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## Has yoga transformed your life?

**Gayathri C, Priyadharshini R, Yashwandra G, Kavitha Rani K and Nandhitha SK**

#### Abstract

Yoga is a way of refurbishing us from the centre of our beings. Yoga calms the mind, improve focus, boost confidence, enhance flexibility, promotes positive thinking, and has many health benefits. Everyone who have been practicing yoga says that yoga has changed them. But it is hard to point out what has changed. Yoga doesn't change or transform anyone it helps you to find the better self. Practicing yoga helps you to realize you are unique. It makes you fall in love with your body, you become fearless, you embrace life as it is, etc. The present article explains how yoga transforms one's life. This article shows how yoga serves as a medicine for health purposes. Yoga wakes our body parts that were previously sleeping. After practicing yoga, you can be the scientist of your own body.

**Keywords:** Relieves stress, self-realization, inner thoughts, mindful, imprint positivity, transform one's life

#### Introduction

The beginning of yoga is unsure, it seems to have arisen on its own as a convention scattered faith teachings. Yoga comes from a Sanskrit root YUJ which suggests union intending to yoke, to join, and to direct and concentrate one's attention. Yoga is a fourfold: Faith, Aspiration, perseverance, and means. After practicing Yoga we can specialize in the subsequent three aspects like alignment, focus, and breathing. There is an Eightfold path, which means "Eight limbs" which includes Yama, Niyama, Asana, Pranayama, pratyahara, Dharana, Dhyana, and Samadhi. Today, many people identify yoga only with asanas. However, asanas are simply one of the numerous tools for healing an individual.

The art of active yoga aids in coordinating mind, body, and soul of a person. Yoga accelerates your flexibility, muscle strength, and body tone. Yoga does not strengths you however additionally do rather more for your body from the approach you're feeling, look, move. The privilege of yoga includes complete health, improved immunity, stress buster, intuition, and broad outlook. This survey article wraps how yoga transforms one's life, in what aspects, what's the role of mediation and the way one can overcome their health problems through yoga.

#### Journey of yoga

According to the survey, for most people, the magical journey of yoga started at the age of eight, and the number of people who practices yoga was grown in all categories. From this survey, most people who practice yoga fall into the category of 18-24. It shows most people practice Hatha yoga and Astanga Yoga.

Practicing Hatha Yoga brings balance to our bodies. Ha means sun and ta means moon; the balance between the sun and the moon is hatha yoga. Astanga Yoga is eight limbs of yoga. Astanga yoga comes up with plenty of surprising benefits that help us to lead a healthy lifestyle. The journey of yoga is the thing from where and how we start our yoga life. If we start doing it; it will be part of our life. It will not only help our body to be healthy but also it will teach us to breathe every moment of our life.

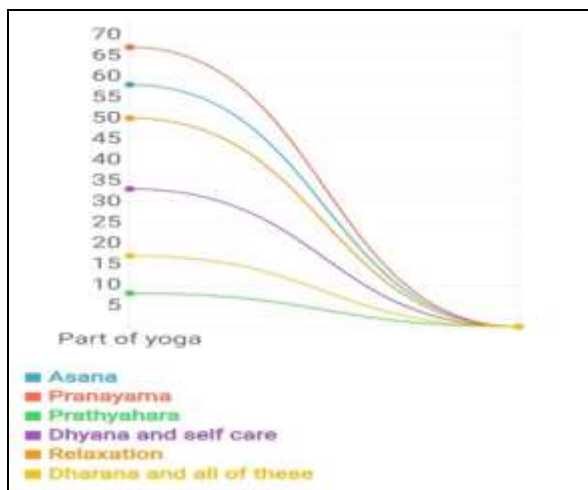


Fig 1: Type of yoga followed in a daily routine.

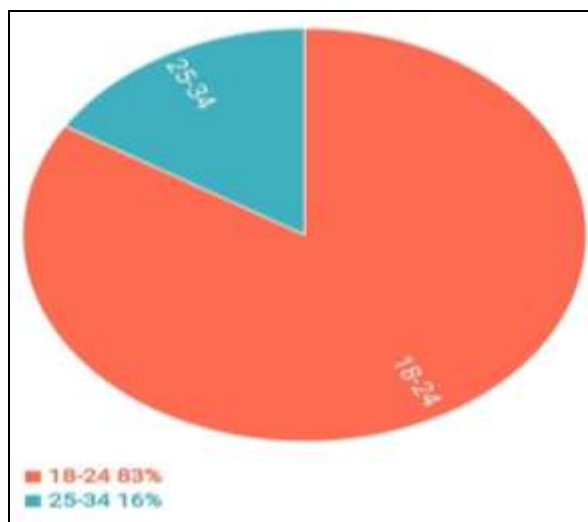


Fig 2: Age category of People.

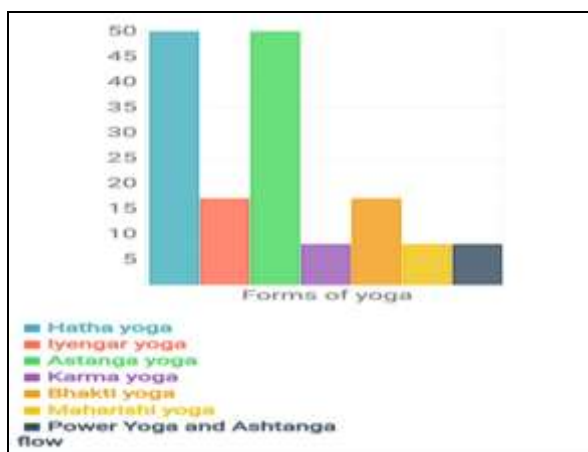


Fig 3: Forms of yoga Practiced.

**Start your journey into yoga and experience the calmness in yourself.**

**Yoga and health**

Consistent with the survey nearly 33.3% of people who were practicing yoga over 10 years and 25% of people were

practicing nearly for 5 - 10 years. Regular practice of yoga increases flexibility, blood circulation and it helps to rejuvenate your body. Through regular practice, you'll develop an elegant peace of mind. Nearly 91.7 % of people strongly believe that meditation has emotional and physical benefits. Yoga doesn't always relieve us from stress, it neutralizes it through increasing awareness and by switching self-perception. Yoga means the addition of health, energy, clarity, confidence, happiness and so on.

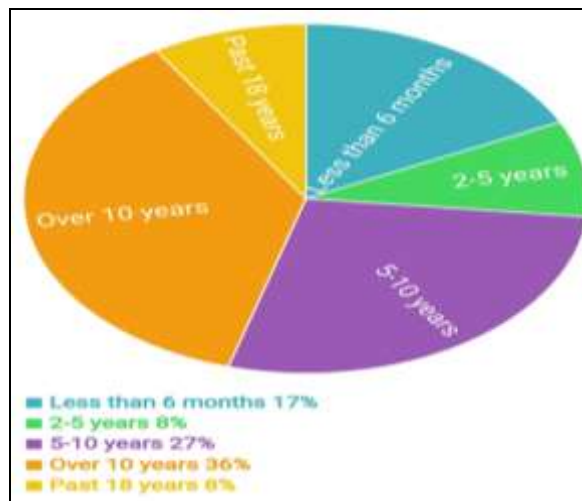


Fig 4: Period of yoga practice.

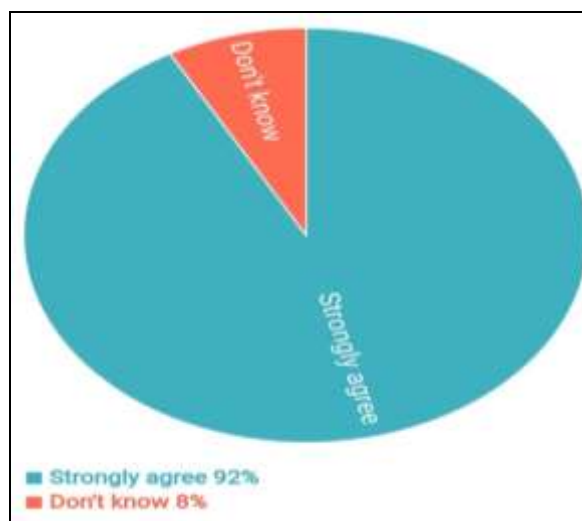
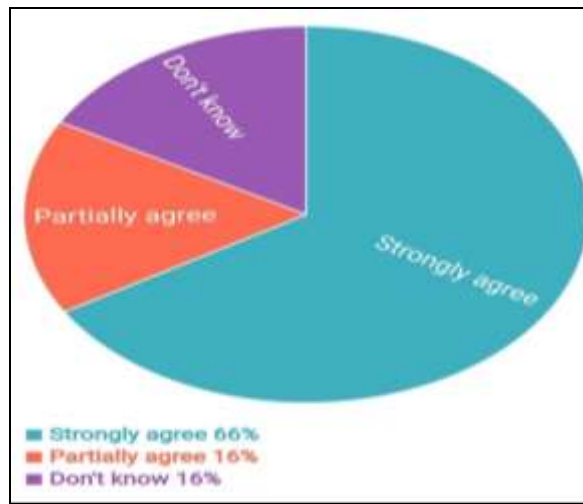


Fig 5: Physical and emotional benefits of meditation.

**Yoga and life**

The regular practice of yoga increases our ability to feel what our body is doing. It is a therapy for many people and builds up confidence and happiness. Nearly 66.7% of people have noticed so many changes in their lives. Practicing yoga is extremely effective for women as well many girls. It aids in overcoming menstrual cramps and irregular periods. Yoga can help to treat headache, asthma, and relieves muscle pain. In accordance with survey, addition to yoga, some people do shuttle, badminton, jogging, cardio workouts, and some outdoor games to keep themselves mentally and physically fit.



**Fig 6:** Positive effect of yoga in life.

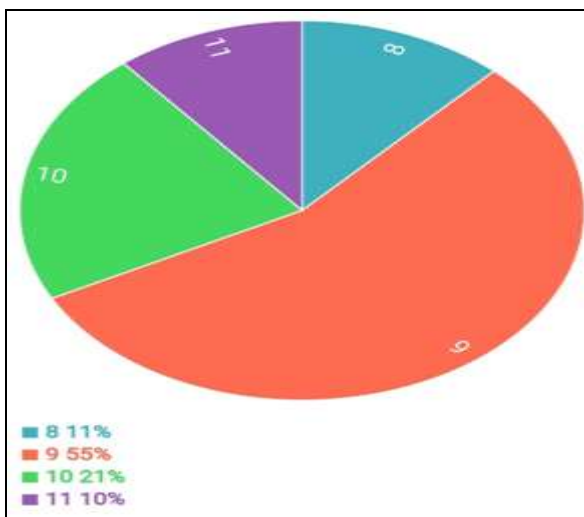
**Discover the true you**

Setting an intention helps us to be more aware of our actions. Yoga helps to start our day far more meaningful and energetic. While getting to know your true self, not the person you want to be or anything you should be, yoga become one of the most important factors in finding self-acceptance. This awareness and true presence allow you to let go. Letting go of such things, you can begin to see how good you already are. It has helped you to know and love yourself- your true self. Practicing yoga helps to expand our self-awareness, level of confidence and self-realisation. In accordance with survey, nearly 60% of people are physically active in their lifestyle after practicing yoga. Yoga makes us to be active; helps us to be more mindful; enhances to concentrate on your inner thoughts. Yoga could transform you in some way that you can't imagine. Yoga is an effective way to imprint positivity in our mind.

moment is a fresh beginning, it's time to become the best version of you.

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**Fig 7:** Physical activity after practicing Yoga.

**Conclusions**

This article tells how yoga transforms one's life not only physically but also mentally. Yoga is not a theory but it is a practical way of life. You don't know the benefits and taste of honey until you try it. As you can see in this article, yoga provides a lot of benefits that can improve the quality of your life. The basic tool to start practicing yoga is "I can and I will". Yoga is not a day's practice it's a lifelong commitment to put yoga into practice and feel the benefits. Since every