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Shambu dutt

Mped, SET, Physical education
teacher, Army public school,
Akhnoor, (J&k), India

Role of yoga in our day to day life

Shambu dutt

Abstract

Historically yoga was more than just a method of teaching; it was a way of life. You dedicated you to a lifestyle and culture that surpassed meditation Techniques and included healthy eating habits, bathing habits, social interaction and work. Its philosophy is rooted in a physical culture of health and well-being that is still emphasized today at yoga retreats and explains why over 15 million people in the world now practice this ancient tradition. Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. There is a broad variety of Yoga schools, practices, and Goals in Hinduism, Buddhism, and Jainism. Among the most well-known types of yoga are Hatha yoga and Rāja yoga. Every yoga asana (pose) has a different name and includes standing postures, seated twists, backbends, arm balances, inversions and core holds. The downward facing dog for example, is in itself said to calm the brain, energies the body, improve digestion, strengthen arms and legs and be therapeutic for high blood pressure. Whilst these benefits come as a given with most postures, the practice of yoga as a whole provides many more benefits than you might think. The beauty of yoga is that it can be practiced pretty much anywhere, on your own or with other yoga enthusiasts

Keywords: Yoga, lifestyle.

Introduction

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. There is a broad variety of Yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism. Among the most well-known types of yoga are Hatha yoga and Raja yoga. The origins of yoga have been speculated to date back to pre-Vedic Indian traditions, it is mentioned in the Rig-Veda, but most likely developed around the sixth and fifth centuries BCE, in ancient India's ascetic and śrama a movements. The chronology of earliest texts describing yoga-practices is Unclear, varyingly credited to Hindu Upanishads. The Yoga Sutras of Patanjali date from the first half of the 1st millennium CE, but only gained prominence in the West in the 20th century.

5 Reasons why Yoga is so good for us: Lowers stress and improves your mood Some yoga methods use specific meditation techniques, which focus the mind on your breathing to quieten. The constant 'mind chatter', relieves stress and allow you to feel relaxed. Practicing these breathing techniques on a yoga and meditation retreat can also boost oxygen levels to the brain, leaving you feeling happier and more content with everyday life. Boosts confidence Aside from the uplifting spiritual values, the act of meditation can actually boost your confidence. The Process works by releasing tension from your mind, so that you can feel confident about your physical body. Without any

Forms of anxiety, you are able to establish an internal connection with yourself. This is consequently reflected in your perception of others and will help to better your relationships by improving compassion and awareness. Lowers the risk of injury

Exercise such as running is usually a series of rapid, forceful movements, which means that effort is at a maximum and there is a higher risk of injury and increased muscle tension. Often, strenuous exercise also engages an imbalance of opposing muscle groups, whereas yoga concentrates on balancing this activity. Unite your body and mind on a yoga and fitness holiday which will allow combining more intense workouts with low-impact yoga. Increases flexibility People often say that they are not flexible enough to do yoga. The truth is, it doesn't matter how tight your Muscles are as yoga asana works by safely stretching your muscles and help you to practice it further. Moreover, yoga also stretches other soft tissue in the body such

Correspondence

Shambu dutt

Mped, SET, Physical education
teacher, Army public school,
Akhnoor, (J&k), India

as ligaments and tendons, increasing the range of motion in the joints and allowing you to move around more freely.

The main goals of “Yoga in Daily Life” are:

Physical Health

Mental Health

Social Health

Spiritual Health

Self-Realization or realization of the Divine within us.

Conclusion

In modern times greater physical and emotional demands are constantly placed upon many areas of life. The result: more and more people suffer from physical and mental tension such as stress, anxiety, insomnia, and there is an imbalance in physical activity and proper exercise. This is why methods and techniques for the attainment and improvement of health, as well as physical, mental and spiritual harmony, are of great importance, and it is exactly in this respect that “Yoga in Daily Life” comprehensively offers an aid to help one’s self. As you practice yoga, it does not only help you to improve your physical body but also helps in maintaining your inner peace and relaxing your mind. Thus, there is nothing that yoga will not help. Moreover, yoga is not just a one-day practice; it’s a lifelong commitment. The beauty of yoga is that it can be practiced pretty much anywhere, on your own or with other yoga enthusiasts.

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