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Yoga and Contemporary Challenges of Healthy Life

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Abstract

The paper is focused on the issues and challenges for healthy, fit, and happiest life. The problems and hardship of the modern lifestyle are stress, depression, physical and mental health, psychological problem like insomnia, and emotional and behavior disorder. These are the threats for prosperous life. To defeat these challenges the Yoga practices are one of the best tools. Yoga had performed its duty in making concentration and meditation of Saints and Rishi from very ancient time in India. Now Yoga could be again proved a lethal for the challenges of the modern lifestyle. In this article the origin and definition of Yoga and its effects are widely explained.

Keywords: : Yoga, Health, Lifestyle, Physical fitness, Mental Peace

Introduction

Today people live in a complicated society. Their lives are filled with mental hardship and physical fatigue. In competitive and globalized world people are in a race of development and prosperity, achieving higher to higher goals and status. This fast race physical and material

prosperity has tried the people and individual. Individual has no time for rest, eat and drink peacefully, and for cooking a healthy food. That is why person is bound to eat junk and fast food to satisfy their appetite. The competitive market liberalized society has transformed the whole lifestyle of the Indian people.

Their hard and restless working conditions have created extra mental stress, insomnia, obesity, blood pressure, diabetic, cardiac arrest emotional and behavior disorder and other psychological problems. The modern technology has created a big risk for healthy life and on the other hand it provided and opened of development and prosperity. The healthy life, however, is the most precious jewel than any other thinks in the world. It is a great challenge to the risk condition of the modern life. Yoga and the physical exercises are the only options for healthy, happy and prosperous life.

Yoga: An Introduction

From very ancient time in India Yoga was a basic method of concentration and mediation of Saints. Through it they tried to make balance between their mind and body.¹ Yoga term derived from Sanskrit word- “Yuj” that means to join or attach. Any practices that help unification between self and divine are called Yoga practices. Basically in ancient Indian thought four type of the Yoga very popular- that are Karma Yoga, Bhakti Yoga, Raja Yoga, and Jnana Yoga.² The philosophical idea of Yoga is very helpful and practical in daily life. It produces psychological changes and has a base of scientific ground.³ Undoubtedly, the practices of the Yoga promote discipline, determination, strong willpower, greater efforts, and its feeling of actions is unprecedented.⁴

¹ Sunil, K.Y., “Important of Yoga in Daily Life”, *Research Gate*, June, 2015, p., 2 https://www.researchgate.net/publication/278673574_IMPORTANCE_OF_YOGA_IN_DAILY_LIFE, Accessed on 24.11.2019

² Sivananda, Sri Swami., “Yoga in Daily Life”, A Divine Life Society Publication, Eds 8th 1999, P., 24-25., http://www.dlshq.org/download/sivananda_dls.pdf, accessed on 23.11.2019

³ Verma, et al., “The Importance of Yoga in the Twenty-first Century”, *International Journal of Physical Education, Sports and Health*, 2015, pp.,1-2. <http://www.kheljournal.com/archives/2015/vol2issue2/PartA/2-1-63.pdf>, Accessed on 23.11.2019

⁴ Farhi, D., “Bringing Yoga to Life: The Everyday Practice of Enlightened Living”, Harper Collins Publisher, Australia, 2005.p., 23 <https://www.docme.ru/doc/1732026/donna-farhi---bringing-yoga-to-life--the-everyday-practice>, Accessed on 23.11.2019

In modern and globalized world the benefits of Yoga can be categorized into mental, physical and spiritual segments. In general term “Yoga”⁵ is a way of life. It creates interconnectivity between mind and body. In a healthy body mind becomes stress free and focused.⁶ Yoga practices help people in meditation, and meditation produces peace in mind. It creates a posture of stress less mind and improves health, physical and mental fitness and gathers more rich satisfying sexual and personal relations.⁷ Yoga is very cooperative to reduce stress of work, it posture such as an environment where employees give fruitful outcome. Along with maintaining posture it amplifies the breathing of Oxygen for better function of respiratory system, excretory system, reproductive system, endocrine system and digestive system. Yoga has equal effects on the emotions of person by endorsing peace and calm in mind, forming wealthy environment and trimming down insomnia that is derivatives by restlessness of mental work. Yoga and physical exercises have been advised for people work in stress competitive environment of contemporary period and global market industry. People are suffered from back and shoulder pain, head ache, asthma and allergies, behavioral disorder, manic depression and nervous breakdown caused by stressed and competitive working situation. A customary practice of Yoga would be cooperative in behavioral and mental disorder and boosts feeling of wellbeing, concentration and calm.⁸ Yoga proficient or expert says that it could not be fully elucidated due to its metaphysical nature.

Importance of Healthy Life

World Health Organization (WHO) described the importance and significance of healthy life. WHO says, “Health is a state of complete physical, mental and social wellbeing and not merely an absence of diseases or infirmity.”⁹ Modern lifestyle, however, has constructed diminishing effects on the all aspect of the life- psychological, physiological, emotional and societal. A healthy life is incorporated proper eating, physical exercise, healthy sleeping and

⁵ Claire. T., “Yoga For Men: Postures for Healthy Stress free Living”, The Career Press, Inc, USA, Novmber, 2014. <https://www.slideshare.net/Henarro/yoga-for-men-postures-for-healthy-stress-free-living-41641136>, Accessed on 24.11.2019

⁶ Sunil., K. Y., op. cit., p.3

⁷ Claire. T., op.cit., p. 4.

⁸ Anita, “Need and Importance of Yoga in Healthy Living”, International Indexed Online Journal Global International Research Thoughts, 2014. www.darpanonline.org/GIRT, accessed 14/06/2017

⁹ WHO, “Preamble to the Constitution of the World Health Organization”, adopted by the International Health Conference, New York, 19– 22 June, 1946, online at https://www.who.int/governance/eb/who_constitution_en.pdf, Accessed on 2.12.2019

better communication in society. Health is the most precious jewel and goal of an individual. And this could be achieved through proper practices of the Yoga and workouts. Because, Yoga develops courage, spiritual attitude, strong resolve and calm.

However, in the globalized market society and modern life pattern has enforced to amplify the risk of the fattiness and obesity. It encouraged heart disease, blood pressure, diabetes, cancer and psychological problem of insomnia. Modern society is based on the technology and new invention, these technological developments formed different type of pollutions- just like air pollution, noise pollution, water pollution and soil degradation. Air pollution augmented respiratory diseases and problem like asthma and allergies.¹⁰ A part from it, the modern technologies made the life very easy and comforts. The lack of the time and fast lifestyle distorted the food habits of the individual. He or she has no time for cooking his or her healthy meal. Therefore they eat fast and junk foods from restaurants and shops. These meals are lack of nutrients. Contemporary family structure is mostly nuclear. In this family, mother father and children are included. Parents are busy in job to fulfill expenditure of the modern family, and they have very short time to meet each other.¹¹ So the parents are not in a position of proper nursing of their children.

A defined health is an amalgamation of mind and body that is booted with spirit and incorporation of moderate functional actives of body, concentration and meditation, healthy nutritional diets, morality and peace and loving relationship with family and friends would create a better environment of the life.¹² Health, in a distinct word, is a state in which human being are filled with sensitivity of love, calm, emotions, feeling of kindness etc and where are physical faculties are performed well.¹³

Challenges of Modern Lifestyle

¹⁰Abera, T. T., "Significance of Yoga in Modern Life", International Journal of Yoga, Physiotherapy and Physical Education, Vol., 2, Issue 5, September 2017, pp. 123-125 <https://www.science.gov/topicpages/i/intervention--a+quasi-experimental+study.html>, accessed on 2.12.2019

¹¹ Ibid.

¹² Sarkar, S. S., "Yoga And It's Importance In Our Daily Life", International Journal of Humanities and Social Science Invention, Vol. 7 Issue 08, August, 2018 pp.48-54 [http://ijhssi.org/papers/vol7\(8\)/Version-2/10708024854.pdf](http://ijhssi.org/papers/vol7(8)/Version-2/10708024854.pdf), Accessed on 2.12.2019

¹³ Ibid.,

The competition of the contemporary world life is on the peak level. People are governed by consumption and materialistic approaches of life. The ambition of getting wealth, success and power in a very short period of time has amplified the anxiety and stress in society. The idea of the modern lifestyle occupied with the updated technological equipments which made easy life works. It is also defined as recent trend of the life living. It is explained as a collection of characteristic behaviors of person. It consists of social behavior, consumption practices dressing and entertainment behaviors. It is also categorized as a mixture of habits, thoughts, ideas, convention and business and action.¹⁴ There some challenges that could be denoted as challenges of modern life.

Evolution of the technologies played transformation role in every walk of the life from very basic thing like lamp to big change as computer and other things. These techniques have decreased the work of the physical activities of person. They opened the opportunity of developments and prosperity and also engendered the risk of physical fitness and health. The process of development and growth of industrialization, urbanization and utilization of the natural resources have transformed atmosphere and environment. The competitiveness and stress are not only seen in adults but children of schools are also facing these challenges of modern lifestyle. Children are burdened continuously in pressure and depression to fulfill the higher expectations of their parents and guardians. The parents are hoping more and more score in all examinations. If they failed they got scold from their guardians. Children have lost their childhood. Many children make commit suicide due to stress and not able to face competition.¹⁵

The family structure of the society is on change from join family to nuclear family. Besides, there are huge demands of working women for bridge. On one side it provides liberty freedom, and economic stability of the women, but on the other side it putted dual burden of responsibility on the shoulder of women. So there is no time for women to their own life and fitness. And these things are creating stress and tension in nuclear family especially women. Stress and competition on the workplace is real phenomena of the modern society.

¹⁴ Mantu Baroa, et.al. ,“Physical Fitness and Wellness - Challenge in the 21st Century”, International Journal of Physical Education, Fitness and Sports Vol., 5 Iss., 1, 2016, pp., 29-32
https://scholar.google.co.in/citations?user=jM5kIXMAAAAJ&hl=en#d=gs_md_cita-d&u=%2Fcitations%3Fview_op%3Dview_citation%26hl%3Den%26user%3DjM5kIXMAAAAJ%26citation_for_vie%3DjM5kIXMAAAAJ%3AYOwf2qJgpHMC%26tzm%3D-330, Accessed on 23.11.2019

¹⁵ Ibid.,

Insecurity of jobs and requirements of higher performances from employees, more and more work load and long hours of working conditions are root causes for modern life health problems like diabetes, cardiac arrest, blood pressure tension, anxiety, psychological issues like insomnia. These tensions are reasoned for the intolerance and violence in society and family. Little disputes are converting into violent clashes like road rage and community violence in the society. In today's life younger generation has lack of Indian norms and moral values. Parents have no time to teach their younger generation. They are influenced with western cultures norms and traditions hugely. Their approach towards life is full with material and wealth.

Modern technologies of information have given easy access to global communication to every person through social media and internets. People are addicted to social media today. They have very span of time rest properly and qualitative leisure.

Conclusion

After analytical study of the challenges of the modern lifestyles, it is important to realize the benefits of the Yoga practices and physical exercises. Yoga and exercise on the daily basis could trim down the risk of the life treat caused by modern lifestyle. To beat the stress, depression, insomnia, and other psychological and emotional disorder it is must to include Yoga practices in daily life. Yoga adepts say that Yoga is and instrument that makes the best combination of mind and body. It improves the postures of life, happy feelings, a good family relation, satisfied sexual bondage between husband and wife. There few suggestions in conclusion that should be adapted to every person to get fruits of happy life.

- Yoga or physical exercises are required for every individual on daily basis for happy life.
- There should be a social movement to inspire people to participate in Yoga and exercises for mental physical and emotional wellbeing.
- Improve healthy and nutritional diets and prepare a chart for it. And remove junk meal from tables.
- Introduce Yoga training and physical education in all departments and institutions
- Promote a culture of qualitative rest and leisure time.
- Popularize the importance of quality sleep.

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