

Role of Yoga and Meditation in Today's Life

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Abstract:

Yoga and meditation have gained increasing popularity in recent years as people seek ways to manage the stress and demands of modern life. The art of practicing yoga helps to control the body, mind and soul of a person. It brings physical and mental disciplines together to reach a peaceful body and body. It helps to control stress and anxiety for you. Yoga also offer for the benefit of flexibility, muscle strength and body tone. Whatever you are looking for, Yoga offers it. Very often, however, yoga is only partially understood as being limited to asana (yoga postures). Therefore, their benefits are only perceived on a physical level and we cannot see the enormous benefits that yoga offers to unite body, mind and breath. When you are in harmony, the journey through life is calmer, happier and more satisfying. With the daily practice meditation he becomes a calmer person. The role of yoga and meditation in today's life, with a focus on their effects on mental and physical health, stress reduction, and overall well-being.

Keywords: Physical Health, Mental Health, Social Health, Spiritual Health

Introduction

The art of practicing yoga helps control the mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and body. Helps to control stress and anxiety and keeps you relaxed. It also helps increase flexibility, muscle strength and body tone. "Yoga is a priceless contribution of the ancient Indian tradition (Kumar, 2018). This tradition is 5000 years old and represents the unity of body and mind. Thought and action, moderation and fulfillment, harmony between man and nature A holistic approach to health and well-being is not about physical activity, but discovering the sense of unity with you, the world and nature, changing our lifestyle and increasing awareness, which can contribute to the welfare of world therefore, yoga should be organized on international level as the international day of yoga "- Narendra Modi, General Assembly of the United Nations, September 2014.

On the spiritual path, yoga leads to the highest knowledge and eternal happiness in the union of the individual with the universal self. Yoga is this highest and cosmic principle. It is the light of life, the universal creative consciousness that is always awake and does not sleep; that was always, always is and

always will be. Thousands of years ago Rishis (sage and saint) in India sold nature and the cosmos in their meditations. They discovered the laws of material and spiritual, and received a vision of the connections within the universe. They studied cosmic laws, the laws of nature and elements, life on earth and the forces and energies that work in the universe, both in the outer world and on the spiritual plane. The unity of matter and energy, the origin of the universe and the effects of elemental forces were described and explained in the Vedas (Yoga Journal, 2018). Furthermore, mindfulness, a key aspect of both yoga and meditation, has been shown to have numerous benefits, including reducing stress and improving cognitive function. This is particularly relevant in today's fast-paced and constantly connected world, where many people struggle to manage stress and find moments of peace and quiet.

These are experiences and knowledge of a broad and wide system known as yoga that gave us valuable and practical instructions for the body, encouragement, concentration, relaxation and meditation. The practices offered by this book have been demonstrated for thousands of years and are considered useful for millions of people. The Yoga in Daily Life system is taught around the world in yoga centers, adult education centers, health facilities, gym and sports clubs, rehabilitation centers and spas. It is

suitable for all ages: it does not require “acrobatic” skills and offers the opportunity to practice yoga for inadequate people, but with disabilities, illnesses and recovery. The name itself indicates that yoga can and should be used “in everyday 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 independently at home by anyone. “**Yoga in Daily Life**” is a holistic system, which not only help in the physical, but also the mental and spiritual aspects (Rocha, 2016).

- Physical Health
- Mental Health
- Social Health
- Spiritual Health
- Self- Realization or realization of the Divine within us

The present life is filled with stress, which further influences our day to day activities. Practicing meditation is the mean for relieving stress and thus improves the quality of sleep. Less stress means more happiness. With help of meditation one can live joyful and healthier life.

Meditation or “Dayana” is an intense form of attentiveness. Let your mind focus on one thing and separate from all mundane things. Meditation comes in one of the eight limbs of yoga. It is believed that all divine powers live in the heart and meditation is the only way to immerse in the heart. Although meditation is not the answer to all problems, this entails a harmony between the body and the soul. To take full advantage of meditation, a common practice is required.

Importance of Meditation:

The daily practice meditation he becomes a calmer person. There is a mental calm in every task you perform. Every day you will have a different experience, so you will never think of the past day, but the present.

Less stress means more happiness. Live a happier and healthier life with meditation. People with anxiety and depression have to mediate for 15-20 minutes every day. Mediation also helps to keep anger under control.

Meditation improves the energy gain from internal sources. They live a disciplined life and maintain good habits. Improved concentration is the

result of meditation. It is believed that meditation improves the immune system and helps regulate blood pressure and lower blood cholesterol. Meditation slows down aging. Meditation creates emotional stability (Jones, 2018).

By making meditation routine, a consciousness develops and gradually you reach a point of highest consciousness. It helps you to learn about yourself and the secrets of life. It will give meaning to your life. Over all the importance of yoga and meditation in today's life and provides evidence to support their use as effective tools for improving mental and physical health, reducing stress, and promoting overall well-being. By incorporating these practices into their daily lives, individuals can reap the benefits of greater mindfulness and lead happier, healthier lives.

Conclusion

The objective of yoga and meditation is to create harmony in the physical, vital, mental, psychological and spiritual aspects of man. The spiritual goal of yoga and meditation is the realization of God, the unification of the individual soul with God .That practicing yoga and meditation can have a positive impact on mental health, reducing symptoms of anxiety, depression, and stress. These practices have also been shown to improve cognitive function and increase feelings of well-being. On the physical side, yoga has been found to improve flexibility, balance, and strength, while meditation has been associated with lower blood pressure and reduced inflammation.

The realization that we are all one of our common origins and in relation to God is the first step. The decisions about your health and well-being, as well as a happy and free life, are in your hands. The usual practice with determination and success will be safe.

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