

	Think India (Quarterly Journal) ISSN: 0971-1260 Vol-23, Special Issue-03 in collaboration with Indira Gandhi Government Girls Degree College, Rae Bareli, -229001, Uttar Pradesh, India Sponsored by Dept. of Higher Education , Govt. of U.P.	
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NATIONAL SEMINAR ON YOGA FOR WELLNESS AND POSITIVE HEALTH
14th - 15th December, 2019 (Saturday-Sunday)

NEED OF YOGA IN COMPUTERISED ERA

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Abstract

“Educating the mind without educating the heart is no education at all.” (Aristotle)

Yoga is an essential part of an entire Activity Program which increases the flexibility and strength of body. Yoga is of course the exercise of the physical, mental and spiritual well-being of the individual that was coined in ancient India. Yoga should be a mandatory subject till the secondary school. Through the process of controlled breathing and improved focus, Yoga teaches to calm oneself in distressing times. Such positive impact is helpful in social and mental development of a child.

Yoga encourages human beings to embrace their uniqueness. It is necessary for personality development. It will help students to be a better individual and perform high in their lives professionally as well as personally. It reduces stress and anxiety. It improves memory and

Attention span. It helps to manage weight. It improves flexibility, balance and posture. It helps correct breathing techniques. It provides mindfulness. It helps to bring peace of mind which is need of the hour in such a hustle and bustle of life. It improves self-control. It reduces absence and violence in schools and colleges. It enhances coping skills, boosts

immunity and improves physical appearance. It increases self- confidence and self- esteem. When children learn techniques for self- health, relaxation and inner fulfillment, they can navigate life's challenges with a little more ease. Thus, Yoga provides ease to respiratory system, neuro-endocrine system, cardiovascular system and musculo-skeletal system to enhance the determination within the child. Moreover, Yoga consists divine authenticity which is really unique and beyond expression.

Key words: Mandatory, immunity, respiratory, authenticity etc.

Introduction

In today's computerized or so called mechanical era, the importance of Yoga is universal. Each and every individual is leading a life of stress, anxiety and distress. Our torch bearers of the nation are also in such a purging grip so what to do? It's a burning issue. People are in the search of peace and happiness. The only and only Yoga which provides serenity, joy and of course a feeling of satisfaction. Considering the importance of Yoga/physical activities, Govt. is promoting yoga in institutions. It's really a commendable effort of government in this direction.

From the very early morning up to late night, this electronic era has made every individual a machine having no feelings and emotions. Each and every one is running after materialistic pursuits. Such a blind race of materialism is enriching them with many hidden wounds. Such enrichment is a curse for them. Not only adults but small children also are under pressure of anxiety, depression and dis- order “ All work and no play makes jack a dull boy” seems to be entirely true. Physical activities, games and yoga can provide relief, joy, serenity, mental satisfaction and of course paves a path towards spiritual awakening.

Yoga is an art and science of healthy living. The word ‘Yoga’ is derived from the Sanskrit root ‘Yuj’ meaning ‘to join’ or ‘to yoke’ or ‘to unite’. Yoga leads to the union of individual consciousness with that of the universal consciousness indicating a perfect harmony between the mind and body, man and nature. Though yoga being practiced in the pre-Vedic period, the great sage Maharshi Patanjali systematized and codified the existing practices of Yoga, its meaning and its related knowledge through his yoga sutras. Now in the contemporary times, everybody has conviction about yoga practices towards the preservation, maintenance and promotion of health. Yoga has spread all over the world by the teachings of great personalities like Swami Shivananda, Shri Yogendra, Swami Rama, Pattabhijois, B.K.S. lyengar. Swami SatyanandaSaraswati and so many others. It is a preparatory process so that

the body can sustain higher levels of energy. The process begins with the body, then the breath, the mind and the innerself.

Yoga is commonly understood as a therapy or exercise system for health and fitness. While physical and mental health are mental consequences of yoga, the goal of yoga is about harmonizing oneself with the universe. Yoga education aims at taking care of the individual, the 'Being', Present days, Yoga Education is being imparted by many eminent and reputed Yoga institutions, Yoga colleges, Yoga Universities, Naturopathy colleges and Private trusts and Societies. Many Yoga clinics, Yoga Therapy and Training centers, Preventive Health care units of Yoga, Yoga research centers etc. have been established in hospitals' dispensaries, medical institutions and therapeutic setups.

Yoga is very important in modern mechanical lifestyles. Modern life has a negative effect on health both physically, socially, psychologically and spiritually. Lack of physical exercises, spending much of the time on machines, moving with transportation means from place to place, sitting long hours in the office and in front of Computers, are some of the reasons for such problems Modern lifestyle intensifies the risk of fatness or obesity. Diabetes, Heart diseases and cancers are the consequences of such modern life styles. Pollution causes different respiratory diseases. Psychologically, persons are susceptible to increased stress and depression. Social isolation will occur due to spending a long time on computer and internet. Due to fast life style driven by science and technology, the modern man is existing a life full of tension, problems, depression and anxiety. Fast food has made the condition more worst. Yoga comes out as a single remedy for all these problems resulted from modern lifestyle patterns.

Yoga involves "discipline, will power, determination and great effort", and the experience of yoga happens unexpectedly. (Farhi, 2005) Yoga is the science of right living because it focuses on both holistically integrated aspects of individual such as spiritual, physical, mental and social being, Yoga helps in "reducing stress, maintaining and improving your health and physical fitness, and forming more harmonious and satisfying personal and sexual relationships." (Claire 2004)

Yoga techniques may improve physical and mental health through down-regulation of the hypothalamo pituitary adrenal (HPA) axis and the sympathetic nervous system. The stress and stress-induced disorders like hypertension and angina are fast growing epidemics and bane of "modern" society. The holistic science of Yoga is the best method for prevention as well as management of stress and stress induced disorders. Effectiveness of Yoga against

stress management is well established. Yoga decreases heart rate and systolic and diastolic blood – pressures. Yoga has been shown to have immediate psychological effects. Decreasing anxiety and increasing feelings of emotional, social and spiritual well-being.

Yoga exercise increases regression and retards progression of atherosclerosis in patients with severe coronary artery disease. Obesity and increased body weight are strong risk factors for ischemic heart disease and hypertension. Yoga has been found to be particularly helpful in the management of obesity. Six weeks of pranayama breathing course resulted in improved ventilator functions in the form of lowered respiratory rate, and increases in the forced vital capacity, forced expiratory volume at the end of first second, maximum voluntary ventilation, peak expiratory flow rate and prolongation of breath holding time. (Joshi et al.)

Yoga techniques improve one's over-all performance and work capacity. Meditation reduces depression and anxiety. Yoga can bring peace to our body, mind and soul and add more value to our life. It improves our concentration, creativity and sharpens our memory. Yoga helps in our emotional stability. It improves our muscle strength, stamina and brings immunity and mental stability. It helps us to have a more flexible body and as a result, our life becomes just a bit more manageable. Yoga is helpful in knee joint and back pain also.

Yoga increases the intake of Oxygen, enhances the functioning of the respiratory, digestive, endocrine and reproductive and excretory systems. The regular practice of Yoga helps us to accept whatever physical or mental condition we might be suffering from, by increasing our immediate sense of well-being, concentration and Calmness. (Anita: 2014) Moreover, Yoga appears as the best solution for modern man's dependency nature on modern Technology and sedentary behaviours. Yoga provides relief from physical and psychological stress.

According to WHO – “Health is a state of complete physical mental and social well-being and not merely an absence of disease or infirmity.” (WHO 1964).

Regular Yoga practice builds mental lucidity and calmness, boost body awareness. Yoga provides ease to respiratory system, neuro – endocrine system, cardiovascular system and musculo-skeletal system to enhance the determination in child. Yoga, along with Naturopathy, Ayurved and Acupressure provide solution of many complicated diseases. Yoga is a universal remedy for one who sincerely wishes to seek it.

Undoubtedly, Yoga has achieved wonderful popularity in the last few years. Baba Ramdev has achieved world-wide recognition these days through Yoga. Doctors at the present time suggest that Yoga can enhance cognitive performance. Not only in urban areas even in rural areas also. Yoga is getting recognition. Yoga should be a mandatory subject till the secondary schools. Govt's positive efforts in this direction will change the entire scenario but awareness programmes should be given attention in this direction. At college Level physical Education subject is introduced and such introduction is appreciable.

To sum up, it may be stated that Yoga is a multidimensional aspect and its importance for modern man of Computerized era cannot be under-estimated. For modern mechanized man who has been caught in the web of every day stress, Yoga appears as a tonic as well as a boon. Besides these, Yoga paves a path towards divinity. Yoga is holistic which provides physical, psychological, social and spiritual upliftments. Yoga has now achieved international recognition and acclaim. Recognizing its importance 21st June has been declared as a 'Yoga Day' in the entire Universe. Reality Yoga must be made an integral part of our educational as well as health care system. There is an urgent need to popularize Yoga among the human beings.

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