

## YOGA AND MODERN LIFE

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### Abstract

Promotion of health and quality of life through awareness is the prime objective of Yoga. From a yogic perspective, health does not mean just a disease-free body. It believes in a holistic approach to health, of which the body, the mind and the spirit are integral and interdependent aspects. Yoga takes into consideration both the positive and negative aspects of health. Yoga is not just about keeping fit; it's a way of life. Most people have their first experience of Yoga by joining a yoga class and practising asanas. Other than performing asanas regularly, moderation in food, discipline in behaviour, purity in thoughts, sharing & caring are also other parts of Yoga.

### INTRODUCTION:

Yoga is a promotional science which aims at the evolution of mind and personality. While working in society, we must keep our physical and mental balance alive. We should not forget that we are all human beings, and it is utmost necessity to keep our humanity ever alive. God has not sent us on this very planet to enjoy the senses like other animals. While shaping us in this human form he has personified some sort of duties that we have to perform in the larger perspective of mankind. Emergence of humanistic transpersonal psychology and realization of the significance of higher order human needs gave rise to investigations into psychological or subjective well-being, promotion of quality of life and ingredients of positive mental health.

#### Yogic Management:

Promotion of health and quality of life is the prime objective of Yoga and is the point of greatest attraction for researchers and practitioners in yoga. From the yogic

perspective, health does not mean just a disease-free body. It believes in a holistic approach to health, of which the body, the mind and the spirit are integral and interdependent aspects. According to Swami Satyanand Saraswati, Man today is seeking because he thinks he is seeking. Sickness and illness have no place in the life of a person who does not accept and tolerate the thoughts of self-limiting, which are real seeds of our myriad ailments. We stand hypnotised by disease and illness as our fate and destiny rather than health and bliss, which are truly our birthright and heritage. In order to emerge from man's hypnosis and collective hysteria of disease and illness, and experience real health, joy and creative fulfilment must make systematic application of yoga in our daily lives. Yoga takes into consideration both the positive and negative aspects of health. By positive health is meant physical fitness, mental agility and spiritual verve. It is expressed in overall satisfaction, inner happiness, peace and blissful

experiences. On the other hand, neglect of any of the three aspects (i.e. body, mind & spirit) of health results in imbalance and disharmony in the being, and the person carries negative health. A good deal of studies have been done to indicate the short and long-term effects of the yogic practices on psycho physiological functioning and their role in the prevention and management of different health problems. The selected yogic practices have a favourable conditioning effect on various physiological systems. The different meditational practices have relaxing and rejuvenating effects on the respiratory, circulatory and nervous system. As a result, yogic practices have been found useful in preventing and managing disorders related to the body systems.

### Meaning of Yoga

The word "Yoga" comes from "Yuj" root in Sanskrit which means union or joining together. When a man develops a relationship with another that relationship is also known as yoga. According to general language, three meanings of Yoga are Jodna, Samadhi and sanyama. So it is clear that Yoga word is multi-meaning.

### Definitions of Yoga

\*Oxford Dictionary defined it "a Hindu system of philosophical meditation and asceticism designed to affect the reunion of the developed soul with the Universal spirit"

\*According to swami Vivekananda, "Each soul is potentially divine. The goal is to manifest this divinity within, by controlling Nature, external and internal. Do it either by work or worship, psychic control or philosophy, by one, or more, or all of these and be free"

\*According to the Bhagvad Gita. "This Yoga must be followed with faith, with a strong and courageous heart"

### The stages of Yoga

The right means are just as important as the ends in view. Patanjali enumerates these means as the eight limbs or stages of Yoga for the quest of the soul. They are

1. Yama (Universal moral commandments)
2. Niyama (Self-purification by discipline)
3. Asana (Physical Posture)
4. Pranayam (rhythmic control of the breath)
5. Pratyahara (with drawl of sense organs)
6. Dharana (Concentration)

7. Dhyana (Meditation) - :

8. Samadhi (a state of super consciousness)

### Yoga as a Science:

Yoga is a complete science of life and although ancient one, has become popular only in recent past. It is a scientific method for exercising and relaxing to ease the tensions and stress of modern day living. Yoga is one of the techniques which help the development of physical and mental health of a person. The science of Yoga has a very wide spectrum as regards its application. In India and any other developed countries yoga is included as a discipline in the curriculum of education.

Yoga is a science that combines body movements that coordinate with the mind, posture and breathing techniques which produce the best results for healthy living. Today, Yoga is gaining popularity due to its possible application to various fields of human interest i.e., healthcare and prevention of sports injuries, sports performance, and development of physical fitness. Yoga is recognised as a system that promotes the integral development of body and mind. Yoga and Physical Fitness

### Problems of Modern Lifestyle

Uncountable problems are created by the present-day lifestyle. The following are the three main problems that are the root cause for other problems and risks

- Stress.
- Cardiac problems
- Obesity

The problems accumulated at the body level as stiffness of joints and spasms of muscles can be released by the practice of yogasanas, which are congenial postures of the body. Yoga in itself is a science of health management rather than a method of treatment. When yoga is combined with certain healing and therapeutic modalities, it increases health, general wellbeing and longevity. It does this by removing tension, calming the mind and improving vitality. Yoga generally enhances our lives on all levels.

Today's life style stress, Cardiac Problems and obesity is the burning problems and risk.

### Stress.

Stress (roughly the opposite of relaxation) is a medical term for a wide range of strong external stimuli, both physiological and psychological, which can cause a physiological response called the general adaptation syndrome, first described in 1963 by Hansselye in the journal "Nature". It can be understood as tension: (Psychology) a state of mental or emotional strain or suspense. Stress is the body's physical, mental and chemical reactions to circumstances that frighten, excite, confuse, challenge, surprise, anger, endanger or irritate. The events that cause stress may be good or bad. While many people have always thought of yoga as some mystic Hindu practice, that image is rapidly disappearing—almost as fast as the stress of our modern lives are increasing. The American Academy of Family Physicians has noted that stress-related symptoms prompt heart disease and 60 million have hypertension.

### **Obesity**

It may be defined as excess weight or deposition of excess fat on the body, which leads to various diseases like diabetes, heart diseases, hypertension, lowered pulmonary function, and lowered life expectancy.

Obesity, obviously, is a curse and a serious disease by itself. If you do not modify your life style and choose the right food on a regular basis, the weight you lose on any diet will come right back. Almost 70 per cent of those who diet, regain their lost weight within a year, and have to diet all over again. Constant losing and gaining of weight in the battle of the bulge is frustrating and demoralising. It often leaves serious psychological scars. You can help yourself to be fit and not fat.

### **Yoga is a way to a Balanced Life**

Health is the foundation on which rests the happiness of the people and the strength of the nation. Yoga is a science that regulates the physical and physiological behaviour of an individual. Regular practice of Yoga will develop physical fitness and keep ailments away, and also it gives mental power. Some of the advantages of Yoga are:

□ It's a traditional system of practice, coordination, both mind and body, which is ultimately

needed for the today's modernized society. Yoga plays a vital role determining the individual's

physical and mental fitness.

□ Unlike some allopathic medicines, Yoga practice has no side effects.

□ Regular practice of yoga prevents occurrence of many diseases of modernized life style.

two-third of the office visits to family Physicians Exercise and alternative therapies are now

commonly prescribed for stress-related complaints and illness. Even a recent issue of consumer Reports suggests Yoga for stress relief.

Practicing Yoga can alter your *brain* chemistry. Some yoga positions in particular are effective in stimulating the pituitary gland to release endorphins and to reduce the level of cortisol (the stress hormone.)

Asanas greatly influence the functioning of the endocrine system. We know the important role the endocrine glands play during stress adaptation, by secreting the stress hormones. There is such an intricate relationship between the glands that one malfunctioning gland can cause the disruption of the whole system.

**Cardiac Problems** The Heart is said to be most sensitive to emotional stress. During a stress period, the vessels of the visceral organs are tightened and the amount of blood flow to the muscles is increased. By restricting the tiny vessels to visceral organs, the heart is pressed to work harder. when the heart beats faster, the blood pressure rises. If the emotional stress persists, blood pressure remains consistently high, leading to stroke and other cardiovascular diseases.

Yogic practice helps to prepare a healthy body and mind, trained in such a way that a necessary equilibrium is established in overall functions. It is short of reconditioning of physiological mechanisms of the body as a whole. The effectiveness of Yoga in controlling hypertension by removing stress-related disorders.

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### Conclusion:

1. Yogic Science fruitful field for fundamental and applied research and teaching at higher levels by behavioural scientists, particularly psycho logistic.
2. It is important that indigenous knowledge of yoga and yoga psychology is suitably incorporated as an integrated aspect of life in our routine.
3. Yoga is good for everyone so people of all professions, cultures, religions and socio-economic strata adopt a yogic lifestyle and attain an inspired vision for the future.

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4. Yogic lifestyle has the potential to harmonise the emotional life of the individual and helps one to gear up for the inner journey of everlasting contentment. Yoga is a complete science of life, and although an ancient one, has become popular only in the recent past. It is a scientific method for exercising and relaxing to ease the tension and stresses of modern-day living. To conclude this, I would strongly recommend yoga as one of the preventive & social medicines of Westernised society.

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