

## **YOGA: AN INTRODUCTORY OVERVIEW**

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### **Introduction:**

The word Yoga is derived from the Sanskrit word 'Yuj' which essentially means to join or unite. Born in India, almost 26,000 years ago, yoga originated in India. Yoga has become a universal language of spiritual exercise in the United States, crossing many lines of religion and cultures,... Every day, millions of people practice yoga to improve their health and overall well-being. That's why we're encouraging everyone to take part in PALA (Presidential Active Lifestyle Award), so show your support for yoga and answer the challenge. -Barack Obama. On December 11, 2014, the 193-member U.N. General Assembly approved by consensus, a resolution establishing June 21 as International Day of Yoga' Prime minister Narendra Modi further stated that "Yoga embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well being. An individuals, families, professionals and communities need to make a concrete effort of practice yoga regularly to achieve the physical levels of every. It will be never too late to start an active lifestyle. Yoga is such a thorough system of exercise for the whole body system that regular practice of few related postures will help to correct and prevent almost disorders. Particularly since the most up to date western medical scientist have demonstrated the effect through several experiments.

### **Purpose: -**

There is evidence to suggest that regular yoga practice increases brain GABA levels, and yoga has been shown to improve mood and anxiety more than some other metabolically-matched exercises, such as walking.[6][7] In the midst of our modern world characterized by daily stress, fatigue, and pollution, more and more people are seeking that elusive sense of

relaxation and inward awareness. Hailing from an ancient tradition originated in India, Yoga has long since provided people with a refuge away from the everyday confusion and entropy, and has transported an increasing number of people to a peaceful oasis within. Though the practice of Yoga is closely-associated to ancient texts, beliefs, and values, it also yields benefits useful for people's practical daily lives.

Some encouraging, but inconclusive, evidence suggests that yoga as a complementary treatment may help alleviate symptoms of schizophrenia and improve health-related quality of life. It is claimed that yoga can be an excellent training for children and adolescents, both as a form of physical exercise and for breathing, focus, mindfulness, and stress relief: Many school districts have considered incorporating yoga into their P.E. programs. The Encinitas, California school district gained a San Diego Superior Court Judge's approval to use yoga in P.E., holding against the parents who claimed the practice was intrinsically religious and hence should not be part of a state funded program. Yoga involves an overwhelming number of forms, styles, exercises, and poses. Each has its own unique features and benefits. People today are taking a lot of precaution about their health consciousness but at the same time a large percentage is unaware or neglecting the basics of yoga exercises which affects on results.

Here are some following basics discussed which will be helpful for beginners and Yoga practitioners for better result.

I] Warm-up

II). Proper Exercise

III) Time and Place

IV) Proper Breathing

V) Proper Diet

VI) Proper Relaxation

VII) Massage

### **I] Warm-up-**

A good warm up will gradually increase your heart rate, increase circulation to your muscles, tendons and ligaments, and mentally prepare you for your workout. Your ligaments and tendons become more flexible, reducing the chance of tears and prevent injury.

In yoga, it is very important to do some Warm-up poses before a session so you will be physically ready for yoga poses that you want to practice, it will prepare your body for more difficult poses in future.

### **1) Leg Exercise-**

Before you begin yoga routine, it's a good idea to spend 5 to 10 minutes warming up your muscles. Hitting the ground running without stretching out your limbs could affect the quality of the first few minutes of your routine. Perform a few isolated movements for your legs to get your blood and enthusiasm flowing. Use a combination of yoga and calisthenics for your leg muscle warm-up exercises.

### **2) Eye Exercise-**

Like any other muscle, the eye muscles also need exercise to be healthy and strong. By moving the eyes in every direction, without turning your head at all, these Five Yoga Eye Exercises will strengthen the eye muscles, help prevent eyestrain, and improve eyesight.

### **3) Neck Exercise-**

Many people hold tension in their necks and shoulders, leading to stiffness, bad posture, and tension headaches yoga practice can ease tension, increase flexibility and tone the muscles. Slowly Neck bending forward-backward and rotation will relax the neck muscles.

### **4) Shoulder Lifts and stretches-**

Many people hold tension in their shoulders, leading to stiffness, bad posture; Shoulder Stretches are great in relieving stress and tension on your shoulders, as well as your entire upper back. Practice them daily for several weeks and notice the changes.

## **II).Proper Exercise-**

Proper Exercise is achieved through the Yoga posture or Asana which systematically works on all parts of the body - stretches and tones the Muscle and Ligaments, enhances the flexibility of the spine and the joints, and improves blood Circulation. The asanas are designed to regulate the physical and physiological functions of the body.

## **III) Time and Place-**

The best time for practice yoga is in early morning (preferably before sunrise) and after sunset.

## **IV) Proper Breathing-**

Proper breathing should be deep, slow and rhythmical. To achieve this, you need to be able to regulate the length and duration of your inhalation, exhalation, and the retention of air in your lungs or the pauses between breaths.

## **V) Proper Diet-**

Proper Diet is one that nourishes both mind and body. It should be well balanced and based on natural foods. Proper Diet in Yoga also means eating in moderation and eating only when you are hungry.

## **VI) Proper Relaxation**

By releasing the tension in the muscles and putting the whole body at rest, you revitalize your Nervous system and achieve inner peace, making you feel relaxed and refreshed. This relaxed feeling is carried over into all your activities and helps you conserve your energy and let go of all worries and fears.

## **VII) Massage**

Massage is helpful for many injuries, massage with oil such as sesame oil is helpful as it relaxes the muscles and helps heal the injuries faster by increasing the blood circulation.

## **Conclusion-**

Yoga practice may look simple but this is a powerful activity. In fact, you can get hurt if you practice Poses incorrectly. Many individual trying to practice the Yoga Poses by themselves at home or in the office. However, if someone feels uncomfortable or are not able to complete a posture, do not push yourself. Yoga Exercise is not a competition, so just relax and try again. Understanding and accepting this concept can greatly help people in joining a Yoga class without feeling of discomfort.

## **References**

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