए एक महान उपकरण है। यदि आप चोट के पुनर्वास के लिए योग को एक उपकरण के रूप में लेने का निर्णय लेते हैं, तो आपको एक योग चिकित्सक की तलाश करनी चाहिए और पहले अपने चिकित्सक से परामर्श करना चाहिए।

जब सुरक्षित रूप से और/या एक विश्वसनीय शिक्षक के साथ अभ्यास किया जाता है, तो अन्य प्रकार के व्यायाम की तुलना में योग में चोट लगने का जोखिम काफी कम होता है। वास्तव में, योग चोटों की उपचार प्रक्रिया में फायदेमंद साबित हुआ है, जैसे दोहरावदार तनाव और कई अन्य।

जैसे-जैसे घायल मांसपेशियां ठीक होती हैं, वे तंग हो सकती हैं जहां निशान ऊतक बनते हैं, लचीलेपन को कम करते हैं और क्षेत्र में आंदोलन को प्रतिबंधित करते हैं। योग अभ्यास लचीलेपन को बढ़ावा दे सकता है क्योंकि स्ट्रेचिंग आसन निशान ऊतक को बिना किसी रुकावट के धीरे-धीरे टूटने की अनुमति देते हैं क्योंकि यह ठीक हो जाता है।

कोमल आंदोलन भी घायल क्षेत्र में रक्त के प्रवाह को बढ़ाता है, जो पोषक तत्वों को ले जाता है और चोट स्थल से विषाक्त पदार्थों को निकालता है, इसलिए उपचार प्रक्रिया को अधिक प्रभावी ढंग से सहायता करता है। और अगर उन आखिरी कुछ वाक्यों ने आपको आंसू बहाए, तो आपको केवल यह जानने की जरूरत है कि डेविड बेकहम और रयान गिग्स जैसे फुटबॉलरों ने योग का उपयोग किया है ताकि उन्हें अपने 40 के दशक में शीर्ष स्तर की फुटबॉल खेलने के लिए पर्याप्त रूप से फिट रखने में मदद मिल सके।

चोट के बाद योग अभ्यास शुरू करते समय, यह सुनिश्चित करने के लिए अपने चिकित्सक या चिकित्सक से बात करें कि यह आपके लिए अभ्यास शुरू करने के लिए उपयुक्त है। फिर, विचार करें कि क्या आप एक सामान्य वर्ग में शामिल होना चाहते हैं या योग चिकित्सक के साथ आमने-सामने काम करना चाहते हैं। और किसी भी योग कक्षा की तरह, हमेशा अपने योग शिक्षक को कक्षा शुरू होने से पहले अपनी चोट और प्रतिबंधों के बारे में सूचित करें ताकि आप सुरक्षित रूप से अभ्यास कर सकें।

शारीरिक स्तर

एक बेहतर रक्त परिसंचरण
 एक मजबूत प्रतिरक्षा प्रणाली
 बेहतर हृदय प्रणाली, लसीका प्रणाली और श्वसन प्रणाली
 कम थकान
 संतुलित कोलेस्ट्रॉल स्तर

मानसिक स्तर

एक शांत मन एक स्वस्थ शरीर का पूरक है। योग रोजाना के तनाव के कारण हमारे शरीर की कोशिकाओं में जमा होने वाले विषाक्त पदार्थों को बाहर निकालता है। इससे मन अधिक शांत और शांत होता है।

नियमित योगाभ्यास से आप अनावश्यक चर्बी भी जलाने लगते हैं जिससे आपका कोलेस्ट्रॉल लेवल संतुलित रहता है। योगाभ्यास के बारे में एक और खूबसूरत बात यह है कि जैसे-जैसे आप अधिक केंद्रित, मजबूत और लचीले होते जाते हैं, वैसे-वैसे आपको शरीर और मन में स्वतंत्रता की अनुभूति होती है।

योग के साथ फिट शरीर के लिए 4 कदम

योग से स्वस्थ शरीर सिर्फ चार कदम दूर है:
 संयुक्त आंदोलनों के साथ वार्म-अप। हल्के आसन शामिल हैं
 योग आसन। सूर्य नमस्कार, पद्मसाधना शामिल कर सकते हैं

विश्राम: योग का अभ्यास करने के बाद, लेटना और कुछ मिनटों के लिए आराम करना महत्वपूर्ण है। अपने ध्यान को शरीर के विभिन्न हिस्सों पर ले जाने से भी मदद मिलती है।

प्राणायाम और ध्यान: नियमित रूप से प्राणायाम और ध्यान करने से योग के सकारात्मक प्रभाव में वृद्धि होती है।

इस अनूठे चार-चरणीय योग अभ्यास के माध्यम से, आपके शरीर को एक गहन कसरत और विश्राम मिल सकता है। योग के साथ लयबद्ध श्वास का अभ्यास करने से मन को गहराई तक जाने में मदद मिलती है। यही कारण है कि आज कई एथलीट योग को अपने प्रशिक्षण कार्यक्रमों में शामिल कर रहे हैं।

जब सभी चार चरणों के साथ एक प्रामाणिक तरीके से योग का अभ्यास किया जाता है, तो आप प्रशिक्षण के दौरान और बाद में अपने दैनिक जीवन में अपने शरीर और मन में एक अद्भुत शांति और सहजता महसूस करेंगे। तो आपके सिस्टम में तनाव धीरे-धीरे आपको अपनी शारीरिक समस्याओं के साथ छोड़ सकता है जो तनाव के कारण होती हैं।

मानवी जिवन आणि योगा

प्रा. डॉ. फड एल. एच.

शा.शि. संचालक कै.सौ.शेषाबाई सी. मुंढे कला महाविद्यालय, गंगाखेड. जि.परभणी. पिनकोड-४३१५१४

प्रस्तावना :

योग हा आपल्याला मिळालेला वारसा आहे.भारतामध्ये योगासनाचा अभ्यास हा इ.स.पूर्व पासून केला जात आहे.योगाची उत्पत्ती पातंजली ऋषीने केली आहे.भारताच्या प्राचीन बुद्धीवैभवाचे एक साधन म्हणून योग शास्त्र अजूनही आपले महत्व व स्थान टिकवून आहे.योग हे एक शास्त्र आहे.आणि कोणत्याही विषयाला आपण जेव्हा शास्त्र म्हणतो तेव्हा ते शास्त्राच्या कसोटीला खरे उतरले पाहिजे आणि योग हे शास्त्राच्या कसोटीला खरे उतरले आहे. योग शास्त्रातील व्यायाम हे शास्त्रशुद्ध आहेत व ते व्यक्तीचे आरोग्य निरोगी राखणे व रोगापासून मुक्त करणे ह्यासारखे कार्य करतात. योगाच्या व्यायामात विलक्षण सौंदर्य आणि मोहकता भरलेली आहे.

योग आणि शरीर याचा फार जवळचा संबंध आहे.मानवी शरीर हे दोन भागात विभागले आहे.एक म्हणजे बाह्य शरीर, दुसरे म्हणजे अंतर्गत मन आणि आत्मा यांना रोगग्रस्तव्याधीपासून बचाव करणे. योग आणि मन यांचा सुद्धा जवळचा संबंध आहे व त्यामुळे तो मनाने प्रसन्न राहतो, म्हणजे 'निरोगी शरीरात निरोगी मन राहत असते.' व्यक्तीला दैनंदिन जीवन जगण्यासाठी शारीरिक बलाची आवश्यकता अतसे. ज्या व्यक्तीला स्वतःची उन्नती, प्रगती करून घ्यावयाची असेल अशा व्यक्तीने आपले शरीर निरोगी आणि काटक बनविले पाहिजे. योगाद्वारे उपचार करून रोग बरे करण्यात येतात. व्यक्तीला रोग होऊ नये व व्यक्ती रोगापासून दूर राहिले पाहिजे हे योगाचे प्रमुख वैशिष्ट्ये आहे.

योग समजून घेवून आपण आपल्या दैनंदिन जीवनात योग केले तर आपले आरोग्य हे निरोगी राहण्यास मदत होते.

योग म्हणजे काय?

योग हा शब्द 'युज' धातूपासून बनला आहे.योग म्हणजे शरीर, मन आणि आत्मा या सर्वांना ईश्वराशी जोडणे होय.- 'योग म्हणजे बुद्धी, मन, भावना आणि संकल्प यांचे नियमन आहे.'योगामध्ये आत्मा आणि परमात्मा यांना जोडण्याचे कर्म होत असते.'

'व्यक्तीचा विकास साधणे व भौगोलिक आणि आध्यात्मिक जीवन संपन्न करण्याची प्रक्रिया म्हणजे योग होय.'

योगाद्वारे व्यक्तीला ज्ञान प्राप्त करता येते व ज्ञानामुळे अंतरंग अनुभूती प्राप्त होत असते.व्यक्तीला मोक्षापर्यंत जाण्यासाठी शारीरिक क्षमता, मानसिक संतुलन, बुद्धी कौशल्य व आत्मजागृती आवश्यक आहे.व योग अभ्यासाने व्यक्ती जीवनात अत्यंत तृप्त, समाधानी, निरामय, निरोगी आणि सुख प्राप्त करून देण्याचे साधन आहे.मानवाचा सर्वांगाने विकास साधणारे व खऱ्या अर्थाने जीवन संपन्न करणारे शास्त्र आहे.

अभ्यास विषयाची निवड :

वाढती लोकसंख्या, बेरोजगारी, प्रदूषण,मोबाईलचा अतिवापर, व्यसनाधिनता, मादक व उत्तेजक औषधाचे सेवन, विभक्त कुटुंब पद्धती, अज्ञान, अंधश्रद्धा अशा अनेक समस्येमुळे आजचा समाज भरकटत चाललेला आहे. म्हणून समाजातील अज्ञान, शारीरिक तसेच सामाजिक विकास साधण्यासाठी व एक आदर्श समाज स्थापन करण्यासाठी मानवी जीवनात योगाची आवश्यकता आहे.म्हणून अभ्यासासाठी हा विषय घेण्यात आलेला आहे.

संशोधन लेखाचे महत्त्व :

निरोगी व्यक्ती समाजाचा आधारस्तंभ असतो, आणि त्यावर राष्ट्राचा, देशाचा विकास आधारित असतो.योग शिक्षण ही व्यक्तीला व समाजाला मिळालेली सर्वात मोठी ताकद आहे.ज्यावर व्यक्तीचे दैनंदिन कार्ये, त्यांच्या गरजा, समस्या

निराकरणाची क्षमता, वैयक्तिक आणि सामाजिक ह्या सर्वांसाठी योग शिक्षण फार महत्त्वाचा घटक आहे. म्हणूनच योग शिक्षणातून स्वतःचे जीवन व कार्ये कशा पद्धतीने घडवता येते याचा एक आदर्श समाजापुढे ठेवून योग शिक्षण हा लेख खुप महत्त्वाचा आहे.

योग आमच्या आयुष्यातील एक पर्याय नाही, तर तो आपल्या जीवनाचा एक अविभाज्य भाग आहे. योग ही रोज आणि नियमित सराव करण्याची पद्धत असून त्याचा सराव योग्य आणि नियमित करण्याची गरज आहे. त्यामुळे आता योगाचे महत्व समजून घेऊन ते करताना सावधानता बाळगली पाहिजे आणि आरोग्य विज्ञानाची मदत घेऊन पुढे गेले पाहिजे.

मानवी जिवन आणि योगा :

आजच्या ताणतणावाच्या परिस्थितीत आपले आरोग्य आणि सौंदर्य कायम राखण्यासाठी, रोगापासून मुक्तता मिळविण्यासाठी, कार्यक्षमता वाढविण्यासाठी आपले व्यक्तिमत्व आकर्षक करण्यासाठी, चारित्र्य विकास आणि सकारात्मक विचारांना चालना देण्यासाठी योग करणे हा सुरक्षित आणि विश्वसनीय मार्ग आहे.

शारीरिक आणि मानसिक संतुलन कायम ठेवण्यासाठी मन शांत आणि समर्थ बनविण्यासाठी योग करणे अत्यावश्यक झाले आहे. वाढत्या वयासोबत त्वचेतील स्निग्धता कमी झाल्यामुळे त्वचा कोरडी पडायला लागे. मानसिक तणाव, चिंता, काळजी, जास्तीचे शारीरिक कष्ट, आहारातील पोषक तत्वांची कमतरता आणि अनिद्रा यासारख्या कारणांमुळे त्वचेवर लवकर सुरकुत्या पडायला लागतात. कधी कधी वातावरणातील प्रदूषण, दीर्घ आजार, सावणाचा चेहऱ्यासाठी अतिरेक वापर, अतिरेकी डाएट यामुळेही त्वचा निस्तेज व्हायला लागते. योगातील काही क्रियामुळे चांगले आरोग्य मिळू शकते.

प्राचीन काळापासून आपल्या संस्कृतीत योगाला एक महत्वपूर्ण स्थान देण्यात आले आहे. पूर्वीच्या काळी गावात, खेड्यात आणि शहरात मोठ्या प्रमाणावर योगाभ्यास करण्यात येत असल्याचा उल्लेख आपल्याकडील अनेक प्राचीन ऐतिहासिक ग्रंथात आढळून येतो. वयाबरोबर शरीरात होणारे अपायकारक बदल तणावविरहीत जीवनशैली, योगमुक्त दिनचर्या आणि सात्विक तसेच पौष्टिक आहाराचा योग्य वापर करून निरोगी शरीर ठेवण्यास मदत होते.

“पहिले सुख निरोगी शरीर” असे आयुर्वेदात म्हटले आहे. जोपर्यंत शरीर आहे तोपर्यंत जगातील सारे खेळ आणि लीला आहेत. शरीरातील रोगांचे मुख्य कारण आहार-विहारातील अनियमितता आणि पौष्टिक जेवणाचा अभाव हेच आहेत. माणसाचे आत्मीक समाधान, शारीरिक आरोग्य आणि बुद्धीची स्थिरता म्हणजे त्याच्या चेहऱ्यावर असणारी प्रसन्नता होय. प्रसन्नचित्तव्यक्ती दीर्घायुषी असते. योगाभ्यासामुळे शरीरात एक अलौकिक बदल होऊन शारीरिक आरोग्य सुधारता येते. योगोपचारात आसन, प्राणायाम आणि ध्यान यांना खुप महत्व आहे. जीवनाची गाडी योग्य रूळावरून धावण्यासाठी योग आवश्यक आहे.

शरीर निरोगी ठेवण्यासाठी प्राचीन काळापासून योगाचा उपयोग केला जात आहे. योग ही वैज्ञानिक उपचार पद्धती असून तिचा उपयोग फक्त निरोगी राहण्यासाठीच होत नाही तर काही आजार झाल्यावर त्यावर उपचार करण्यासाठीही होतो. सातत्यपूर्ण योगाभ्यासाने पचनसंस्थेचे सर्व विकार नाहीसे करता येतात.

योगाचे स्वरुप :

योग आपल्याला आपल्या पूर्वजांचा मिळालेला अनमोल असा साठा आहे. त्यामुळे योग चांगल्या प्रकारे समजावून घेणे गरजेचे आहे.

१) दैनंदिन जीवनात योगाची आवश्यकता :

धावपळीच्या जीवनात प्रत्येक व्यक्तीला आपल्या दैनंदिन जीवनात योग, प्राणायामाची आवश्यकता आहे.

२) सुखी जीवनाचा राजमार्ग :

आरोग्यवान व्यक्ती देशाचा आधारस्तंभ असतो म्हणून सुखी जीवनाचा राजमार्ग म्हणजे योग होय.

३) योगाद्वारे शरीर व मनाचा विकास :

शरीर व मन हे एकमेकांवर परिणाम करणारे असे घटक आहेत. चंचल मनाला एकाग्र करून व व्याधीग्रस्त शरीराला व्याधीमुक्त करून शरीर आणि मन शुद्ध करणे आणि निरोगी राखण्याचा मार्ग योगात सांगितला आहे.

४) योग हे प्रत्यक्ष कृतीचे शास्त्र आहे :

योग हा शरीराने व मनाने प्रत्यक्ष कृती करून जीवनात अंमलात आणावयाचे शास्त्र आहे. योगामध्ये आसने आणि प्राणायाम व क्रिया ही लोकप्रिय अशी अंग आहेत.

योगाची व्याप्ती :

योगामुळे मनुष्यजीवनामध्ये उन्नती, विकास साधण्यासाठी आणि सुख प्राप्त करण्यासाठी योग महत्वपूर्ण आहे.

१) योग व शरीर :

मनुष्याला आपले दैनंदिन कार्य सुरळीत पार पाडण्यासाठी शरीर हे चांगले असणे आवश्यक आहे. शरीर चांगले राहण्यासाठी शरीरातील असणाऱ्या विविध संस्थांचे कार्य व्यवस्थित चालणे आवश्यक असते.

२) योग व मन :

व्यक्ती जर आरोग्यवान असेल तर मनानेही प्रसन्न राहतो व जीवनात यशस्वी होतो. “निरोगी शरीरात निरोगी मन राहत असते.” योगामुळे व आसनामुळे मन प्रसन्न राहून व्यक्ती कोणत्याही कामात स्वतःला वाहून घेण्याची मानसिक तयारी करतो.

३) योग व आहार :

मनुष्याला जीवंत राहण्यासाठी प्रामुख्याने तीन गोष्टींची आवश्यकता आहे. हवा, अन्न, पाणी यावरच मनुष्याचे जीवन आहे.

४) योग व उपचार :

व्यक्तीला निरोगी ठेवण्यासाठी आणि रोगी व्यक्तीला रोगापासून मुक्त करण्यासाठी योगाचा उपचार म्हणून उपयोग केला जात आहे.

५) योग व शारीरिक शिक्षण :

व्यक्तीचे शारीरिक व मानसिक आरोग्य चांगले राखणे व देशाचा आदर्श नागरिक बनविणे हे शारीरिक शिक्षणाचे ध्येय आहे. शारीरिक शिक्षणामध्ये योगाला अनन्यसाधारण महत्व आहे.

आष्टांग योग, आसने व प्राणायाम :

प्रत्येक व्यक्तीमध्ये दैवी अंश आहे, व दैवी अंशाशी जगातील दैवी अंशाची जोडणी म्हणजे योग होय व योग साधनेसाठी निरनिराळ्या आठ पायऱ्या सांगितल्या आहेत यम, नियम, आसन, प्राणायाम, प्रत्याहार, ध्यान, धारणा, समाधी यांचा समावेश आहे.

आसने :

आसनांच्या अभ्यासामुळे जसे मानसिक स्वास्थ्य व शारीरिक स्वास्थ्य लाभते, तसेच काही प्रमाणात रोग मुक्ती ही मिळू शकते.

“मन आणि शरीर स्थिर करण्यासाठी शरीराची केलेली विशिष्ट स्थिती म्हणजे आसन होय.”

प्राणायाम :

मनुष्य दैनंदिन जीवनात अनेक चिंतानी ग्रासलेला असतो. योगी व ऋषीमुनींनी चिंतेवर विजय मिळविण्याकरीता तसेच चित्तवृत्तीचा निरोध करण्यासाठी या क्रियांचा उपयोग करूनच योग शास्त्रात प्राणायामाची निर्मिती केली आहे. “प्राणाची उपासना म्हणजे प्राणायाम” असं म्हटलं जातं.

संशोधन लेखाचे उद्दिष्टे :

१) व्यक्तीच्या व्यक्तीमत्वाचा सर्वांगीण विकास करणे.

- २) मानसिक, शारीरिक, सामाजिक व नैतिक गुणांचा विकास करणे.
- ३) आदर्श नागरिक तयार करणे.
- ४) राष्ट्रीय एकात्मतेत समाजाची भूमिका अभ्यासणे.
- ५) चारित्र्यसंपन्न नागरिक तयार करणे.
- ६) राष्ट्राच्या विकासात सुधारलेल्या समाजाचा मोठा वाटा असतो.

संशोधन लेखाचे गृहितके :

- १) आरोग्याभिमूख शिक्षण, कौटुंबिक पाठबळ आणि राजकीय दबावमुक्तप्रशासकीय वातावरण अनिवार्य आहे.
- २) मानवी विकासाचे मूळ उदारमतवादी विचार व सुधारणा परंपरेत दडले आहे.
- ३) मानवी विकासाबाबत आपली वाटचाल कायदानिर्मितीत पुढे व अंमलबजावणीत मागे आहे.

निष्कर्ष :

- १) स्वतःचेव राष्ट्राचे रक्षण करण्यासाठी.
- २) रोगापासून व्यक्तीला मुक्त ठेवण्यासाठी.
- ३) शरीराची वाढ योग्य तऱ्हेने होण्यासाठी.
- ४) मानसिक विकास योग्य तऱ्हेने करण्यासाठी.
- ५) अधिक कार्यक्षमतेने कार्य करण्यासाठी.
- ६) शारीरिक गरजांची पूर्तता करण्यासाठी.
- ७) सामाजिक विकास साधण्यासाठी.
- ८) राष्ट्राला व देशाला समृद्ध बनविण्यासाठी.

संदर्भ :

- १) प्रा. के.एन. गंदगे, प्रा. मारतळे- आरोग्य शिक्षण योग व प्रथमोपचार- समर्थ पब्लीकेशन, नांदेड.
- २) सुनील सिंह- योगातून आरोग्याकडे- साकेत प्रकाशन.
- ३) रमेशचंद्र कंवर- स्वाथ्य शिक्षण.
- ४) के.के. वर्मा- स्वाथ्य शिक्षा.
- ५) भा.रा. गोगाटे- शारीरिक शिक्षण तत्त्वे व स्वरूप.
- ६) डॉ. वि.ना. भावे, डॉ. देवदास- आपण व आपले आरोग्य.
- ७) बाळासाहेब- सूर्यनमस्कार.
- ८) व्हि.के.एस. अय्यंगार- हठयोग प्रदिपिका.

धर्मावरील मेडीटेशनचा प्रभाव: एक संक्षिप्त अभ्यास

प्रा. डॉ. विठ्ठल डुमनर

शारिरीक शिक्षण आणि क्रीडा विभाग, पु. अ. होळकर महा., राणीसावरगाव ता. गंगाखेड जि. परभणी

भारत हा अनेक जाती धर्माने नटलेला देश आहे. भारतात प्रामुख्याने हिंदू, मुस्लीम, बौद्ध, शीख, ख्रिश्चन, जैन इ. धर्मांचे लोक राहतात. लोकसंख्येचा विचार करता हिंदू हा देशातील सर्वात मोठा धर्म आहे. एकूण लोकसंख्येच्या जवळपास ८५% लोकसंख्या हि हिंदू धर्मीय लोकांची असेलेली पाहायला मिळते. हिंदू धर्मा नंतर मुस्लीम समाजाची लोकसंख्या अधिक असल्याचे पाहायला मिळते. प्रत्येक धर्माची परंपरा, श्रद्धास्थाने, रीतीरिवाज वेगवेगळी आहेत. प्रत्येक जन त्यांच्या धर्माचे अनुकरण करत जगत असतो. धर्माने घालून दिलेल्या नीतिनियमांचे पालन करण्याचा प्रयत्न करत असतो. भारतातील जवळपास सर्व धर्मांमध्ये योगाला असाधारण असे महत्व आहे. सर्वच धर्मांच्या धार्मिक ग्रंथांमध्ये योगाचे महत्व विषय केल्याचे दिसून येते. आजही प्रामुख्याने हिंदू, बौद्ध, जैन, ख्रिश्चन या धर्मांमध्ये योगाला अतिशय महत्व असल्याचे दिसते.

वेदानुसार भारतात योगाची सुरुवात वैदिक काळातच झाली होती. योगा संबंधीची माहिती अथवा शिक्षण चार वेदांमध्ये म्हणजेच ऋग्वेद, यजुर्वेद, सामवेद, अथर्ववेद यांमध्ये सांगितलेली आहे. हिंदू धर्मावर योगाचा असलेला प्रभाव अनेक धर्म ग्रंथांच्या माध्यमातून दिसून येतो. अनेक देव, ऋषी ध्यान करत वर्षो बसायचे. काहीतरी साध्य करण्याच्या, स्वतःतील दोष दूर करण्याच्या उद्देशाने अनेक साधू-साध्वी तपस्या करायचे. आज हि हिंदू धर्मात ध्यानसाधनेला विशिष्ट असे स्थान आहे. ज्यांची देवावर आणि धर्मावर श्रद्धा आहे असे हिंदू धर्मीय लोक, साधू, महंत, शंकराचार्य हे ध्यानसाधना करत असतात. या ध्यान साधनेचा त्यांच्या आयुष्यावर अतिशय सकारात्मक परिणाम झालेला दिसून येतो. अशा साधू, साध्वींना रागावर नियंत्रण मिळवणे व अनेक प्रकारच्या शारीरिक मानसिक व्याधींपासून सुद्धा सुटका होते. आजही अनेक साधू, ऋषी इ. हिमालयात, आश्रमात, गुरुकुल इ. मध्ये ध्यानाचा सराव करतात. या वरून हिंदू धर्मात ध्यानाला असाधारण महत्व असल्याचे दिसते.

ऑस्कर पुरस्कार विजेता अमेरिकन अभिनेता विल स्मिथ सुद्धा हिंदू धर्माच्या प्रेमात पडल्याचे पाहायला मिळाले. पण जेव्हा त्याने stand-up कॉमेडीयन क्रिस रॉक याला कानाखाली मारली त्यानंतर मात्र त्याला पश्चाताप व्हायला लागला आणि तो अस्वस्थ राहू लागला. त्यानंतर या अस्वस्थेतून बाहेर पडण्यासाठी तो भारतात आला. 'पीपल' मासिकाने प्रसिद्ध केलेल्या माहितीनुसार, विल स्मिथ योग आणि ध्यानासाठी भारतात आला होता. [Maharashtratimes] विल स्मिथ प्रमाणे असे अनेक विदेशी नागरिक भारतात येऊन ध्यान साधनेचा सराव करतात.

बौद्ध धर्म किंवा बुद्धीज्ञान हा भारतातील अनेक जुन्या धर्मांपैकी एक आहे. बौद्ध धर्माचे विचार आणि तत्त्वज्ञान जगभर पसरल्याचे दिसून येते. बौद्ध धर्म हा अत्यंत शांतीप्रिय धर्म असल्याचा लौकिक जगभर पसरल्याचा पाहायला मिळतो. अनेक बुद्धिस्ट विचारवंतांच्या मते बौद्ध धर्माला 'धर्म' नाहीतर तर 'धम्म' म्हणायला हवे. बौद्ध उत्पत्तीसाधरणता २५००० वर्षांपूर्वी म्हणजेच इ.स. पूर्व ५६३ मध्ये झाली. बौद्ध धर्माचे संस्थापक सिद्धार्थ गौतम बुद्ध यांनी सुरुवातीला आशिया आणि नंतर बौद्ध भिक्खू तसेच भगवान सिद्धार्थ गौतम बुद्धांनी त्यांच्या शिष्यांच्या माध्यामातून बौद्ध धर्माचा प्रसार आणि प्रचार जगभर केला. बुद्धत्व प्राप्ती पूर्वी भगवान बुद्ध हे राजपुत्र होते. पण जेव्हा त्यांनी लोकांचा मृत्यू, गरिबी, कष्ट, वेदना पाहिल्या तेव्हा त्यांना कळले कि मानवी जीवन हे अनेक वेदना आणि यातना यांनी ग्रासले आहे. सिद्धार्थ गौतमाने चार सत्यांच्या माध्यमातून बौद्ध धर्माचे उद्देश स्पष्ट केले आहेत. त्यांच्या मते ते चार सत्य असे आहेत, दुःख: (दुःखावर मात मिळवणे) समुदय, निरोध: (दुःखाचे निवारण करणे आणि मार्ग: (दुःख निवारण्यासाठी अष्टांगिक मार्गाचा अवलंब करणे) सिद्धार्थ गौतमाने त्यांच्या तत्त्वज्ञानातून, शिकवणीतून मानवी दुःख निवारण्याचा मार्ग सांगितला आहे. सध्याचे मानवी जीवन अनेक वेदनेने ग्रासलेले आहे. अशा वेदनांमुळे तसेच कष्टांच्या जीवनामुळे मानव जातीला अनेक अडचणीतून तसेच त्रासातून जावे लागते. अशा कष्टदायी जीवनक्रमामुळे मानवाचे शारीरिक तसेच मानसिक स्वास्थ्य बिघडण्याच्या शक्यता अधोक्त असतात. शारिरीक तसेच मानसिक व्याधींपासून मुक्तता मिळवायची असल्यास भगवान बुद्धांनी सांगितलेल्या व त्यांनी आयुष्यभर अवलंब केलेल्या मेडिटेशनचा अवलंब करणे फायदेशीर ठरते. मेडिटेशनला पाली भाषेत 'विपस्सना' व संस्कृत मध्ये 'विपश्यना' असे म्हणतात. तर मेडिटेशन ला मराठी मध्ये ध्यान साधना असे म्हणता येईल.

या जगात सगळ्यांनाच आनंदी जीवन जगायचे असते. कोणालाही दुःखाच्या सानिध्यात राहायला आवडणार नाही. या जगातील प्रत्येक जन दुःखाला दूर सारण्याचा प्रयत्न करत असतो. प्रत्येक जन त्यांच्या आयुष्यात यातना निर्माण होणार नाहीत याची काळजी घेण्याचा प्रयत्न करीत असतो. प्रत्येक जन आयुष्यात पैसा, संपत्ती मिळवण्याचा प्रयत्न करीत असतो.

प्रत्येकाची अशी धारणा आस्ते कि पैसा अथवा इतर भौतिक सुविधा मिळवल्यास त्यांची इतर समस्ये पासून अथवा यातनेपासून सुटका होईल पण वास्तविक मानवाच्या यातना या जन्मापासून सुरुझालेल्यास असतात.म्हातारपण,आजार,मृत्यू हे सर्व मानवी जीवनाच्या यातनेचे कारण आहेत. बौद्ध धर्माच्या तत्वज्ञानानुसारआनंद हा चिरकाल टिकणारा नसून तो क्षणभंगुर आहे. अशा परिस्थितीत दुःख, यातना यावर मात मिळवायची असेल तर मेडीटेशन म्हणजेच ध्यान साधना किंवा विपस्सना याचा अवलंब करणे फायदेशीरराहिल.सत्यनारायनगोयकाजीनीमॅनमारचे महान विपश्यनाचार्यसयाजी ऊबा खिनकडून पहिल्यांदा इ.स. १९५५ मध्ये विपश्यना साधना केली. तेव्हापासून भारतात त्याचा अभ्यास होऊ लागला. इ.स. १९६९ मध्ये सत्यनारायनगोयंकाजी भारतात आले आणि दिवसाची साधना विधी शिबीर अनेक ठिकाणी चालू केले. इ.स.१९७६ मध्ये मुख्य विपश्यना केंद्र धम्मगिरी येथे स्थापना करून आता जगभरशान्भाराच्याही वर विपस्सना केंद्रे स्थापन झाल्याचे दिसून येते.[डॉ. गव्हाळेपु. २०५]

You yourselves must make the effort.

Buddhas only point the way.

Those who have entered the Path and

who meditate will be freed from the fetters of illusion.[SayadawMahasi 31]

धम्मपदातीलवरील ओळीनुसार मानवाने दुःख निवारण्यासाठी प्रयत्न करित राहणे गरजेचे आहे. बुद्धांच्याम्हणण्यानुसार जे विपस्सना म्हणजेच मेडीटेशन करतात ते अनेक प्रकारच्या संकटातून आणि आणिमोहमायातून मानवाची सुटका होऊ शकते.बुद्धीस्टमेडीटेशनचा उद्देशच मनातील अशुद्धता काढून टाकणे,अनेक वाईट प्रवृत्ती जसे कि लोभीपणा, हाव, मत्सर,राग,वासना,कुविचार,वाईटचिंतने,काळजी इ. नियमित मेदिटेशनच्यामाध्यमातून दूर करणे शक्य होऊ शकते.मेडीटेशन केल्याने शांतता, जागरूकता, स्थिर चित्तता, एकाग्रता मिळवण्यासाठी मेडिटेशनचा उपयोग होतो.

बुद्धीजम मध्ये मेडीटेशनच्या अनेक पद्धती सांगितल्या आहेत. या सर्व पद्धतीचा अवलंब केल्याने मानवाच्या मनातील अशांतता दूर होण्यास मदत होते. तसेच चिंता, यातना सुद्धा दूर होण्यास मदत होते. अशा अनेक कारणांमुळे मेडिटेशनचा अवलंब करणे मानवांसाठीफायदेशीर असणार आहे.वाढत्या धकाधकीच्या काळात 'चिंता' हि एक नवीन संकल्पना निर्माण झाली आहे. मानवाला अनेक समस्येनातोंड द्यावे लागते,ज्या त्यांची चिंता वाढवण्यासाठी कारणीभूत ठरत असतात.अनेकांचे काम करत असताना हात पाय थरथरत असतात, हि चिंता असल्याची लक्षणे म्हणता येतील. अशा प्रकारच्या समस्या मानवांच्या बाबतीत उदभवण्याचे कारण म्हणजे मानवांचेव्यक्तिक आयुष्यातील अथवा त्यांच्या सार्वजनिक आयुष्याच्या बाबतीतील समस्यांमुळे अथवा त्याबाबतच्या चिंतेमुळे असे होऊ शकते. व्यक्तिक आयुष्यातील चिंता यांमुळेमानवांच्या जीवनशैलीवर परिणाम होऊ शकतो. या कारणांमुळे विविध मानसिक आजारांना सामोरे जाण्याची वेळ येऊ शकते. अशा मानसिक आजारांमुळे त्यांचे आरोग्यपूर्णतः विघडण्याची सुद्धा शक्यता असते.यामुळे आजच्या काळात जिथे माणसांचे जीवन गतिमान झाले आहे, मेडीटेशनचा सराव करणे हिखऱ्या अर्थाने काळाची गरज बनली आहे.

आज जगभरात अनेक मोठ्या शहरात विपश्यना केंद्रे निर्माण करण्यात आली आहेत. लोकं दुरदूरवरून या विपश्यना केंद्रात येतात व विपश्येनाचा सखोल सराव करतात. ज्याचा फायदा त्यांना त्यांच्या व्यक्तिक आयुष्यात नक्की होतो. भारतातही अनेक जगप्रसिद्ध अशी विपश्यना केंद्रे आहेत. ज्याचा उपयोग भारतातील सर्व जाती धर्मांच्या लोकांना होत आहे. भारतातीलप्रमुखविपश्यना केंद्रे पुढील प्रमाणे आहेत. १. धम्म पत्तना,मुंबई, २.धम्मागिरी,इगतपुरी, ३.धम्म थली, जयपूर, ४.धम्म बोधी,बोधगया, ५.धम्म सिखरा, धर्मशाला,६.धम्म पफुला,बंगळुरु, ७.धम्म सेतू,चेन्नई, ८.धम्म अरुणाचल, तिरुव्वनामालाई, ९.धम्म सोता, हरियाणा, १०.धम्म सलीला, डेहराडून, ११.धम्म सिंधू, बडा,१२.धम्म पला, भोपाळ, १३.धम्म विपुल,नवी मुंबई, १४. धम्म खेता,हैदराबाद, १५.धम्म पुष्कर,अजमेर. इ. विपश्यना केंद्रे सर्व सोयीसुविधांनी परिपूर्ण आहेत. येथे दरवर्षी विपश्यना शिबिरांचे आयोजन केले जाते व त्यात देश विदेशातून अनेक लोक सहभागी होत असतात.

जसे इतर धर्मात मेडीटेशनलामहत्वाचे स्थान प्राप्त झाले आहे अगदी तसेच स्थान जैन धर्मात देखील मेडीटेशनला आहे.जैनमेडीटेशनला 'साम्मायिकामेडीटेशन' असे देखील संबोधतात. याचा अर्था सतत सत्याच्या संगतीत असणे असा होतो.[विकिपीडिया] जैन धर्मांमध्ये देखील वेगवेगळ्या प्रकारचे मेडीटेशनसांगितलेले आहे.जैन धर्मांमध्ये चार प्रकारचे ध्यान सांगितले आहे. यातील दोन हे जैन धर्मांच्या परंपरेमध्ये अशुभ मानले जाते तर दोन हे शुभ मानले जाते. ध्यानाचे चार प्रकार पुढील प्रमाणे आहेत, १. आर्त ध्यान २. रौद्र ध्यान ३. धर्म ध्यान ४. शुक्ल ध्यान. यांतील पहिले दोन ध्यान हे जैन धर्मांमध्ये अशुभ मानले जाते तर बाकीचे दोन हे शुभ मानले जातात. दुःखामुळे करावे लागणारे ध्यान म्हणजे आर्त ध्यान होय. हिंसा चोरी, व्यभिचार,असत्य इत्यादी वाईट अवस्थेत केलेले ध्यान म्हणजे रौद्र ध्यान होय. आत्म्याच्या शुद्धीसाठी चिंतन,मनन करत

केलेले ध्यान म्हणजे धर्म ध्यान होय. ज्या ध्यानाने मोक्ष प्राप्ती होते त्या ध्यानाला शुक्ल ध्यानम्हणतात. अशा प्रकारे ध्यानाचा म्हणजेच मेडीटेशनचाजैन धर्मावर खोलवर प्रभाव असल्याचे दिसून येते.

इस्लाम मध्ये देखील प्राचीन काळापासून योगाला असाधारण असे महत्व असल्याचे दिसून येते. ध्यान हा योगाचा एक प्रकार आहे. ज्या प्रमाणे योगा मध्ये ध्यान केले जाते अगदी तसेच नमाज पठण करताना सुद्धा ध्यान करावे लागते. अलीकडच्या काळात योगा हा धर्माशी जोडला गेल्याने अनेक वाद समाजात निर्माण झाल्याचे दिसून येते. परंतु वास्तविक पाहता योग किंवा ध्यान यांचा धर्माशी दूरदूरवर काहीही संबंध नाही. कारण योग हे शरीरावरील ताण, तणाव, चिंता, दूर करण्याचे अत्यंतिकमहत्वाचे असे माध्यम आहे. ध्यानाचा वेगवेगळ्या पद्धती इस्लाममध्ये किंवा सुफीपंतामध्येसांगितलेल्या आहेत.

सिखधर्माध्येहीमेडीटेशनला अत्यंत महत्व आहे.अध्यात्मिक ध्येय प्राप्तीसाठी ध्यान हे सिख धर्माध्ये अत्यंत महत्वाचे मानले आहे. असे मानले जाते कि जेव्हा सिख व्यक्ती ध्यान करतो तेव्हा तो आसपास देवाची आस-पास उपस्थिती असल्याची अनुभूती अनुभवतो. अशा प्रकारे वेगवेगळ्या धर्मात ध्याना बद्दल वेगवेगळ्या धारणा आहेत.

ध्यानाचा धार्मिक ग्रंथांमध्ये सरळ-सरळ संबंध धर्माशी जोडला असला तरी ध्यान आणि धर्म या दोन वेगवेगळ्या गोष्टी आहेत. आज जागतिक स्तरावर योगाला प्रचंड असे महत्व प्राप्त झाले आहे. भारताचे पंतप्रधान नरेंद्र मोदी यांनी युरोपियन राष्ट्रांच्या सभेत २१ जून हा दिवस 'आंतरराष्ट्रीय योगा दिवस' म्हणून साजरा करण्याचे सुचवले होते त्याला अनुसरून २१जून २०१५ पासून संपूर्ण जगात २१ जून हा दिवस 'आंतरराष्ट्रीय योगा दिवस' म्हणून साजरा करण्यात येत आहे.[विकिपीडिया] योगाला आंतरराष्ट्रीय महत्व प्राप्त झाल्याने साहजिकच योगाचा अविभाज्य भाग असलेल्या ध्यानाला म्हणजेच मेडीटेशनला सुद्धा महत्व प्राप्त झाले आहे. वेगवेगळ्या धर्मात ध्याना बद्दल वेगवेगळे समज असले तरी ध्यानाचा एकूणच मानवी आरोग्यासाठी फायदा होणार आहे. धावपळीच्यायुगातस्ट्रेस कमी करायचा असेल तर मेडीटेशन प्रत्येकाच्या जीवनाचा अविभाज्य भाग होणे जास्त गरजेचे आहे.

संदर्भसूची:

१. SayadawMahasi. Fundamentals of Vipassana Meditation(Trans. By MaungThaNoe.
२. डॉ. गव्हाळे बालाजी. पाली साहित्याचा संक्षिप्त इतिहास.शौर्यपब्लिकेशन,लातूर. २०१३.
३. <https://maharashtratimes.com/entertainment/entertainment-news/bollywood-news/will-smith-in-iskcon-temple-visited-india-for-yoga-meditation-and-spirituality/articleshow/91090934.cms>
४. https://en.wikipedia.org/wiki/Jain_meditation
५. https://en.wikipedia.org/wiki/International_Day_of_Yoga

सर्वांगीण आरोग्यासाठी योग

प्रा. डॉ. कालवले गोविंद केरबा

क्रीडा संचालक, कर्मयोगी तुळशीराम पवार महाविद्यालय, हडोळती, ता. अहमदपूर, जि. लातूर.

सर्व प्रकारच्या श्रीमंतीमध्ये चातुर्य किंवा बुद्धिमत्ता ही सर्वश्रेष्ठ. ज्या खजिन्यात आकलनशक्तीचे द्रव्य विपुल तोच खजिना सर्वश्रेष्ठ. सर्वश्रेष्ठ लोभ कशाचा धरावा तर तो आरोग्याचा आणि संतोषधनापुढे जगातील सर्व धन कःपदार्थ व तुच्छच ठरते - महाभारत

“धर्मार्थकाममोक्षाणाम् आरोग्यम् मूलमुत्तमम्॥” - आयुर्वेद

म्हणजे धर्म, अर्थ, काम व मोक्ष हे चारही पुरुषार्थ साधण्याचा मूळ पाया आरोग्य हाच आहे. “नायमात्माबलहीनेनलभ्यः” अशा प्रकारे मुंडकोपनिषदात सांगितल्याप्रमाणे हा आत्मा बलहीनाला, अदक्षाला किंवा ध्येयहीनाला लाभणे शक्य नाही. यातनायुक्त शरीराने मनुष्य जगातील कोणत्याही सुखाचा उपभोग घेऊ शकणार नाही. इतकेच काय, त्याला अंतरात्म्याचा लाभही होणार नाही. कोणास धर्मानुशीलन करायचे असो वा जीवनाचा सुखोपभोग घेण्यासाठी अर्थार्जन करायचे असो वा मोक्षप्राप्ती मिळवायची असो, या सर्वांसाठी आरोग्यधनाची कास धरलीच पाहिजे. कारण आरोग्य हीच प्रत्येकाची खरी संपत्ती आहे.

रोगमुक्त वृक्षच सुगंधी फुले व चवदार फळे देऊ शकतात, त्याप्रमाणे आनंद, प्रसन्न मुद्रा व स्निग्ध सौंदर्य या वैशिष्ट्यांची पखरण फक्त निरोगी व्यक्तीमधूनच दृष्टोत्पत्तीस येते. मनुष्यप्राणी म्हणजे शरीर, मन व आत्मा यांची त्रिपुटी होय. शरीर हे मनाचे बाह्य कवच, तर मन हे अंतरात्म्याचे बाह्य कवच.

निसर्गतःच शरीर तामसिक (आळशी व मंद), मन राजसिक (कृतिशील, दोलायमान व चंचल) आणि अंतरात्मा (सात्विक व स्वयंप्रकाशित) आहे. योगासनांच्या सरावाने शरीराच्या आळशीपणाचा ऱ्हास होऊन ते मनासारखे आंदोलित होऊन कृतिशील व उत्साही बनते. योगविद्येतील नंतरची प्रगती म्हणजे शरीर व मन या दोघांनाही अंतरात्म्याच्या स्वयंप्रकाशित पातळीप्रत पोचवणे. त्यामुळे शरीरास संपूर्ण स्वास्थ्य व मनास स्थिरता लाभते आणि बुद्धी स्वच्छ व शुद्ध बनते. अशा रीतीने शरीराची कृतिशीलता, बुद्धीची ज्ञानशीलता आणि हृदयाची भावनात्मकता यांना विकसित करून कर्म, ज्ञान आणि भक्ती यांचा सुरेख संगम घडवितो तो योग होय.

आरसा जर स्वच्छ असेल तरच त्यातून स्वच्छ प्रतिमा उमटतील. आरोग्य म्हणजे माणसाचा आरसा आहे. परंतु अतिशारीरिक भोगामुळे निर्माण झालेली विषद्रव्ये आणि अशुद्ध घटक, तसेच मनातील वासना, काम, द्वेष, लोभ, मद, भ्रंती या भावनांच्या धुलिकणांनी हा आरसा जेव्हा आच्छादला जातो त्यावेळी आत्म्याचे प्रतिबिंब धूसर असेच दिसते. योगाच्या सरावाने शरीरांतर्गत अशुद्धतेचा व मनाच्या जळमटांचा नायनाट होतो. शरीर, मन व आत्मा एकरूप होऊन आत्म्याचे ज्ञान व प्रज्ञामय प्रकाशाचे प्रतिबिंब आपणास स्पष्टच दिसते. म्हणजे योग हा आत्मदर्शन घेण्याचा आरसाच आहे.

आरोग्य म्हणजे रोगापासून मुक्तता असे सर्वासाधारणपणे मानले जाते; परंतु ते त्याहीपेक्षा अधिक आहे. आरोग्य म्हणजे सांधे, पेशीसमूह, स्नायू, मज्जातंतू, ग्रंथी, श्वसन, रक्ताभिसरण, पचन आणि उत्सर्जन या परस्परांमध्ये असलेले स्थिरत्व, संतुलन व एकसूत्रतेची अचूक स्थिती. त्याचप्रमाणे सुख-दुःख, वेदना-आनंद, चांगले-वाईट, स्फूर्ती-निराशा, श्वास-प्रश्वास यांकडे समत्व अथवा विरक्त वृत्तीने पाहण्याची चित्ताची स्थिती.

जीवन म्हणजे ज्ञानेंद्रिये, कर्मेन्द्रिये, मन, बुद्धी, अहंकार आणि सद्सद्विवेक या सर्वांचा संयोग. मानवी शरीराचा प्रत्येक भाग आणि पेशी-घटक एकमेकांच्या सहकार्याने काम करतात. परिणामी सर्व इंद्रियसंस्था एकजिनसी पद्धतीने सुसूत्रता राखून आपली सर्व कामे करीत असतात. अशा प्रकारचे आरोग्य ही बाजारात पैशाने विकत मिळण्याजोगी वस्तू नव्हे. ती स्वयंस्फूर्तीने आणि निरलस परिश्रमानेच कमावली गेली पाहिजे. योग हे कार्य करील काय? होय, निश्चितच.

सर्वांगीण व्यायामाचे उगमस्थानच मुळी योग हे आहे. योगाची आठ अंगे आहेत. ती म्हणजे यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान आणि समाधी. ही सर्व अंगे मानवास नैतिक, शारीरिक, मानसिक आणि आध्यात्मिक शिस्त लावतात. योगाची आठही अंगे जेव्हा एकवटून प्रत्यक्षात आणली जातात तेव्हा केवळ शरीराच्या सर्व भागांना व्यायाम

होतो असे नव्हे, तर बुद्धितत्व प्रखर होऊन ते आत्मतत्वास प्रकाशित करते आणि शरीर, मन व आत्मा एकरूप होतात. म्हणूनच योग ही सर्वांगसाधना (सर्वांगीण व्यायाम) आहे. यात रचनात्मक शरीराला व स्नायूंना शुद्ध रक्ताचा योग्य रितीने पुरवठा होऊन ती कार्यक्षम बनतात. शरीरात प्राणशक्तीचे किंवा चैतन्याचे वितरण सम प्रमाणात होते आणि मनास स्थिरता, शांतता व प्रसन्नता यांचे वळण लागते. यामुळे मनुष्य भौगोलिक परिस्थितीच्या अधिपत्याला बळी न पडता सुखी व समृद्ध जीवन जगण्याचा प्रयत्न करतो. पहिल्याप्रथम योग शरीराचे आरोग्य, शक्ती आणि त्यावर नियंत्रण ठेवणे यांची काळजी घेतो. त्यानंतर साधकाला अनिर्वचनीय शांत, प्रसन्न व निर्भेळ आत्मिक आनंदाच्या उत्तम एव्हरेस्ट शिखरापर्यंत पोचवितो.

प्राणायाम हे श्वसनाचे शास्त्र आहे. यामध्ये पूरक, कुंभक आणि रेचक या क्रियांचा समावेश आहे. पूरक म्हणजे हळुवारपणे श्वास आत घेणे (चैतन्यशक्तीचा स्वीकार), कुंभक म्हणजे श्वास रोखून धरणे (चैतन्यशक्तीचे शरीरभर वितरण) आणि रेचक म्हणजे श्वास बाहेर सोडणे (चैतन्यशक्तीचे विश्वचैतन्य-शक्तीत विसर्जन करणे).

आपले आयुष्य हे श्वासाच्या संख्येने मोजले जाते. ही श्वसनसंस्था मिनिटाला 15 असते. जेव्हा आपले श्वसन दीर्घ, सखोल पण हळुवारपणे आणि अचूक तालात चालू असते तेव्हा मज्जासंस्थेला शीतलता लाभून वासनांचा अनावरण कमी होतो. प्राणायाम हा चैतन्यशक्तिरूपी आणि चित्तशक्तिरूपी नद्यांना शांत व गंभीर आत्मरूपी सागराकडे वळवण्याचे कार्य करतो. त्यामुळे स्त्री व पुरुष सध्याच्या जीवघेण्या वेगाने भारलेल्या ताणतणावपूर्ण जीवनाशी संघर्ष करण्यास समर्थ होतात. प्राणायामाची कला जर अनुभवी व पारंगत गुरूच्या मार्गदर्शनाखाली शिकून घेतली तर निश्चितच अधिक लाभदायक व फायदेशीर ठरते.

योगामुळे सध्या सुप्त व अज्ञात अवस्थेत असलेल्या, परंतु भविष्यात डोकावू पाहणाऱ्या रोगांना टाळले जाते. तेव्हा योग म्हणजे केवळ रोगनिवारक शास्त्र नसून ती रोगप्रतिबंधक अशी कला पण आहे.

योगसाधना करण्यास वय व लिंग यांचे बंधन नाही. तरुण अथवा वयोवृद्ध, स्त्री वा पुरुष, सशक्त किंवा अशक्त, निरोगी किंवा व्याधिग्रस्त, गरीब किंवा श्रीमंत, कुपोषित किंवा अतिपोषित असा कोणीही योगाचा सराव करू शकतो. योगाचे हेच तर वैशिष्ट्य आहे. मात्र एक अट आहे. योगासनांचा सराव हा रिक्तपोटी अथवा जेवणापूर्वी अर्धा तास अगोदर किंवा जेवणानंतर चार तासांनी केला पाहिजे.

शेतकरी प्रथम पडीक जमिनीची नांगरट, कुळवट करून चांगली मशागत करतो. त्यात चांगल्या शुद्ध सुधारित जातीच्या बियाण्याची पेरणी करतो. योग्य वेळी वाफसा साधून पूरक असे खत व पाणी देतो. पीक जोमास आले की त्याचे कीड, रोग व पाखरे यांपासून संरक्षण करतो आणि मगच त्याच्या पदरात भरघोस उत्पादनाची सोन्यासारखी रास पडते. तेव्हा मानवानेदेखील शरीरक्षेत्राची मशागत ही शेतकऱ्यांप्रमाणेच करायला हवी. यम-नियमांमुळे शरीराची नांगरट चांगली होऊन आवश्यक तणांचा बंदोबस्त होतो. आसनांमुळे शरीरातील विषारी द्रव्ये व त्याज्य पदार्थ बाहेर फेकले जाऊन आपण व्याधिमुक्त होतो. प्राणायाम-साधनेमुळे शरीरभर चैतन्याचा व उत्साहाचा संचार होतो. जेणेकरून चित्ताची चांगल्या निरोगी पिकासारखी वृद्धी होऊन त्यापासून सर्वांगीण आरोग्य, शांतता, प्रसन्नता आणि आनंद या धनराशीचे फळ पदरी पडते. अशा वेळी शरीर (क्षेत्र) व आत्मा (क्षेत्रज्ञ) ही दोन्ही या पृथ्वीतलावरच स्वर्गतुल्य बनतात.

संदर्भ :

- 1) बी.के.एस. अय्यंगार, योग : एक कल्पतरू, रोहन प्रकाशन, पुणे, 2016.

सामाजिक स्वास्थ्य राखण्यासाठी योगची सकारात्मक भूमिका.

डॉ. गणेश पुंडलिकराव कदम

स्वामी रामानंद तीर्थ मराठवाडा विद्यापीठ, नांदेड.

सारांश:

21 जून 'जागतिक योग दिवस' समाजातील प्रत्येक घटकाने स्वतःच्या शरीर स्वास्थ्याकडे लक्ष देणे अत्यंत गरजेचे आहे. पंतप्रधानांनी 21 जून हा जागतिक योग दिन घोषित करून शरीर स्वास्थ्याविषयी आस्था निर्माण करण्याचे प्रयत्न केले आहेत. 21 व्या शतकात आपण वावरत असताना योगाचे महत्त्व लक्षात घेऊन त्याकडे सर्वांचे लक्ष लागले आहे. त्या अनुषंगाने आपण योग दिवस साजरा करतो हा त्यामागचा हेतू आहे. परंतु योग ऐवजी इंग्रजीमध्ये योगा असे उच्चार केले जाते. योग हे अत्यंत पुरातन शास्त्र आहे. मानवाच्या मनाला वाचन व शरीराला व्यायाम खूप महत्त्वपूर्ण कार्य करतात. मनाला ताब्यात ठेवण्यासाठी वाचन कार्य करते तर शरीराला ताब्यात ठेवण्यासाठी योग कार्य करते. योग हा शब्द जरी प्रचलित असला तरी मोहनजोदारोच्या उत्खननात तेथील अवशेषांवरून त्याच्या पुरातत्त्वची कल्पना आपल्याला येऊ शकते. आध्यात्मिक उन्नतीसाठी योग हा सर्व काल मान्य करण्यात आले आहे. योगशास्त्र अनेक अवस्थांमधून गेले असल्याने काळाच्या ओघात त्याचे प्रयत्न अनेक संप्रदाय निर्माण झाले व अनेक योगसाधनांची निर्मिती झाली. वेगवेगळ्या प्रकारचे योग संप्रदाय निर्माण झाले असतील तरी देखील प्रत्येक योगसंप्रदाय विशिष्ट योगसाधनांवर भर देण्यात आला असला तरी योग संप्रदायांचा उद्देश हा चित्तवृत्तींचा निरोध हाच राहिला आहे.

मुख्य संख्या: सामाजिक स्वास्थ्य, योग संप्रदाय, योगसाधना, चित्तवृत्ती, भूमिका इत्यादि.

प्रस्तावना:

21 व्या शतकातील समाज हा व्यसनाच्या आहारी जात असलेले पाहतो. टीव्ही, न्यूज, वृत्तपत्र इत्यादींच्या मार्फत दैनंदिन जीवनात आपल्याकानावर वेगवेगळ्या प्रकारच्या बातम्यांचा भडिमार होतो. दारू, अफू, गांजा, चरस, धूम्रपान इत्यादींचे व्यसन करून बलात्कार, रस्ते अपघात, समाजाची घडी बिघडविण्याचे कार्य अशा समाजविघातक यांच्याकडून होताना आपण पाहतो. या समस्या आज वाईट वळण घेताना दिसत आहेत. खून, दरोडे, हाणामारी, बलात्कार, चोरी अशी वाईट कल्पनांच्या कडे गुंड प्रवृत्तीचे लोक वळताना त्यांना आपण पाहतो. या समस्यांच्या मुळात गेले तर खूप विदारक चित्र निर्माण झाल्याचे आपल्या लक्षात येते.

काही संप्रदाय थेट मनोनिग्रहाची साधने उपयोगात आणतात तर काही शरीराद्वारे अप्रत्यक्षपणे मनोनिग्रह साधणाऱ्या तंत्राचा वापर करतात. सामान्य माणसाला शरीराद्वारे मनो नियंत्रणाचा मार्ग सापेक्षतेने सोपा व त्याच्या आवाक्यातला वाटतो, म्हणूनच शरीराचा वापर करणाऱ्या प्रक्रिया अधिक प्रमाणात मान्य केले जातात. बालवयात शरीराला योग्य वळण दिले तर त्याचे फलित येणाऱ्या काळामध्ये मिळत असते. बालकांना नवनवीन कल्पना सुचत असतात त्यामुळे वाढत्या वयात वाईट विचारांनी प्रभावित होण्यापूर्वी चांगले विचार व संस्काराने व आचाराने प्रभावित झालेली बालके भविष्यात चांगली कामगिरी करतात त्यामुळे बालवयापासूनच शारीरिक क्रीडा व कला, व्यायाम, वाचन, लेखन, चिंतन-मनन, भाषण, वक्तृत्व स्पर्धा अशी वेगवेगळी छंद जोपासणे याकडे शिक्षक व त्यांच्या पालकांनी वेळोवेळी लक्ष देणे गरजेचे वाटते.

योग वांग्मयात उल्लेख केलेल्या विविध योग्य संप्रदायांचे चालत आलेल्या साधनांना यौगिक प्रक्रिया म्हणतात. यौगिक प्रक्रियेच्या सहाय्याने म्हणजेच आसने, प्राणायाम, बंधमुद्रा, शुद्धीक्रिया आणि ध्यान यांच्या मदतीने शरीरावर ताबा मिळवता येतो व व्यसनापासून दूर राहता येते. त्यामुळे गुरुजींनी शिकविलेले वेगवेगळे आसने व प्राणायाम यांच्या सहाय्याने आपले शरीर बळकट करून आजारापासून आपण दूर राहू शकतो. आपल्या मनात सतत वाईट किंवा नको असलेले विचार येत असतील तर ध्यान या योगच्या मदतीने अशा वाईट विचारावर मुक्ती मिळू शकते. ध्यानधारणा केल्याने मनातील वाईट विचारांना थारा मिळत नाही व शरीर जास्त चांगले ठेवण्यास मदत करते. हृदयविकार, श्वासाचे रोग यापासून सुटका हवी असल्यास शुद्धीक्रिया, श्वसनाचे व्यायाम/योग आपण करू शकतो. त्यामुळे शरीरातील दाब, श्वासातील दाह, श्वासणाला होणारा अडथळा इत्यादी रोखायचे असेल तर प्राणायाम करणे आवश्यक आहे.

योग हा धर्म नाही तर तो जगण्याचा एक मार्ग आहे. योगाभ्यास करण्याची कला एखाद्याचे मन, शरीर आणि आत्मा नियंत्रित करण्यास मदत करते. शांत शरीर आणि मन मिळवण्यासाठी एकत्रित शारीरिक आणि मानसिक शिस्त आणते. तणाव आणि चिंता यांचे व्यवस्थापन करण्यास मदत करते. शरीराची लवचिकता, स्नायूंची मजबुती आणि शरीराची टोण वाढविण्यात मदत करते. योगमुळे श्वसन, ऊर्जा आणि चैतन्य सुधारते. योग करताना कदाचित ताणल्यासारखे वाटेल परंतु आपल्या शरीराच्या दृष्टीने हे चांगले कार्य आहे. योगने आसन सामर्थ्य, लवचिकता आणि आत्मविश्वास वाढवत आहे. योगचा नियमित सराव वजन कमी करण्यासाठी, तणावातून मुक्त होण्यासाठी, प्रतिकारशक्ती सुधारण्यास आणि निरोगी जीवनशैली

राखण्यास मदत करू शकते. योग शरीर, मन, चेतना आणि आत्मा यांना संतुलनात आणते. ज्याचा योग आपल्या रोजच्या कार्यातील मागणी, समस्यांना तोंड देण्यास मदत करते. शरीराला तंदुरुस्त ठेवण्यासाठी योग अत्यंत प्रभावी कार्य करते. नियमित योग केल्याने शारीरिक आणि मानसिक आरोग्य वाढते.

'योग' संस्कृत शब्दापासून उद्भवला आहे. याचा अर्थ सामील होणे, एकत्र होणे हा आहे. योग शरीर, मन आणि आत्मा यांचा संपूर्ण तांत्रिक प्रयोग आपल्या रोजच्या समस्या, मागणी आणि समस्यांना तोंड देण्यास बळ पुरवितो. शरीराला तंदुरुस्त ठेवण्यासाठी योगासने प्रभावी आहेत. नियमित योग केल्याने शारीरिक आणि मानसिक आरोग्य वाढते. आजच्या धावपळीच्या जीवनशैलीत योगाचे महत्त्व दिवसेंदिवस वाढत चालले आहे. शारीरिक आणि मानसिक त्रासांपासून दूर राहू इच्छित असाल तर योग अत्यंत सोपा आणि फायदेशीर उपाय आहे.

योगची मुख्य उद्दिष्टे:

1. आत्मज्ञान
2. मानसिक आरोग्य
3. शारीरिक स्वास्थ्य
4. सामाजिक आरोग्य
5. अध्यात्मिक आरोग्य
6. मनाची शांतता, एकाग्रता

वरीलपैकी उद्दिष्टांना अनुसरून योगाचे खूप उद्दिष्टे आपल्याला याव्यतिरिक्त मांडता येतील. त्यामध्ये सर्वात महत्त्वाचे म्हणजे मनाची शांतता, एकाग्रता याबाबी विद्यार्थिदशेत पालकाची भूमिका निभावताना व समाजाचा घटक किंवा प्रमुख व्यक्तिमत्व म्हणून कार्य करताना वरील सर्व उद्दिष्टे उपयोगी पडतात. त्यामुळे वरील उद्दिष्टांनुसार समाजातील प्रत्येक घटकाला योगाची ही उद्दिष्टे सांगून व त्याचे महत्त्व त्यांना पटवून देण्याचा प्रयत्न प्रत्येक सुजाण नागरिकाने करणे गरजेचे आहे. त्यामुळे सामाजिक स्वास्थ्य राखण्यासाठी आपोआपच मदत होऊ शकते.

योगाचे फायदे:

1. एकाग्रता- मनन चिंतन विचार करण्यासाठी मनाची एकाग्रता खूप महत्त्वाची असते. योग करणारी व्यक्ती गर्दीच्या ठिकाणी देखील मनाची एकाग्रता साधणे, आवश्यक ते विचार करून स्वतःचा निर्णय व्यवस्थितपणे घेऊ शकतो. आपले योग्य निर्णय घेऊन आपले कार्य पार पाडते. सर्वसाधारण व्यक्ती किंवा योग करणारी व्यक्ती एकांतात देखील स्वतः आत मधून विचारांची खूप गर्दी झाल्याने एखाद्या मुख्य विषयावर आपला योग्य निर्णय किंवा योग्य मत व्यक्त करायला वेळ घेत असते.
2. ताण कमी करण्यास मदत- मनात विचारांचे वाढणारे निर्माण होत असताना किंवा तणाव झाले तर ध्यानधारणेत विमा योजने त्यावर ताबा मिळवता येतो तणावापासून मुक्त राहता येते.
3. चिंता तणाव व नैराश्य- समाजात खूप व्यक्ती शोधून सापडतिल की भरपूर प्रगती केली आहे परंतु सध्या तणावात आहे. भरपूर पैसा कमावला परंतु जीवन नैराश्य मध्ये घालत आहे. स्वतःची प्रगती केली परंतु पाल्यांची खूप चिंता वाटते, अशा व्यक्ती समाजामध्ये आपणास भेटतात पण अशा पैकी एखादा तुमचा मित्र, सखा सोबती, शेजारी, नातेवाईक इत्यादी पैकी असेल तर त्याला मार्गदर्शन करावे ही वेळ तुमच्यावर आली तर सर्वात सोप्या मार्ग म्हणजे योग, ध्यानधारणा (मेडीटेशन).
4. वजन कमी करणे- लठ्ठपणा ही आजच्या काळातील सर्वात मोठी समस्या निर्माण झाली आहे. नव्हे तो दिव्यांगाचा प्रकार बनला आहे. त्यामुळे काही जास्त प्रमाणात मध्ये न खाता देखील वजनाचे प्रमाण अति जास्त होत आहे. अशा वेळी योग वजन कमी करण्यास मदत करते.
5. स्नायूंची लवचिकता सुधारते- प्राणायाम, ध्यान, मुद्रा, योग वेगवेगळ्या संप्रदायाच्या माध्यमातून शरीर पिळदार व लवचिक करण्यासाठी मदत करते.
6. मधुमेह सुधारणे- रक्तदाब, मधुमेह हा सर्वात जास्त प्रमाणात निर्माण झालेला आजारा आहे. योगमुळे या दोन्ही आजारांपासून जास्तीत जास्त प्रमाणात सुधारणा करण्यासाठी मदत होते, परंतु त्यासाठी दैनंदिन योग, आसने, प्राणायाम, ध्यानधारणा अशा प्रकारची योगही वेळेत केली पाहिजे.
7. सामर्थ्य आणि सहनशक्ती- योग, मुद्रा, बंधा, प्राणायाम, ध्यान यामुळे स्वतःमध्ये सामर्थ्य व जास्त प्रमाणात सहनशक्ती निर्माण करते. एखादी व्यक्ती खेळाडू असेल तर याचा त्याला भरपूर प्रमाणात फायदा होतो.
8. शरीर सौष्ठव- योग या क्रियेमुळे व्यसनापासून दूर राहता येते. शरीराला योग्य कार्यामध्ये गुंतवून ठेवल्याने बिघडणे ऐवजी सुधारते व आपणास योगमुळे शरीर सौष्ठव प्राप्त होते.

9. रक्तपरिसंचरण व स्नायू विश्रांती- योग केल्याने शरीरातील रक्तपरिसंचरण किंवा रक्ताभिसरण संस्था योग्य कार्य करते व स्नायूंना झोपल्याने विश्रांती प्राप्त होत नाही त्यापेक्षा जास्त प्रमाणात विश्रांती मिळते.
10. दमा व अस्तमा यावर उपाय- वाढत्यावयाप्रमाणे दमा, अस्थमा, रक्तदाब, हृदयविकार असे बरेच रोग तोंड वरकाढतात. त्यामुळे वय वाढले तरी सातत्याने योग करित राहिल्यास यावर खूप जास्त प्रमाणात योग्य उपाय भेटतात लवकर वरील आजारकमी करता येतात.
11. पाचक प्रणाली-आजच्या घाईच्या वेळेत समाधानाने जेवणसुद्धा करण्याइतका वेळ राहिलेला नाही. त्यामुळे घाईगडबडीत घेतलेला आहार यामुळे पाचकाच्या समस्या निर्माण होतात व दवाखान्याची किंवा डॉक्टरची मदत घ्यावी लागते. त्यासाठी दवाखाना टाळावयाचा असेल तर योगकेल्याने पाचक प्रणाली जास्त प्रमाणात विकसित होते. त्यामुळे अशावाईट चालीरिती पासून स्वतःच्या शरीराची निगा राखण्याचे असेलतर दैनंदिन योग करणे गरजेचे आहे त्यामुळे पाचक प्रणाली सुधारते व शरीरयष्टी देखील सुधारण्यास मदत होते.
12. दुखापतीपासून संरक्षण- खेळाडू खेळत असताना वाईट व चुकीच्या निर्णयामुळे चिंताग्रस्त होतो व भांडणे करण्याच्या मर्यादितपलीकडे आणि नियमबाह्य कार्य करण्याचा प्रयत्न करतो. परंतु योग केल्याने अशावेळी संयमहा गुण जास्त प्रमाणात विकसित होतो व शांततेने व नियमित खेळ दाखविण्याचा प्रयत्न खेळाडूकडून केला जातो. त्यामुळे खेळाडूसाठी दुखापतीपासून संरक्षण करावयाचे असेल व चिंताग्रस्त व्यक्ती पासून बचाव करायचा असेल तर योग करणे गरजेचे आहे.
13. मन व विचार- मनात वेगवेगळे विचार येत असतात. आपणकामाचे विचार करताना इतर वाईट विचार आपल्या मनात येतात व चांगल्या विचारला तडा देतात त्यामुळे विचारांची पद्धतशीर मांडणी करण्यास मदत करते.
14. अंतर्गत अवयव मजबूत- मन, बुद्धी, विचारप्रक्रिया या सर्व अंतर्गत अवयवावर ताबा मिळवण्यासाठी सततव दैनंदिन केलेला योग उपयोगी येतो.

योग हा महत्त्वाचा आणि खूप मोठा विषय आहे. आजच्या धावपळीच्या काळात बहुतेक लोकांना योगचे उद्दिष्ट आणि महत्त्व समजू लागले आहे व ते आपल्या दैनंदिन जीवनातील मध्ये अवलंबण्याचा प्रयत्न करताना दिसत आहेत. कोरोना महामारीमुळे योगचे महत्त्व पटवून देण्यास व त्याचे फायदे लक्षात आणून देण्याचा सर्वात जास्त सहकार्य केले आहे. पूर्ण याकालावधीमध्ये योग प्राणायाम करणे ही सर्वात जास्त शिकलेली आहे. युट्युब, फेसबुक, टीव्ही चॅनल्स, वृत्तपत्रे व इतर माध्यमातून पाहिले व अभ्यासली गेली आहेत. कोरोना कालावधीमध्ये लॉकडाऊन असल्याने वेगवेगळे आसने करणे, प्राणायाम करणे व सर्वात जास्त चालणे या क्रिया केल्याचे आपण पाहतो. कारण लोकांजवळ सर्वात मोकळा वेळ उपलब्ध होता. तसे हे देखील योग्य आहे कारण ते आपल्या जीवनाशी संबंधित शारीरिक, मानसिक, भावनिक, आत्मज्ञान व आध्यात्मिक इत्यादी बाबींवर कार्य करते. शरीर व मनावर संयम राखण्याचे महत्त्वपूर्ण कार्य योग करते. आध्यात्मिक स्तरावर सामील होण्याचा अर्थ म्हणजे सार्वत्रिक चैतन्य. वैयक्तिक चेतनाचे एकीकरण केवळ व्यावहारिक पातळीवर योग, शरीर, मन आणि भावना संतुलित करण्याची आणि सुसंवाद साधण्याचे एक साधन आहे. योग करताना आसन, प्राणायाम, मुद्रा व ध्यान हे खूप महत्त्वाचे आहे. योग एक जीवन जगण्याची पद्धत आहे व स्वतःचे अंतिम ध्येय आहे. योग मानसिक आणि भावनिक पातळीवर कार्य करतो. योग मुळे दैनंदिन जीवनातील तणाव आणि सर्व प्रकारच्या अडचणी कमी होण्यास मदत होते व मानसिक आणि भावनिक आजार बरे करू शकत नसला तरी सावकाशपणे हळूहळू सामना करण्याची ताकद आपल्याला नक्कीच देतो. योग पारंपारिक पद्धत आहे, ती प्राचीन भारतातील संतांनी विकसित केली आहे. योगचा उपयोग मनावर आणि शारीरिक कार्यांवर नियंत्रण ठेवण्यासाठी देखील केला जातो. योगमुळे नवचैतन्य व उत्साह निर्माण होऊन मानसिक, भावनिक व शारीरिक आजारापासून मुक्त होऊन नवीन जीवन जगण्याची कला प्राप्त होते.

हजारो वर्षांपूर्वी भारतात ऋषीमुनींनी शारीरिक आणि अध्यात्मिक क्षेत्रातील फायदे शोधले. हे सर्व फायदे योगपासून उद्धवली आणि शरीर, श्वास, एकाग्रता, विश्रांती आणि चिंतनासाठी मौल्यवान व्यावहारिक सूचना त्यांनी आपल्या समोरील कार्यातून दिले आहेत. योगबद्दल लोकांचा असा विश्वास असतो की एखाद्या व्यक्तीला निरोगी ठेवण्याचा हा मार्ग आहे. योग जगण्याची कला आहे, मानवी जीवनात योगाचे महत्त्वपूर्ण स्थान आहे. योगच्या अभ्यासामध्ये व तत्त्वांमध्ये ज्ञानास महत्त्व दिले गेले आहे, म्हणूनच वेद आणि पुराणातही योगची चर्चा झाली आहे. योगशिक्षण हे पुरातन काळापासून महत्त्वपूर्ण मानले जाते व आज देखील त्याला महत्त्व प्राप्त झाले आहे. योग प्रशिक्षण हे साधारणपणे कोणतेही योगगुरु अगदी सहजपणे देऊ शकतात. आपण देखील योगासने सुरू करण्याचा विचार करत असाल तर खुप छान ही गोष्ट आहे. सुरुवातीला आपल्या मनाची तयारी करा की मी रोज 30 मिनिटे न चुकता आसने करणार आहे, सूक्ष्म व्यायामपासून सुरुवात करावी लागेल, यामध्ये दोन्ही हातांची खांद्यापासून हालचाल ही गोलाकार करावे, मनगट यांची हालचाल, हातांच्या बोटांची हालचाल, नंतर गोलाकार कंबर हलवणे, एक पाय गोल फिरवणे, गुडघे फोल्ड करून पुढे गोलाकार फिरवणे, पायांची बोटे आत बाहेर मुडपणे इत्यादी पासून सुरुवात करावी लागेल.

योग म्हणजे बहुतांश लोकांना योगासने आणि प्राणायाम एवढेच वाटते. हा गैरसमज पूर्वीपासून होताच परंतु रामदेव बाबांच्या पतंजली योगनंतर हा गैरसमज जास्त दृढ झाला. वस्तुतः अष्टांग योगातील आसन आणि प्राणायाम ही फक्त दोन अंग आहेत. पतंजलि ऋषींनी योगसूत्रे निर्माण केली नाही तर आपल्याकडे ही योगसूत्रे पूर्वीपासूनच होती पण ती विखुरलेली होती. अर्थातच त्याकाळी ज्या काही शाळा असतील त्याफक्त निवडक सूत्रांचा विचार करायचा यामुळे संपूर्ण योगाचा एकसंधविचारच लुप्त होऊ लागला म्हणून पतंजलि ऋषींनी ही सर्व सूत्रेसंकलित करून त्यांची एक रचना केली व या रचनेला पतंजली योग असे म्हणतात. ब्रह्मविद्याचे प्रायोगिक अंग म्हणजेच पातंजलयोग, समाधिपाद, साधनपाद, आणि कैवल्यपाद अशा चार विभागात हा ग्रंथ आहे.

यम नियमासन प्राणायाम प्रत्याहार |

धारणा ध्यान समाधयोडडष्टावंगानि||

अष्टांग योगाची अंगे- पहिली पाच बाह्यंग व तीन आंतरिक अंगेसांगितली आहेत-

1. यमः अहिंसा, सत्य, अस्तेय, ब्रह्मचर्य, अपरिग्र-
प्रेक्षण, स्त्री-स्मरण, कीर्तन, क्रीडा, गुह्यभाषण, संकेत, अध्यवसाय, क्रियानिवृत्ती.
2. नियम- शौच, संतोष, तपस, स्वाध्याय, आणि ईश्वरप्रणिधान
3. आसन
4. प्राणायाम
5. प्रत्याहार
6. धारणा
7. ध्यान
8. समाधी

योगमुळे वात विकार कमी होतो, बद्धकोष्ठता कमी होते, सकाळी ताजेतवाने वाटते, गरम राहते, सर्दीचा कफाचा त्रास कमी होतो, शांतताव एकाग्रता निर्माण होते. योग शिकत असताना योग्य प्रशिक्षित प्रशिक्षकांकडून शिकावा व योग हा पहाटे करावा कारण आपली रात्रीची झोप चांगली झालेली असते त्यामुळे पहाटे लवकर उठल्याने आपले शरीर ताजेतवाने असते. पहाटेची हवा स्वच्छ आणि वातावरण चांगले असते. योग करताना योग्य कपडे परिधान करावेत, फिट कपडे न घालता दिलेले कपडे घातल्याने योग चांगला होतो. योग आणि व्यायामातील फरक त्यांना समजत नाही कारण ते दोन्ही क्रिया पहाटे रात्रीची झोप झाल्यावर सकाळी सकाळी करावयाचा असतात, परंतु प्राणायामासारख्या क्रिया करणे आणि योगासने करणे म्हणजे योग होय. दंड, बैठका मारणे, धावणे, कुस्ती खेळणे वगैरे क्रिया म्हणजे शारीरिक व्यायाम आणि कोंडी सोडवणे, अंताक्षरी खेळणे, गणित सोडवणे, पाठांतर करणे वगैरे ही बौद्धिक व्यायाम आहे. योगाचे फायदे असंख्य आहेत परंतु ही सर्व फायदे अवलंबून असतात ते तुम्ही किती वेळ करता व कोण कोणता योग करता. परंतु सध्याच्या जीवनात सर्वात महत्वाचा फायदा असेल आणि जे सर्व लोक इच्छितात ते म्हणजे आरोग्य निरोगी राहणे. तर योगाने हे शक्य आहे त्यामुळे योगमध्ये खालील गोष्टींचा अंतर्भाव असतो-

- 1) योग्य व्यायाम
- 2) योग्य आसन
- 3) योग्य आहार
- 4) योग्य आराम
- 5) सकारात्मक विचार व ध्यान

वरील गोष्टींचा विचार केल्यास आपल्या लक्षात येईल की योग म्हणजे फक्त आसन किंवा व्यायाम नाही, योग सर्वसमावेशक सर्वव्यापी आहे की आपण आपल्या जीवनात योग्य उपयोग केला तर नक्कीच आपले जीवन आनंदमय व निरोगी होऊ शकते. परंतु आजच्या धावपळीच्या युगात माणूस फक्त पैशाच्या मागे लागला आणि तो स्वतःसाठी अजिबात वेळ देत नाही. पैशाचे मागे लागून माणूस वरील पाच गोष्टीकडे लक्ष देत नाही व त्याचा दुष्परिणाम हा शेवटी त्याला होतोच आणि तो पैशाची मागे लागून कमावलेला पैसा पुन्हा दवाखान्यात जाऊन डॉक्टर कडे द्यावा लागतो. त्यामध्ये शरीराला त्रास, वाया गेलेला वेळ, पैसा चिंता वनातेवाईकांना व कौटुंबिक यांना त्रास या गोष्टी घडत असतात त्यासाठी वरील उद्दिष्टे याकडे चाणाक्षपणे पाहणे गरजेचे आहे व योग्य वेळी योग्य विचार करणे अति महत्वाचे आहे. पैसा तरमानवी जीवनामध्ये महत्वाचा आहे पण त्या अगोदर 'आरोग्यमधनसंपदा' याप्रमाणे आरोग्य हीच खरी संपत्ती आहे (हेल्थ इस वेल्थ) आरोग्याकडे आपणास लक्ष देणे गरजेचे आहेच परंतु त्यासाठी वेळदेखील महत्वाचा आहे कारण योग्य वेळी आपण आरोग्याची काळजी घेतली नाही तर

त्याचे दुष्परिणाम वाईट होतात व आपण ज्यागोष्टीसाठी धडपडत होतो म्हणजेच पैशासाठी तो मिळालेल्या परतवाया घालवला जातो, सोबतच आरोग्याचे नुकसान होते ते वेगळेच.

समाजातील प्रत्येक घटकाकडे वैयक्तिकपणे लक्ष देणे आवश्यक आहे. वेळेअभावी व काही मर्यादित शक्य झाले नाही तर आपण आरोग्याचे सकारात्मक दृष्टीने आपण पाऊल उचलणे महत्त्वाचे आहे. त्यासाठी व्यायाम शाळा, शिबिरे, आरोग्य शिबिर व तपासणी, अभ्यासमंडळ, वाचनालय, क्रीडा स्पर्धा, वाचन स्पर्धा व लेखन स्पर्धा, निबंधस्पर्धा, पारितोषिके इत्यादी कार्यांवर भर देऊन समाजविघातक बाबीकडे दुर्लक्ष करणे गरजेचे आहे. वरीलप्रमाणे सोयीसुविधांची प्रसारण केले तर समाजातील प्रत्येक घटक याचा फायदा घेईल व वाईट व्यसनापासून वंचित राहून आरोग्य सांभाळेल. वरीलप्रमाणे चांगल्यागोष्टींचे आयोजन करण्यात आले नाही तर समाजातील प्रत्येक घटकापर्यंत मोफत वेळ हा जास्त प्रमाणात असेल व त्याचा दुरुपयोग केला जाईल. त्यामुळे वाईट व्यसने ही समाजातलावले जातील व वाईट कृत्यांना वाचा फुटेल. बालवयात असणारी बालके यांना श्रम, वेळ, आरोग्य व संस्कृती इत्यादी बाबत योग्य प्रशिक्षणही दिले गेले पाहिजे. व्यायाम, योग्य वाचन व लेखन, शिक्षण व प्रशिक्षण, श्रमदान व शरीर या सर्व बाबतीत योग्य वेळी मार्गदर्शन करणे गरजेचे आहे. बालवय हे अतिशय चांगले वय आहे जेणेकरून या सगळ्यात आपण त्यांच्या मनावर संस्कार घडवू शकतो व त्यांच्या मनात चांगले विचार यांची बिजे आपण रोऊ शकतो. बाल गुन्हेगारी ही संकल्पना देखील याच वेळात दृढ होत असते त्यामुळे बालवयातील बालकांना कशाप्रकारे संस्कार होतात यावरून त्यांचे भविष्य व भवितव्य अवलंबून असते. या वयात आपण त्यांना पेन पेन्सिल घ्यायची का शस्त्र देऊन त्यांना गुंड बनवायच हे आपण ठरवू शकतो. त्यामुळे योग्य संस्कार व विचार हे उद्याचे भवितव्य घडवत असतात. त्यामुळे बाल वयाच्या बालकांना व याच्या बाबतीत विचार करून त्यांना पुस्तकी ज्ञानाबरोबरच मस्तकी ज्ञान देखील देणे गरजेचे बनले आहे.

योगाचे प्रकार- भारतीय योगशास्त्रमध्ये पाच योग सांगितले आहे-

1. ज्ञान योग – आत्मज्ञान, आत्मविष्कार
2. हठ योग- आसन आणि कुंडलिनी जागृती
3. कर्मयोग- योग: कर्मसु कौशलम् (कर्मात कुशलता आणणे)
4. भक्तियोग- भजनं कुर्या (भजन करावे)
5. राज योग- योग चित्तवृत्ति निरोध (रक्तातील संचरण व त्यावर नियंत्रण ठेवणे हाच योग आहे)

वरील प्रमाणे योगाचे प्रकार याबरोबरच इतर प्रकार देखील आहेत. आपण आपल्या दैनंदिन दिनचर्येत किती वेळ देऊ शकतो, कोणत्याप्रकारची योग करतो यावर त्याचे फायदे अवलंबून असतात. सामाजिक स्वास्थ्याबरोबरच युवकांच्या मदतीने हित साधावयाचे असेल तर अगदी बालवयापासूनच बालकांच्या मनावर व्यायाम, योग, वाचन, लेखन, मनन, चिंतन, क्रीडा, स्पर्धा, भाषण, शारीरिक कष्ट, श्रमदान व संस्कृती या बाबतीत सर्व माध्यमातून त्यांच्यावर संस्कार होणे गरजेचे आहे. बालवयात बालके जे काही पाहतात ऐकतात अभ्यासतात किंवा निरीक्षण करतात त्यामधून ते स्वतःचे आदर्श शोधतात व स्वतः त्यांचे अनुकरण करण्याचा प्रयत्न करतात. त्यामुळे या वयात त्यांच्या वर जास्त प्रमाणात चांगले व सकारात्मक विचार पोचवायला हवे जेणेकरून त्यांच्याकडून सुजाण नागरिक घडायला पाहिजे. त्यांनी स्वतःच्या प्रगतीत स्वतःला खूप जास्त प्रमाणात गुंतवून ठेवले तर इतर बाबतीत किंवा वाईट विचार करायला त्यांच्याकडे वेळ शिल्लक असणार नाही. परंतु, या वयात त्यांच्या समोर एखादा वाईट विचार किंवा व्यक्तिमत्त्व त्यांच्या निदर्शनास आले तर त्याचा दुष्परिणाम भविष्यामध्ये नक्कीच होतो असे वाईट माणसे स्वतःच्या कुटुंबाला, राष्ट्राच्या जडणघडणीला बाधक ठरतात. व्यायामाचे महत्त्व व शरीराचे महत्त्व रोज त्यांना पाहायला वा ऐकायला मिळाले तर आपोआपच त्यांच्यात व्यायामाविषयी जागृती निर्माण होते व ते व्यायामाचे धडे घ्यायला लागतात किंवा एखादा वाईट एपिसोड मालिका त्यांनी ऐकली किंवा पाहिली तर ते त्यांचे अनुकरण नक्कीच करतात. तेव्हा पालक या नात्याने किंवा कुटुंबाचा प्रमुख या नात्याने आणि आपण या वयातून समोर आलो त्यामुळे त्या अनुभवाच्या नात्याने आपलं कर्तव्य बनत की, आपण आपल्या पाल्यांना त्यांच्या बाल वयामध्ये त्यांच्यावर चांगल्या प्रकारचे संस्कार करणे, व्यायाम, मनन, चिंतन, भाषण, क्रीडा व इतर बाबतीमध्ये त्यांच्यावर योग्य मार्गदर्शन करून त्यांच्या मनामध्ये चांगल्या शरीराविषयी व बळकट शरीराविषयी व भारताच्या जडणघडणीमध्ये हातभार लावण्यासाठी त्यांच्यामध्ये एक जाणीव जागृती करून देण्याचे कार्य आपणच करणे गरजेचे आहे. त्यामुळे स्वतःबरोबर राष्ट्राचा विकास करण्यास आपण फायदेशीर ठरू शकतो. त्यामुळे योग हा सामाजिक स्वास्थ्य राखण्याबरोबरच स्वतःचे स्वास्थ्य देखील राखण्यास मदत करतो त्यामुळे नियमित योग करा व निरोगी राहा.

निष्कर्ष:

योग ही दैनंदिन करावयाची क्रिया आहे. रात्रीची विश्रांती पूर्ण झाल्याच्यानंतर पहाटे-पहाटे प्रसन्न वातावरणामध्ये योग क्रिया केली जाते. त्यामुळे त्याचे सकारात्मक परिणाम हे आपल्या शरीरावर दिसून येतात. योग केल्याने मन ताजेतवाने व प्रसन्न राहते. उत्साह हा तुमचा दिवसभर टिकून ठेवण्याचे कार्य हे योग करत असते. कामांमध्ये कंटाळवाणा टाळण्यासारख

महत्त्वपूर्ण काम हे योग करत असते.पहाटेफक्त 30 ते 60 मिनिटे योग केल्याने वजन कमी रहाणे, लठ्ठपणा नयेणे, नेहमी उत्साहित राहणे, प्रसन्न राहणे ताजीतवानी राहणे, कार्यातमन लागणे अशा विविध चांगल्या गोष्टी आपल्याला अनुभवयला फक्तयोगमुळे मिळत असतात. त्यामुळे न चुकता सातत्याने ठरविककालावधीमध्ये ठरवलेल्या वेळेप्रमाणे योगचे वेगवेगळे प्रकारत्याचबरोबर आसने, प्राणायाम, ध्यानधारणा अशा विविध संप्रदायाच्यामाध्यमातून ही योग कला अंगीकारणे आपल्या आरोग्याशी व निरोगीशरीर राखण्यासाठी महत्त्वाची आहे. स्वतःच्या आरोग्याबरोबरचसामाजिक आरोग्य राखण्यासाठी योग्य मदत करते व योगाची भूमिकाही सकारात्मक भूमिका आहे. त्यामुळे बालवयापासूनच आपण योगाचेमहत्त्व पटवून द्यावे व दैनंदिन योग करण्यास मदत करावे.

समारोपः

जेव्हा मनाला एकाग्र करून ध्यानावस्थेत रुपात जीव परमात्माबरोबरच मिलनाची आकांक्षा करते तोच योग आहे. योगासनांनाआधुनिक जीवनात फक्त व्यायामच मानले जाते. याला इंग्रजीमध्ये योगासंबोधले जाते. योगशारीरिक, मानसिकआणि आध्यात्मिक हालचालींना आपल्या ताब्यात ठेवतात. त्यांचा उद्देशअसतो की, मनुष्याला आपल्या स्वरूपाच्या बाबतीत ज्ञान मिळविणे हेचमानवी जीवनाचे परम लक्ष मोक्ष प्राप्त करणे आहे. मनुष्याचे बालपण एकमातीचा गोळा आहे त्याला आपण जसा आकार देऊ तसे ते घडणार. त्यामुळे सामाजिक स्वास्थ्य व आरोग्य राखायचे असेल तर खरोखरचप्रस्तावनेतसांगितल्याप्रमाणे उपाययोजना करणे आवश्यक आहे. कारणएखादा बालक हा त्याच्या बालपणात केलेले कार्य अजरामर आठवणठेवत असतो. अशाप्रकारे प्रत्येक बालक केलेले कार्य करत असतात फक्तआपण नियोजित केल्याप्रमाणे त्यांच्या कृती होत गेले तर सामाजिकस्वास्थ्याबरोबर भारताच्या भविष्याची चिंता संपणारी आहे.

संदर्भग्रंथ सूचीः

1. आरोग्य-योग (के एस अय्यंगार)
2. निरोगी शरीरासाठी निरोगीमनासाठी योग (डॉ अंकुश जाधव)
3. योग आणि मन (डॉ संप्रसादविनोद)
4. योग एक कल्पतरू (बी के एस अय्यंगार)
5. योग एकजीवनशैली (अनिल सरोदे)
6. योग रहस्य (वासुदेवानंद सरस्वती)
7. योगविज्ञान (डॉ उल्हास कोल्हटकर)
8. राजयोग (स्वामी विवेकानंद)
9. व्याधी मुक्ती साठी योग संजीवन (विश्वंभर घोलप)
10. बोध योग-परिचय पातंजल योग सहित (श्री भूषण भरणे)
11. स्त्रियांसाठी योग...एक वरदान (डॉ गीता अय्यंगार)अपूर्ण
12. भारतीय मानसशास्त्र अथवासार्थ आणि विवरण पतंजली योग (कृष्णाजी केशव कोल्हटकर)

मानसिक आरोग्य आणि योग

डॉ. तत्तापुरे जे. जी

क्रीडा विभाग प्रमुख, बलभीम महाविद्यालय, बीड.पीन क्र- 431122.

प्रस्तावना :

प्राचीन काळापासून मानसिक आरोग्यासाठी साधु, ऋषीमुनी योगासाधना करत आसत त्यामुळे त्यांचे मानसिक आरोग्य उत्तम राहिले जात त्याच प्रमाणे शारीरिक आरोग्य ही चांगले रहात त्यामुळेच त्यांचे आयुमान चांगले होते. त्यामुळेच वयाची शंभरी ते पूर्ण करत आसत. त्यातूनच योग साधना करण्याची रूची सर्वसामान्य जनतेत निर्माण झाली.

योग म्हणजे बाह्य व आंतरिक शरीर, ज्ञानेंद्रिय, मन, बुद्धी, अहंकार या सर्वांवर विजय मिळवून आतील अंतरात्म्याचा शोध घेणे आजच्या समाजाला नैतिक, शारीरिक व मानसिक उन्नती निश्चीतच हवी आहे. योगाभ्यासाने शरीरावर आणि मनावर विशिष्ट संस्कार घडून आपल्याला स्वतःच्या कार्यक्षमतेची पूर्ण जाणीव होते आणि ती पूर्णपणे प्रकट होते. एवढेच नव्हे तर आपल्यातील कमकूवतपणा अथवा दुर्बलता नष्ट होऊन आतील सुप्त गुण आपोआप प्रकट होतात. आचार, विचार, कृती यामध्ये शुद्धता, पवित्रता व कलात्मकता येते.

मन :- मनाच्या व्यापारांना थांबवून मन एकागृता करून शरीर, मन, इंद्रिय आणि आत्मा यांच्या मध्ये संतुलित किंवा समाधी स्थिती निर्माण करण्यासाठी योगसाधना करावी लागते त्यातूनच मनाची एकागृता वाढते. मन स्थिर होते त्यामुळे आपण जे काम, कार्य करतो ते पूर्णतःस होवून जाण्याकरीता योग साधना महत्वाची ठरते. शरीर हे मनाच्या यंत्राने चालणारे यंत्र आहे. शरीराच्या यंत्राचे स्वास्थ्य राखण्यासाठी योग गरजेचा आहे. मन नियंत्रित ठेवून शरीराला योग्य दिशेने होऊन जाण्याचा मार्ग म्हणजे योग होय.

“सदृढ शरीरात सदृढ मन वसते”

सध्याच्या या धावपळीच्या जीवनात तसेच या कोरोनाच्या महामारीच्या वातावरणातही मानसिक आरोग्य चांगले व उत्तम राखण्यासाठी योग साधना महत्वाची ठरली आहे हे आपणास मागील काही काळात अनुभवास आली आहे. कोरोनाच्या वातावरणात योग साधना करून काही प्रमाणात मानसीक आरोग्य उत्तम ठेवण्यास महत्वाची भूमिका 'योग'च्या माध्यमातून मदत पूर्ण ठरली आहेच.

निरोगी आरोग्यासाठी आपलं मन आनंदी असण्याची आवश्यकता आहे. मनावर ताबा ठेवण जरी कठीण असलं तरी आपण आपल्या श्वासावर नियंत्रण ठेवण आवश्यक आहे. हे श्वासोस्वासाचे नियंत्रणे आपल्याला योगाभ्यासातून मिळवता येत योग्याभ्यासाचा उपयोग कोणी आणि कसा करावा हे आपआपल्या क्षमतेवर अवलंबून आसते. योग सरावात सातत्य आसल्यास त्याचा नक्कीच शरीराला व मनाला फायदा होतो मन स्थिर रहाते.

मानसीक स्वास्थ्य : रोजच्या कार्यक्रमात तसेच रोजच्या जीवन कार्यात व्यक्तीने योग साधना करणे आवश्यक आहे. त्यामुळे शारीरिक आरोग्य उत्तम रहातेच तसेच अंतर्गत आरोग्य उत्तम राखले जाते. त्यामुळे अस्थमा, मधुमेह, रक्तदाब, संधिवात, पचनसंस्थेतील बिघाड आदी व्याधीवर नियंत्रण प्राप्त करता येते.

योग म्हणजे केवळ शारीरिक व्याम नाही तर व्यक्तीमत्वाच्या आतल्या व बाह्य अशा दोन्ही वास्तवांना कवेत घेऊन नवी जीवनशैली प्रस्तावित करण्यासाठी खर तर योगशास्त्र हे एक प्रभावी शास्त्र आहे.

मानसिक आरोग्य आणि योग :- योग हा मानसिक व शारीरिक दृष्ट्या मनुष्याला सशक्त बनवितो. योग हा लहानापासून वयोवृद्धापर्यंत आपआपल्या क्षमतेनुसार कुणीही करू शकतो.

हल्लीच्या धकाधकीच्या जीवनात मानसिक आरोग्याच्या समस्या वाढल्या आहेत. प्रत्येक क्षेत्रात स्पर्धा, अस्वस्थ चढाओढ आहेच. त्यामुळे ह्या समस्या जास्त भेडसावल्या आहेत. तसेच प्रत्येकजन आपापल्या व्यापात इतके गुंतले आहे की घरातही एकमेकांशी संवाद कमी झाला आहे. कोणालाही कुणाचे ऐकण्यास वेळ नसतो. कुणाला काही समस्या असेल तर अश्या मानसापासून लांब राहण पसंद करतात. त्यांना वाहते की आपल्याच आयुष्यात एवढ्या समस्या आहेत. अजून ह्याच रडगाण ऐकण्यात रस घेऊ नये त्यामुळे नैराश्य, उदासीनता, निद्रानाश ह्यासारखे प्रश्न खुप वाढले आहेत. आपले प्रश्न आपणासच सोडवावे लागतात. त्यासाठी मानसिक आरोग्य उत्तम करणे महत्वाचे आणि त्यासाठीच प्रत्येकाने आपल्या आयुष्यात योगाला आपली दिनचर्या बनविणे आवश्यक आहे.

आरोग्य म्हणजे काय : चांगले आरोग्य म्हणजे फक्त योगाचा अभ्यास नाही. तर मानसिक, शारीरिक, बौद्धिक आणि आध्यात्मिक या चार गोष्टीच संतुलन म्हणजे उत्तम आरोग्य असे जागतिक आरोग्य संघटना म्हणते. योग या शास्त्रात मानसिक, शारीरिक आणि आध्यात्मिक या तीन गोष्टींचा समावेश होतो या तीन महत्वपूर्ण गोष्टींन मानवी जीवनाच संतुलन राखल जात. योग हे फक्त प्रतिबंधात्मकशास्त्र नसुन रोग न होण्यासाठीही प्रतिबंध केला

जातो. योग हा फक्त शरीराशी निगडीत नसुन तो बराचसा मनाशीही निगडीत आहे. मानवी शरीर आणि मन यांची सांगड घालून मानवी जीवनाचा विकास केला जातो.

योगाची आठ अंग : यम, नियम, आसन, प्राणायाम, प्रत्याहार, ध्यान, धारणा आणि समाधी यांनाच अष्टांग योग म्हणतात. योगात या आठ अंगाचा उपयोग केला जातो. त्यामुळेच योग हा फक्त शरीरावर नाही तर मनावरही परिणाम करतो. त्यामुळे व्यक्तचे शरीराच्या आरोग्याबरोबर मानसिक आरोग्य उत्तम रहाते.

आहार व मानसिक आरोग्य :- योगाभ्यासाची गोडी निर्माण करण्याकरीता तसेच योग आपल्या दिनचर्यात समावेश करण्यासाठी आपला आहार संतुलित असणे आवश्यक असते. जेणे करून आपले शारीरिक आरोग्यासोबतच मानसिक आरोग्य उत्तम राखण्यास मदत होते. मनुष्याचे मन ही स्थिर होऊन विचारात सकारात्मकता निर्माण होते.

सकारात्मकता :- मानसिक आरोग्याची गुरुकिल्ली सकारात्मकता आहे. शारीरिक आरोग्याबाबत जागरूक असणारे आपण अत्ताच्या मानसिक आरोग्य हे आपल्या मानसिकतेवर आणि एकुणच मनस्थितीवर अवलंबून असतं जसे शारीरिक आरोग्य उत्तम ठेवण्यासाठी व्यायाम आणि सकस आहार महत्त्वाचा असतो. तस मानसिक स्वास्थ्यासाठी काय महत्त्वाचं असते? या प्रश्नाच उत्तर आहे 'सकारात्मक विचार' हे विचारांची प्रक्रिया निर्माणकरण्यासाठी मनुष्याच्या जीवन कार्यात तसेच दैनंदिन जीवनात योग साधना करावी लागते त्यातूनच सकारात्मकता विचार मनात निर्माण होण्यासाठी सहकार्य होते.

योग हे व्यवस्थित जगण्याचे शास्त्र : योग म्हणे कालप्रवाहात अदृश्य झालेले एखादी प्राचीन दंत कथा नव्हे, तो वस्तुतः वर्तमानास लाभलेला अमूल्य ठेवा आहे. योग ही आजची आवश्यकता तर उदयाची संस्कृती आहे. योग हे व्यवस्थित जगण्याचे शास्त्र आहे. म्हणूनच ते प्रत्येकाच्या जीवनशैलीचे अभिन्न अंग आहे. योग व्यक्तच्या सर्व म्हणजे शारीरिक, बौद्धिक, मानसिक, मौलिक भावनिक व आध्यात्मिक अशा सर्व अंगाना स्पर्श करते या सर्व अंगावर कार्य करते, योग म्हणजे एकता व एकरूपता यम नियम आणि आसन ही तीन अंगे म्हणजे योग्याची बाहय किंवा बाहयरंग सांगतात योग शास्त्रात मानसिक स्वास्थ्य आणि आरोग्यास प्रधान्य दिले आहे.

सारांश :

आजच्या या आधुनिक काळात आलेले नवनवित तंत्राच्या उपकरणाच्या माध्यमातून तरुण व लहान व्यक्तीचा संवाद नाहीसा झाला आहे. त्यामुळे त्यांची ऐकण्याची मानसिकता राहिली नाही. त्यातूनच मानसिक ताण अशा व्यक्तमध्ये वाढतच जात आहे. त्या करीता योगसाधनांचा प्रत्येकाने आपल्या दैनंदिन जीवन कार्यात उपयोग केला तर व्यक्तचे शारीरिक व मानसिक आरोग्य हे उत्तम राहिल.

संदर्भ :

- 1) आलेगावकर क्रीडा मानसशास्त्र
- 2) जदैजी शारीरिक शिक्षणाच्या इतिहास (1996) प्रकाशन कोल्हापूर.
- 3) डॉ. अनिल शर्मा 'खेल का मनोविज्ञान'
- 4) वाघचौरे, माधुरी 2006 विविध पुरक खेळ, पुणे डायमंड, पब्लिकेशन्स.

शारीरिक व मानसिक आरोग्यासाठी योगसाधना

प्रा. डॉ. कैलास शिवहरराव पाळणे

संचालक, शारिरीक शिक्षण व क्रीडा शिवजागृती महा.नळेगाव जि.लातूर

प्रस्तावना :

भारतीय संस्कृतीने जगाला दिलेली महान देणगी म्हणजे योग होय. योगाचा तंतोतंत उगम व मूळ माहिती नसले तरी ते शतकानुशतके प्राचीन काळापासून आसल्याचे मान्य करावे लागले. योग शास्त्राची उत्पत्ती संस्कृत भाषेतील युज या शब्दापासून झालेली आहे. युज या शब्दाचा अर्थ जोडणे किंवा संयोग होणे असा होतो. म्हणजेच आत्मा आणि परमात्मा यांचा संयोग होय.

योगाचा शारीरिक आणि मानसिक आरोग्याशी जवळचा संबंध आहे. योगामध्ये विविध प्रकारची आसने आहेत. त्याच्या नियमित व प्रमाणबद्ध अभ्यास केल्यास शरीर आरोग्यदायी बनते आणि शरीरात कोणतेही सर्वसामान्य आजार प्रवेश करत नाहीत. आसनामुळे व्यक्तीचा शारीरिक व मानसिक विकास होतो. भारताने जगाला दिलेली महान देणगी म्हणजे योग साधना होय. इ.स.पुर्व कालखंडात योगाची उत्पत्ती झाल्याचे आढळून येते. महान ऋषिमुणी पतांजली यांनी योग गृथाची निमिर्ती केली म्हणूनच आज योग शास्त्राचे जनक म्हणून पतांजली यांचे नाव अजरामर आहे.

आजपर्यंत मानवजातीने प्रगतिचे अनेक द्वारे सर केले असून, एके काळी अनेक असभव वाटणाऱ्या गोष्टी आपल्या प्रत्यक्षात उतरवल्या आहेत. आपल्या पूर्वजानी स्वप्नातही कल्पना केली नसेल, असे यश व सिध्दी आपण आज प्राप्त केली आहे. वैज्ञानिक प्रयोगामुळे आणि संशोधनामुळे आज आपल्या जीवनाचाच कायापालट झालेला आहे. सुख सोयींची नित्य नवी साधने विज्ञान मनुष्याला बहाल करीत आहे. परंतु प्रदुषित हवापाणी, प्रदुषित शरीर तसेच प्रदुषित मन हे देखील विज्ञानाचीच पैदास आहे. आजच्या तरुनाच्या चेहऱ्यावर निराशा-हताशा, व्यथा दिसून येतात. वाकलेले खांदे, खप्पड छाती व थुलथुलीत पोट ही आजच्या तरुणांची लक्षणे दिसतात.

आज आपण स्वतःला आधुनिक व सुसंस्कृत समजू शकतो पण सुखी मात्र मूळीच समजू शकत नाही. झोपेच्या गोळ्या शिवाय बहुतांश लोकांना झोप लागत नाही. येवढेच काय रात्री रेचक किंवा बद्धकोष्ठतेचे औषध घेतल्याशिवाय सकाळी शौचास होत नाही. एकंदरीत जास्तीत जास्त प्रमाणात औषध घेण्यामागे आजची मंडळी दिसत आहे. ज्या गोष्टीने नैसर्गिक पध्दतीने आपल्या शरीरात कार्य करत असतात त्या बाबी आता औषधाने कार्य करण्यास भाग पाडले जाऊ लागले. उदा.झोप येत नाही म्हणून पचण्याच्या गोळ्या, औषधी, पचन झाल्यावर आम्लपित्त होत आहे म्हणून आम्लपीताचे औषध, गोळ्या, लघवी वारंवार होते म्हणून औषध, कधीकधी लघवी कमी होते म्हणून औषध, कधीकधी लघवित जळजळहोते म्हणून औषध, गोळ्या, शरीरात दुखणे, मांसपेशीत दुखणे, डोके दुखणे, कान, डोळे, हात, पाय इतर अवयव दुखतात म्हणून गोळ्या औषधे घेणे. इतक्यावर ही आजचा मानव थांबला नाही तर दुखने क्षणात कमी व्हावे यासाठी वेगवेगळ्या प्रकारचे औषधे, गोळ्या शरीरातली ताकद कमी झाल्यासारखे वाटले तरी टॉनिक, गोळ्या इंजेक्शन बऱ्याच वेळा असेही पाहण्यात आले की, वरील सर्व उपाय करूनही फायदा होत नसेल तर गुंगीचे औषध, मादक पदार्थांचे सेवन करतात याचा परिणाम मानवाच्या शारीरिक आणि मानसिक आरोग्यावर होऊन हृदय विकाराचा धोका, रक्तदाब, मधुमेह, कर्करोग, घसा, पोटाचे आजार, किडनी, मेंदू इत्यादीमध्ये विघाड होऊन आरोग्याच्या अनेक जटील समस्या उत्पन्न होतात. तसेच औषधी सेवनाचा शरीरातील विविध संस्थेवर विपरीत परिणाम होतो तसेच अतिवापरामुळे मृत्यूही होवू शकतो.

मानसिक परिणाम :

मादक पदार्थांच्या औषधी सेवनाचा मानसिक आरोग्यावरही परिणाम होताना दिसून येतो. मानवामध्ये सतत ताणतनाव, भिती, चिंता वाटत राहते, सततच्या मानसिक तानामुळे रक्तदाब आणि ऱ्हद्य रोगाचा धोका ओढावतो. मानसिक अवस्था बेचैन ताणतनावाची होते. भ्रम, भुल, स्मरण, विस्मरण समस्या उद्भवते. मनामध्ये सतत गोंधळ निर्माण होतो. निर्णय क्षमता मंदावते, मेंदूवर नियंत्रण राहत नाही, बोलण्यात सुसंगतपणा राहत नाही. विषयाला धरून बोलत नाही, विज्ञय सोडून इतरत्र भटकत असतो, घरची दैनंदिन कामे, नाती, आप्त, सगे-सोयरे यांना पण विसरून जातो. अशा प्रकारे अनेक समस्या त्याच्या जीवनात येत असतात.

सामाजिक परिणाम :

मादक व उत्तेजक औषध सेवनामुळे त्याच्या सामाजिक आरोग्यावरही विपरित परिणाम होतात. तो समाजपयोगी कामात न जाणे, त्याची आवड व रुची कमी होणे, समाजामध्ये सुखात-दुःखात सहभागी न होणे, समाजातील लोकांना न बोलणे, त्यांच्यापासून दूर-दूर राहणे, अबोल राहणे, यामुळे त्याची सामाजिक प्रगती होत नाही.

आज समाजातील व्यक्तीचे जीवन ताणतणावाचे झालेले आहे. त्यामुळे व्यक्तिला लवकर राग येतो, लवकर कामाचा थकवा येतो. एखाद्या कार्यात काम करत असताना तो सुरुवातील आनंदाने काम करत असतो. पण त्याच्या कामामध्ये अडथळा

निर्माण झाला की तो एक दोन वेळेस आलेल्या अडचणीतून मात करून पुढील काम करण्यास सज्ज असतो पण आणखी एखादा अडथळा आला की स्वतःमध्ये ताण निर्माण करून सर्व परिस्थिती बिघडवून टाकतो व प्रचंड ताणाखाली येतो व सर्व काम बंद करतो. चिडचिडेपणा वाढायला लागतो, यामुळे आरोग्यावर विपरीत एकंदरीत वातावरण, समाजातील वातावरणावरही याचा परिणाम दिसून येतो. तसेच मानवी जीवन हे एवढे धावपळीचे झाले आहे की, आपले उद्दिष्टे साध्य करण्यासाठी अनेक अडचणींना तोंड द्यावे लागते. सध्या अनेक उद्योग वाढत असल्यामुळे आरोग्यावर त्याचा वाईट परिणाम होत आहे. तसेच लोकसंख्या वाढ, प्रदूषण, गोंगाट, भ्रष्टाचार इ.मुळे आरोग्यावर त्याचा परिणाम होत आहे. त्याचबरोबर प्रदूषित पाणी, किटकनाशके, रासायनिक अन्न, फळे, भाज्या, बी-बीयाने तसेच तंबाखू सेवन, गुटखा, दारू यांचे वाढलेले प्रमाण व मानवाच्या आरोग्याकडे स्वतःचा पाहण्याचा दृष्टिकोण दुर्लक्षित झाला आहे. आजही परिस्थिती तर फारच बिकट झालेली दिसून येते.

आधुनिक तंत्रज्ञानाचा वाढता वापर :

मोबाईल वापरणे ही माझ्या दृष्टिकोनातून चांगली बाब आहे. सध्याच्या युगात हायटेक तंत्रज्ञान आहे. तसेच या यांत्रिक युगात कमी वेळात जास्तीत जास्त कामे पार करणे हे अगत्याचे झालेले आहे. आपल्या दैनंदिन जीवनात शेजारी, मित्र, नातेवाईक, डॉक्टर, औषधविक्रेता किराणा दुकान, पिठाची चक्री, भाजीपाला, बसस्थान चौकशी, रेल्वेस्थानक चौकशी अशा या महत्वाच्या कामासाठी आपण चालत जाऊन चौकशी करत बसलो तर आपला सर्व वेळ ये-जा करण्यातच खर्च होईल व जे महत्वाचे कामे तसेच राहून जातील. यासाठी या सर्व सुविधा आपणास काही सेकंदात घर बसल्या किंवा आपल्या कामात काम आपण आपल्या मोबाईलमध्ये इन्टरनेटच्या माध्यमातून मिळवू शकतो व आपले काम विहित वेळेत पूर्ण करू शकतो.

आजकाल बरीच मंडळी रात्रंदिवस मोबाईल, संगणक याचा अति वाढता वापर करत असलेली आपणास निदर्शनास येत असून लगातार ८-८ तास, कधीकधी बॅटरी संपेपर्यंत मोबाईलवर असतात. याहीपुढे मोबाईलची बॅटरी संपली तरी डायरेक्ट प्लगला चार्जर लाऊन मोबाईलमध्ये गुंग असणाऱ्याची संख्या कमी नाही. मोबाईल, संगणक यांचा अति वापर झाल्यामुळे पहिल्या प्रथम वापरकर्ते अबोल झाले ते इतरांशी गप्पा गोष्टी हसणे, बोलणे, रडणे या र्व बाबी विसरून गेले. प्रकाशझोतात डोळे एक सारख्या वापरामुळे डोळ्यांच्या समस्या, कानांच्या समस्या, तसेच खाली वाकून मोबाईल पाहिल्यामुळे पाठीचा कण्याच्या समस्या, मानदुखी, कंबरदुखी, ऐकु कमी ऐणे, घशचे आजार, आवाजांचे आजार, कमी बोलल्यामुळे इ. आजारांचा सामना आजच्या युवकाला करावा लागत आहे.

या सर्व समस्यांवर बिनतोड उपाय योगाजवळ आहे. मनुष्याचे आंतरिक भाग व अवयव तसेच मनुष्याचे बाह्यरंग, व्यक्तिमत्व, योगामुळे कार्यक्षम बनतात आणि शरीराच्या आंतरिक प्रक्रियांवर चांगला परिणाम करतात. योगामुळे मनुष्याच्या जीवनाकडे पाहण्याचा दृष्टिकोन व हेतु चांगल्या प्रकारे सुधारतो.

संशोधन साहित्याचा आढावा :

जाधव राजे निंबाळकर यांनी समाजाच्या विकासासाठी शारीरिक शिक्षण व योगाच्या सहभागाने असे नमुद केले. नियमित योग अभ्यास केल्याने शरीरातील अंतस्थावी ग्रंथींवर जो प्रभाव पडून त्याद्वारे अनेक रोग बरे होतात म्हणून योग ही एक उपचार प्रक्रिया आहे, असे आपण मानू शकतो.

ततापुरे व सोळंकी यांनी असे नमुद केलले आहे की, भविष्य काळात व्यक्तिला अनेक आजार होतील यावर संशोधनातून उपाया मिळतील परंतु या आधुनिक युगात चिंता, ताणतणाव, चिडचिडेपणा, मानसिक आजार यांना सामोरे जावे लागणार आहे. अशा समस्यातून व्यक्तिला स्वतःची कायमस्वरूपी सुटका करून घेण्यासाठी योगाचा आधार घ्यावाच लागेल.

अडकिणे यांनी समाजाच्या कल्याणासाठी शारीरिक शिक्षण आणि योगाची भूमिका विषद करताना असे नमुद केले आहे की विविध आजार रक्तदाब, मधुमेह मासिक पाळीचे आजार, मायग्रेन, हायपरटेंशन इत्यादी सारखे अनेक आजारासाठी योग उपयुक्त ठरते.

लोकरे व साळूके यांच्यामते योगामुळे शारीरिक व मानसिक विकास होऊन दैनंदिन जीवनात त्याचा उपयोग होतो योगासने केल्यामुळे शरीरात वेगवेगळे बदल दिसून येतात. स्नायूचा आकार, बल वाढते. ऱ्हद्याची कार्यक्षमता वाढते, म्हणून योग, प्राणायाम करणे समाजाच्या दृष्टीने आवश्यक आहे.

सुखदेव व इतर

यांच्या मते शारीरिक, मानसिक विकासासाठी योग प्रशिक्षण उपक्रमाची परिणामकारकता अभ्यासली त्यामध्ये त्यांना असे आढळले की योग प्रशिक्षण उपक्रमांमुळे प्रशिक्षणार्थींच्या उपस्थितीत नियमितता, शिस्तबद्ध, वर्तनात वाढ झाली व आरोग्य संपन्न आयुष्य लाभले.

योग आणि स्वास्थ्य :

मानवी मनाच्या अने अवस्था आहेत. मानवाच्या द्विधा मनस्थितीमुळे मानवाच्या शरीरावर वाईट परिणाम होतात या चंचल व द्विधा मनावर नियंत्रण ठेवण्यासाठी महर्षि पतंजलीनी आठ पायऱ्या दिल्या आहेत. यामुळे मन, स्वास्थ्य व शरीरस्वास्थ्य टिकून राहते. वैदिक काळापासून शारीरिक व मानसिक स्वास्थ्यासाठी योगाभ्यास केला जातो. योगाभ्यासाद्वारे

अनेक ऋषीमुनी यांनी शतायुषी म्हणजेच शंभर वर्षांपेक्षा जास्त काळ ठण्ठणितपणे निरोगी आयुष्य जगल्याचा उल्लेख पुराणांमध्ये दिसून येतो यावरूनच योग आणि स्वास्थ्य याचा सरळ संबंध दिसून येतो. योग अभ्यासामुळे शरीर लवचिक बनते तसेच थकवा नाहीसा होऊन शरीरात चांगल्या शक्तिचा संचार होतो. तसेच वैदिक काळपासून शारीरिक व मानसिक स्वास्थ्यासाठी योगाभ्यास केला जातो. योगाभ्यासाद्वारे अने ऋषीमुनींनी शंभर वर्षांपेक्षा जास्त काळ निरोगी जगल्याचा उल्लेख आपणास प्राचीन कालखंडात दिसून येतो. तसेच योगाभ्यासामुळे शरीर व मन तरतरित राहते. मन आनंदी राहून कुठलेही कार्य करण्यासाठी उल्हासित वृत्ती राहते, तसेच आजारावर नियंत्रण ठेवता येते. अशुद्धी दूर करण्यासाठी आष्टांग योगाचा उपदेश दिला जातो. यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान, समाधी या आष्टांग योगाचे वर्णन करताना महत्वाची बाब म्हणजे अहिंसा, सत्य हे महावृत आहे. याच्याशिवाय आत्मिक व वैश्विक शांती मिळू शकत नाही.

योगाचे प्रकार :

भारतीय योग शास्त्रामध्ये योगाचे पाच प्रकार सांगितले आहेत.

- 1) ज्ञानयोग-आत्मज्ञान
- 2) हठ योग-आसान आणि कुण्डलिनी जागृति
- 3) कर्मयोग-योग: कर्मसुकौशलम् (कर्मात् कुशलता आणणे म्हणजे योग)
- 4) भक्तियोग- अजनकुर्याम – भजन करा
- 5) राज योग – योग:चिव

पातंजलिनी योगाचा अर्थ चित्तातील वृत्तिवर निरोध (योग:चित्त-वृत्ति निरोधः) सांगितला आहे. त्यांच्या विचारानुसार योगाचे आठ अंगे आहेत.

योग एक पूर्ण विज्ञान आहे. एक पूर्ण जीवनशैली आहे. एक पूर्ण चिकित्सा पध्दती आहे आणि एक पूर्ण की लिंग, जाति, वर्ग, संप्रदाय, क्षेत्र आणि भाषाभेदांच्या अभ्यासी, ब्रह्मचारी, गृहस्थ कोणिही याचे सानिध्य प्राप्त करून लाभ घेवू शकतात. व्यक्तिच्या निर्माण आणि उत्थानमध्येच नाही तर परिणाम, समाज, राष्ट्र आणि विश्वाच्या चहुमुखी विकासामध्येही याचा उपयोग सिध्द झाला आहे. योग मनुष्यामध्ये सकारात्मक चिंतनाच्या प्रशस्त मार्गावर आणण्यासाठी एक अद्भूत विद्या आहे. योग विद्येला हजारो वर्षांपूर्वी भारताच्या प्राज्ञावान ऋषि-मुनी अविष्कृत केले होते. महर्षि पातंजलिनी अष्टांग योगाच्यारुपात याला अनुशासन बध्द संपादित आणि निष्पदित केले.

अर्थ आणि परिभाषा

जेव्हा मनाला एकाग्र करून ध्यानावस्थित रुपात जिव परमात्मा बरोबर मिलनाची आकांक्षा करत असते तोच योग आहे. योगासनांना आधुनिक जिवनात फक्त व्यायामच कित्येक प्रकार शारीरिक, मानसिक आणि अध्यात्मिक हालचालींना आपल्या ताब्यात ठेवतात. ज्यांचा उद्देश असतो की मनुष्याला आपल्या स्वरुपाच्या बाबतीत ज्ञान मिळवणे हेच मानव जीवनाचे परम लक्ष्य मोक्ष प्राप्त करणे.

योगाचे फायदे

योगाचे प्रामुख्याने दहा महत्वाचे फायदे, मानले जातात. तसे पाहता संपूर्ण आरोग्यावर, शारिरिक, मानसिक, बौध्दीक, सामाजिक, शैक्षणिक या सर्व घटकांवर सकारात्मक बदल घडत असतातच. तरीपण प्रामुख्याने दहा फायदे खालील प्रमाणे आहेत.

वजनात घट, सशक्त आणि लवचिक शरीर, तजेलदार त्वचा, शांत आणि प्रसन्न मन, उत्तम आरोग्य, योगाची मर्यादा ही फक्त योगासनापुरतीच मर्यादित आहे. अशा बऱ्याच लक्षात येतात. परंतु प्रत्यक्षात शरीर, मन आणि श्वासोच्छ्वास यांचा योगामुळे संयोग झाल्याने आपल्याला अगणित फायदे होतात.

मन, शरीर आणि श्वास यांचे एकमेकांशी संतुलन राखले गेल्याने जीवनाचा प्रवास शांत, आनंदी आणि सर्वार्थाने सफल होतो. योगाचे सखोल परिणाम आपल्या सुक्ष्म स्तरावर सुध्दा होत असतात. योगाच्या नियमित सरावामुळे होणारे सर्वात महत्वाचे दहा फायदे पुढीलप्रमाणे :

- 1) **सर्वस्तरावर तंदुरुस्ती** : नुसते शारीरिक स्वास्थ्य असून चालत नाही तर त्याबरोबर मानसिक आणि भावनिक स्वास्थ्य म्हणता येणार नाही. तर आनंद, प्रेम आणि उत्साह हे तमूच्या जीवनात उत्स्फूर्तपणे व्यक्त होत असतील तर त्याला खरी आरोग्य संपन्नता म्हणता येईल. याठिकाणी योगाच तुमच्या मदतीला धावून येतो. त्यासाठी आसणे, प्राणायाम आणि ध्यानधारणा या गोष्टी उत्तम आरोग्य राखायला आपल्याला उपयोगी पडतात.
- 2) **वजनात घट** : याहून तूम्हाला अधिक काय पाहिजे, योगाचा फायदा इथेसुध्दा होतो. सूर्यनमस्कार, कपालभाती आणि प्राणायाम या योगिक क्रियांनी वजन कमी होते. योगाच्या सहाय्याने वाढलेले वजन कमी करता येते, त्याचप्रमाणे रोज

नियमित योगाचा सराव केल्याने आपल्या शरीराला कधी आणि कोणत्या अन्नाची गरज आहे. याची सजगता आपल्याला येते. योग्य आहार घेतल्याने सुद्धा वजन नियंत्रणात राहायला मदत होते.

- ३) **ताण-तणावापासून मुक्ती** : दैनंदिन जिवनातील आपल्या मनात जीवनात साठून राहणारा ताण-तणावाचा निचरा होतो. यामध्ये प्रामुख्याने काही मिनिटाचा दैनंदिन सराव पुरेसा असतो. योगासने, प्राणायाम आणि ध्यानधारणा ही सर्व ताणतणाव नाहीशी करणारी प्रभावी तंत्रे आहेत. योगाच्या सरावाने शरीरातील विषद्रव्ये आणि ताणतणाव शरीराबाहेर फेकली जातात.
- ४) **मनशांती, प्रसन्नचित्त** : रोज योग व ध्यान धारणा नियमित केल्यामुळे प्रसन्न व चित्तशांत राहते. चिडचिडेपणा कमी होतो. क्रोध कमी होतो आणि मनशांतीची अनुभूती लगेच व्हायला लागते.
- ५) **रोज प्रतिकारक शक्ति वाढ** : शरीर मन आणि आत्मा या तिघांचे मिळून एकसंघ अशी यंत्रणा असते. त्यामुळे शारीरिक अस्वस्थाचे परिणाम शरीरात रोगाच्या रूपाने प्रकट होतात. योगामुळे निरनिराळ्या अवयवाचे मर्दन केले जाते आणि त्यांचे स्नायु बळकट होतात. श्वसनाच्या वेगवेगळ्या तंत्रांमुळे आणि ध्यान धारणेमुळे शरीरात साठलेला ताण निघून जातो आणि रोगप्रतिकारक शक्ती वाढते.
- ६) **सजगतेत वाढ होते** : मन हे सतत कुठल्या न कुठल्या क्रियेत गुंतलेले असते ते सतत भूतकाळ आणि भविष्यकाळात झोके घेत असते. पण वर्तमान काळात मात्र कधीच राहत नाही. आपल्यातली सजगता वाढल्याने मनाचे हे लक्षण आपल्याला सहज लक्षात येते आणि यावर वेळीच उपाय योजून आपण ताणतणावातून मुक्त होवू शकतो आणि मनाला शांत करू शकतो. योगा आणि प्राणायामाच्या मदतीने आपल्यातली सजगता वाढल्याने मनाचे हे लक्षण आपल्याला सहज लक्षात येते आणि यावर वेळीच उपाय योजून आपण ताणतणावातून मुक्त होवू शकतो आणि मनाला शांत करू शकतो. योगा आणि प्राणायामाच्या मदतीने आपल्यातली सजगता वाढते. सजगता वाढल्याने इतके तिकडे धावणाऱ्या मनाला आपण सतत वर्तमान क्षणात आणू शकतो व मन आनंदी आणि एकाग्र बनते.
- ७) **नाते संबंधात सुधारणा** : तूचा जोडीदार, आई, वडिल, मित्र किंवा तुमच्या लाडक्या व्यक्ती या सगळ्याशी असलेले नाते संबंध योग अभ्यासामुळे सुधारतात. तणावमुक्त, आनंदी, समाधानी मन नात्यासारख्या संवेदनशील संबंधात फार उपयोगी पडते. योगा आणि ध्यान धारणेमुळे मन सतत आनंदी, प्रसन्न आणि शांत राहते. त्याचा उपयोग आपल्या जवळच्या लोकांशी चांगले संबंध प्रस्थापित करण्यासाठी होतो.
- ८) **उर्जा शक्ति वाढ** : दिवसभराच्या कामाच्या धावपळीमुळे शेवटी तुम्हाला गळून गेल्यासारखे वाटते का ? दिवसभरात काम करत राहिल्याने तूम्ही पार थकून जाता, अंगात त्रास उरत नाही. परंतु रोज काही मिनिटे नियमित योगाचा सराव केल्यामुळे तुम्ही दिवसभर ताजेतवाने आणि उत्साही राहता. दिवसभराच्या कामाच्या गराड्यातून तूम्ही मध्येच वेळ काढून ध्यान धारणा व प्राणायाम केलात तर तुम्हाला खूप फायदा होईल. तूमच्या मध्ये परत उत्साह संचारेल आणि हातात घेतलेले काम तूम्ही तत्परतेने पुरे कराल.
- ९) **शरीराचा लवचिकपणा आणि शरीराची ठेवण सुधारते** : तूमच्या दैनंदिन कार्यक्रमात तूम्ही जर योगाचा समावेश केला तर शरीर सशक्त, चपळ आणि लवचिक बनेल. रोज न चूकता योगा केलात तर तूमच्या शरीराच्या स्नायुंना बळकटी येईल. तूमच्या शरीराची ठेवण सुधारेल उभे राहताना बसताना, झोपताना आणि चालताना त्यात एक प्रकारची आकर्षकता येईल. चुकिच्या पध्दतीने बसण्या-उठण्यामुळे पूर्वी जे अंग दुखायचे तसे ते दुखणार नाही.
- १०) **अंतर्ज्ञानात वाढ** : तूमच्या अंतर्ज्ञानात वाढ करण्याची क्षमता योगा आणि ज्ञानधारणा मध्ये आहे तशी वाढ झाल्यामुळे कोणती गोष्ट कधी, कुठे कशी करायला हवी म्हणजेच समयसूचकता, अचूक निर्णय घेवू शकतो. त्याचे फायदे मिळवू शकता. योगा केल्यामुळे हे बदल आपोआप होत असतात.

निष्कर्ष :

शारीरिक शिक्षण व योगा या दोन्हीचाही प्राचीन इतिहास आहे. योगा ही भारतानेच सर्व जगाला दिलेली देणगी आहे. आजकाल आपल्या भारतीयांच्या विविध शक्तीची व सामर्थ्याची वाढ करायची असेल तर योगा व प्राणायामाचा सराव महत्वाचा आहे. आजकालच्या धावपळीच्या जीवनामध्ये तसेच यांत्रिक युगामुळे व सिमेंटच्या जंगलामुळे व खान-पान, केमिकल युक्त भाजीपाला, अनैसर्गिक अन्न या सर्व बाबीमुळे आजचा मानव शरीराने, मनाने, विचारशक्तिने हतबल झाला आहे. त्यामुळे तो स्पर्धेच्या बाहेर पडत असून त्याचा अंतरमनाचा विश्वास कमी पडत आहे. एखाद्या परिस्थितीत शरीर घडधाकड आहे पण मनाची अस्थिरता बिकट आहे अशा परिस्थितीत तो निर्णयक्षमता क्षिण असल्यामुळे असफल होत आहे. योगा केल्यामुळे मनशांती मिळते व एक प्रकारची शितलता जाणवते. जीवनामध्ये आपण प्रत्येक ठिकाणी घाई-गडबड, भिती यासारखे प्रसंग ओढावतात. योगा केल्यामुळे मन:शांती लाभून कोणतेही कार्य सहजतेने पार पाडू शकतो.

ताणतणाव कमी होतो, ताण-तणाव आला तरी त्याचे निट व्यवस्थापन करता येते. कारण आपले शरीर शारीरिक, मानसिक, बौद्धिक दृष्टिकोणातून सक्षम तयार होत असते. योगा केल्यामुळे ध्यानात्मक विचार आपल्या मनामध्ये येत असतात.

त्यामुळे नेहमी सकारात्मक दृष्टिकोन निर्माण होतो. सकारात्मक विचार हे विजयी होण्यासाठी प्रेरणा देतात, तसेच अनेक आजार, वयाधी, संसर्गजन्य रोग हे आपल्या जवळी फिरकत नसतात. त्याचबरोबर शरीरातील सर्व स्नायूची शक्ती वाढते, सांध्याची हालचाल सुरळीत होते व कुठलेही कार्य करण्यास तो समर्थ असतो.

संदर्भसुची :

- १) डॉ. सत्यपाल, डॉ.सिन्ही, 'योगासनसाधना' १९९७, पुस्तक महल दिल्ली.
- २) सदाशिव निंबाळकर, 'आरोग्यासाठी योग' २००२, गुरुजी मार्ग, दादर मुंबई-२८
- ३) डॉ.बी.ए.बर्वे, 'ताण-तणाव व आरोग्य' २००३, विद्या प्रकाशन नागपूर.
- ४) स्वामी रामदेव, 'योग साधना व योग चिकित्सा रहस्य' २००४, दिव्य प्रकाशन, हरिद्वार, उतरांचल.
- ५) खारगे विकास, २००९, प्राणायाम : एक वैज्ञानिक दृष्टिकोण प्राणायामाबाबत मान्यवरांच्या प्रतिक्रिया, अथर्व प्रकाशन, औरंगाबाद.
- ६) डॉ. रवि अम्बर 'क्रीडा मनोविज्ञान' खेल साहित्य केंद्र, नई दिल्ली.
- ७) स्वामी विवेकानंद, 'राजयोग' रामकृष्ण मठ नागपूर.
- ८) डॉ. विवेक शास्त्री, 'योग रहस्य', मनोरमा प्रकाशन मुंबई.
- ९) डॉ.मकरन्द मधुकर गोरे, शरीर विज्ञान और योगाभ्यास, ड्रोलीया पुस्तक भंडार, हरिद्वार.
- १०) डॉ.पी.डी.शर्मा, 'योगासन करा आणि निरोगी रहा' नवनित पब्लीकेशन (इंडिया लिमिटेड), दादर मुंबई.
- ११) स्वामी बुधदानंद, 'मन आणि त्याचा निग्रह', रामकृष्ण मठ, नागपूर.

व्यायामाचे जीवनातील महत्त्व : एक अभ्यास

Prof. Ashtekar Nitin Vasantrao

Physical Director, S.J.P. Mahavidyalaya, Lohara, TQ Lohara, Dist Osmanabad,

गोषवारा :

सद्यकाळात संपूर्ण जगात मोठी स्पर्धा सुरू झाल्याने आयुष्य धावपळीचे बनले आहे. स्पर्धेच्या युगात माणसाने आधुनिकीकरणाच्या सोयी व सुविधांचा मोठ्या प्रमाणावर लाभ घेतला आहे . वैज्ञानिक प्रगती झाल्याने माणसाचे आयुष्य एका बाजूला सुखी बनले आहे तर दुसऱ्या बाजूला मानवाने स्वतः साठी आवश्यक असणारा रिकामा वेळ कमी करून पैसा कमविण्याची गरज महत्वाची मानली आहे. त्यामुळे मनुष्याचे व्यायाम व चांगला आहार यांच्याकडे मोठ्या प्रमाणात दुर्लक्ष झाल्याने आज अनेक नवीन आजारांचा सामना करावा लागत आहे. व्यायामाकडे दुर्लक्ष केल्याने चरबी वाढणे, वजन वाढणे, हृदय विकार येण्याचे प्रमाण वाढत आहे. त्यामुळे माणसाचे आयुर्मान घटत चालले आहे. परिणामस्वरूप माणसाला जर निरोगी आयुष्य जगायचे असेल तर व्यायाम करण्याशिवाय दुसरा पर्याय नाही. व्यक्तिमत्त्वाचा विकास, निरोगी आयुष्य, आजारांना प्रतिबंध, सुखी व आरोग्य संपन्न आयुष्य या सर्वांसाठी व्यायाम अती महत्वाचा आहे.

महत्वाचे शब्द : स्पर्धा, आधुनिकीकरण, मनुष्य, वैज्ञानिक , आहार, हृदयरोग, आहार, निरोगी इत्यादी.

प्रस्तावना :

व्यायाम म्हणजे आपल्या डोळ्यासमोर पैलवान किंवा पीळदार शरीरे येतात. असे होण्यासाठी तर व्यायाम लागतोच, पण निरोगी राहण्यासाठीही व्यायाम लागतो हे अनेकांना माहितच नसते. भारतीय समाजामध्ये व्यायामाची आवड कमी आहे. सुशिक्षित सुखवस्तू समाजात तर व्यायामाची आवड अगदीच कमी आहे. भारतातल्या जातिव्यवस्थेमुळे कष्टकरी वर्गाला अन्न कमी तर खाणा-यांना श्रमच नाही अशी परिस्थिती आहे. धट्टीकट्टी गरिबी म्हणण्याची आपल्यावर पाळी आहे. व्यायाम न करण्याचे दुष्परिणाम खूप घातक आहेत. एकूण शारीरिक क्षमता, सहनशक्ती कमी होते. अपेक्षित आयुष्य कमी राहते. हृदय लवकर जीर्ण, दुबळे होणे.

सांधे आखडणे आणि स्नायू दुबळे होणे. या आरोग्य समस्या लवकर उत्पन्न होणे. रक्तातली साखर वाढून मधुमेह होणे. शरीरात चरबी साठणे, पोट सुटणे, शुद्ध रक्तवाहिन्यांत चरबीचे थर साठणे, त्यामुळे रक्तवाहिन्यांत अडथळे होणे. भूक व पचनशक्ती मंद होणे.

व्यायाम न केल्याने होणारे तोटे :

व्यायाम न केल्यास खालीलप्रमाणे तोटे होतात.

१. हृदयाची कार्यक्षमता कमी होईल :

व्यायाम तुमचे हृदयाला क्रियाशील ठेवते. ऐरोबिक आणि कार्डिक व्यायामाने हृदय चांगले काम करते. तसेच हृदयसंबंधित धोके टाळता येऊ शकतात. तथापि तुम्ही बरेच दिवस शारीरिक हालचाल केली नाही. त्याचा तुमच्या हृदयाच्या क्रियांवर परिणाम होईल. त्याचा तुमच्या दररोजच्या कामावर परिणाम होईल. यातून हृदयासंबंधित विकारात वाढ होऊ शकते.

२. स्नायू दुर्बल होतील :

व्यायामाचा सर्वात मोठा फायदा म्हणजे स्नायूचेपेशी या चांगल्या स्थितीत राहतात आणि त्यांची ताकदही वाढलेली असते. जर तुम्ही व्यायामाकडे दुर्लक्ष केल तर तुमच्या स्नायूतील ताकद कमी होते. तसेच तुम्हाला अशक्तपणा वाटायला लागतो. साधारण हलकी वस्तु उचलणेही अवघड होऊन बसते. स्नायू पूर्वी कार्यक्षम आणि त्याच्याकडून मदत मिळत नाही. दुर्बल स्नायूमुळे दररोजचे काम करणे कठीण होऊन बसते.

३. चांगल्या झोपेसाठी धडपड :

व्यायाममुळे चांगली झोप लागते. त्यावर तुमचा विश्वास असो किंवा नसो पण हे खरे आहे. झोप व्यवस्थित झाल्यास शरीराचा थकवा निघून जातो. त्यामुळे व्यायाम खूप महत्वाची भूमिक बजावतो. चांगली झोप लागत नाही. याचा अर्थ तुम्हाला शारीरिक हालचाली करणे गरजेचे आहे. त्या बरोबरच अपुऱ्या झोपेमुळे विविध व्याधी जडू शकतात.

४. शारीरिक क्षमतेवर परिणाम :

व्यायाम मुळे तुमचा स्टॅमिना वाढतो. तसेच शारीरिक क्षमता वाढते. याच जोरावर तुम्ही काही करू शकता. न केल्यास शारीरिक क्षमतेवर परिणाम होतो.

५. रक्तातील साखरेच्या प्रमाणात अस्थिरता :

टाईप २ मधुमेह हा खूप धोकादायक आहे. या प्रकारचे प्रमाण भारतात जास्त आहे. शारीरिक हालचाल नसल्यास रक्तातील साखर अस्थिर होते. व्यायामाने तुमचे शरीर कार्बोहायड्रेटवर प्रक्रिया करते. जर व्यायाम न केल्यास मधुमेह वाढतो.

व्यायामाचे महत्त्व :

व्यायाम हा केवळ वजन कमी करण्यासाठीच करावा, हा गैरसमज दूर करायला हवा. त्यासाठी वजन कमी करण्याव्यतिरिक्तही व्यायामाचे काय-काय फायदे आहेत, ते जाणून घ्यायला हवं. वजन कमी करण्यासाठी व्यायाम करायलाच हवा, हे वाक्य आपल्या मनावर इतकं बिंबवलं गेलं आहे की, व्यायाम हा केवळ वजन कमी करण्यासाठीच करायला हवा, असं आपल्याला वाटू लागलं आहे. सर्वप्रथम हा गैरसमज दूर करायला हवा. त्यासाठी वजन कमी करण्याव्यतिरिक्त व्यायामाचे काय-काय फायदे आहेत, ते जाणून घ्यायला हवं. व्यायामामुळे स्टॅमिना वाढतो, तरतरी जाणवते.

शरीरातील रक्ताभिसरण जलद गतीने झाल्यामुळे हृदय आणि फुफ्फुसांचं सामर्थ्य वाढतं. एका सर्वेक्षणानुसार असं लक्षात आलं आहे की, हृदयविकाराच्या झटक्यानंतर ज्या व्यक्ती नियमित व्यायाम करतात, त्यांच्यामध्ये हृदयविकाराचा दुसरा झटका येण्याची शक्यता 5 टक्के असते. तेच ज्या व्यक्ती अकार्यक्षम राहतात त्यांच्यामध्ये ही शक्यता 22 टक्के असते.

थकवा आला असल्यासही व्यायाम केल्यानंतर मन आणि शरीर दोन्ही ताजेतवाने होतात. झोप न येण्याच्या समस्येतही व्यायाम उपयुक्त ठरू शकतो. नैसर्गिकरीत्या चिंता कमी करून व्यायाम आपल्या शरीर-मनाला शांत करतो आणि त्याचे कोणतेही दुष्परिणामही नसतात. व्यायामामुळे त्वचेखालील रक्तवाहिन्यांमधील रक्ताभिसरणही उत्तम प्रकारे होतं. त्यामुळे त्वचा निरोगी आणि चमकदार दिसू लागते. नियमितपणे व्यायाम केल्यास स्ट्रेच मार्क्स, डाग, व्रण आणि अँके यांसारख्या त्वचेच्या समस्याही दूर होऊ शकतात. अर्थात, व्यायामामुळे तुमचं मूळ रूप बदलणार नसलं, तर कायापालट नक्कीच होऊ शकतो. नियमितपणे व्यायाम केल्यास वयानुसार हाडं कमकुवत आणि ठिसूळ होण्याची प्रक्रिया मंदावते. अगदी संधिवाताची समस्या असल्यासही तज्ज्ञांच्या सल्ल्यानुसार व्यायाम करणं लाभदायी ठरतं. व्यायामामुळे हाडांमधील कॅल्शियमच्या नुकसानासही प्रतिबंध होतो. नियमितपणे व्यायाम केल्यास पाठदुखी आणि स्नायूंवरील ताण कमी होऊ शकतो. निराशा किंवा राग यांसारख्या भावना मनातून काढून टाकायच्या असतील, तरी व्यायामाचा उपाय रामबाण ठरतो. तेव्हा पुढच्या वेळी निराशा किंवा राग अशा भावनांनी मनाचा ताबा घेतला की, शरीराला व्यायाम करायला लावा.

निरीक्षणातून असंही निदर्शनास आलं आहे की, व्यायामामुळे रक्तदाब कमी होऊन सामान्य होऊ शकतो.

हृदयविकार, लठ्ठपणा यांसारख्या आरोग्य समस्यांसाठी चालण्याचा व्यायामही अतिशय उपयुक्त आहे. मुख्य म्हणजे, हा सोपा व्यायाम कुणीही करू शकतं. त्रिस्क वॉक केल्यास तुम्हाला शांतीसोबतच ऊर्जाही मिळेल. हाडंही मजबूत होतात. आजकालच्या धकाधकीच्या जीवनात सतत कामाची चिंता, नात्यातील दुरावा, आजारपण आणि इनफेक्शनची भीती आणि नैराश्य वाढताना दिसत आहे. याचं मुख्य कारण बैठ्या जीवनशैलीमुळे माणसाची शारीरिक हालचाल कमी झाली आणि त्यामुळे त्याचे आरोग्य बिघडले. शरीराचा आणि मनाचा एकमेकांवर परिणाम होत असल्यामुळे हळू हळू माणसाचे मानसिक स्वास्थ्य कमी झाले. यावर सोपा उपाय म्हणजे कितीही काम असलं तरी व्यायामासाठी नियमित वेळ काढायला हवा. कारण

व्यायामामुळे तुमचे शारीरिक आरोग्य तर सुदृढ राहतेच शिवाय मानसिक शांतताही मिळते. व्यायामाचे तुमच्या शरीरावर, मनावर, हॉर्मोन्सवर चांगले परिणाम होतात. निरोगी राहण्यासाठी, मानसिक शांतता मिळण्यासाठी, वैवाहिक जीवन सुखी राहण्यासाठी, सतत उत्साही राहण्यासाठी व्यायाम करणे फायद्याचे ठरते. कामाचा वेग आणि गुणवत्ता वाढवण्यासाठी तुम्ही सतत उत्साही असणे गरजेचे आहे. मात्र दैनंदिन कामाची चिंता, घरच्या जबाबदाऱ्या आणि ताणतणाव यामुळे तुमची शारीरिक ऊर्जा कमी होते आणि त्याचा परिणाम तुमच्या कामावर आणि शरीरावर होतो. यासाठीच नियमित व्यायाम करा ज्यामुळे तुम्ही सतत उत्साही राहाल. व्यायामामुळे तुमच्या शरीरातील ऑक्सिजनची पातळी वाढते. शरीरातील प्रत्येक अवयवाला पुरेसा ऑक्सिजन मिळाल्यामुळे तुमचा कामाचा उत्साह वाढतो. मेंदूचे कार्य सुरळीत चालण्यासाठी आणि स्मरणशक्ती वाढण्यासाठी व्यायाम नियमित करणे गरजेचे आहे. कारण व्यायामामुळे तुमच्या हृदयाचे ठोके नियंत्रित राहतात, तुमच्या शरीरातील रक्ताभिसरण सुधारते, ऑक्सिजनची पातळी वाढते. ज्यामुळे तुमच्या मेंदूला चालना मिळते आणि तुमची विचारशक्ती, स्मरणशक्ती, निर्णय शक्ती, आकलन शक्ती वाढू लागते. आजकाल जीवनशैलीत झालेल्या बदलामुळे टाईप 2 मधुमेहाचे प्रमाण वाढताना दिसत आहे. मधुमेहीची संख्या इतकी वाढली आहे की मधुमेह हा एक जीवनशैली विकार झाला आहे. मात्र नियमित व्यायाम केल्यामुळे तुमच्या रक्तातील साखर नियंत्रणात ठेवता येते. ज्यामुळे तुमचा मधुमेह नियंत्रणात राहू शकतो. व्यायामामुळे मधुमेहीचे वजन वाढत नाही आणि अधिक शारीरिक समस्या वाढण्याचा धोका कमी होतो. जीवनशैलीत झालेले बदल, चुकीचा आहार यामुळे माणसाचे आरोग्य बिघडते आणि आयुष्य कमी होताना दिसून येते. मात्र जर आयुष्य वाढवायचे असेल तर माणसाने पुन्हा त्याच्या जीवनशैलीत योग्य ते बदल करायला हवेत. वेळेत झोपणे, सकाळी लवकर उठणे, योग्य आहार घेणे, ताणतणावापासून दूर राहणे यासोबतच नियमित व्यायाम करणे यासाठी फायदेशीर ठरू शकते. कारण व्यायामामुळे तुमच्या शरीराला आणि मनाला आराम मिळतो. ज्याचा चांगला परिणाम तुमच्या संपूर्ण आरोग्य आणि जीवनावर होतो. थोडक्यात आयुष्य जास्त आनंदी आणि सुखात जगायचे असेल तर योग्य जीवनशैलीचा अवलंब करायला हवा.

मानवाच्या जीवनामध्ये शरीर प्रकृती हा सर्वात महत्त्वाचा घटक आहे त्यामुळे त्या शरीराला निरोगी ठेवायचे असेल तर व्यायाम करणे अत्यंत आवश्यक आहे. समाजामध्ये आपणास मोठ्या पदावरील व धनवान व्यक्ती आढळून येतील त्यांच्याकडे सर्वकाही असताना पण त्यांच्या चेहऱ्यावर सुखद भावना किंवा चांगल्या प्रकारची शरीर संपत्ती नाही. तुम्ही पैशाने सर्व काही घेऊ शकता, पण आपले शरीर प्रकृती व शरीर व्यवस्थित करू शकत नाहीत. तर त्यांच्या उलट समाजामध्ये तुम्हाला काही अशा व्यक्ती दिसतील ज्यांच्याकडे अत्यंत गरिबी व बिकट अवस्था आढळून येईल, पण त्यांच्या चेहऱ्यावर समाधान व निरोगी सुदृढ शरीर असेल. त्याचे कारण म्हणजे त्यांच्या कामातून त्यांच्या शरीराचा होणारा व्यायाम हे आहे. मानवाने चांगले आयुष्य जगण्याच्या दिशेने दिवसेंदिवस पुढे पाऊल टाकण्याचा प्रयत्न केला आहे आणि आतापर्यंतच्या इतिहासामध्ये पहिल्यापेक्षा माणूस सुखी झाला आहे, चांगले आयुष्य जगत आहे पण दिवसेंदिवस वाढत चालले आहे ते मानवाचे रोगी शरीर, वाढते हॉस्पिटलचे बिल, नवीन नवीन प्रकारचे रोग हे सर्व मानवाच्या आळशीपणामुळे व निरोगी शरीर न ठेवल्यामुळे झालेले परिणाम आहेत. व्यायाम केल्याने शारीरिक दृष्ट्या नाही तर मानसिक दृष्ट्या सुद्धा मानवामध्ये मोठ्या प्रमाणात फरक आढळून येतो असे काही संशोधनाच्या माध्यमातून समोर आले आहे. माणसांमध्ये व्यायामाच्या मार्फत एक ऊर्जा निर्माण होऊन त्याच्यामध्ये सकारात्मक विचारांची भर पडते व त्याचा स्वतःवरील विश्वास वाढण्यास मदत होते. काही लोकांनी आपल्या यशामध्ये नियमित व्यायाम केल्यामुळे सुद्धा मदत झाली आहे, यावरून आपण समजू शकता की व्यायामाचे महत्त्व शारीरिकदृष्ट्या बरोबरच मानसिकदृष्ट्या पण मोठे आहे. दिवसेंदिवस ढासळत चाललेली समाजामधील लोकांची प्रकृती व वाढते शारीरिक रोग या सर्व समस्यांवर उपाय म्हणून व्यायाम हा अत्यंत महत्त्वाचा आहे. व्यायामाचे जीवनातील महत्त्व समाजातील प्रत्येक घटकातील प्रत्येक व्यक्तीपर्यंत पोहचणे समाजाच्या दृष्टीने अत्यंत गरजेचे आहे व यावर विचार होणे अत्यंत आवश्यक आहे.

संशोधनाचे महत्त्व :

प्रस्तुत संशोधनात व्यायाम न केल्याचे दुष्परिणाम व व्यायामाचे व्यक्तीच्या जीवनातील महत्त्व यावर प्रकाश टाकण्यात आला आहे.

संशोधनाचे उद्देश :

१. व्यायाम न केल्याने होणारे दुष्परिणाम अभ्यासणे.
२. व्यायामामुळे होणाऱ्या फायद्याचे अध्ययन करणे.
३. वर्तमानकाळातील जीवनशैलीचे थोडक्यात अध्ययन करणे.
४. व्यक्तीच्या जीवनात व्यायामाच्या स्थानाचे अध्ययन करणे.

निष्कर्ष :

१. बदलत्या जीवनशैलीमुळे व्यक्तीच्या जीवनातील व्यायामाचे महत्त्व कमी होताना दिसते.
२. व्यायाम न केल्याचे अनेक प्रकारचे दुष्परिणाम मानवी आरोग्यावर होताना दिसतात.
३. निरोगी व आरोग्य संपन्न आयुष्यासाठी व्यायाम आवश्यक असल्याचे दिसते.
४. व्यायामामुळे मानवाला शारीरिक व मानसिक स्वास्थ्य राखण्यास मदत मिळाल्याचे दिसून आले.

संदर्भ :

१. अष्टेकर मोहन, आरोग्यासाठी व्यायामशास्त्र.
२. मूर्ती एस. नारायण, व्यायाम क्रिया विज्ञान.
३. कपूर वीरेंद्र, स्वास्थ्य यंत्र व्यायाम.
४. भागवत के. पी. , व्यायाम विज्ञान.
५. स्वामी आत्मानंद, योगासन और शरीर विज्ञान.
६. दैनिक महाराष्ट्र टाइम्स वर्तमानपत्र, २०२०.

मानसिक ताणतणाव आणि योगसाधना

सहा. प्रा. दत्ता रामकिशन मुंढे

शारीरिक शिक्षण संचालक, उज्वल ग्रामीण महाविद्यालय, घोणसी ता.जळकोट जि.लातूर

भगवान आदिनाथांनी (शिव) यांनी मांडलेले योग तत्त्वज्ञान हे अतिशय प्राचीन तत्त्वज्ञान मानले जाते. योगशास्त्र हे ख्रिस्तपूर्व 3500 वर्षांपासून प्रचलित होते असे मेक्सिकोतील उत्खननात सापडलेल्या योगासनाच्या शिल्पकृतीवरून सिद्ध झाले आहे. योगशास्त्र हे अनुभवजन्य शास्त्र असल्यामुळे काळाच्या ओघात आजही टिकून राहिले आहे. मानवी जीवनातील अधोगती रोखण्याचे सामर्थ्य या योगशास्त्रात आहे. हे आज जगानेही मान्य केले आहे. त्यामुळे अतिप्राचीन भारतीय असणारे हे योगशास्त्र पाश्चात्य विचारधारेत रूढत आहे. म्हणून जागतिक योगदिन साजरा केला जात आहे. मानवी देह, मन, इंद्रिय आणि त्यांची कार्ये नियंत्रणात ठेवण्याचे तत्त्वज्ञान योगसाधनेत आहे.

तत्त्वज्ञानात धर्म, अर्थ, काम, मोक्ष ही चार पुरुषार्थाची महत्त्वाची अंगे मानली असून या चारही पुरुषार्थांचा संबंध मानवी शरीर रचनेशी आहे. हे शरीर व्यवस्थित ठेवण्यासाठी प्राचीन ऋषीमुनींनी योगशास्त्र अस्तित्वात आणले. सुखाची अभिलाषा आणि दुःखाचा नायनाट हा प्रत्येक प्राणीमात्राचा स्थायीभाव मानला जातो. यामुळे जास्तीत जास्त सुख कसे मिळविता येईल असा बौद्धिक विचार मनुष्य करतो.

मानसिक ताणाचे महर्षी पातंजलीचे विश्लेषण

महर्षी पातंजली म्हणतात, मानवी शरीर हे पंचमहाभूतांपासून बनलेले आहे. स्थूल शरीर, सुक्ष्म शरीर व कारण शरीर असे तीन शरीर अवस्था ते मानतात. सामान्य स्थितीत मानवी शरीर तनावमुक्त राहून आनंददायक स्थितीचा अनुभव घेत असते.

महर्षी पातंजलीच्या मते, अविद्या, अस्मिता, राग, द्वेष व अभिनिविश हे पाच क्लेश आहेत. त्यामुळे मनुष्य संसार चक्रात अडकून पडतो. शरीर हे अनित्य असूनही नित्य समजून रागद्वेषादि भावना जोपासणे म्हणजे अविद्या! अविद्येचा उगम होताच स्वरूपावस्था विचलीत होते व ताणनिर्मितीला वाव मिळतो. अविद्येमुळे अस्मिता निर्माण होऊन अहंकारामुळे देहबुद्धी जोपासली जाते. अहंकारामुळे बहिर्मुख वृत्ती जोपासून मनुष्य जगापासून वेगळा पडून यश-अपयश, नफा-नुकसान, शुभ-अशुभ, संपत्ती-विपत्ती, संयोग-वियोग, निंदा-स्तुती, रोग-आरोग्य, शीत-उष्ण या चक्रात भरकटला जातो आणि हे सर्व अहंकारामुळे उदयाला येते. सुखाच्या प्रचितीमागे राहणाऱ्या क्लेशाला 'राग' म्हणतात. तर दुःखाच्या प्रचितीच्या मागे राहणाऱ्या क्लेशाला 'द्वेष' म्हणतात. अहंकार, रोग, द्वेष यांच्या व्यक्त होण्यातून भावनिक व मानसिक असंतुलन होते आणि मानवाकडून पशुतुल्य व्यवहार घडतात. भीती, मृत्यूची कल्पना, मानसिक ताण उत्पन्न करतात असे महर्षी पातंजली यांनी म्हटले आहे.

योगासनाचे फायदे

योगासनामुळे शारीरिक, मानसिक, अध्यात्मिक सुख अर्थात स्वास्थ्य लाभते. मनुष्याची बुद्धी स्थिर होते. स्मरणशक्ती वाढवून वैयक्तिक व व्यावहारिक जीवनात बदल घडून येतो. आत्मविश्वास वाढतो, वेगवेगळी योगासने केल्यामुळे क्षीण झालेल्या प्राणशक्ती उत्तेजित होतात. आजकाल योगासने ही प्रतिबंधात्मक (Preventive) व रोग निवारक (Curative) उपचार पद्धती म्हणून सर्वदूर परिचित झाली आहे. योगासनामुळे रोगप्रतिकार शक्ती व सहनशक्ती वाढते. योगासनामुळे मन तंदुरुस्त राहते. शरीर सुडौल, लवचिक व कृतिमान राहते. साहजिकच याचा परिणाम मनुष्याच्या एकूण मानसिक स्थितीवर होतो आणि त्याचे सर्व मनोकायिक विकार बरे होतात. मानसिक स्वास्थ्य लाभते.

योगासनाची पथ्ये

- 1) योगासने स्वच्छ व मोकळ्या हवेशीर जागेत, एकांतात करावी.
- 2) योगासने तज्ज्ञ गुरुच्या मार्गदर्शनाखाली शिकली पाहिजेत.
- 3) योगासने रिकाम्या पोटी केल्यामुळे अधिक लाभ होतो.
- 4) योगासनाची वेळ पहाटेची सर्वोत्तम आहे.
- 5) आसने करताना मलाशय व मुत्राशय रिकामे असावीत.
- 6) योगासने करताना मन एकाग्र करावे अन्यथा तणाव वाढतो.
- 7) आसने करताना श्वासात अडथळा येणार नाही हे बघावे.
- 8) आसने करताना स्पर्धात्मक भावना नसावी.
- 9) स्त्रियांनी मासिक धर्म चालू असताना आसने करू नयेत.

- 10) योगासनानंतर अर्धा तपास काही खाऊ नये.
- 11) प्रत्येक आसनानंतर श्वसन करणे उत्तम. अन्यथा शेवटी करावे.

प्राणायाम :

प्राणायामाला सर्वश्रेष्ठ तप मानले जाते. प्राणायामामुळे सर्व मळभ धुतले जावून ज्ञानाचा उदय होतो. प्राणायाम शरीरासाठी तर लाभदायक आहेच परंतु मनासाठी अधिक प्रभावी आहे. प्राणायामामुळे मनःशांती लाभते. प्राणायामामुळे आत्मिक चैतन्य प्रगट होते. मनातील क्लेश, भ्रम, क्लिष्टे बाहेर काढली जातात. त्यामुळे निर्गुण, निराकार अवस्था प्राप्त होते. हीच अवस्था अध्यात्मात फार महत्त्वाची मानली जाते. प्राणायामामुळे वासनाक्षय होऊन मन शुद्ध व पवित्र बनते. मनुष्य समाधी अवस्थेकडे जाऊ लागते. प्राणायाम करणारी व्यक्ती जितेंद्रीय ठरते.

ध्यान :

साधकाने एखाद्या ध्येयपदार्थावर चित्त एकाग्र केले आहे ती एकाग्रता अखंडित राहणे म्हणजे ध्यान! 'तंत्र प्रत्येकतानता ध्यानम्' (पातंजली योगदर्शन 3/2) असे महर्षी पतंजली यांनी म्हटले आहे. ध्यानामुळे योगी मनुष्याचे मन प्रकाशमय होते. योग्याचे शरीर श्वास, इंद्रिये, मन, बुद्धी व अहंकार एकात्मिकृत होऊन जातात आणि योग्याला परमोच्च आनंद अनुभवता येतो. योग साधकांची मानसिकता, कंपन, स्पंदन, मंत्र, स्पर्श याद्वारे अंतर्मन बघणारे होते. सुख-दुःखापलिकडची अवस्था प्राप्त होते.

समाधी

ध्यान करता करता साधकाचे चित्त ध्येयाप्रत जेव्हा पोहचते तेव्हा साधकाला स्वतःच्या अस्तित्वाचा विसर पडतो. याच अवस्थेस 'समाधी' असे म्हटले आहे.

निष्कर्ष

आधुनिक युग हे स्पर्धेचे युग म्हणून ओळखले जाते. या धक्काबुक्कीच्या जीवनात व्यक्तीला आपल्या शरीराकडे लक्ष देण्यासाठी वेळच राहिलेला नाही. यामुळे बहुतांश व्यक्तीचे शारीरिक आणि मानसिक आरोग्य बिघडत चालले आहे. मानसिक ताणाच्या तक्रारी प्रचंड वाढतच आहेत. मानसिक ताण व्यवस्थापनात योग्याची भूमिका अत्यंत महत्त्वाची मानली जाते. योगातील प्राणायाम ध्यानधारणा, अष्टांग योग यांचे माध्यमातून तणावमुक्त जीवन जगता येते. हे अनेक संशोधनातून सिद्ध झालेले आहे.

संदर्भ ग्रंथ

- 1) राजयोग-स्वामी विवेकानंद, रामकृष्ण मठ, नागपूर
- 2) योग आसने व प्राणायाम-विवेकानंद केंद्र (मराठी विभाग), पुणे
- 3) डॉ.बी.एन. बर्वे, ताण आणि आरोग्य विषय मानसशास्त्र, विद्या प्रकाशन, नागपूर
- 4) प्रा.आर.एस. भोगल, योग और मानसिक स्वास्थ्य, कैवल्यधाम आश्रम, लोणावळा

चांगल्या आरोग्यासाठी योगाची गरज

प्रा. डॉ. देवकते उत्तम शेषराव

शारीरिक शिक्षण विभाग प्रमुख, पुण्यक्षोक अहिल्यादेवी होळकर महाविद्यालय, राणीसावरगाव, ता.गंगाखेड, जि.परभणी

प्रस्तावना :

योग हा आपल्याला मिळालेला वारसा आहे. भारतामध्ये योगाचा अभ्यास प्राचीन काळापासून केला जात आहे. योगाची उत्पत्ती पतंजलि ऋषींनी केली आहे. भारताच्या प्राचीन बुद्धि वैभवाचे साधन म्हणून योगशास्त्र अजूनही आपले महत्त्व स्थान टिकवून आहे.

देशाला विकसित राष्ट्र करण्यासाठी आणि संपन्न राष्ट्र बनविण्यासाठी देशातील समाज निरोगी असणे गरजेचे आहे. समाज तेव्हाच निरोगी राहू शकतो, जेव्हा समाजातील प्रत्येक व्यक्तीचे आरोग्य ही निरोगी असेल. समाजातील प्रत्येक व्यक्तीचे आरोग्य राखण्यासाठी घर, परिसर, भरपूर सूर्यप्रकाश, खुली हवा, शुद्ध पाणी या सर्वांचीच गरज आहे. त्याबरोबरच प्रत्येक व्यक्तीने नियमित योगा करण्याची आवश्यकता आहे. त्यामुळे समाजातील नागरिकांचे आरोग्य चांगले राहण्यास मदत होते.

समाज महाराष्ट्र निर्मितीचा आणि सुदृढतेचा प्रमुख आधार आहे. यासाठी व्यक्तीने आरोग्यविषयक कार्यक्रम पत्रिका तयार करणे गरजेचे आहे. एका व्यक्तीवर कुटुंब व कुटुंबापासून समाज आणि समाजापासून राष्ट्र निर्माण होते. या प्रमाणेच एका व्यक्तीवर राष्ट्र अवलंबून राहते. यासाठीच समाजाचे आरोग्य चांगले ठेवण्यासाठी प्रयत्न करणे गरजेचे आहे.

आरोग्याचा विचार करताना योगाला प्रामुख्याने महत्त्व दिले पाहिजे. योगामुळे शरीरातील वेगवेगळ्या संस्थेवर चांगला परिणाम होऊन आरोग्य सुधारण्यास मदत होते. इतकेच नव्हे तर मद्यपान, धूम्रपान, तंबाखू, डग्जचे सेवन या सर्वांचा शरीरावरती विपरीत परिणाम होताना दिसून येतो. त्यासाठीच त्याचे दुष्परिणाम समजून सांगणे गरजेचे आहे.

व्यक्ती हा सशक्त समाज निर्मितीचा घटक आहे. त्यामुळे त्याचे शारीरिक आरोग्य चांगले ठेवण्यासाठी 'शरीर माद्य खलू धर्म साधनम्' या संस्कृत वाक्यावरून शारीरिक आरोग्याची काय आवश्यकता असते ते समजून येते. राष्ट्रनिर्मितीसाठी व उन्नतीसाठी केव्हाही शरीराने सुदृढ व मनाने हुशार अशा माणसांची गरज असते. म्हणजेच आरोग्य हे साध्य नसून आपल्या स्वतःच्या उत्कर्षासाठी व समाजाच्या सेवेसाठी तो उद्योग करित असतो. त्याचे ते महत्त्वाचे साधन बनत जाते. कोणत्याही प्रगत राष्ट्रांच्या पाठीमागे त्या राष्ट्रातील निरोगी व्यक्तीचा हाच असतो. म्हणूनच व्यक्तीचे आरोग्य योग्य निरोगी राखण्यासाठी योगाची गरज आहे.

स्वामी कुवलयाणंद यांनी सन 1924 साली लोनावळा, पुणे येथे कैवल्य धाम स्थापन करून प्राचीन योगास विज्ञानाची जोड दिली.

योग म्हणजे काय ?

योगासन हा शब्द योग व आसन यापासून तयार झालेला आहे. योग हा शब्द मूळ संस्कृत धातू युज म्हणजेच जोडणे यापासून तयार झाला आहे. त्यात अनेक संकेत आहेत. जीवात्मा व परमात्मा यांचा योग हा योग साधण्यासाठी चंचल असलेल्या मनावर विशेष नियंत्रण आणावे लागते त्यास योग म्हणतात.

व्याख्या :

"मनाच्या व्यापाऱ्यांना थांबवून मन एकाग्र करून शरीर मन इंद्रिय व आत्मा यांच्या मध्ये संतुलित स्थिती किंवा समाधी स्थिती निर्माण करणे म्हणजे योग होय."

योगाची उद्दिष्टे :

1. समाजाच्या दैनंदिन जीवनात योगाची आवश्यकता.

2. योग सुखी जीवनाचा राजमार्ग.
3. योगाद्वारे शरीर व मनाचा विकास साधने.
4. दीर्घायुषी बनविण्यासाठी योग आधुनिक काळात उत्तम उपाय.
5. मेरूदंडाची व मणक्याची लवचिकता वाढते.
6. योगासने शरीर व मन यामध्ये हे समतोलपणा निर्माण करून शारीरिक व मानसिक स्वास्थ्य प्राप्त करणे

योगाचे महत्त्व :

1. योगा म्हणजे जीवन उत्तम तरेने जगण्याचा एकमेव मार्ग
2. योगामुळे मनुष्य जीवनामध्ये उन्नती साधता येते
3. विकास साधण्यासाठी आणि सुख प्राप्त करण्यासाठी योग महत्त्वपूर्ण आहे
4. प्रत्येक व्यक्तीच्या जीवनात योगाची आवश्यकता आहेण्

निष्कर्ष :

1. योगामुळे शारीरिक व मानसिक स्वास्थ्य लाभते.
2. शरीरातील सर्व इंद्रिय, अवयव, संस्था यांना योग्य रक्ताचा पुरवठा होऊ शकतो.
3. योगामुळे जीवन सुखी व दीर्घायुषी बनते.
4. अंतर्गत संस्था, इंद्रिय कार्यक्षम बनून त्यांच्यात सहकार्य निर्माण होते.
5. अल्पकालावधीत सर्वांगीण व्यायाम मिळतो.
6. शरीराच्या समतोल मनाची एकाग्रता या सर्व पूरक गोष्टी योगामुळे प्राप्त होतात.
7. निरोगी प्रकृती, नेतृत्व, निर्भयता, चारित्र्यशीलता योगामुळे प्राप्त होते.

संदर्भ ग्रंथ सूची :

1. वी. के. एस. अय्यंगार : आरोग्य योग, रोहन प्रकाशन, पुणे
2. वी. के. एस. अय्यंगार : योगा कल्पतरू रोहन प्रकाशन, पुणे
3. प्रा. के. एन. गंदगे : आरोग्य शिक्षण योग व प्रथमोपचार
प्रा. मारतळे
4. प्रा. श्रीपाल आ. जरदे : शारीरिक शिक्षणाचा इतिहास भाग एक, अंबा प्रकाशन, कोल्हापूर
5. स्वामी रामदेव : प्राणायाम रहस्य दिव्य प्रकाशन, उत्तरांचल
6. डॉ. वि. ना. भावे : आरोग्यशास्त्र पुणे विद्यार्थी गृह प्रकाशन, पुणे
7. जॉन्सन बोर्जेस : क्रीडा ज्ञानकोश डायमंड पब्लिकेशन पुणे
8. डॉ. रवी भंडारी : आसन निरामय योग प्रसार व संशोधन केंद्र परभणी.

योग आणि शारीरिक सुदृढता

(Yoga & Physical Fitness)

संतोष श्रीक्रिष्ण कदम

M.A., M.P. Ed.

यशवंत विद्यालय, अहमदपूर.

प्रस्तावना :

योग ही भारतीय संस्कृतीने जगाला दिलेली देणगी आहे. योगाचा आणि शरीर स्वास्थ्याचा खूप जवळचा संबंध आहे. योगासनामुळे मानवाचे आयुष्य निरोगी राहण्यास व नैसर्गिकरीत्या संपूर्ण आयुष्य आरोग्यमय जगण्यास खूप मदत होते.

निसर्गाने मानवाला जन्मतःच ज्या देणगीरूपी शक्ती म्हणजेच लवचीकतर, स्नायुची ताकद व दमदारपणा, समन्वय तोल, बल, गती या शक्तीचा विकास करून टिकवून ठेवता येऊ शकतात यामुळे मनुष्य सुदृढ आयुष्य जगू शकतो. आरोग्याधिष्ठांत व कौषल्यधिष्ठीत शारीरिक सुदृढता योगासनामुळे साध्य करता येते. म्हणूनच योगासनाची आणि शारीरिक सुदृढतेचा खूप दृढ संबंध आहे व शारीरिक सुदृढतेसाठी योगा महत्त्वाचा भाग आहे.

योगशास्त्र हे स्वयंअनुभवाचे शास्त्र आहे. शरीरांच्या माध्यमातून मनावर संस्कार घडवून आणण्यासाठी सर्वच योगिक क्रिया महत्त्वपूर्ण आहेत. मात्र आसनांना त्यामध्ये विशेष महत्त्व आहे. आसनांमध्ये शरीर, मन आणि बुद्धी यांचा संयोग साधून शारीरिक, मानसिक, बौद्धिक तसेच भावनिक आरोग्य सहज साधता येते. आसन हे महर्षी पतंजलीच्या अष्टांग योगमधील तिसरे अंग आहे. आसनांचे पुढील दोन प्रमुख प्रकार आहेत.

1) हेतूनुसार करण्यात येणारे आसन प्रकार, 2) शरीर स्थितीनुसार आसन प्रकार.

1) हेतूनुसार करण्यात येणारे आसन प्रकार :

आपणास कोणत्या प्रकारे योगसाधना करायची आहे, त्या हेतूनुसार आसनांचे तीन प्रकार पुढीलप्रमाणे येतात.

अ) ध्यानात्मक ब) शरीर संवर्धनात्मक क) विश्रांतीकारक

अ) ध्यानात्मक आसने :

योगशास्त्रामध्ये ध्यान साधना करताना ज्या आसनांमध्ये शरीराची स्थिती घेतली जाते त्यास ध्यानात्मक आसने असे म्हणतात. उदा. पद्मासन, अर्धपद्मासन, सुखासन इत्यादी.

ब) शरीर संवर्धनात्मक आसने :

शरीराचे संवर्धन करून त्याच्या विविध क्षमतांचा विकास करण्यासाठी जी आसने केली जातात त्यास शरीर संवर्धनात्मक आसने असे म्हणतात. उदा. शीर्षासन, हलासन, धनुरासन, वृक्षासन इत्यादी.

क) विश्रांतीकारक आसने :

शरीर आणि मन यांवरील थकवा दूर करण्यासाठी जी आसने केली जातात त्यास विश्रांतीकारक आसने असे म्हणतात. यामध्ये शवासन व मकरासन या दोन आसनांचा समावेश होतो.

2) शरीर स्थितीनुसार आसन प्रकार :

आसन करताना शरीराची अंतिम स्थिती ज्या अवस्थेत येते त्यानुसार आसनांचे प्रमुख चार प्रकार आहेत ते खालीलप्रमाणे;

अ) शयनस्थितीतील आसने

(पाठीवर झोपून करावयाची आसने)

ब) विपरीत शयनस्थितीतील आसने

(पोटावर झोपून करावयाची आसने)

क) बैठकस्थितीतील आसने

(बसून करावयाची आसने)

ड) दंडस्थितीतील आसने

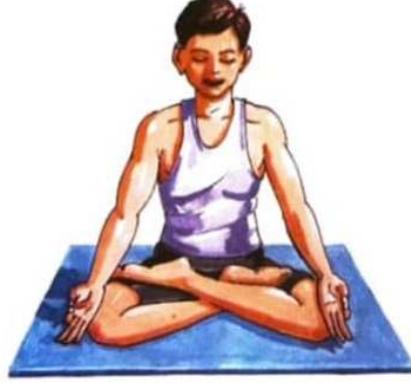
(उभे राहून करावयाची आसने)

आसनांचा सराव करताना एका सत्रामध्येच वरील स्थितीतील किमान एक-एक आसनाचा समावेश करावा.

या प्रकारानुसार आपण काही निवडक आसने व प्राणायामांचा अभ्यास करणार आहोत

1. पद्मासन :

पद्म म्हणजे कमळ. या आसनात पायांची स्थिती कमळाच्या पाकळ्यांप्रमाणे दिसते, म्हणून याला पद्मासन असे म्हणतात. हे ध्यानात्मक आसन आहे.



कृती :

- 1) दंडासनात बसावे. ही आसनाची पूर्वस्थिती होय.
- 2) उजवा पाय गुडघ्यात वाकवून डाव्या जांघेवर ठेवा
- 3) डावा पाय गुडघ्यात वाकवून उजव्या जांघेवर ठेवा.
- 4) हात ज्ञानमुद्रेमध्ये घेऊन मनगटे गुडघ्यावर ठेवावीत.
- 5) काही वेळ डोळे बंद करून आसनात स्थिर व्हावे.
- 6) आपल्या क्षमतेनुसार आसनात थांबून उलट क्रमाने आसन सोडावे

दक्षता :

- 1) गुडघे दुखणाऱ्यांनी जास्त वेळ पद्मासनात बसणे टाळावे.
- 2) पद्मासनात बसण्याचा कालावधी हळूहळू सरावाने वाढवावा

सर्वसाधारण फायदे :

- 1) या आसनाने मनाची एकाग्रता वाढले.
- 2) मनःशांती मिळते
- 3) मानसिक तणाव कमी होतो

2) हलासन :

हल म्हणजे नांगर, या आसनात नांगराच्या आकाराप्रमाणे शरीराची अंतिम स्थिती होते, म्हणून यास हलासन असे म्हणतात



कृती :

- 1) पाठीवर झोपावे. पाय जुळलेले व गुडघ्यात सरळ, हात शरीरालगत, पंजे जमिनीवर टेकवलेले ही आसनाची पूर्वस्थिती होय
- 2) श्वास घेत होताने जमिनीवर दाब देऊन दोन्ही पाय सावकाशपणे 90° पर्यंत आणावेत.
- 3) पोटाच्या स्नायूंचे आकुंचन करून नितंब जमिनीवरून उचलावे.

- 4) हळूहळू पाय डोक्याच्या मागे जमिनीवर टेकवण्याचा प्रयत्न करा. इथे हनुवटी छातीला टेकवलेली असावी
- 5) आपल्या क्षमतेनुसार थोडा वेळ आसनात राहून उलट क्रमाने परत यावे. प्रथम पाठ जमिनीवर टेकवावी व त्यानंतर पाय गुडघ्यात न वाकवता जमिनीवर टेकवावेत.

- 6) आपल्या क्षमतेनुसार आसनात थांबून उलट क्रमाने आसन सोडावे

दक्षता :

- 1) मान व कंबरदुखी असल्यास हे आसन करू नये
- 2) जबरदस्तीने व झटक्याने पाय डोक्याच्या पाठीमागे जमिनीवर टेकवण्याचा प्रयत्न करू नये.
- 3) आसनाच्या अंतिम स्थितीत मान व खांद्यावर दबाव आलेला असतो. अशा वेळी मान वेडीवाकडी वळवू नये. ती स्थिर ठेवावी
- 4) मासिक पाळीमध्ये हे आसन करू नये.

सर्वसाधारण फायदे :

- 1) पाठीचा कण लवचीक राहतो.
- 2) मणक्याभोवतालचे स्नायू ताणले गेल्यामुळे किशोरावस्थेत उंची किंचित वाढण्यासाठी या आसनाची मदत होते.
- 3) थायरॉईड व पॅराथायरॉईड ग्रंथीचे कार्य सुव्यवस्थित ठेवण्यासाठी उपयुक्त आसन.
- 4) पाचनशक्ती सुधारते

3) नौकासन :

या आसनाच्या अंतिम स्थितीमध्ये शरीराचा आकार नावेप्रमाणे (Boat) दिसतो म्हणून यास नौकासन असे म्हणतात



कृती :

- 1) पोटावर झोपावे. या वेळी दोन्ही हात शरीरालगत, पाय जुळलेले व हनुवटी जमिनीवर टेकलेली, ही आसनाची पूर्वस्थिती होय.
- 2) आता दोन्ही हात समोर डोक्याच्या दिशेने सरळ करुन पंजे जमिनीवर टेकवावेत. या वेळी कपाळ जमिनीवर टेकवावे
- 3) हळूहळू एकाच वेळी दोन्ही हात व पाय वर उचलून घ्यावेत, मान आकाशाकडे वळवण्याचा प्रयत्न करावा व संपूर्ण शरीर पोटावर तोलून धरावे. ही नौकासनाची अंतिम स्थिती होय
- 4) क्षमतेनुसार अंतिम स्थितीमध्ये स्थिर राहून सावकाशपणे दोन्ही हात, पाय, कपाळ जमिनीवर टेकवून आसन सोडावे व मकरासना विश्रांती घ्यावी.

दक्षता :

- 1) तीव्र मानदुखी अथवा पाठदुखी असल्यास हे आसन करू नये.
- 2) ओटीपोटामध्ये वेदना असल्यास, पोटाचे त्रास असल्यास तसेच हर्निया, अॅपेंडिक्स यांसारखे विकार असल्यास हे आसन करू नये.
- 3) आसन करताना सहज हालचाली असाव्यात, कोणत्याही प्रकारचे झटके देऊ नयेत.
- 4) श्वास रोखू नये. तो नियमित असू द्यावा.

सर्वसाधारण फायदे :

- 1) मानेचे व पाठीचे दुखणे कमी होते.
- 2) पाठीच्या स्नायूंची ताकद वाढते.
- 3) श्वसन क्षमता वाढते.
- 4) मानेवर ताण निर्माण झाल्याने थायरॉईड ग्रंथीचे कार्यमान सुधारण्यास मदत होते.

या सह इतरही काही योगासनांची माहिती संक्षेपात खालील प्रमाणे घेवू**भद्रासन :**

- या आसनाने शरीर स्थिर राहते आणि मनाला स्थिरता मिळते.
- हे आसन गुडघा आणि नितंबाचे सांधे निरोगी ठेवते.
- गुडघेदुखी कमी होण्यास मदत होते.
- हे आसनओटीपोटांच्या अवयवांना सक्रिय करते आणि ओटीपोटात कोणत्याही प्रकारची त्रुटी सामान्य करते.
- स्त्रियांना मासिक पाळीच्या वेळी होणाऱ्या पोटदुखीपासून आराम मिळतो. यामुळे मांडी व वासराचे स्नायु मजबूत होतात

वज्रासन :

- हे आसन मणक्याला मजबूत करते आणि ते सरळ ठेवण्यास मदत करते.
- हे आसन पचनशक्ती वाढण्यास मदत करते.
- अर्ध उष्ट्रासन
- या आसनाने पाठीचे आणि मानेचे स्नायु मजबूत होतात.
- या आसनाने पाठदुखीपासून आराम मिळतो व डोके आणि हृदयाच्या प्रदेशात रक्त परिसंचरण वाढवते.

उष्ट्रासन :

- दृष्टीदोषामध्ये उष्ट्रासन खुप फायदेशीर आहे.
- पोट आणि चरबी कमी करण्यापासून मदत करते.

शवासन :

- सराव, तणाव, राग इत्यादी कमी करण्यासाठी उपयुक्त आहे.

उत्तनमंडूकासन :

- या आसनाने पाठदुखी आणि ग्रीवाचा त्रास कमी होतो.
- फुफुसाची कार्यक्षमता वाढते.

मकरासन :

- पाठीच्या समस्या दुर करण्यासाठी उपयुक्त.

भुजंगासन :

- पोटावरील अतिरिक्त चरबी कमी होते.

ध्यान :

- मन शांत ठेवते.
- एकाग्रता, स्मरणशक्ती, विचारांची स्पष्टता आणि मनोबल वाढते.
- ध्यानामुळे आत्मसाक्षात्कार होतो.

शीतल प्राणायाम :

- शीतल प्राणायामाने रक्त शुद्ध होते.
- शीराला थंडावा मिळतो.
- भुक आणि तहान शमवते.

योगाचे शरीरस्वास्थासाठीचे फायदे :

- योगामुळे सांध्यांसंबंधी हाडे, स्नायू आणि नसा निरोगी राहतात.
- मानेच्या मनक्याचे क्षीण होणारे आजार दूर होतात आणि खांद्यांच्या ऑपरेशनमधील अडथळे दूर होतात.
- यामुळे शरीर बळकट होते, पाठीच्या कण्याशी संबंधीत नसांचे रक्त परिसंचरण सुधारण्यास देखील उपयुक्त आहे.
- विशिष्ट वयापर्यंत उंची वाढण्यास मदत करते.

- साध्या नसांशी संबंधीत नसांचे समन्वय सुधारते, शरीराची हालचाल करते आणि सहनशक्ती व जागरुकता वाढवते.
- पायांचे स्नायु मजबूत करते आणि अस्थिबंधन मजबूत करते.
- श्वासोच्छ्वासाची क्षमता वाढते.
- मणक्याला लवचीक बनवते गॅस्ट्रो केनेमिअस प्रकाशित करते.
- बद्धकोष्ठता आणि मासिक पाळीशी संबंधीत समस्यांना प्रतिबंध करते.
- मणक्याला लवचीक बनवते व मणक्याशी संबंधित नस मजबूत होतात.
- मानेच्या स्नायूंना बळकट करते.
- मांड्या आणि नितंबांच्या स्नायूंना बळकट करते.
- पायांच्या तळांशी संबंधित विसंगत प्रतिबंध करते.
- गर्भाशयाच्या ग्रीवेच्या स्पॉन्डीलायटीसमध्येयोगा फायदेशीर असतो.

योग आणि योगाचे फायदे

प्रा. विजय परमेशु उपलंचवार

संचालक- क्रीडा विभाग सरस्वती विद्यामंदिर कला महाविद्यालय, किनवट जि.नांदेड

योग हा शब्द संस्कृत मधील 'युज' पासून बनलेला आहे. ज्याचा अर्थ आहे 'वैयक्तिक आणि वैश्विक चेतनेचे एकीकरण.' योगाच्या शोधकाबद्दल कोणतेही लिखित पुरावे उपलब्ध नसले तरी योगाचा उगम आपल्या देशात झाला असे मानले जाते. भारतीय ऋषी पतंजली यांनी योग तत्वज्ञानावर लिहिलेले 2000 वर्ष जुने योगसूत्र, मन आणि भावनांवर नियंत्रण ठेवण्यासाठी आणि आध्यात्मिक विकासासाठी एक संपूर्ण मार्गदर्शक मानले जाते. योग ही केवळ विश्वासाची एक प्रणाली नाही, तर ती एकमेकांवर शरीर आणि मनाचा प्रभाव विचारात घेऊन त्यांना परस्पर सामंजस्य आणते. योगाचा अर्थ आहे ईश्वराशी आत्म्याचे मिलन, म्हणजेच योगामध्ये इतकी शक्ती आहे, की ती तुम्हाला अमरत्व प्राप्त करू शकते. बरेच लोक योगाला केवळ शारीरिक व्यायाम मानतात, जेथे लोक शरीराला पिळगे, ताणगे आणि श्वास घेण्याचे जटिल मार्ग वापरतात. हे खरोखरच या गहन विज्ञानाचे केवळ वरवरचे पैलू आहेत हे मानवी मन आणि आत्म्याच्या असीम क्षमता प्रकट करतात. योगाचा अर्थ या सर्वपेक्षा खूप मोठा आहे. योग ही प्रामुख्याने एक अध्यात्मिक शिस्त आहे, ज्यामध्ये जीवनशैलीचे संपूर्ण सार आत्मसात केले गेले आहे.

योग हा केवळ शारीरिक व्यायाम नव्हे, तर आपण किती कुशलतेने इतरांशी संबंध प्रस्थापित करतो आणि एखाद्या परिस्थितीत आपण कसे अभिव्यक्त होतो हे आहे. म्हणून येते योगाची व्याख्या मनाची कुशलता अशी करता येईल. भगवद्गीतेत भगवान श्रीकृष्ण म्हणतात, "समत्वम योग उच्यते". मनाचे समत्व हे योगाचे लक्षण होय. विपरीत परिस्थितीतही केंद्रित राहू शकण्याची आपली क्षमता म्हणजे योग होय. जे काही आपल्याला आपल्या मूळ स्वभावकडे परत आणते. जो आतला सुसंवाद, आनंद आहे, तोच योग आहे. आसनांमुळे शरीर तंदुरुस्त होते, तर प्राणायाम, ध्यानामुळे मन गहरे होते. आयुष्याच्या आपल्या अस्तित्वाचा, अस्तित्वाच्या ह्या साऱ्या पैलूंचे एकत्रीकरण म्हणजेच योग होय.

योगाचा इतिहास सुमारे 5000 वर्ष जुना आहे, जो प्राचीन भारतीय तत्वज्ञानात मन आणि शरीराचा अभ्यास म्हणून ओळखला जातो. योगाच्या विविध शैली शारीरिक आसने, श्वासोच्छ्वासाची तंत्रे आणि ध्यान किंवा विश्रांती एकत्र करतात. जीवनशैलीचे संपूर्ण सार योगाच्या विज्ञानात आत्मसात केले गेले आहे. दैवी ज्ञानाच्या मार्गावर हृदय आणि आत्मा यांच्यात सुसंवाद प्रस्थापित करण्यासाठी योग विकसित केला गेला आहे. योगामुळे अनेक आजार बरे होण्यास मदत झालेली आहे. निरोगी आरोग्यासाठी हल्ली तर योगाचाच आधार घेतला जात जाते.

योगाचे प्रकार:-

योगाचे सहा प्रकार मानले जातात.

- १) राजयोग
- २) हठयोग
- ३) लययोग
- ४) ज्ञानयोग
- ५) कर्मयोग
- ६) भक्तियोग

ज्या क्रमाने त्यांना योगशास्त्रात लिहिण्यात आलेले आहे त्या क्रमाने त्यांना दर्जा व महत्त्व प्राप्त झालेले आहे.

- १) **राजयोग-** यम, नियम, आसन, प्राणायाम, प्रत्याहार, ध्यान, धारणा व समाधी हे पतंजली राज योगाची आठ अंग आहे. त्यांना अष्टांग योग ही म्हटले जाते.
- २) **हठयोग-** षट्कर्म, आसन, मुद्रा, प्रत्याहार, ध्यान व समाधी हे हठयोगाचे सात अंग आहेत. मात्र हठयोगाचा जोर आसन किंवा कुंडलिनी जागृतीसाठी आसन, बंध, मुद्रा व प्राणायाम आवर अधिक असतो. यालाच क्रियायोग ही म्हटले जाते.
- ३) **लययोग-** यम, नियम, स्थूल क्रिया, सूक्ष्म क्रिया, प्रत्याहार, धारणा, ध्यान व समाधी असे लययोगाची आठ अंग आहेत.
- ४) **ज्ञानयोग-** अशुद्ध आत्म्याचे ज्ञान प्राप्त करणे, हाच ज्ञानयोग आहे. याला ध्यानयोग असेही म्हटले जाते.
- ५) **कर्मयोग-** कर्म करणेच कर्मयोग आहे. कर्माने आपल्यात कौशल्य आत्मसात करणे, हा त्यामागील खरा उद्देश आहे. याला सहजयोगही म्हटले जाते.
- ६) **भक्तियोग-** भक्ती, कीर्तन, स्मरण, पादसेवन, अर्चन, वंदन, दास्य, सौख्य व आत्मनिवेदन असे नऊ गुण असणाऱ्या व्यक्तीला भक्त म्हटले जाते. व्यक्ती त्याची आवड, प्रकृती व साधना यांच्या योग्यतेनुसार त्यांची निवड करू शकतो. भक्ती योगानुसार सौख्य, समन्वय व आपुलकी असे गुण निर्माण होतात.
योगशास्त्रानुसार शरीर शुद्ध करण्याच्या प्रक्रियेसाठी शरीर ज्या विविध स्थितीमध्ये ठेवले जाते, त्यांना योगासने म्हणतात. योगाची आठ अंगे सांगितलेली आहेत. ती म्हणजे यम, नियम, आसन, प्राणायाम, प्रत्याहार, ध्यान, धारणा आणि समाधी यांनाच अष्टांग योग म्हणतात. योगात या आठ अंगांचा उपयोग केला जातो. त्यामुळेच योग हा फक्त शरीरावर नाही तर मनावरही परिणाम करतो.

योगाचे फायदे:-

निरोगी आरोग्यासाठी योगासने अत्यंत महत्वाचे मानले जाते. योगाचे फायदे खूप आहेत. योगामुळे शुगर, बद्धकोष्ठता यासारख्या आजाराशी लढण्यासही मदत होते. मन :शांती आणि उत्तम आरोग्यासाठी योग आणि ध्यान आवश्यक मानले जाते. योग केल्यामुळेच रोगांशी लढण्याची शक्ती वाढते. म्हातारपणातही तुम्ही तरुण राहू शकता. व त्वचेवर चमक येते. शरीर निरोगी आणि मजबूत होते. एकीकडे योगासनांमुळे स्नायूंना बळ मिळते. त्यामुळे दुबळा माणूसही सशक्त होतो. दुसरीकडे नियमित योगासने केल्याने शरीरातील चरबी कमी होते. योग कृष्ण आणि स्युल दोन्ही साठी फायदेशीर आहे. अनेकदा लोकांना असे वाटते की, योगाकेवळ शरीरलवचीक बनविण्यासाठी केला जातो, पण तसे नाही. योगाचे अनेक आसने आहेत त्यांचे अनेक फायदे आहेत.

१) शरीर आणि मनाचा व्यायाम:-

जिममध्ये गेलात तर शरीर निरोगी राहते, पण मनाचे काय? दुसरीकडे, जर तुम्ही योगाची मदत घेतले तर ते तुमचे शरीर तसेच मन आणि मन निरोगी करेल यात तिळमात्र शंका नाही.

२) मन शांत राहिल:-

योग हा स्नायूसाठी चांगला व्यायाम आहे, परंतु वैद्यकीय संशोधनाने सिद्ध केले आहे की, योग शारीरिक आणि मानसिक दोन्ही दृष्ट्या वरदान आहे. योगामुळे तणाव दूर होतो आणि चांगली झोप लागते, भूक चांगली लागते, तेवढेच नाही तर पचनक्रियाही योग्य राहते.

३) आजारांपासून मुक्ती:-

योगासने करूनही आजारांपासून मुक्ती मिळू शकते. योगामुळे रोगांशी लढण्याची शक्ती वाढते. योगामुळे शरीर निरोगी आणि तंदुरुस्त राहते.

४) रक्तातील साखरेची पातळी नियंत्रित करते:-

योगासनामुळे तुमच्या रक्तातील साखरेची पातळी देखील नियंत्रित करू शकते. मधुमेहाच्या रुग्णांसाठी योगासने खूप फायदेशीर आहे. योगामुळे एलडीएल किंवा खराब कोलेस्ट्रॉलची कमी होते.

५) वजन नियंत्रित ठेवते:-

योगामुळे स्नायू मजबूत होतात आणि शरीर तंदुरुस्त होते, दुसरीकडे योगामुळे शहरातील चरबीचे प्रमाणही कमी करता येऊन वजन नियंत्रित ठेवता येते.

६) रोगप्रतिकारक शक्ती वाढते:-

योगामुळे शरीराची रोगप्रतिकारक शक्ती वाढते आणि व्यक्तींच्या औषध यावरील अवलंबित्व कमी होते. दमा, उच्च रक्तदाब, मधुमेहाचे रुग्ण योगाने पूर्णपणे निरोगी झाल्याचे अनेक अभ्यासातून सिद्ध झाले आहे.

संदर्भसूची:-

- १) सर्वांसाठी योगासने – प्रा.डॉ.संजयखळतकर
- २) योगसाधना- जय गणेशजोशी
- ३) योगदिपीका – बी.के.एस.अय्यंगार
- ४) योगशास्त्र- भगवान कुलकर्णी
- ५) दररोजची योगासने- बाजीराव पाटील

हृदया संबंधीत जास्तीचा व्यायाम आणि जिम करणे मृत्युस कारणीभूत ठरते का यासंबंधी एक अभ्यास

प्रा. डॉ. गुणाजी पांडुरंग नलगे

क्रीडा संचालकए, शिवाजी महाविद्यालय, हिंगोली

प्रस्तावना

निरोगी आयुष्यासाठी व्यायाम हा मुलभूत घटक आहे. आजकाल अनेक आजारांमुळे लोक नियमित व्यायाम करण्याकडे वळले आहेत. जसे एखादया मॅरॉथॉन स्पर्धेत गर्दी असते किंवा लोक जास्त येतात तशी गर्दी वाढत आहे. प्रत्येकाला कोणत्या ना कोणत्या आजाराने ग्रासले आहे. त्यामुळे कोणाला शुगर, तर कोणाला ब्लड प्रेशर, तर उच्च कोलेस्ट्रॉल, तर कोणाचे वजन वाढलेले. या ना त्या कारणाने प्रत्येक मनुष्य मैदानावर येत आहे. जिम जातो आहे. प्रत्येकाला शारीरिक तन्दुरुस्त राहावे असे वाटत आहे. त्यासाठी व्यायाम हा गरजेचा आहे. पण व्यायाम करते वेळेस तो कसा करावा, कीती करावा, कधी करावा, कोणत्या साहित्या सोबत करावा. या संबंधीची खरी माहिती बरेच जनांना माहिती नसते. चुकीच्या पध्दतीने चुकीच्या वेळी व्यायाम करतात. त्यामुळे शरीराला फायदा कमी आणि नुकसान जास्त होते. जिम केल्याने शरीर तन्दुरुस्त होते हे प्रत्येकाला माहित आहे. पण जिम कीती वेळ करावी, कोणत्या साहित्याचा कसा वापर करावा, किती वेळ करावी, कीती वजन उचलणे योग्य आहे. यासंबंधी शास्त्रीय माहिती नसते. ट्रेनर कडून घ्यावी तर पैसा जास्त लागतो. चुकीचा समज आणि पैशाची बचत करण्यासाठी स्वतः जिव घेण्या पध्दतीचा व्यायाम केला जात आहे. अती व्यायाम आणि अती खेळामुळे अचानक मृत्यु होतो का ? कींवा हार्ट अटॅक येऊ शकतो यासंबंधी अमेरिकन हार्ट असोसिएशनने केलेल्या अभ्यासात असे कळाले की, अचानक मृत्यु किंवा सडन कार्डियॅक डेथ पैकी 5 टक्के मृत्यु हे व्यायाम किंवा खेळाच्या वेळी होतात. अचानक हृदयविकाराच्या झटक्या बाबत अभ्यास करणाऱ्या एका गटाने हे दाखवून दिले आहे की, अत्याधिक शारीरिक परिश्रम किंवा खेळामुळे अचानक मृत्यु किंवा हृदय विकाराचा धोका थोडा वाढतो. परंतु आपण नियमित व्यायाम केला आणि हळूहळू व्यायामाची तिव्रता वाढविल्यास ते शरीराला लाभदायक आहे. त्यामुळे हृदय बळकट होते.

अमेरिका असोसिएशन असे सांगते की, कमीत कमी 150 मिनीटे प्रत्येक आठवड्यात व्यायामासाठी दयावीत. हा व्यायाम मध्यम तीव्रतेचा असावा. आपले वजन आणि आपल्याला असलेले हृदयासंबंधीचे आजार किंवा हृदयाच्या फिटनेसचा विचार करून व्यायामाचे किंवा खेळाचे नियोजन करावे.

महत्वाचे शब्द :- मॅरॉथॉन, कोलेस्ट्रॉल, ट्रेनर, जिम, हृदय, व्यायाम

हेतू :- 1) जास्तीच्या व्यायामाने मृत्यु होतात का याचा अभ्यास करणे.
2) जास्तीची जिम करणे हृदयास हाणिकारक आहे.

गृहितके :- 1) जास्त व्यायाम केल्याने मृत्यु येतो.
2) जास्त जिम करणे हृदयास घातक आहे.

संशोधन पध्दती :-

हा अभ्यास माहितीच्या दुय्यम स्त्रोतावर आधारित आहे. वृत्तपत्र, लेख आणि वेब यांसारख्या विश्वसनिय स्त्रोतांकडून गोळा केलेली माहिती.

विषयाचे महत्व :-

मानवाच्या निर्मिती पासून व जन्मापासून मानव शारीरिक हालचाली करतो. शारीरिक हालचाली शरीरासाठी, हृदयासाठी आवश्यक असतात. शारीरिक हालचाली शिवाय शारीरिक आणि मानसिक विकास होत नाही. शारीरिक हालचाली लयबध्द आणि क्रमबध्द केल्या की व्यायाम होतो. व्यायाम हा शरीरासाठी गरजेचा आहे.

हृदयासाठी उपयोगी व्यायाम म्हणजे वेगाने चालणे, धावणे, जॉर्गींग, सायकल चालवणे, पोहणे, पायऱ्या चढणे, योगा आणि प्राणायाम हे आहेत. वेट लिफ्टिंग किंवा खुप जास्त वजन उचलणे यांचा इतका फायदा होत नाही, जितका एरोबिक व्यायामाने होतो. व्यायामाने हृदय दर आणि रक्तदाब कमी होतो. त्यामुळे थकवा येण्यापुर्वी तुम्ही जास्त वेळ व्यायाम करू शकता, कारण तुमचे हृदय पुर्ण क्षमतेने कार्य करत असते.

एरोबिक व्यायाम करतांना रक्ताभिसरणात सुधारणा होते. रक्तदाब नियंत्रणात राहतो. हृदय दरही कमी होतो. यामुळे तुमच्या हृदयाचे पम्पींग सुधारते. एरोबिक व्यायाम करतांना हृदयाची गती जर दीड पटीने वाढली तर ते हृदयासाठी कधीही फायद्याचे असते. नियमित व्यायामाने हृदय रोगाचा आणि अचानक मृत्यु होण्याचा धोका मात्र टळतो.

अमेरिकेमध्ये खेळामध्ये किंवा स्पर्धात्मक खेळामध्ये सहभागापुर्वी मुलांची किंवा खेळाडूंची स्पोर्ट्स, कार्डियोलॉजिस्ट, खेळासंबंधीच्या हृदयरोग तज्ञाकडून तपासणी केली जाते आणि नंतरच त्यांना खेळण्याची परवानगी मिळते.

काही लोक एकदाच व्यायाम जास्त करतात, विकएंडला अत्याधिक व्यायाम करतात. त्यापेक्षा आठवडाभर नियमित व्यायाम केला, तर ते शरीरासाठी, हृदयासाठी जास्त फायदेशीर ठरेल. हृदयरोग असलेल्या व्यक्तीने जिममध्ये जाणे योग्य असेल का असा प्रश्न अनेकांच्या मनात उदभवू शकतो. डॉक्टरांच्या सल्ल्याने हृदयाला झेपेल असा व्यायाम करता येतो. वर म्हटल्याप्रमाणे व्यायामाने हृदयाचे स्नायू बळकट होतात. ज्याची रूग्णाला गरज आहे.

जीम केल्याने शारीरिक तन्दुरुस्ती येते हे बरोबर आहे. पण अयोग्य जीम केल्याने मानवाचे नुकसान होते. शारीरिक हाणी होते, मृत्युही ओढवतो. मृत्यु टाळायचा असेल तर त्यासाठी जीम करते वेळेस काही गोष्टींची काळजी घ्यावी लागते. त्यासाठी आपली निवड योग्य असली पाहिजे. जीम करते वेळेस आपला ट्रेनर योग्य असला पाहिजे. योग्य जिमची निवड केली पाहिजे. योग्य आणि संतुलित आहार असला पाहिजे. जीमसाठी असलेल नियम पाळणे गरजेचे आहे. शरीराची साफसफाई नियमित वर्कआऊट नंतर करणे, जीम करण्या अगोदर वार्मअप अत्यंत गरजेचे आहे. जीम जातांना आपल्या सोबत आपला सोबती किंवा पार्टनर असला पाहिजे. जीम मधील साहित्याची माहिती असली पाहिजे. कोणत्या साहित्याने व्यायाम केल्याने काय होते याची माहिती असावी. जीम जॉईन करण्यासाठी आपल्या वयाचा विचार केला पाहिजे. आपण आजकाल बघतो की, तरुणांचा पण जिम करते वेळेस मृत्यु होत आहे. यासाठी अनेक कारणे आहेत. कोणत्या वयात कोणते व्यायाम केले पाहिजेत याची आपणास माहिती पाहिजे. कोणत्या वयात जिमला गेले पाहिजे. हे जर पूर्ण माहिती असल्यावर केले तर मृत्यु ओढावणार नाहीत. पण आजकाल कमी वेळात बॉडी बनवावी वाटत आहे. त्यासाठी अती व्यायाम केला जात आहे. अयोग्य सप्लीमेंटस घेतली जात आहेत. अयोग्य ड्रग्सचा वापर, अती महत्वाकांक्षा मृत्युस कारणीभूत ठरत आहे.

क्षमतेपेक्षा जास्त व्यायामाने मृत्यु ओढवतो :-

आपले शरीर तन्दुरुस्त राहण्यासाठी प्रत्येकाने व्यायाम केलाच पाहिजे. पण क्षमतेपेक्षा अधिक श्रम धोकादायक ठरतात. कोणत्याही स्पर्धेत सहभागी होण्या अगोदर आपल्या हृदयाची क्षमता ओळखणे गरजेचे आहे. उदा. मॅरॅथॉन सारख्या स्पर्धेत सहभागी होण्याअगोदर आपला सराव असला पाहिजे. सराव हळूहळू वाढवीत नेला पाहिजे. आजकाल अल्प कालावधीत बॉडी बिल्डर व्हावे असे वाटत आहे. अवाजवी अपेक्षा वाढलेल्या आहेत. त्यासाठी गैर साहित्याचा, अयोग्य आहार, सप्लीमेंटस चा, ड्रग्सचा वापर करून हृदयाला कमकुवत करत आहेत. आपल्या चुकामुळे किंवा अती हव्यासामुळे जिम मध्ये मृत्यु होत आहेत. ह्यास जिम कारणीभूत नाही त्यास आपण जबाबदार आहोत.

सारांश :-

कोणतीही गोष्ट अति जास्त केल्यास त्याचे दुष्परीणाम जाणवतात. अती तिथे माती म्हणतात ते बरोबर आहे. क्षमतेपेक्षा जास्त व्यायाम, चुकीच्या पध्दतीने व्यायाम केल्यास मृत्यु येवू शकतो. त्यामुळे जिमला किंवा व्यायामाला दोष देता येणार नाही. यासाठी आपण स्वतः आणि आजकालचे अती हव्यासाचे स्वप्न पाहणे कारणीभूत आहे. यातून हे लक्षात येते की, जीमचा अति जास्तीचा व्यायाम असो किंवा हृदयासंबंधी क्षमतेपेक्षा जास्त व्यायाम मृत्युस कारणीभूत आहे.

संदर्भ सुची :-

- 1) <https://www.mensxp.com>
- 2) <https://www.myupchar.com>
- 3) <https://maharashtratimes.com>

योग आणि आहार

काङ्गी महंमद वजीरोदिन सदरोदिन

Bped, Mped,

रयत शिक्षण संस्थेचे न्यू इंग्लीश स्कूल अण्णापूर, ता. शिरूर, जि. पुणे.

प्रस्तावणा :

भारतात फार प्राचीन काळापासून योगाभ्यास करण्याची परंपरा चालत आली आहे. हजारो वर्षापूर्वी आमच्या ऋषीमुनींनी जनकल्याणाच्या भावनेने योगाभ्यासाची रचना केली होती. योगाचे स्वरूप अत्यंत व्यापक आहे. त्यामुळे ते कोणत्याही एका व्याख्येत बद्ध केले जाऊ शकत नाही.

योग हा मूळ संस्कृत शब्द असून, तो 'युज्' या धातूपासून बनला आहे. याचा अर्थ एकत्र करणे वा जोडणे असा आहे. योगामुळे आत्मा व परमात्म्याचे एकीकरण होते. योग हे कार्यकुशलता, मानवी व्यक्तिमत्त्वाचे संतुलन साधण्याचे योग हे एक परिपूर्ण विज्ञान आहे. योगशास्त्र हे वेदाप्रमाणेच अतिशय प्राचीन आहे. वेदांतही योगशास्त्राचा उल्लेख आढळतो. योगशास्त्र हे एक जिवंत शास्त्र आहे. योगाला 'अध्यात्माचे विज्ञान' असेही म्हटले जाते.

'योगसूत्रा'त महर्षी पतंजली यांनी शरीर, मन व प्राणांच्या शुद्धतेसाठी योगाची आठ अंगे – (1) यम (2) नियम (3) आसन (4) प्राणायाम (5) प्रत्याहार (6) धारणा (7) ध्यान आणि (8) समाधी अशी आहेत. या अंगांचे थोडक्यात विवेचन पुढीलप्रमाणे आहे :

(1) **यम** : 'यम' याचा अर्थ निग्रह. निग्रह म्हणजेच काही विशेष प्रकारची कामे न करणे. यम पाच आहेत – अहिंसा, सत्य, अस्तेय, ब्रह्मचर्य आणि अपरिग्रह. मन, वाचा आणि कृतीने कोणाही प्राण्यास दुःख न देणे, म्हणजे 'अहिंसा'. योगसाधना करणाऱ्या व्यक्तीने अहिंसेचे पालन करावयास हवे. मनात जो विचार केला, मनाने जे जाणले, डोळ्यांनी जे पाहिले, कानांनी जे, ऐकले, त्याला त्याच रूपात प्रस्तुत करण्यालाच 'सत्य' म्हणतात. सत्य हे जीवनाचे स्वरूप आहे. वास्तविक अध्यात्म हा जीवनातील अंतिम सत्याचा शोध आहे. असत्याद्वारे सत्याची प्राप्ती होऊ शकत नाही. त्यामुळे साधना करणाऱ्या व्यक्तीने मनाने, वाचेने व कर्माने सत्याचे पालन करणे आवश्यक आहे. 'अस्तेय'चा अर्थ आहे, मनाने, वाचेने वा कृतीने चोरी न करणे आणि दुसऱ्याच्या धनाचा लोभ न ठेवणे. केवळ धनच नाही, तर अधिकार, विचार, मान, प्रतिष्ठा यांनाही 'अस्तेय' लागू पडते. मानसिक शुद्धी व सामाजिक सुखांच्या दृष्टीनेही अस्तेयाचे महत्त्व आहे. सर्व इंद्रियांसह विषय – विकारांवर संयम ठेवणे, म्हणजेच 'ब्रह्मचर्य'. योग व भोग दोन्ही परस्परविरोधी आहेत. भोगलालसा ठेवून योग होऊ शकत नाही. 'अपरिग्रह' चा अर्थ आहे विलासी आणि संग्राहक वृत्तीचा त्याग.

नियम :

नियमदेखील पाच आहेत – शौच, संतोष, तप, स्वाध्याय आणि ईश्वराचे ध्यान करणे. 'शौच'चा अर्थ शरीर व मनाचे पावित्र्य हा आहे. योगसाधनेत आंतरिक व बाह्य अशा दोन्ही प्रकारचे शौच आवश्यक आहेत. अनुकूल व प्रतिकूल अशा दोन्ही परिस्थितींमध्ये मनाने प्रसन्न राहण्याच्या गुणास 'संतोष' हे नाव आहे. संतोष हे सर्वश्रेष्ठ अशा सुखाचे नाव आहे. संतोष हा माणसाचा सर्वश्रेष्ठ ठेवा आहे. सुखदुःखाचे प्रसंग सहन करण्याच्या शारीरिक व मानसिक साधनेचे नाव 'तप' आहे. विचारांची शुद्धी आणि ज्ञान प्राप्तीसाठी विचारांचे केले जाणारे आदानप्रदान यांस 'स्वाध्याय' म्हणतात. मन, वाचा, कृती यांनी ईश्वराची भक्ती करणे आणि आपली सर्व कर्मे ईश्वरार्पण करणे, याला 'ईश्वराचे ध्यान करणे' म्हणतात. परमेश्वराला शरण गेल्याने निश्चिंता अनुभवता येते व मानसिक स्वास्थ्य लाभते. परमेश्वराला शरण जाण्याने आत्मविश्वास वाढतो. दिव्य अशा आनंदाचा अनुभव येतो व आपले क्षुद्रपण जाणवते. यामुळे माणसाचा अभिमान व गर्व लोप पावतो. गर्वामुळे होऊ शकणाऱ्या विनाशापासून तो वाचतो.

आसन :

अष्टांग योगाची ही तिसरी पायरी आहे. यावरून हे स्पष्ट झाले पाहिजे की, आसन म्हणजे पूर्ण योग नाही आणि योगाची अंतिम स्थितीही नाही. परंतु पूर्ण योगाचे हे महत्त्वपूर्ण अंग आहे, ज्याच्या अभ्यासाने साधक आपल्या उच्चतम (व परिपूर्ण) अभ्यासाची तयारी करू शकतो.

महर्षी पतंजलींच्या 'योगसूत्रा'त आसनास 'स्थिरसुखमासनम्' म्हटले आहे. असे म्हणण्याचा अर्थ – शरीराची अशी स्थिती की, ज्यात शरीर स्थिर राहावे आणि मनाला सुखाची अनुभूती यावी, ते 'आसन' होय. आसन केल्याने नाडीशुद्धी, स्वास्थ्यवृद्धी होऊन तनमानाला स्फूर्ती प्राप्त होते. अशाप्रकारे नियमित आसने केल्याने शरीर योगाभ्यासाठी शक्तिशाली बनते. आसने अनेक प्रकारची आहेत. परंतु प्रस्तुत पुस्तकात सामान्य माणसाच्या स्वास्थ्याच्या दृष्टीने उपयुक्त ठरतील अशा आसनांबद्दल चर्चा करण्यात आली.

प्राणायाम :

योगिक क्रियांच्या दृष्टीने प्राणायामाला 'विशिष्ट आणि महत्त्वपूर्ण स्थान आहे.' 'प्राणायाम' शब्दशः अर्थ 'प्राणांचे नियंत्रण' हा आहे. म्हणजेच प्राणायामाचा उद्देश शरीरातील प्राणशक्तीला उत्प्रेरित, संचरित, नियमित व संतुलित करणे, हा होय. त्यामुळेच प्राणायामास एक अचूक साधन मानण्यात येते. ज्या प्रकारे शरीर निरोगी, स्वच्छ व शुद्ध ठेवण्यासाठी स्नानाची गरज आहे; त्याचप्रकारे मन स्वच्छ व शुद्ध ठेवण्यासाठी प्राणायामाची आवश्यकता आहे.

(5) **प्रत्याहार** : ज्या अवस्थेमध्ये इंद्रिये बाह्य विषयांपासून मुक्त होऊन अंतर्मुख बनतात, त्या अवस्थेला 'प्रत्याहार' म्हणतात. यामुळे साधकाचे चंचल मन व स्वेच्छाचारी इंद्रिये शांत (स्थिर) होतात. प्रत्याहाराने इंद्रिये पूर्णतः ताब्यात ठेवता येतात. परमेश्वराच्या अगाध शक्तीचा साक्षात्कार होतो आणि साधक ईश्वरचरणी लीन होऊन जातात.

धारणा :

देवाच्या मूर्तीमध्ये किंवा विशिष्ट ठिकाणी मन एकाग्र करणे, याला 'धारणा' म्हणतात. धारणेद्वारा शांत चित्तवृत्ती कोणत्याही एका ठिकाणी केंद्रित करण्यात साधक सफल होऊ शकतो.

ध्यान :

धारणेद्वारा ज्या विशिष्ट ठिकाणी चित्तवृत्ती केंद्रित करावयाची असेत, त्या ठिकाणी ती सतत गुंतवून ठेवणे, यालाच 'ध्यान' म्हणतात. ध्यानाद्वारे मनातील राजस व तामस या दोषांचा नाश होऊन सात्त्विक गुणांचा विकास होतो. ध्यानाच्या सरावाने खरे-खोटे, चांगले-वाईट पारखण्याचा विवेक जागृत होतो. सर्वत्र तटस्थ भावनेने पाहण्याची शक्ती निर्माण होते.

समाधी :

साधकाला फक्त ध्येयाच्या स्वरूपाचीच जाणीव राहते, तेव्हा साधक 'ध्यान' अवस्थेतून 'समाधी' अवस्थेत प्रवेश करतो. अशा तऱ्हेने, समाधी (ध्यानमय) अवस्था प्राप्त झाल्याने, साधक आपल्या ध्येयप्राप्तीसाठी 'स्व' भावामध्ये तन्मय होऊन जातो. सांसारिक प्रलोभने आणि व्यग्रतेमुळे चित्ताची एकाग्रता विचलित होत असते; म्हणून या विक्षेपांपासून दूर राहून साधकाने चित्ताची एकाग्रता वाढवली पाहिजे; कारण ध्यानाची परमसीमा म्हणजेच 'समाधी' होय.

योगाची पहिली पाच अंगे – यम, नियम, आसन, प्राणायाम व प्रत्याहार यांना 'ब्रह्मांग योग' म्हणतात; तर धारणा ध्यान व समाधी यांना 'अंतर्गत योग' किंवा 'संयम' म्हणतात.

या आठही अंगांचा जीवनात विवेकाने उपयोग केला, तर माणसात धर्मपरायणता, सदाचार व सत्चरित्र या उदात्त गुणांचा विकास होतो. याचबरोबर माणसाची मानसिक, शारीरिक व आध्यात्मिक प्रगती होते व त्याला परिपूर्ण शारीरिक व मानसिक स्वास्थ्य मिळते.

परंतु योगसाधनेत प्रगती करावयाची आहे, अशा व्यक्तींनी आहारविषयी सखोल विचार करणे अत्यंत आवश्यक ठरते. कारण अयोग्य आहारामुळे योगाभ्यासामध्ये अनेक प्रकारच्या अडचणी किंवा विघ्ने येण्याची शक्यता असते. जी व्यक्ती आपल्या आहाराकडे दुर्लक्ष करते, तिला योगाभ्यासापासून अपेक्षित लाभ होत नाहीत.

योग्य आहारामुळे शरीराचे पोषण होते, इतकेच नव्हे; तर तो शरीरासाठी अमृतासमान असतो. याच्या उलट अयोग्य आहार शरीरासाठी विषासमान असतो, असा आहार शरीराला खूपच नुकसानकारक असतो. वास्तविक पाहता, आहाराचा परिणाम मनुष्याच्या केवळ स्वास्थ्यावरच होत नाही, तर स्वभावावरही होत असतो. 'जसे अन्न, तसे मन' ही जुनी म्हण अगदी योग्यच आहे. शाकाहारी लोक साधारणतः शांत स्वभावाचे असतात, तर मांसाहार लोक स्वभावाने तापट असतात, असे आपल्याला सामान्यपणे आढळून येते.

योगाभ्यास करणाऱ्याचा आहार :

आपण जे जे सेवन करतो, त्या सर्व वस्तूंचा समावेश साधारणतः अहारामध्ये केला जातो. घन आहार, सर्व प्रकारची पेये, वायू व प्रकाशासारख्या स्थूल गोष्टींचा; तसेच विचार, कल्पना, भावना इत्यादी सूक्ष्म गोष्टींचाही आहारात समावेश होतो. योगशास्त्रावरील सर्व प्राचीन ग्रंथांमध्ये योग्य व अयोग्य आहाराबाबत विवेचन केल्याचे आपल्याला आढळून येते. आहार हा देहपोषक, मधुर, स्निग्ध, धातुपोषक तसेच मनाला आनंद व संतोष देणारा, म्हणजेच रुचकर असला पाहिजे, असा उल्लेख हठयोग प्रदीपिकेमध्ये आहे

पुष्टं सुमधुरं स्निग्धं धातुप्रपोषणम् ।

मनोभिलषितं योग्यं योगी भोजनमाचरेत् ॥

अशा आहारास सात्त्विक आहार म्हटले जाते.

अत्यंत कडू, अत्यंत आंबट, अत्यंत खारट, अत्यंत तिखट, अत्यंत गरम किंवा अत्यंत थंड खाद्यपदार्थ तसेच दारू, मादक द्रव्ये, मासे, मांस, अंडी, हिंग, लसूण, कांदे इत्यादी उत्तेजक खाद्यपदार्थ आहारात वर्ज्य करावेत, असे प्राचीन ग्रंथांत आवर्जून सांगितले आहे.

याशिवाय शिळे, स्वादहीन, कुजलेले किंवा दुर्गंधीयुक्त खाद्यपदार्थही आहारात वर्ज्य करावेत, असे योगशास्त्राचे म्हणणे आहे.

दुसऱ्या शब्दांत सांगायचे म्हणजे – शारीरिक, मानसिक व भावनात्मक समतोल राखण्यासाठी व स्वास्थ्य टिकवण्यासाठी शरीराला बाधक ठरणारा; तसेच आरोग्याला नुकसानकारक असणारा आहार घेऊ नये, अशी सूचना योगविषयक ग्रंथांत दिलेली आहे. राजस व तामस आहारांमुळे शरीरावर व मनावरही अनिष्ट परिणाम होत असतो. योग हा एकच उपाय असा आहे की, ज्याच्यामुळे शरीरावर व मनावर विजय मिळवता येतो; म्हणजेच, शरीर व मन काबूत ठेवता येते. म्हणूनच, योगशास्त्रात राजस व तामस आहाराला स्थान नसणे स्वाभाविकच आहे.

योगशास्त्राचा सात्त्विक आहारावर खूप भर असतो. सात्त्विक आहारात फळे, पालेभाज्या, धान्ये, दूध, दही, ताक, लोणी आणि तुपाचा समावेश होतो. या खाद्यपदार्थांमधून शरीराला आवश्यक असणारी सर्व सत्त्वे आणि घटक मिळू शकतात. उदा., फळे आणि पालेभाज्यांमधून मौलिक अशी जीवनसत्त्वे, खनिजे व क्षार प्राप्त होतात. या घटकांमुळे शरीरातील रोगप्रतिकारक शक्ती वाढते. याशिवाय फळे व पालेभाज्यांमध्ये असणाऱ्या तंतुमय घटकांमुळे बद्धकोष्ठता दूर होण्यास मदत होते. बद्धकोष्ठतेच्या व्याधीमुळे आसने योग्य प्रकारे करता येत नाहीत. ध्याऱ्यांमधून शरीराला प्रामुख्याने कर्बोदके प्राप्त होतात. या घटकांमुळे शरीराला उष्णता मिळते. लोणी व तुपातून शरीराला चर्बी मिळते. या घटकांमुळेही शरीराला चर्बी मिळते. या घटकांमुळे शरीराला उष्णता प्राप्त होत असते. याशिवाय, सांध्यांसाठी लागणारा स्निग्धपणाही त्यांतून प्राप्त होतो. दूध, दही व ताकामधून शरीराला मुख्यत्वे प्रथिने मिळतात. हा घटक शरीराच्या वाढीसाठी आणि पेशींच्या उत्पत्तीसाठी अत्यंत उपयुक्त असतो.

‘काय खावे’ याबरोबरच ‘किती खावे’ याविषयीचे विवेचनही योगशास्त्राच्या ग्रंथांत पाहावयास मिळते. योगशास्त्राने मिताहारास खूपच महत्त्व दिलेले आहे. पोटाचा अर्धा भाग अन्नाने व पाव भाग पाण्याने भरावा आणि राहिलेला पाव भाग हवेच्या मुक्त संचारासाठी रिकामा ठेवावा, असा उपदेश अनेक योगविषयक ग्रंथांत करण्यात आलेला आहे –

**अन्नेन पूरयेदर्ध तोयेन तु तृतीयकम् ।
उदरस्य तृतीयांशं संरक्षेद वायुचारणे ॥ – घेरंडसंहिता**

दौ भागौ पूरयेदभै स्तोयेनैकं प्रपूरयेत ।

वायोः संचरणार्थाय चतुर्थमवशेषयेत् ॥ – हठयोग प्रदीपिका

परंतु, आजच्या आपल्या भौतिकवादी दृष्टिकोनाने खाण्यापिण्याच्या बाबतीत आपल्याला अत्यंत स्वैर बनवले आहे. आज आपण जगण्यासाठी खात नसून, खाण्यासाठी जगत आहोत. आपला आहार दिवसेंदिवस चटपटीत आणि चमचमीत बनत चालला आहे. असा चटकदार आहार जास्त खाल्ला जातो, यात जाहिरातीची भर पडत असते! ‘भरपूर खा आणि आमच्या औषधाने ते पचवा’ यांसारख्या जाहिराती आपल्याला चुकीच्या मार्गाकडे नेतात. जरुरीपेक्षा अधिक आहाराच्या सेवनाने पचनसंस्थेवर ताण पडतो. यामुळे अपचन होते, वायू धरतो. तसेच अति आहार हे स्थूलतेचेही एक मुख्य कारण आहे.

अपचन, वायू व लठ्ठपणा या तीन गोष्टी योगासनांच्या व्यायामातील मोठी धोंड आहे, विघ्न आहे, योगसाधनेमध्येही यांमुळे विक्षेप निर्माण होतो.

सारांश :

योगाभ्यास करणाऱ्यांनी साधा, सात्त्विक व मित आहार घेतला पाहिजे. अन्यथा, योगासने उत्तम प्रकारे करता येणार नाहीत. साहजिकच योगासनांवर प्रभुत्व मिळवणे कठीण आहे आणि मनावर विजय मिळवणेही अशक्य आहे

मानवी स्वास्थासाठी योग

प्रा. नेहाल अहेमदखान

क्रीडा संचालक, शिवाजी महाविद्यालय, उदगीर

माणसाच्या शारीरिक दुखण्यावर आणि मानसिक तणाव, यातना यांवर बिनतोड उपाय योगा जवळ आहे. औषधोपचारा सोबतच योगासने केल्याने मनुष्याचे आंतरिक भाग व अवयव कार्यक्षम बनतात. शरीराच्या आंतरिक प्रक्रियावर चांगला परिणाम करतात. योगामुळे मनुष्याचा जीवनाकडे पाहण्याचा दृष्टिकोन व हेतू चांगल्या प्रकारे सुधारतो. युज या संस्कृत शब्दा पासून योग हा शब्द रुढ झाला आहे. "योग" म्हणजे "जोडणे" किंवा "संयोगहोणे". आत्मा आणि परमात्मा याचा संयोग, यांची एक तानता योगाव्दारेच होते. आपल्या ऋषीमुनींनी शरीर, मन आणि प्राणाच्या शुध्दीसाठी तसेच परमात्म्याच्या प्राप्तीसाठी योगाच्या आठ अंगांचा सोपान सुचवला आहे. या आठ अंगांनाच "अष्टांगयोग" असे म्हणतात.

प्राणायाम :

'प्राणायाम' याशब्दाचा अर्थ 'प्राणावर नियंत्रण' असा होतो. शरीरात समाविष्ट असणाऱ्या प्राण शक्तीला उद्दिष्ट करणे, संचारित करणे. नियमित करणे व संतुलित करणे हा प्राणायामाचा उद्देश आहे. ज्या प्रमाणे शरीराच्या बाह्य स्वच्छतेसाठी स्नानाची जरूरी असते, त्याप्रमाणे मनाच्या शुध्दीसाठी प्राणायामाची जरूरी असते. प्राणायामामुळे शरीरामध्ये चैतन्य, स्फूर्ति व उत्साह निर्माण होतो. श्वासोच्छ्वासावर नियंत्रण हा प्राणायामाचा गाभा होय. योग्यरीतीने प्राणायाम केला तर सर्व रोगांचा उपचार होतो परंतु अयोग्य मार्गाने केलेल्या प्राणायामाने अनेक रोग निर्माण होतात.

आसन :

स्थिर मुखमासनम शरीराला स्थिरता व चित्ताला प्रसन्नता प्राप्त करून देणाऱ्या शरीराच्या स्थितीला 'आसन' असे म्हणतात. आसन केल्याने नाडी शुध्दी होते. स्वास्थ्य वृद्धिंगत होते आणि शरीर व मनाला स्फूर्ति प्राप्त होते. आसने अनेक आहेत. परंतु विशिष्ट आसनांचा या शोध प्रबंधात समावे शकण्यात आलेला आहे.

यम:

यम म्हणजे निग्रह. संयम. एकूण यम पाच आहेत. अहिंसा, सत्य, अस्तेय, ब्रम्हचर्य आणि अपरिग्रह. आपल्या उक्तीने, कृतीने किंवा मनाने कोणत्या हि प्राणिमात्राला उपद्रव होणार नाही याची खबरदारी घेणे म्हणजे 'अहिंसा' होय. जे मनाला उमजले, जे डोळ्यांनी पाहिले व जे कानानी ऐकले ते जसेच्या तसे प्रस्तुत करणे म्हणजे 'सत्य' होय. सर्व इंद्रियानिशी काम विकारावर ताबा मिळवणे म्हणजे 'ब्रम्हचर्य' आणि सर्व प्रकारच्या उपभोगांच्या त्याग म्हणजे 'अपरिग्रह' होय. उक्तीने, कृतीने किंवा मनाने ही चोरी न करणे आणि दुसऱ्याच्या संपत्तीचा मोह न धरणे म्हणजे 'अस्तेय' होय.

समाधी :

जेव्हा साधकाला फक्त ध्येय स्वरूपाचीच जाणीव राहते. तेव्हा साधक 'ध्यान' अवस्थेतून समाधी अवस्थेत प्रवेशतो. अशा तऱ्हेने समाधी अवस्था प्राप्त झाल्याने साधक आपल्या ध्येय प्राप्तीसाठी स्वभावा मध्ये तन्मय होऊन

जातो. सांसारिक प्रलोभने आणि व्यग्रतेमुळे चित्ताची एकाग्रता विचलित होत असते, म्हणून या विक्षेपां पासून दूर राहून साधकाने चित्ताची एकाग्रता वाढवली पाहिजे, कारण ध्यानाची परमसीमा म्हणजेच 'समाधी' होय.

नियम :

नियम देखील पाच आहेत. शौच, संतोष, तप, स्वाध्याय आणि ईश्वर प्रणिधान हे पाच नियम आहेत. 'शौच', म्हणजे शरीर व मन यांचे शुचित्व. अनुकूल किंवा प्रतिकूल परिस्थितीत देखील चित्ताची प्रसन्नता ढळू न देणे, या गुणास 'संतोष' असे म्हणतात. सुख-दुःख, ऊन-वारा या प्रकारचा त्रास सहन करणाऱ्या शरीर व मनाच्या साधने ला 'तप' किंवा 'तपश्चर्या' म्हणतात. वैचारिकशुद्धी व ज्ञानप्राप्तीसाठी विचारांचे जे आदान प्रदान करण्यात येते त्याला 'स्वाध्याय' असे म्हणतात. आणि आपली सर्वकर्म भगवंताला अर्पण करून उक्तीने, कृतीने व मनाने ईश्वराची अनन्य भक्ती करणे याला 'ईश्वर प्रणिधान' असे म्हणतात.

प्रत्याहार :

ज्या अवस्थेमध्ये इंद्रिये स्वतःच्या बाह्य विषयांमधून मुक्त होऊन अंतर्मुख बनतात, त्या अवस्थेला 'प्रत्याहार' असे म्हणतात. यामुळे साधकांचे अचपळ मन व स्वेच्छाचारी इंद्रिये शांत होतात. परमेश्वराच्या अगाध शक्तीचा त्याला साक्षात्कार होतो आणि साधक ईश्वरचरणी लीन होऊन जातो.

धारणा :

साधक पूजत असलेल्या देवाच्या मूर्तीमध्ये किंवा विशिष्ट ठिकाणी स्वतःचे शुद्धमन एकाग्र करणे याला 'धारणा' असे म्हणतात. धारणेद्वारा स्वतःच्या शांतचित्ताला कोणत्याहि विशिष्ट ठिकाणी केंद्रित करण्यात साधक सफल होतो.

ध्यान :

धारणे द्वारा ज्या विशिष्ट ठिकाणी चित्तवृत्तीला केंद्रित करावयाचे असेल, त्याठिकाणी चित्तवृत्तीला सतत गुंतवून ठेवणे यालाच 'ध्यान' म्हणतात. ध्यान मनातील राजस व तामस या दोषांचा नाश होऊन सात्विक गुणांचा विकास होतो. ध्यान, धारणा आणि समाधी या त्रिपुटी 'संयम' म्हणतात. उदात्तगुणांचा विकास होवून मनुष्याची, मानसिक, शारीरिक, आणि आध्यात्मिक उन्नती होते. तसेच त्याला शारीरिक आणि मानसिक स्वास्थ्य संपूर्णपणे प्राप्त होते.

याप्रकारे आसने म्हणजे अष्टांग योगाचे फक्त एक अंग आहे. स्वतःला योगाभ्यासी म्हणवणारे लोक मात्र फक्त आसनेच करतात. परंतु योगाची आठ ही अंगे महत्वाची आहेत. ही सर्व अंगे एकाच वेळी आत्मसात केल्याने योगासने व प्राणायाम द्वारा जास्त प्रमाणात व स्थायी स्वरूपाचा फायदा होतो. योग आणि प्राणायाम यांच्या उपयोगितेमुळे या विषयांचा शारीरिक शिक्षणात देखील समावेश करण्यात आला आहे. योगामुळे माणसाचे आरोग्य सुदृढ राहते.

योगासनाचे फायदे

विनोद बळीराम जमदाडे

इंदिरा गांधी हायस्कूल, नांदेड

डॉ. गजमल एन. जी.

बहर्जी कॉलेज, बसमत जि.हिंगोली

योग ही संकल्पना असून भारतामध्ये प्राचीन काळापासून आलेली आहे. योग हा व्यायामाचा एक प्रकार आहे. आपण दररोज सकाळी उठून व्यायाम करण्याच्या प्रक्रियेला शरीराचा व्यायाम असे समजतो. परंतु योगा हा शरीर व मनाचा व्यायाम आहे.

योग म्हणजे काय :

योग हा शब्द संस्कृत भाषेतील 'युज' शब्दापासून बनला आहे, ज्याचा अर्थ आत्म्याचं परमात्म्यात विलीन होणे असा होतो. योगी भारतात भारतातील आल्या पाच वर्षापासून चालत आलेली एक प्रकारची जीवन शैली आहे. काही लोक योग म्हणजे किंवा योगासन म्हणजे शरीराचा व्यायाम समजतात, शरीरताणने, वाकवणे असे समजतात. परंतु योग म्हणजे शरीराचा व्यायाम नसून, योग हा मानवी मन आणि आत्मा यांची क्षमता जाणून घेणाऱ्या विज्ञानाचा एक भाग आहे. तसेच योगा अभ्यास मानवी जीवन शैलीचा परिपूर्ण सारांश प्राप्त होतो.

योगाचे महत्व :

प्राचीन संस्कृती पासूनच योगला फार महत्त्वाचे स्थान आहे. खरंतर प्रत्येकाच्या आयुष्यामध्ये योगाला फार महत्त्वाचं स्थान आहे. योगा फक्त व्यायामाचा प्रकार नाही तर, योगामुळे आपल्या संपूर्ण शरीराला कसंरत प्राप्त होते. सध्याच्या आधुनिक आणि धावपळीच्या जीवनामध्ये आपण सर्व काम करतो परंतु आपल्या शरीराकडे लक्ष देण्या करता पुरेसा वेळ मिळत नाही त्यामुळे आपल्या शरीरावरून आपले दुर्लक्ष होते. व्यायामाचे आणि योगाचे आपल्या आयुष्यामध्ये खूप महत्त्वाचे स्थान आहे. रोज योगा केल्याने आपल्या जीवनातील ताणतणाव नाहीसा होतो. त्यासोबतच मानवाचे शरीर निरोगी राहते. माणसाच्या हाड मांस, पेशी, वजन कमी होऊन लठ्ठपणा नाहीसा होतो. शरीर दणकट राहते व शरीरामध्ये ऊर्जा निर्माण होते. शिवाय दररोज योगा केल्याने शरीर सर्व रोगांपासून वंचित राहते. योगामुळे रक्तदावा सारख्या समस्या नाहीसा होतात.

योगाचा इतिहास :

योगही पाच हजार वर्षा पासून चालत आलेली एक परंपरा आहे. या परंपरेचा उल्लेख नारदीय सूक्त आणि प्राचीन अशा ऋग्वेदात आढळतो. तसेच योग हा प्राचीन सिंधू आणि सरस्वती सभ्यतेच्या दर्शन सुद्धा घडवतो. यासभेचे मधील पशुपतिनाथ यांच्या एका नाण्यावर योग मुद्रा विराजमान आहे जी त्याकाळाचे योगाचे प्रतीक दर्शवते.

योगाचे प्रकार :

योग अभ्यासात विविध प्रकारच्या योगाचा समावेश केला जातो. प्रयोगाचे मुख्य तीन प्रकार पडतात तीन मुख्य प्रकाराचे पुन्हा विविध प्रकार पडतात. आजच्या आर्टिकल मध्ये "Yoga Information in Marathi" आपण फक्त योगाचे मुख्य तीन प्रकार बघणार आहोत.

- 01) ज्ञानयोग / दर्शनशास्त्र
- 02) भक्तियोग / भक्ती- आनंदाचा मार्ग
- 03) कर्मयोग / सुखमय कर्ममार्ग

योगा करण्याची पद्धत :

योगा करणे हे आपल्या जिवनासाठी खूप महत्वाचे आहे. परंतु योग करताना योगाची योग्य पद्धत समजून योग करणे आपल्या शरीराला फायदेशीर ठरू शकते. योगा करण्यासाठी असणाऱ्या महत्वाच्या पद्धती पुढील प्रमाणे आहेत.

A.) शलभासन :

बराच व्यक्तींना पाठ आणि कमरेचा त्रास होत असतो विशेषतः महिलांना. गरोदर पणानंतर सहसा सर्वच महिलांना कमरेचा आणि पाठीचा त्रास होतो. अशा वेळी शलभासन हे आसन केल्याने हा त्रास कमी होण्यास मदत होते. या आसनामुळे पाठाचे आणि कंबर यांचे स्नायू बळकट होतात. शलभासन हे आसन नियमित केल्याने कमरेचा आणि पाठीचा त्रास कायम स्वरूपी नाहीसा होण्यास मदत होते.

B.) भुजंगासन :

प्रत्येक आसन हे आपल्या शरीरासाठी कुठल्याना कुठल्या प्रकारे फायदेशीर ठरते. छाती आणि शरीरातील मांसपेशी दूर करण्यासाठी व कंबरेतील तणाव दूर करण्यासाठी हे प्राणायाम फायदेशीर ठरते. मरूदंड संबंधित आजारी व्यक्तींना हे व्यायाम केल्याने खूप फायदा होतो. महिलांना गर्भाशयातील रक्तभिसरण प्रक्रिया नियंत्रित करण्यासाठी भुजंगासन आसनाची खूप मदत होते.

C.) अर्धचक्रासन :

ज्या व्यक्तींना मधुमेहा सारखा आजार असतो त्यांना अर्धचक्रासन उपयुक्त ठरते. तसेच पोटातील चरबी पासून मुक्तता हवी असेल तर त्यावर अर्धचक्रासन हा उत्कृष्ट उपाय आहे. हे आसन केवळ मधुमेह असणाऱ्या व्यक्तीने करावे.

D.) ध्यान:

ध्यान करणे हे आपल्या शरीरासाठी खूप फायदेशीर ठरू शकते. रोज काही मिनिटे आपण डोळे झाकून ध्यानाच्या स्थितीत बसल्यास शरीरामध्ये आणि मनामध्ये शक्तीचा संचार होतो. विशेषता सकाळच्या वेळी ध्यान केल्याने मन प्रसन्न आणि एका विशिष्ट दिशेने कार्यरत राहते. मन एकाग्र आणि शांत राहते. त्यामुळे आपला ताणतणाव नाहीसा होतो.

E.) नाडी शोधन प्राणायाम :

आपल्या संपूर्ण शरीराची शुद्धी करायचे असेल तर नाडी शोधन प्राणायाम फायदेशीर ठरते. या प्राणायाममध्ये दीर्घश्वास घेऊन सोडायचा असतो. त्यामुळे आपल्या श्वासावर नियंत्रण राहते. त्यामुळे हा योगाचा प्रकार शरीरासाठी खूप फायदेशीर ठरतो.

योगाचे दहा फायदे :

योगासन करणे हे आपल्या शरीरासाठी खूप फायदेशीर ठरू शकते आजचे आर्टिकल योगाची माहिती (Yoga Information in Marathi) यामध्ये आम्ही योगामुळे होणारे दहा फायदे सांगितले आहेत. वजनात घट, सशक्त आणि लवचिक शरीर, शांत आणि प्रसन्न मन आणि उत्तम आरोग्य यातली जी गोष्ट तुम्हाला हवी असेल ती देण्यासाठी योगा समर्थ आहे.

F.) सर्व स्तरांवर तंदुरुस्ती :

दररोज नियमित योगासन केल्याने आपले शरीर तंदुरुस्त राहून मानसिक आरोग्य सुद्धा निरोगी राहते. जीवनात प्रेम आनंद आणि उत्साह आणि सर्व बाबतीत तो स्फूर्ती हवी तर योगा करणे फायद्याचे ठरू शकते.

G.) वजनात घट :

लठ्ठपणा अतिरिक्त वजन एवढे कमी करण्यासाठी योगा फायदेशीर ठरतो. योगातील सूर्यनमस्कार, कपालभाती आणि प्राणायाम हे योगांचे प्रकार केल्याने वजन कमी होण्यास मदत होते.

H.) ताणतणावा पासून मुक्ती :

आपल्या शरीरातील आणि मनातील ताणतणाव दूर करायचा असेल तर त्यासाठी योग फायदेशीर ठरतो. योगातील ध्यान, प्राणायाम आणि योगासने नियमित केल्याने ताणतणावा पासून मुक्ती मिळते.

I.) अर्तमायी शांतता:

धावपळीच्या आणि ताण-तणावाच्या या जीवनामध्ये शांतता कोणाला नको आहे? आपले मन शांत आणि निसर्ग ठेवण्यासाठी योगा आपल्याला खूप फायदेशीर ठरते. घरबसल्या योगाकरून आपण आपले मन, अंतर्मन शांतता करू शकतो.

J.) रोग प्रतिकार शक्ती वाढते :

शरीर मन आणि आत्मा या तिघांच्या आपली एकसंधी यंत्रणा बनवलेली असते. त्यामुळे शारीरिक अस्वस्थपणामुळे आपल्या मनावर तनाव पडतो. अशावेळी आपली रोगप्रतिकार शक्ती कमी होते. जर ही रोगप्रतिकारक शक्ती वाढवायची असेल तर आपण नियमित योगा करणे अपेक्षित आहे.

K.) सजगतेत वाढ होते :

आपल्या माणस असतात कुठल्याना कुठल्या गोष्टींमध्ये गुंतलेले असते. कधी भूतकाळाचा विचार करते, तर कधी येणाऱ्या भविष्यकाळाचा विचार करते. आपल्यातील सजगता वाढल्याने मनाचे हे लक्षण आपल्यात लगेच लक्षात येते. योगासन केल्याने आपण आपल्या मनाला शांत करू शकतो. योगामुळे आपल्या मनाची सजगता वाढण्यास मदत होते.

L.) नाते संबंधात सुधारणा :

तुमच्या जोडीदाराचा, आई-वडिलांचा किंवा मित्र-मैत्रिणीच्या संबंध योगामुळे सुधारतात. ताणतणाव चिडचिडपणा नाहीसा होतो. तणावमुक्त, आनंदी आणि समाधानी मन नातेसंबंधना सारखा संवेदनशील संबंधात फार उपयोगी पडतात. योग आणि ध्यान धारणेमुळे मन सतत प्रसन्न, आनंदी आणि शांत राहते.

M.) ऊर्जा शक्ती वाढते :

दिवसभराच्या कामाच्या धावपळीमुळे आणि दगदगीच्या जीवनामुळे शरीरातील ऊर्जेचे प्रमाण कमी होते. सतत दिवसभर काम केल्याने आपण फार थकून जातो. परंतु अशा वेळी दिवसातून थोडा वेळ आपण योगा केल्याने आपल्या शरीरातील ऊर्जेचे प्रमाण वाढते व आपला थकवा नाहीसा होतो.

N.) शरीराचा लवचिकपणा आणि शरीराची ठेवण सुधारते:

आपल्या दैनंदिन जीवनामध्ये आपण नियमित योगा, योगासने केल्यास शरीर सशक्त चपळ आणि लवचिक बनते. शरीराचे स्नायू बळकट बनतात व शरीराला योग्य प्रकारची ठेवण तयार होते.

O.) अंतर ज्ञानात वाढ :

योगासने केल्याने आपल्या अंतर ज्ञानात वाढ होते. ही क्षमता वाढवणे योग आणि ज्ञानधारणे मध्ये आहे. या क्षमतेमुळे योग्य आणि अचूक निर्णय घेऊ शकतो.

योग काळाची गरज :

आजचे जीवन इतके धावपळीच्या आणि गतिमान झाले आहे त्यामुळे प्रत्येक जण आपल्या एक आणि मानसिक आरोग्य पासून वंचित राहतात. त्यामुळे शरीर अस्वस्थ होते. वेगवेगळ्या आजारांना आपण बळी पडतो. आपल्यातील रोग प्रतिकार शक्ती कमी होते. त्यामुळे आपले शरीर निरोगी ठेवण्यासाठी आपल्याला योग करणे हे गरजेचे आहे. व योगासन हे सध्याच्या काळाची गरज आहे.

योग साधना करणाऱ्या व योगसाधना न करणाऱ्या महाविद्यालयीन विद्यार्थ्यांमधील मानसिक आरोग्याशी असलेला सहसंबंधचा अभ्यास

सौ. क्रांती संदेश क्षीरसागर

शारीरिक शिक्षण संचालक, महात्मा गांधी शिक्षण मंडळ, कला विज्ञान व वाणिज्य महाविद्यालय, चोपडा जि. जळगाव

सारांश :

प्रस्तुत संशोधनात योग साधना करणाऱ्या व योगसाधना न करणाऱ्या महाविद्यालयीन विद्यार्थ्यांमधील मानसिक आरोग्याशी असलेला सहसंबंधचा अभ्यास केला असून संशोधनात 100 विद्यार्थी निवडले माहिती संकलन करण्यासाठी स्वयंनिर्मिती चाचणीचे विकसन करण्यात आले होते. माहितीचे विश्लेषण व अन्वयार्थ लावण्यासाठी, 'r' मूल्य या संख्याशास्त्रीय परिमाणाचा अवलंब केला आहे.

निष्कर्ष:

योग साधना करणाऱ्या महाविद्यालयीन विद्यार्थ्यांमधील मानसिक आरोग्याशी सार्थक सहसंबंध आढळून येतो. म्हणजेच योग साधनेच्या मानसिक आरोग्यावर सकारात्मक परिणाम होतो.

प्रास्ताविक -

आज सर्वच क्षेत्रात वारंवार वापरला जाणारा शब्द म्हणजे मानसिक ताण आणि मानसिक आरोग्य. शालेय मुले, महाविद्यालयीन युवक-युवती, कॉर्पोरेट जगत आणि अन्य क्षेत्रात काम करणाऱ्या सर्वच व्यक्तींना कमीअधिक प्रमाणात या गोष्टींचा सामना करावा लागतो. आज जंतूसंसर्गापासून किंवा कुठल्याही इन्फेक्शनमुळे होणाऱ्या आजारांचे प्रमाण कमी झाले आहे. तर मनोशारीरिक किंवा सायकोसोमॅटिक आजारांनी ग्रस्त रुग्ण भारतासह जगात मोठ्या संख्येत आहेत. अस्थमॅटिक ब्रॉकायटिस, उच्च रक्तदाब, मायग्रेन, मधुमेह, पाठदुखी, मानदुखी, पोटदुखी इत्यादी विकार मानसिक ताणतणावांमुळे होतात. मानसिक आरोग्य हा गहन आणि व्यापक विषय आहे. तणाव आणि नैराश्य हे मानसिक आरोग्याशी संबंधित सर्वाधिक चर्चेत असणारे मुद्दे आहेत. ताण ही सर्वाधिक लोकांना भेडसावणारी समस्या आहे तर नैराश्य हा सर्वात जास्त आढळणारा मानसिक आजार आहे. अनेकदा ताण हे नैराश्य येण्याचे कारण असते. मात्र, ताणाचे परिणाम व नैराश्याची कारणे इतरही असू शकतात. जीवनातील ताणतणाव व्यवस्थापना करण्यासाठी योगसाधना हे उत्तम असा मार्ग मानला जातो. निरोगी आयुष्यासाठी योगासन अत्यंत महत्त्वाचे मानले जाते. योगाचे फायदे खूप आहेत. योगामुळे शुगर, बद्धकोष्ठता यांसारख्या आजारांशी लढण्यासही मदत होते. मनःशांती आणि उत्तम आरोग्यासाठी योग आणि ध्यान आवश्यक मानले जाते. अनेकदा लोकांना असे वाटते की योगा केवळ शरीर लवचिक बनवण्यासाठी केला जातो, पण तसे नाही. योगाची अनेक आसने आहेत, ज्यांचे अनेक फायदे आहेत. योगाच्या मदतीने आयुष्यभर तरुण आणि निरोगी राहू शकता. अनेकदा लोक योगाला संथ माध्यम मानतात, पण तसे नाही. योग अनेक प्रकारे निरोगी राहण्यास मदत करू शकतो. जाणून घ्या योगाचे काय फायदे आहेत

निरोगी आरोग्यासाठी आपलं मन प्रसन्न असण्याची आवश्यकता आहे. मनावर ताबा ठेवणं जरी कठीण असलं तरी आपण आपल्या श्वासावर नियंत्रण ठेवणं आवश्यक आहे. हे श्वासावरचं नियंत्रण आपल्याला योगाभ्यासातून मिळवता येतं. "वर्ल्ड हेल्थ ऑरगनायझेशनने म्हणजे WHOने योगाची व्याख्या केली आहे. चांगलं आरोग्य म्हणजे फक्त योगाचा अभाव नाही. तर मानसिक, शारीरिक, बौद्धिक आणि अध्यात्मिक या चार गोष्टींचं संतुलन म्हणजे उत्तम आरोग्य. योग या शास्त्रात मानसिक, शारीरिक आणि अध्यात्मिक या तीन गोष्टींचा समावेश होतो. या तीन महत्त्वपूर्ण गोष्टींन मानवी जीवनाचं संतुलन राखलं जात. योगा हे फक्त प्रतिबंधात्मक शास्त्र नसून रोग न होण्यासाठीही प्रतिबंध केला जातो. "योग हा फक्त शरीराशी निगडीत नसून तो बराचसा मनाशीही निगडीत आहे. मानवी शरीर आणि मन यांची सांगड घालून मानवी जीवनाचा विकास केला जातो. योगाची आठ अंग आहेत. यम, नियम, आसन, प्राणायाम, प्रत्याहार, ध्यान, धारणा आणि साधना यांनाच अष्टांग योग

म्हणतात. योगात या आठ अंगांचा उपयोग केला जातो. त्यामुळेच योग हा फक्त शरीरावर नाही तर मनावरही परिणाम करतो." योग साधना करणाऱ्या व योगसाधना न करणाऱ्या महाविद्यालयीन विद्यार्थ्यांमधील मानसिक आरोग्याशी असलेला सहसंबंधचा अभ्यास विषयीची सद्यस्थितीचा अभ्यास करण्यासाठी प्रस्तुत संशोधनाचे कार्य हाती घेण्याचे ठरविले होते .

समस्या विधान:

योग साधना करणाऱ्या व योगसाधना न करणाऱ्या महाविद्यालयीन विद्यार्थ्यांमधील मानसिक आरोग्याशी असलेला सहसंबंधचा अभ्यास करणे.

उद्दीष्ट:

1. ग्रामीण भागातील योग साधना करणाऱ्या महाविद्यालयीन विद्यार्थ्यांमधील मानसिक आरोग्याशी असलेला सहसंबंधचा अभ्यास करणे.
2. शहरी भागातील योग साधना करणाऱ्या महाविद्यालयीन विद्यार्थ्यांमधील मानसिक आरोग्याशी असलेला सहसंबंधचा अभ्यास करणे.
3. ग्रामीण भागातील योग साधना न करणाऱ्या महाविद्यालयीन विद्यार्थ्यांमधील मानसिक आरोग्याशी असलेला सहसंबंधचा अभ्यास करणे.
4. शहरी भागातील योग साधना न करणाऱ्या महाविद्यालयीन विद्यार्थ्यांमधील मानसिक आरोग्याशी असलेला सहसंबंधचा अभ्यास करणे.
5. योग साधना करणाऱ्या व योगसाधना न करणाऱ्या महाविद्यालयीन विद्यार्थ्यांमधील मानसिक आरोग्याशी असलेला सहसंबंधचा अभ्यास

परिकल्पना

1. ग्रामीण भागातील योग साधना करणाऱ्या महाविद्यालयीन विद्यार्थ्यांमधील मानसिक आरोग्याशी सार्थक सहसंबंध आढळून येत नाही.
2. शहरी भागातील योग साधना करणाऱ्या महाविद्यालयीन विद्यार्थ्यांमधील मानसिक आरोग्याशी सार्थक सहसंबंध आढळून येत नाही.
3. ग्रामीण भागातील योग साधना न करणाऱ्या महाविद्यालयीन विद्यार्थ्यांमधील मानसिक आरोग्याशी सार्थक सहसंबंध आढळून येत नाही.
4. शहरी भागातील योग साधना न करणाऱ्या महाविद्यालयीन विद्यार्थ्यांमधील मानसिक आरोग्याशी सार्थक सहसंबंध आढळून येत नाही.
5. योग साधना करणाऱ्या व योगसाधना न करणाऱ्या महाविद्यालयीन विद्यार्थ्यांमधील मानसिक आरोग्याशी सार्थक सहसंबंध आढळून येत नाही.

संशोधनाची कार्यपद्धती

संशोधन पद्धती - सहसंबंध सर्वेक्षण पद्धती	
जनसंख्या	ग्रामीण व शहरी भागातील महाविद्यालयात प्रथम व दुसऱ्या वर्षाला प्रवेश सर्व विद्यार्थी
न्यादर्श	लॉटरी व सहेतुक नमुना निवड पद्धती- महाविद्यालयातील प्रथम व दुसऱ्या वर्षाला प्रवेशित सर्व विद्यार्थी - ग्रामीण (50) + शहरी (50) = 100

संशोधन साधने

स्वनिर्मित मानसिक आरोग्य शोधिका विधाने- 30, प्रतिसाद- होय, नाही व सांगता येत नाही.

संख्याशास्त्रीय परिमाणे- मध्यमान, प्रमाणविचलन व 't' मूल्य

संकलित माहितीचे विश्लेषण व अर्थनिर्वचन :

ग्रामीण व शहरी भागातील महाविद्यालयीन विद्यार्थ्यांच्या मानसिक आरोग्य शोधिका संदर्भात स्वनिर्मित शोधिका देण्यात आली होती. त्यास दिलेल्या प्रतिसादाचे विश्लेषण करून पुढील प्रमाणे परिकल्पना परीक्षण करण्यात आले होते.

मानसिक आरोग्य शोधिका		N	df	'r' मूल्य	Decisio n
ग्रामीण भागातील	मानसिक आरोग्य	50	48	0.80	त्याग
	योग साधना करणारे	50			
शहरी भागातील	योग साधना करणारे	50	48	0.76	त्याग
	मानसिक आरोग्य	50			
ग्रामीण भागातील	मानसिक आरोग्य	50	48	0.35	स्वीकार
	योग साधना न करणारे	50			
शहरी भागातील	योग साधना न करणारे	50	48	0.27	स्वीकार
	मानसिक आरोग्य	50			

विश्लेषण व अर्थनिर्वचन

परिकल्पना 01: स्वाधीनता मात्रा (48) साठी 0.05 सार्थकता स्तरावर टेबल 't' मूल्य 0.45 आहे. प्राप्त 'r' मूल्य 0.80 असून ते टेबल 't' मूल्यापेक्षा जास्त आहे. म्हणून शून्य परिकल्पनेचा त्याग करावा लागेल. यावरून असे दिसून येते की, ग्रामीण भागातील योग साधना करणाऱ्या महाविद्यालयीन विद्यार्थ्यांमधील मानसिक आरोग्याशी सार्थक सहसंबंध आढळून येतो. म्हणजेच योग साधनेच्या मानसिक आरोग्यावर सकारात्मक परिणाम होतो.

परिकल्पना 02: स्वाधीनता मात्रा (48) साठी 0.05 सार्थकता स्तरावर टेबल 't' मूल्य 0.45 आहे. प्राप्त 'r' मूल्य 0.76 असून ते टेबल 't' मूल्यापेक्षा जास्त आहे. म्हणून शून्य परिकल्पनेचा त्याग करावा लागेल. यावरून असे दिसून येते की, शहरी भागातील योग साधना करणाऱ्या महाविद्यालयीन विद्यार्थ्यांमधील मानसिक आरोग्याशी सार्थक सहसंबंध आढळून येतो. म्हणजेच योग साधनेच्या मानसिक आरोग्यावर सकारात्मक परिणाम होतो.

परिकल्पना 03 : स्वाधीनता मात्रा (48) साठी 0.05 सार्थकता स्तरावर टेबल 't' मूल्य 0.45 आहे. प्राप्त 'r' मूल्य 0.35 असून ते टेबल 't' मूल्यापेक्षा कमी आहे. म्हणून शून्य परिकल्पनेचा स्वीकार करावा लागेल. यावरून असे दिसून येते की, ग्रामीण भागातील योग साधना न करणाऱ्या महाविद्यालयीन विद्यार्थ्यांमधील मानसिक आरोग्याशी सार्थक सहसंबंध आढळून येत

नाही.

परिकल्पना 04 : स्वाधीनता मात्रा (48) साठी 0.05 सार्थकता स्तरावर टेबल 'r' मूल्य 0.45 आहे. प्राप्त 'r' मूल्य 0.27 असून ते टेबल 'r' मूल्यापेक्षा कमी आहे. म्हणून शून्य परिकल्पनेचा स्वीकार करावा लागेल. यावरून असे दिसून येते की, शहरी भागातील योग साधना न करणाऱ्या महाविद्यालयीन विद्यार्थ्यांमधील मानसिक आरोग्याशी सार्थक सहसंबंध आढळून येत नाही यावरून असे म्हणता येईल की योगसाधना न करणाऱ्या विद्यार्थ्यांची मानसिक आरोग्य उत्तम नसते

निष्कर्ष :

1. ग्रामीण भागातील योग साधना करणाऱ्या महाविद्यालयीन विद्यार्थ्यांमधील मानसिक आरोग्याशी सार्थक सहसंबंध आढळून येतो. म्हणजेच योग साधनेच्या मानसिक आरोग्यावर सकारात्मक परिणाम होतो.
2. शहरी भागातील योग साधना करणाऱ्या महाविद्यालयीन विद्यार्थ्यांमधील मानसिक आरोग्याशी सार्थक सहसंबंध आढळून येतो. म्हणजेच योग साधनेच्या मानसिक आरोग्यावर सकारात्मक परिणाम होतो.
3. ग्रामीण भागातील योग साधना न करणाऱ्या महाविद्यालयीन विद्यार्थ्यांमधील मानसिक आरोग्याशी सार्थक सहसंबंध आढळून येत नाही.
4. शहरी भागातील योग साधना न करणाऱ्या महाविद्यालयीन विद्यार्थ्यांमधील मानसिक आरोग्याशी सार्थक सहसंबंध आढळून येत नाही यावरून असे म्हणता येईल की योगसाधना न करणाऱ्या विद्यार्थ्यांची मानसिक आरोग्य उत्तम नसते

संदर्भग्रंथ सूची

1. Best & Kahn. (2006). Research in Education (9th Ed). Delhi: Prentice Hall of India.
2. Garrett, H .E. (2006). Statistics in Psychology & Education (1st Ed. Indian Reprint). Delhi: Sage Publication.
3. Kumar, Ranjit. (2011). Research Methodology a step by step guide for beginners (3rd Ed). New Delhi: Sage Publication.
4. Raja Kumar, P.G. (2013). Research Methodology (1st Ed). Delhi: APH Publishing Corporation.
5. Yogshala, Ekam Drishti (2021). Yoga And Its Role In Stress Management: How To Become Calmer And Focused. Rishikesh, India.

Yogic & Diet योगिक आहार

Dr. Jagjeetkour

D/o Darbarsingh Sandhu, College of Physical Education, Kautha, Nanded.

योगिकया योगिक डाइट (Yogic Diet) एक प्रकार का डाइट प्लान है जो शरीर और दिमाग दोनों को स्वस्थ रखने का काम करता है। इसे योग डाइट का योगियों की डाइट भी कहते हैं। यह डाइट शरीर के साथ-साथ विचार और मन को बेहतर करने में लाभदायक होती है इस डाइट प्लान में किसी भी प्रकार का मांसाहारी खाद्य पदार्थ शामिल नहीं होता है।

वैदिक काल में भोजन के तीन भागों में बांटा गया था। सात्विक आहार राजसिकआहार और तामसिक आहार। योगिक डाइट प्लान में सात्विक आहार और योग का सहारा लेकर मन और शरीर दोनों को संतुलित रखने का प्रयास किया जाता है।

आयुर्वेद और योग में पारंगत एक्सपर्ट्स के मुताबिक सात्विक तामसिक और राजसिक भोजन के सेवन से शरीर पर अलग-अलग तरह के प्रभाव पड़ते हैं। दूध अनाज जैसे गेहूँ, जौ आदि और मक्खन, पनीर, टमाटर, शहद, खजूर, फल, बादाम और मिश्री यह सभी सात्विक खाद्य पदार्थ होते हैं इनके सेवन से शरीर और मन दोनों शांत और स्वस्थ रहते हैं। मछली, अंडे, मांस, नमक, मिर्च और हींग आदि को राजसिकखाद्य पदार्थों की श्रेणी में रखा गया है। इसके अलावा शराब, लहसुन, प्याज और तंबाकू तामसिक खाद्य पदार्थ माने जाते हैं।

योगिक डाइट का सेवन करने वाले लोगों का मानना है कि तामसिक खाद्य पदार्थ मन को क्रोध, अहंकार और जड़ता से भर देता है और शरीर की सेहत पर भी नकारात्मक असर डालते हैं। योग के एक्सपर्ट्स के मुताबिक योगिकआहार शुद्धता (सत्व), अहिंसा और संतुलित जीवन के योग सिद्धान्तों पर आधारित है।

सात्विक गुणों वाले खाद्य पदार्थ जो ऊर्जा को बढ़ाते हैं और मन को शरीर का संतुलन बनाने में आवश्यक होते हैं। राजसिकऔर तामसिक खाद्य पदार्थ शरीर में विषाक्त पदार्थों की अधिकता का कारण बनते हैं।

योगिक डाइट की शुरुआत करने वाले लोगों को ज्यादा से ज्यादा ताजे फल और सब्जियों का सेवन करना चाहिए।

सब्जियां पकाने से विटामिन नष्ट हो जाते हैं इसलिए आपको रोजाना ताजी और बिना पकड़ी हुई सब्जियों का सेवन करना चाहिए।

योगिकडाइट में साबुत अनाज का सेवन करने की भी सलाह दी जाती है शरीर में फाइबर जैसे पोषक तत्व और शरीर के मेटाबॉलिज्म को संतुलित रखने के लिए इनका सेवन जरूरी होता है।

• योगिक डाइट का पालन करने वाले लोगों को इन बातों का ध्यान रखना चाहिए।

1. साबुत अनाज ... जैसे कि भूरे चावल, जई, बाजरा।
2. जूस की जगह पर ताजे फल और सब्जियों का सेवन करें।
3. नारियल के तेल का इस्तेमाल करें।
4. फल, सलाद, नट या बीट कच्चे खाने की कोशिश करें।
5. मांसाहारी खाद्य पदार्थों का सेवन न करें।
6. खट्टा मीठा और कड़वा या मसालेदार भोजन करने से बचें।

7. शरीर के लिए फायदेमंद माने जाने वाले फैट का सेवन करें |

• योगिक डाइट के सेवन से होने वाले फायदे :-

1. ऊर्जावान रखने में मदद करता है |
2. शरीर के पाचन तंत्र को मजबूती देता है |
3. मेटाबॉलिज्म को संतुलित रखने में फायदेमंद होता है |
4. संतुलित पोषक तत्वों से शरीर को स्वस्थ रखने में फायदेमंद होता है |
5. पुरानी बीमारियों के खतरे को कम करने में उपयोगी होता है |
6. मानसिक स्वास्थ्य अच्छा रहता है |