



OUR HERITAGE (UGC Care Journal)

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National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

Sponsored by ICSSR

Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education
Shivaji College, Hingoli-431513 (Maharashtra)



Yoga for Human Welfare

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Abstract:

Indian culture is one of the ancient and important and most developed cultures in the world. It has contributed significantly for the well-being and maintaining peace in the Indian society. Its humane principles have penetrated into art, culture, sports, medicine and health governing aspects. Yoga is a notable contributor among these. In the days of information and technology human beings appear to be a slave to it. The energy consuming works are being done through machines. As a result, human being appears to have almost forgotten the physical labour. This dependency on machine paved way for many diseases to enter into human body. The stress, physical and psychological ailments, unhealthy food habits, obesity and frustration are the gifts of this dependency. The whole world appears to be in the trap of this problems. To check them and to keep oneself healthy and fit, yoga is inevitable. Its habit, certainly, can help one in maintaining the physical and psychological balance in life.

Keywords: Yoga, Human Welfare

The Objectives of the Paper:

- i) To trace the history of Yoga;
- ii) To comprehend its meaning;
- iii) To identify its value in human life;

Hypothesis:

The practice of Yoga can set one free from life-pressures and ensures overall development.

Methodology:



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To arrive at understanding and conclusions related with this art the secondary sources such as reference books on yoga, the journals related to sports, newspapers and earlier research publications on it have been taken into consideration as source.

Analysis: The content oriented method has been adopted.

Limitations: The presentation is made on the basis of the above mentioned secondary sources.

It's History:

The most notable gift India has offered to the world is –yoga. Its origin could be stated in B.C. times. The glimpses of Yoga, it is assumed, were found in the Buddhist and Jain principles. The great sage Patanjali designed many texts on this valuable art. The Lord Krishna in the Bhagwat Gita, states its importance in human life. The very purpose of Hatyoga, Rajyoga, Bhaktiyoga, Karmayoga and Ashtangyoga seems to be the maintenance of physical, psychological and social harmony. The acceptance of it, all over the world, testifies its importance.

Definition:

1. KathenUpnishid: Maintenance of a stable mind
2. ShwetawarUpnishad : Controlling human organs for mental stability
3. Yoga Vasishatat: Voyaging safely through this life
4. Yoga Yadnywalka: Supremacy of the divine soul
5. Charak Muni: For maintaining balance among head and heart
6. Shankaracharya: Mode for realising ultimate reality
7. ShriPatanjali: Yoga controls behaviour
8. Dr.Radhakrishnan: De-recognising ego and recognising peace for soul

The above definitions of scholars at different time and location clarify the value of Yoga.

It's Nature: The sage Patanjali has defined and clarified its impact on human body and nature. That is as below:



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1. **The Ashatanga Yoga** aims at the attainment of supreme bliss, the realisation of the only ultimate truth and bliss of head and heart.
2. **Yama:** The first part of **Aashtanga Yoga** is **Yama**. The Patanjali Yogashashtra states that there are five sorts of Yama. They are Non-violence, truth, Brahmacharya, Asteya and Aparigraha.
3. **Rule:** There are five rules. They are:
 - i) Shoush (Cleanliness within and without)
 - ii) Santosh (Satisfaction)
 - iii) Tapa (Meditation)
 - iv) Swadhyaya (Understanding inner self)
 - v) IshwarPraniyan (Submission)
4. **Aasan:** Its aim is to gain a balanced state. What *Aasana* is important for what ailment is explained accordingly.
5. **Pranayam:** After the observation of needed *Aasans*, the control over the flow of breathing is called *Pranayam*. The taking of the breath in and out method is called *Pranayam*.
6. **Pratyahar:** Human organs get detached from the worldly temptations and concentrations is completely on inner self.
7. **Dharna:** It is a state that makes one's mind stable and unmovable. Such a state improves one's psychological health.
8. **Dhyan:** It helps one in taking decisions and remaining firm on it. The psychological health of the individual gets solid and strong.

Samadhi:

At this stage the human being forgets his/her physical existence and completely focuses on the idea cherished.

Yoga in Societal development:

Yoga affects positively on one's physical, psychological, intellectual, social and educational needs. Following are its benefits:

- 1) **Emotional Balance:** Yoga not only keeps one healthy but also maintains balance in our physical and emotional needs. One remains happy and energetic.



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- 2) **Reduces Obesity:** The habit of Suryanamaskar, Kapalbhati and Pranayam keep one active and energetic. Due to it one's efficiency is increased and on the other hand it reduces the unwanted fats in our body.
- 3) **Stress-free life:**Pranayam and Dhyandharna eliminate all sorts of physical and mental stress. Your mind remains stable.
- 4) **Psychological Peace:** The regular practice of yoga gets one a peaceful mind. One becomes free from the feelings such as anger, jealousy and hatred. As a result one can lead a stress-free life.
- 5) **Increase in resistance:** Yoga and Dhyana can set you free from worldly pressures and increase your ability of resistance. The unwanted toxins are removed from our body, therefore, one can lead ailment-free life.
- 6) **Active Head/Heart:**Yoga helps you in remaining always attentive and active in day-to-day needs/ duties. One becomes creative.
- 7) **Increase in Efficiency:** Yoga removes the burden/ stress on one's body and keeps you active and attentive. It generates new energy in our body.
- 8) **Active and Flexible Body:** The habit of Yoga keeps one active and flexible in body and temperament. One discharge duties actively its value for sportsperson is invaluable.

Conclusion:

Yoga is the ancient and rich contribution of our country. Hence, its observation and propagation is the responsibility of every citizen. The bodily ailments can be removed with its practice and simultaneously one's spiritual health also can be attained. It keeps your heart, brain and lungs healthy. One is set free from diseases like diabetes, diseases related with kidney, cancer, cholesterol, gases and indigestion.

The birth of an active and energetic individual can be had with its regular observation. Such state of existence is essential for making a healthy society. As a result an ideal family, society and nation can be created for peaceful human existence.

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