

39/2018

sm 2018-19

**National Conference**  
on  
**Interdisciplinary National Conference on Role  
Of Physical Education and Other Disciplines in  
Enhancing the Performance of a Player &  
Fitness for Young and New India**

24<sup>th</sup> Dec. 2018

**Organized By,**



**IQAC**

**Bar. R. D. I. K. & N. K. D. College,  
Badnera – Amravati**

Collaboration with

**Art & Science College, Kurha**

**And**

**Physical Education Foundation of India**



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## Role of Yoga

**Prof. Dr. Sangita Mangesh Khadse**

Director Of Physical Education Smt. Sindhutai Jadhav Arts And  
Science Mahavidyalaya, Mehkar Dist. Buldhana

### **Introduction :-**

Yoga commonly and unofficially referred to as Yoga Day is celebrated annually on 21 June since its inception in 2015. An international day for Yoga was declared unanimously by the United Nations General Assembly (UNGA). Yoga is a physical, mental and spiritual practice originated in India. One of the beauties of the physical practice of yoga is that the poses support and sustain you no matter how old or young, or fit or frail, you come to your mat. As you age, your understanding of asana becomes more sophisticated. You move from working on the external alignment and mechanics of the pose to refining the inner actions to finally just being in the asana. Yoga has never been alien to us. We have been doing it since we were a baby! Whether it is the Cat Stretch that strengthens the spine or the Wind-Relieving pose that boosts digestion, you will always find infants doing some form of yoga throughout the day. Yoga can be many things to many people. We are determined to help you discover your "Yoga Way of Life"

### **Benefits of Daily Yoga :-**

Weight loss, a strong and flexible body, glowing beautiful skin, peaceful mind, good health whatever be looking for, yoga has it on offer. However, very often, yoga is only partially understood as being limited to asanas (yoga poses). As such, its benefits are only perceived to be at the body level and we fail to realize the immense benefits yoga offers in uniting the body, mind and breath. When you are in harmony, the journey through life is calmer, happier and more fulfilling. With all this and much more to offer, the benefits of yoga are felt in a profound yet subtle manner. Here, we look at the top 10 benefits of regular yoga practice.

#### **All-round fitness.**

You are truly healthy when you are not just physically fit but also mentally and emotionally balanced. Sri Sri Ravi Shankar puts it, "Health is not a mere absence of disease. It is a dynamic expression of life in terms of how joyful, loving and enthusiastic you are. This is where yoga helps postures, Pranayama.

#### **Weight loss :-**

What many want! Yoga benefits here too. Sun Salutations and Kapalbharti Pranayama are some ways to help lose. Moreover, with regular practice of yoga, we tend to become more sensitive to the kind of food our body asks for and when. Then can also help keep a check on weight.

#### **Stress relief :-**

A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily - in both body and mind. Yoga postures, pranayama and meditation are effective techniques to release stress. You can also experience how yoga helps de-tox the body and de-stress the mind at the Sri Sri Yoga Level 2 Course.

#### **Inner peace.**

We all love to visit peaceful, serene spots, rich in natural beauty. Little do we realize that peace can be found right within us and we can take a mini-vacation to experience this any time of the day! Benefit from a small holiday every day with yoga and meditation. Yoga is also one of the best ways to calm a disturbed mind.

#### **Improved immunity.**

Our system is a seamless blend of the body, mind and spirit. An irregularity in the body affects the mind and similarly unpleasantness or restlessness in the mind can manifest as an ailment in the body. Yoga massages organs and strengthens muscles: breathing techniques and meditation release stress and improve immunity.

#### **Better relationship :-**

Yoga can even help improve your relationship with your spouse, parents, friends or loved ones! A mind that is relaxed, happy and contented is better able to deal with sensitive relationship matters. Yoga and meditation work on keeping the mind happy and peaceful: benefit from the strengthened special bond you share with people close to you.



### Physical and Mental stresses A way.

look back and see the number of instances where fiery confrontation with colleagues, boss, spouse, kids and sundry others was clearly avoided because of the hour of daily yoga. Daily yoga washed out physical and mental stresses picked up during a regular workday- This is how situations that would normally bring out anger were combated with clarity in thought and effective communication.

1. Well begun is more than half done - Start the day off with some yoga and meditation. Basic yoga stretches and warm ups help loosen me up and the meditation refreshes me, so I know that I am fully charged and ready to tackle the rest of the day!
2. A mind drat says. "YES!" A positive attitude fosters success and yoga fosters a positive attitude.
3. The balancing act - Yoga and time management are both all about balance. My yoga teacher taught me that the poses we adopt must be stable and comfortable (Shriram sukhamsanam). I make sure that my plan for the day keeps me occupied properly, but leaves enough time for recuperation and entertainment
4. Intuition helps prioritize well a very powerful yoga technique; the Sun Sa3utations\_(Suryanamaskaar) has innumerable benefits, one of which is developing your intuition, your third eye center. This helps you choose your activities with wisdom and foresight.

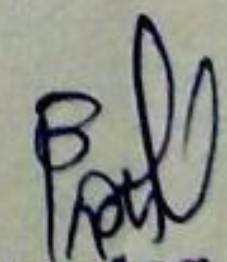
### Conclusion :-

Yoss & Pranayama is the extension and control of one's breath. Practicing proper techniques of breathing can bring more oxygen to the blood and brain, eventually helping control prana or the vital life energy. Yoga & Pranayama also goes hand in hand with various yoga asanas. The union of these two yogic principles is considered as the highest form of purification and self-discipline, covering both mind and body. Yosa & Pranayama techniques also prepare us for a deeper experience of meditation. Know more about various Yoga & Pranayama techniques in these sections. This section lays an exclusive commentary by Sri Sri Ravi Shankar on the ancient scripture. Paianjaji Yoga S\_u\_trgs, which will enlighten you on the knowledge of yoga, its origin and purpose. The goal of this rendition of the Yoga Sutras is to make the principles and practices of the Yoga Sutras mere and accessible. The descriptions of each sutra offered by Sri Sri Ravi Shankar .Tactical suggestions of what can be done to experience the ultimate benefits of a yogic. Are emotions taking a toll on your personal and work learn more about how yoga can aide you in overcoming issues naturally with minimum lifestyle changes.

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Coordinator - IQAC  
Smt. Sindhutai Jadhav College  
Mehkar, Dist. Buldana