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Article

Benefits of Yoga

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Abstract

Practicing yoga is inevitable in the 21st century to stay focused and calm. Yoga is a combination of breathing, movement, and meditation. The basic purpose of yoga is to nurture harmony in the body, mind, and environment. There is a proverb, "Sound mind in a sound body". It stresses the importance of mind and body that should be healthy and sound. Both intertwined each other for to enhance the potential of an individual. A sound body refers to a healthy body which is free from disease and sound mind means a mind which is capable of good, positive and independent. There are various yoga styles, ranging from simple practices to physically demanding one. One no need to do any great yoga simply if you breathe right that keeps your body in a certain level. Due to its various benefits more people are practicing yoga to enhance their mental health and physical health. It is a way of life and not confined only to physical asana. However yoga involves purity of thoughts, proper eating habits, good conduct and interaction with environment etc. The benefits of yoga are endless. This paper discusses the benefits of practicing yoga.

Introduction

In Indian culture yoga plays an important role and it is emerged in India. It has been included in our life since ancient times. The term yoga is derived from the Sanskrit word

'yuj' which means union and Lord Shiva is called Adiyogi. In the beginning many they associated yoga with particular religion and tradition and not given more importance. Later the situation has changed and many people all over the world who would like to stay healthy and fit started practicing yoga irrespective of their region, religion, belief system and community. Almost anyone can do yoga, regardless of their age and fitness level. Yoga gives empowerment to all who are practicing it. It is a set of specific exercises, called poses, combined with specific breathing techniques and meditation principles. It was developed as a practice to unite the mind and body. There are many branches of yoga. All yoga styles can help balance your body, mind, and spirit, but they achieve it in various ways.

Benefits of yoga

Yoga makes one feel better

It is a very easy thing to follow that is the reason number of persons doing yoga has increasing day by day. In the very beginning one may feel difficult to do and feel pain in their body parts. But after sometime you can visualize the difference in your physique and feel better and happier.

Yoga makes your body strong and healthy

Practicing yoga makes one stronger and healthier. It enhances body coordination and leads to heightened focus. Physical health directly increases the mental health. Health is state of physical, mental and social well-being, not only an absence of disease.

Yoga enhance decision making

Yoga helps one to choose better choice in every phenomenon. It creates awareness of the consequences of their decision and it develops the courage to face difficult times. They treat both success and failure as equal and never get disappointed with the failure and not feel very happy for success. Even people choose to hangout with positive people and stay away from negative people.

Improve flexibility and strength

Yoga stretches body muscles that improve flexibility and strength. To improve flexibility, it is essential to practices yoga daily in order to form the muscle memory.it gives strength to all parts of the body.

Yoga helps to stay focused and feel calm

Those who are practicing yoga their mind will be quiet so it is easier for them to stay focussed and they can direct energy to achieve goal. It enable mind to process information more accurately and update the information more effectively. It reduces worldly distraction and helps us to stay calm.

Yoga helps you to accept whatever life brings to you

Life experiences are not always positive. Difficult things happen to us all and sometimes we will be in pain. Like day and night in life we need to come across both happiness and sad. Yoga made us to feel both as same and train ourselves to accept the reality. Even in hard time we need to be optimistic.

Yoga improve self-awareness and self-confidence

The essence of doing yoga is to become aware of oneself. It helps to identify your strengths, weaknesses, what is important for you, what does not important, what you want to do, what you like and doesn't like. It makes you to accept your body without criticism.

It is an important factor in achieving success in all areas of life.

Yoga reduce stress and anxiety level

Yoga includes breathing exercises it forces one to pay attention to their breath. Deep breathing relieves stress and anxiety. Physical workout is good for releasing stress, and this is particularly true of yoga. Twisting, bending and controlled breathing helps you overcome anxiety. To practice yoga concentration is required so the problem disappears when you perform yoga.

Yoga act as a medicine

Yoga boosts our immunity to fight off against diseases. It is good for heart because it increases circulation and blood flow. A lot of breathing exercises are said to improve the function of lungs and removes back pain.

Yoga helps in Weight management

The effect of practising yoga is evidence for weight loss. Many yoga teachers, students, and practitioners find that it is helpful in weight loss. It develops a positive self-image, pay attention to balanced diet and the body as a whole.

Conclusion

Yoga gives us control of ourselves and makes us feel better. Practicing yoga everyday keeps the doctor away. It has a solution for many health issues without any side effects. It removes negative block in the mind that make it as fresh and filled with positivity and contribute to better living and transform our life in desirable way. Generally it enhances ones self-awareness, self-confidence, self-esteem, self-reflection, self-control, self-acceptance, self-discipline, memory, concentration, creativity, interpersonal relationship and decision making skills. Moreover it is important for the children to develop concentration, sharpness and focusing towards a goal in studies. So we should teach yoga from the primary level in school and also create awareness among public about the tremendous benefits of yoga. By doing this we can produce our future citizens as healthy and mentally strong. It will automatically improve the performance of individual in every aspect. Everyone has to practice yoga with full commitment and enthusiasm for the betterment of an individual as well as society.

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