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## Importance of Yoga in Daily life

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### **Abstract:**

*Yoga is a traditional method of meditation development by the saints of ancient India. They practiced yoga as an effective method of controlling their mind and body activities. Yoga in daily life is system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships when you are healthy you are in touch with your inner self, with others and your surroundings on a much deeper level, which adds to your spiritual health. Yoga teaches you to focus on breathing while you hold the poses. This attention to breath is calming it dissolves stress and anxiety. Yoga can help cure insomnia, as regular yoga practice leads to better and deeper sleep yoga can help fight fatigue and maintain your energy throughout the day yoga is an effective treatment for a variety of autoimmune diseases because it can reduce the symptoms these diseases often cause such as stiffness, malaise, fatigue and weakness. Even children can benefit from yoga.*

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### **Introduction:**

Peace of mind, consciousness and soul to live in harmony with oneself environment is the wish of every human. However, in modern times greater physical and emotional demands are constantly placed upon many areas of life. The result more and more people suffer from physical and mental tension such as stress, anxiety insomnia, and there is an imbalance in physical activity and proper

### **Exercise:**

The word yoga originates from Sanskrit and means to join, to unite yoga exercise has a holistic effect and brings

body. Mind, consciousness and soul in to balance. In this way yoga assists us in coping with everyday demands, problems and worries. Yoga helps to develop a greater understanding of yourself. The purpose of life and our relationship with god. These are experience and insights a far reaching and comprehensive system known as yoga originated and gave us valuable, practical instructions for the body breath, concentration relaxation and meditation. The practices that this book offers have therefore already proven themselves over thousands of years and have been found to be helpful by millions of people.

The system “yoga in daily life” is taught worldwide in yoga centers, Adult Education centers, health institutions, fitness and sports clubs, rehabilitation centers and health resorts. It is suitable for all age groups it requires no acrobatic skills and also provides the unfit, as well as handicapped, ill and convalescent people, the possibility of drafting yoga. The name itself indicate the yoga can be and should be used “In daily life” the exercise levels were worked out in consultation with doctors and physiotherapists and can therefore with observation of the stated rules and precautions be practiced in dependently at home by any one yoga in daily life is a holistic system, which means it takes into consideration not only the physical but also the mental and spiritual aspects.

#### **The main goals of “Yoga in Daily Life”**

- Physical Health
- Mental Health
- Social Health
- Spiritual Health
- Self Realization

#### **These Goals are attained by:**

- Love and help for all living beings respect for life, protection of nature and the environment.
- A peaceful state of mind.
- Full vegetarian diet.
- Pure thoughts and positive lifestyle.
- Physical, mental and spiritual practices and a free.

#### **Physical Health:**

The health of the body is the fundamental importance in life. As the Swiss born physician, para Celsius, very correctly said, health isn’t everything but without health everything is nothing”. To preserve and restore health there are physical exercises. (Asana) breath exercises (Pranayama) and relaxation techniques, within “Yoga is Daily Life”. The classic Asana and Pranayama are divided into an eight level system, beginning with servile hat Asana” (meaning, Exercises that are good for every one”)

#### **Mental Health:**

In general, we are led through life by the mind and senses, father that having these are our control. However, to gain control of the mind. We must first place it under inner analysis and purify it negative thoughts and fears create an imbalance in our merman’s system and through this our physical function. This is the causes of many illnesses and sorrows. Clarity of thought, inner freedom, contentment and a heal thy self-confidence are the basis for mental well being. That is why we strive to gradually over come our negative qualities and thoughts and aim to develop positive thoughts and behavior.

#### **Social Health:**

Social Health is the ability to be happy within oneself and to be able to make other happy. It means to nurture genuine contact and communication with other people, to assume responsibility with

in society and to work for the community. Social health is also the ability to relax and experience life in all its beauty.

One of the growing problems of our times is drug addiction. It is a clear sign of social illness. The system of “Yoga in Daily Life” can assist in overcoming this illness and grant people a new, positive air and purpose in life. The importance of keeping good, positive company has a great influence upon our psyche, as such companionship moulds and forms our personality and character. Positive company is of great importance in spiritual development living “Yoga in Daily Life” means to work for ourselves and for the benefit of other. To do valuable and constructive work for our neighbor and the community is to preserve nature and the environment and work for peace in the world. To practice yoga means to be active in the most positive sense and to work for the welfare of all mankind.

### **Spiritual Health:**

The main principle of spiritual life and the highest precept of mankind are:

### **Ahimsa: - Paramao-Dharma**

This precept embraces the principle of non violence, in thought, word, feeling and action, prayer, meditation, mantra, positive thinking and tolerance, lead to spiritual health, Humans should be protector’s non destroyers. There qualities that really make us human are the ability to give, understand and forgive. To protect life and respect the individuality and independence of all forms of life is a primacy practice of the yoga teaching. By  
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following this precept greater tolerance, understand, metal love help and compassion develops not only between individuals, but between all humans, nations, races, and religious faiths.

### **Conclusions:**

“Yoga in Daily Life” offers the spiritual aspirant guidance and life’s path through the practices of mantra yoga and kriya yoga. As the most highly developed beings upon earth, humans are capable of realizing their real nature and inner self, God. The spiritual goal of Yoga is God Realization, The union of the individual soul with God. The realization that we are all one in our common root and connection to God is the first step decisions regarding your health and wellbeing, happily life, are in your hands practice regularly with firm determination and success will be contains.

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