



EXPLORING THE TRENDS OF YOGA IN QUALITY LIFESTYLE

Mrs. S. Shanthi

Physical Director, Sakthi Polytechnic College, Sakthi Nagar, Erode-638315, Tamilnadu, India.

ABSTRACT

This article discusses the growth of yoga in recent times and its impact on various aspects of life, particularly after the COVID-19 pandemic. The growth of yoga has led to tailored practices for specific populations, including seniors, children, pregnant women, and individuals with disabilities. Yoga has been integrated into various settings such as senior living facilities, schools, and healthcare institutions to address unique needs. Moreover, yoga's therapeutic benefits have gained attention, leading to its incorporation into treatment plans for various health conditions, especially medical yoga. Yoga festivals and events have continued to attract enthusiasts from around the world, providing opportunities for practitioners to deepen their practice and connect with others. Additionally, the yoga community has embraced individuals from diverse backgrounds and abilities. The impact of yoga after COVID-19 has been significant, with yoga serving as a valuable tool for physical and mental recovery and resilience. The pandemic highlighted the importance of self-care and mental well-being, leading to the integration of yoga and mindfulness practices into daily routines. Virtual yoga classes emerged as a popular option, promoting accessibility and connectivity during times of social distancing. In conclusion, yoga's growth and impact in recent times have been substantial, influencing various aspects of well-being and lifestyle. The practice of yoga has become essential in promoting physical health, emotional balance, and spiritual exploration, making it a valuable asset in the modern world.

KEYWORDS :**INTRODUCTION:**

There was a growing recognition of yoga's positive impact on mental health and emotional well-being. (SUMITRA DAS et al., n.d.) As stress, anxiety, and depression became prevalent issues, more people turned to yoga as a holistic approach to managing their mental health. Yoga and mindfulness practices were integrated into mental health programs and wellness initiatives. (Rai et al., 2020) Companies and organizations recognized the importance of employee well-being, leading to the inclusion of yoga and mindfulness programs as part of workplace wellness initiatives. Offering yoga classes to employees became a common practice to promote physical and mental health and improve productivity.

Growth of Yoga:

Yoga practices were tailored to cater to specific populations, such as seniors, children, pregnant women, and individuals with disabilities. Yoga was integrated into senior living facilities, schools, and healthcare settings to address the unique needs of these groups. The therapeutic benefits of yoga gained more attention, and medical professionals incorporated yoga into treatment plans for various health conditions. Medical yoga, also known as therapeutic yoga, was used to complement traditional medical treatments for chronic pain, cardiovascular diseases, and other ailments.

Yoga Festivals And Events:

Yoga festivals and events continued to draw enthusiasts and practitioners from around the world. These gatherings provided opportunities for participants to deepen their practice, learn from renowned instructors, and connect with like-minded individuals. In line with the global focus on sustainability and environmental consciousness, some yoga studios and practitioners adopted eco-friendly practices. There was a shift towards using sustainable materials for yoga props, reducing plastic usage, and promoting eco-consciousness within the yoga community. The yoga community embraced inclusivity and diversity, striving to make yoga accessible and welcoming to individuals of all backgrounds, body types, and abilities. Efforts were made to create safe spaces and challenge stereotypes within the yoga community. The scientific community continued to explore the effects of yoga on physical and mental health.

Impact of yoga after COVID-19:

The impact of yoga after COVID-19 has been significant and multifaceted. The pandemic brought unprecedented challenges to people's physical and mental health, and yoga emerged as a valuable tool for recovery and resilience. Here are some of the notable impacts of yoga after COVID-19:

For individuals who experienced COVID-19, especially those with lingering symptoms or long COVID, yoga has played a crucial role in physical rehabilitation. The gentle and low-impact nature of yoga asanas (postures) can help restore flexibility, strength, and lung

function, aiding in the recovery process. (MARINA RAI et al., n.d.) The pandemic has taken a toll on mental health, with increased levels of anxiety, depression, and stress being reported worldwide. (Alaguraja & Yoga, 2018c) (Rathinaraj et al., 2020) Yoga's emphasis on mindfulness, meditation, and controlled breathing has provided people with effective coping mechanisms to manage stress and improve mental well-being. (Alaguraja & Yoga, 2019a) A regular yoga practice has been shown to have positive effects on the immune system. (Alaguraja & Yoga, 2018b) Given the importance of a robust immune system during a pandemic, incorporating yoga into daily routines can be beneficial in strengthening the body's defense mechanisms. COVID-19 primarily affects the respiratory system, and many survivors may experience lingering respiratory issues. (Alaguraja & Yoga, 2018a) Breathing exercises (pranayama) and specific yoga poses can help improve lung capacity and respiratory function, aiding in the recovery process. (Alaguraja & Yoga P, 2019) With social distancing measures in place, traditional in-person yoga classes were restricted during the pandemic (Alaguraja & Yoga, 2017a).

Yoga and Women's Lifestyle:

The relationship between yoga and women's lifestyle changes is significant and has a profound impact on their physical, mental, and emotional well-being. Yoga practice can bring about positive transformations in various aspects of women's lives. Here are some key ways yoga influences women's lifestyle changes. (Alaguraja & Yoga, 2017b)

Physical Health: Yoga offers a gentle yet effective way to maintain and improve physical health. Regular practice of yoga asanas (postures) helps to increase flexibility, strength, and balance. It can also alleviate menstrual discomfort and improve reproductive health. Additionally, certain yoga poses target specific women's health concerns, such as back pain, hormonal imbalances, and digestive issues. (Alaguraja, 2019)

Stress Reduction: Women often juggle multiple roles and responsibilities, which can lead to high levels of stress and anxiety. Yoga provides tools like meditation, mindfulness, and controlled breathing (pranayama) that help women manage stress more effectively. By engaging in these practices, women can experience greater calmness and emotional stability in their daily lives. (Alaguraja, 2019).

Menstrual and Menopausal Health: Yoga can be beneficial during different phases of a woman's life. For menstrual health, specific yoga practices can help reduce menstrual pain and discomfort. During menopause, yoga can ease symptoms like hot flashes and mood swings, while also promoting bone health through weight-bearing poses.

Emotional Balance: Women often experience emotional fluctuations

due to hormonal changes and other life events. Yoga encourages self-awareness and self-acceptance, allowing women to connect with their emotions in a healthy way. This can lead to improved emotional regulation and a greater sense of well-being. (Rai et al., 2020)(Alaguraja & Yoga, 2018a)(Alaguraja & Yoga, 2020)

Body Image and Self-Confidence: In a world that often places unrealistic expectations on women's bodies, yoga promotes body positivity and self-acceptance. Through regular practice, women may develop a deeper appreciation for their bodies and focus on their strengths rather than perceived flaws, leading to increased self-confidence. (SUMITRADAS et al., n.d.)

Empowerment and Independence: Yoga encourages women to take charge of their physical and mental health. By practicing yoga, women can cultivate a sense of inner strength and empowerment, which can extend to other areas of their lives. This newfound confidence can lead to positive lifestyle changes, such as setting and achieving personal goals. (Alaguraja & Yoga, 2019b)

CONCLUSION:

In conclusion, the impact of yoga after COVID-19 has been instrumental in promoting physical recovery, mental resilience, and overall well-being. As the world navigates the challenges of the post-pandemic era, yoga continues to serve as a valuable tool for healing, coping, and fostering a sense of community and connection. The practice of yoga can bring about transformative lifestyle changes for women, encompassing physical health, emotional well-being, and spiritual growth. Through yoga, women can find empowerment, balance, and a deeper connection with themselves, leading to enhanced overall quality of life.

REFERENCES:

1. Marinar Rai., et.al, (2020). The power of yoga. *International journal of advanced science and technology*, 29(03), pp.6225-6229.
2. Sumitra Das., et.al, (2020). Consequence of yoga and rowing. *International journal of advanced science and technology*, 29(03), pp.7079-7084.
3. Alaguraja, K., & Yoga, P. (2020). Combination of naturopathy and yoga on VO2 max among hypertensive patient. *Indian journal of public health research & development*, 11(04), pp.131-134.
4. Alaguraja, K., & Yoga, P. (2020). Effect of yoga therapy on BMI rate among class I obese patient. *Indian journal of public health research & development*, 11(05), pp.143-146.
5. James Rathinaraj, S., Yoga, P., Alaguraja, K., & Selvakumar, K. (2020). Combination of walking practices and yogic practices on low density lipoprotein(Ldl) among middle aged women. *Indian journal of public health research & development*, 11(06), pp.362-365.
6. Alaguraja, K., & Yoga, P. (2017). Influence of yogasana practice on flexibility among obese adolescent school boys. *International Journal of Yoga Physiotherapy and Physical Education*, 2(7), pp.70-71.
7. Alaguraja, K., & Yoga, P. (2018). Effect of core stability training on dynamic strength among college male students. *International Journal of Yogic Human Movement and Sports Sciences*, 3(2), pp.436-437.
8. Yoga, P., Balamuralikrishnan, R., & Alaguraja, K. (2018). Influence of cyclic meditation on selected physiological parameter. *International Journal of Advanced Education and Research*, 4(1), pp.17-18.
9. Alaguraja, K., & Yoga, P. (2019). Effect of yogic practice on resting pulse rate among school students. *Indian journal of Applied Research*, 9(7), pp.43-44.
10. Marinar Rai., Yoga, P., Alaguraja, K., Selvakumar, K., & Sumitra Das. (2020). The power of yoga. *International journal of advanced science and technology*, 29(03), pp.6225-6229.
11. Sumitra Das., Yoga, P., Alaguraja, K., Selvakumar, K., & Marinar Rai. (2020). Consequence of yoga and rowing. *International journal of advanced science and technology*, 29(03), pp.7079-7084.
12. Alaguraja, K., Yoga, P., James Rathinaraj, S., & Selvakumar, K. (2019). A study on yoga intervention on maximal oxygen uptake among stress patient. *Indian Journal of Applied Research*, 9(9), pp.38-39.
13. Alaguraja, K. (2019). Analyze of combined asanas pranayama practices on psycho social parameter among sports people". *Indian Journal of Applied Research*, 9(10), pp.73-74.
14. Alaguraja, K., & Yoga, P. (2019). A study on yogic package on body mass index among rural school boys. *International Journal of Physical Education, Exercise and Sports*, 1(2), pp.07-09.
15. Alaguraja, K., & Yoga, P. (2019). Impact of yogic package on body mass index among obese people. *International Journal of Physical Education, Exercise and Sports*, 1(2), pp.04-06.
16. Alaguraja, K., & Yoga, P. (2019). Combined pranayama and meditation practices on self confidence. *International Journal of Physical Education, Exercise and Sports*, 1(2), pp.01-03.
17. Alaguraja, K., & Yoga, P. (2019). Mindfulness meditation on stress among working men". *International Journal of Physiology, Sports and Physical Education*, 1(1), pp.09-11.
18. Alaguraja, K., & Yoga, P. (2019). Yogic therapy treatment on high density lipoprotein among high school boys. *International Journal of Physiology, Exercise and Physical Education*, 1(1), pp.09-11.
19. Alaguraja, K., & Yoga, P. (2019). A study effect of combined yoga and naturopathy on triglycerides among stressed people. *International Journal of Physiology, Exercise and Physical Education*, 1(1), pp.09-11.
20. Alaguraja, K., & Yoga, P. (2019). Analysis the effect of yogic package on low density lipoprotein among trained handball players. *International Journal of Physiology, Exercise and Physical Education*, 1(1), pp.09-11.
21. Alaguraja, K., & Yoga, P. (2019). A sequence of combined effect of saq training and yogic package on self confidence among handball players. *International Journal of Sports, Exercise and Physical Education*, 1(1), pp.15-17.
22. Alaguraja, K., & Yoga, P. (2019). Pranayama package on systolic blood pressure among

- middle ages unemployed women. *International Journal of Sports, Exercise and Physical Education*, 1(1), pp.18-20.
23. Alaguraja, K., & Yoga, P. (2019). Pranayama package on self efficacy among middle ages unemployed women. *International Journal of Sports, Exercise and Physical Education*, 1(1), pp.18-20.
24. Alaguraja, K., & Yoga, P. (2017). Influence of yogic practice on vo2 max among school students. *International journal of innovative knowledge concepts*, 5(6), pp.18-20.
25. Selvakumar, K., & Yoga, P. (2018). Changes of vertical jump through maximal power training among college men handball players. *International Journal of Yogic Human Movement and Sports Sciences*, 3(2), pp.438-439.
26. Selvakumar, K., & Yoga, P. (2019). Influence of yogic practice on flexibility among college students, *Indian journal of Applied Research*, 9(7), pp.45-46.