



A General Study of Different Yoga Centers and their Contribution in Social Welfare

* Prof. Deveshkumar Manubhai Chaudhary

* SSP Jain Arts & Commerce College, Narsipara, Dhrangadhra, Di-Surendranagar, Pin No-363310

Keywords : Yoga, health, Mind and Body, Meditation, Stress

Introduction:

The word Yoga signifies functional integration at the highest level of spiritual-psychosomatic development. Yoga not only ensures the health of the body but also experiences the sense of well being of the senses, the mind and the should simultaneously. Yogic practices are very useful to get perfect health and fitness thereby improving the performance in various activities of games and sports. The goal of Yoga and human life is self-realization. The philosophical approach of Yoga is practical. Yoga is applicable to all religious and communities. Yogic principles and their practice are the most effective, practical and universal accepted to achieve the highest goal of life i.e. self-realization. Therefore, Yoga is a panacea for all, not only for the persons who wish to get salvation but for everyone—be a student, teacher, lecturer, doctor, engineer, businessman, doctor, person, sports person, factory workers, house wife, laborers, diseased people and healthy people for keeping themselves healthy and active to achieve the goal of their life and enjoy a complete, perfect health and blissful life, Yoga is a Sanskrit term meaning union—a process of uniting oneself with w., he is essentially. Yoga is one of the six systems of ancient Indian philosophy. It is a Sanskrit word derived its root verb yoga meaning to unite or to yoke or to join a special effort for united action. Yoga is its noun form and means union. It is concerned with the union of the individual soul with the Absolute or the Divine Soul. In an applied sense, it is yoking of the mind forces to purify oneself and attain the highest of knowledge. It is the impact of controlled mind on the heart for self-awareness, identification or union of the Self with the Supreme Source. The union of the finite with the infinite is Yoga. The harmonizing of the ascending and the descending breaths is Yoga. The androgynous union of the solar (male) and the lunar (female) forces is Yoga. The natural reciprocity between sympathetic and parasympathetic alternation is Yoga. These are some of the popular notions of Yoga. The present paper will present a general study of different yoga centers in Gujarat and their contribution in social welfare.

Yoga has already become very popular amongst the masses all over the world. However, for this very reason, many quacks and charlatans are exploiting masses for their selfish goals and due to them, very queer notions regarding Yoga have become prevalent among people. Some consider Yoga as a set of exercises for maintaining health, others consider it as some mysterious means of getting supernatural powers. Whereas still others think Yoga to be a means of getting a kick from sensory experience and entering into extra sensory perception. The Yoga system handed down under the name of Patanjali and presented in the slender volume of his Yoga Sutra which has gained the reputation of being the classical exposition of Yoga. Patanjali's Yoga is the second of the systematic or integral expositions of the Yoga technique that have been preserved from ancient times.

The methodical scheme of Patanjali's Yoga has-like that of the Buddha-eight parts: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. The Yoga Sutra of Patanjali appeared during a time when Yoga was no longer the practice of a few but had become very popular as a result of the spread of Buddhism, Jainism and other unorthodox religious circles who modified Yoga practice and interpretation to suit their respective sectarian cults and beliefs. Yoga is a subject of such breadth and depth that it covers every possible phase of human existence. The fact that it has existed unchanged for so many years, speaks clearly of its veracity and usefulness to mankind. Truth must always stand unchanged for it is factual and cannot be modified. Though the subject matter of Yoga has been taken from the sacred books of the Hindus, by itself Yoga is not a religion, for it is bereft of any rites or rituals, doctrines or dogmas, creeds or cults as in religions. A Catholic Jesuit, Father M. Dechanel in his book has recommended Yoga as an aid to Christianity. Yoga is rooted to India's hoary past. Archeological evidence shows that Yoga was practiced in India prior to 2000 B.C. by the inhabitants of the Indus Valley. With the arrival of the Aryans in India shortly after 2000 B.C., the principles of Yoga came to be recorded in scattered forms in Sanskrit in their sacred books—the Vedas and the Upanishads.

Sanskrit was an Indo-European language. Yoga as an organized study of its principles and practices took shape and emerged as a philosophical system from the basic Upanishadic teachings around 2nd Century B.C. like all the other Indian philosophies. There are limits to tolerance of pressure, particularly the accumulated one, by both body and mind. In contemporary society, there is a lot of pressure of varied kinds on people because of multiplicity of factors and forces. Broadly speaking, the term "stress refers to a typical condition of mental or emotional disquiet. It is a non-specific response of the body to any demand made on it. Stress is the tension and pressure that results when an individual views a situation presenting a demand that threatens to his or her capability or resources. Here we define stress as a person's adaptive response to stimulus that places excessive psychological or physical demands on him or her." Stress may be defined as a person's adaptive response to a stimulus that places excessive psychological or physical demands on that person. It is the pressure experienced by a person perceiving a stimulus in the environment. Purification of body is essential for the normal functioning. In naturopathy and yoga, purification is a special form of therapy employed for the elimination of waste products from the body. During stress, the rate of waste-production increases many times and if it is not brought out from the body, it may cause many diseases, water therapy is the most appropriate therapy for purifying the body. Meditation is a yogic technique which has recently become popular all over the world. There have been hundreds of researches on psycho-physical responses during and after meditation and its

therapeutic uses. Regular practice of meditation helps in falling down the cholesterol level and plasma cortisol level which is considered as an important bio-chemical indicator of stress.

For proper evaluation, it is imperative to clearly perceive the purpose of carrying out the activity.

The significant objectives of Yoga education are given below:

- 1] Awareness about health, hygiene and concentration.
- 2] Daily practice of postures (*asanas*), *pranayama* and meditation.
- 3] Healthy body along with improved concentration.
- 4] Development of intelligence-intellect.
- 5] Awareness of *Yogic* diet and conduct leading to adoption of these disciplines in daily life.
- 6] Evaluation of self through family, society, nation and humanity at large.
- 7] Prayer and surrender unto the Lord should play an important role in life.

As a result of the research, there are live benefits of Yoga that are as follows :

- 1] Establishing general muscular tone including that of heart favourable effect on the psyche, especially as an antidote for mental strains.

- 3] Aid the digestive system of reducing Nervous tension.
- 4] Control of obesity.
- 5] Deepening of respiration which favours good gaseous exchange and believes the body becomes strong and healthy.

Yoga places an important role by burning the therapeutic effects in asthma, diabetes, hypertension and the like. Yoga helps to prevent injury and long term damage including arthritis. Yoga involves stretching and strengthening the different parts of the spine, the backbone of our structure. The whole body becomes supple and agile. Yoga prevents constipation. Yoga promotes the health of the endocrine glands which is associated with nervous system. Yoga maintains the overall functional efficiency of different systems of the body. Yoga puts certain groups of muscles under pressure straining and this in turn influences muscle tone which is closely related to one's own emotional behavior. Yoga is used as a preventive corrective and therapeutic prescription. Yoga also helps to build a strong body, inflexible and unwavering mind and unaffected spirit. Hence Yoga should be made as a part and parcel of the sports curriculum.

REFERENCES

1. Yoga Sutra, 1-2. | 2. Katha Upanishad, 6-11. | 3. Svetasvatara Upanishad, 2-8-13. | 4. Maitri Upanishad The Maitrayna, (6.25) | 5. Maitri Upanishad The Maitrayna, (6.25) | 6. McCartney, James, Yoga : The Key to Life, Bombay : Jaico Publishing House, 1970. p. 6. | 7. Chattarjee, D.P., Indian Philosophy. People's Publishing House, New Delhi, 1964. p. 3. | 8. www.google.com |