

## Modern Yoga and its role in modern life: Dibrugarh

Ms. LILEEYAN SAIKIA GHOSE

Assistant prof. education

Rao Mohar Singh College of Education

Rohtak University, Behrampur, Gurugram, Haryana.

Email - lileeyansaikia@gmail.com

**Abstract:** *Modern lifestyles affect our health in all aspects of the body, mind and society. There is a need to raise awareness of the impact of modern life in order to control the impact of lifestyle patterns. Promoting a healthy lifestyle includes proper diet, physical exercise, and a better way to communicate and socialize in the community. All of this has a positive impact and we can easily get it when practicing yoga. Yoga will reduce the risk of many diseases caused by the way we live. Therefore, this article explores the importance of yoga in modern life. This article is based on my practical course in yoga classes at the DIBRUGARH Yoga Center. In this article, I included what I observed during my training at the center. Health is the main goal of anyone, so you don't have to spend a lot of money to practice yoga to achieve proper health. Therefore, this article explores the importance of yoga in modern life to encourage readers to practice yoga to maintain physical, social and mental health.*

**Key Words:** *introduction; meaning; role; conclusion.*

### 1. INTRODUCTION:

Before discussing the role of yoga in modern life. It is important to discuss issues related to modern life. Obviously, modern lifestyles are alleviating the lives of today's men. However, it also has a negative impact on health in terms of physical, social, psychological and spiritual. There are many reasons for this type of problem, some of which are lack of physical exercise, using technology and spending a lot of time on these machines, and also sitting in the office or home for long hours due to work demand. The front of the computer is some of them. Modern lifestyles increase the risk of obesity. Therefore, diabetes, heart disease and cancer are produced. The pollution caused by modern technology has caused many people to suffer from various respiratory diseases. Psychologically, people are susceptible to stress and frustration. Due to the large amount of time spent on computers and the Internet, social isolation will result. As a result, WHO concluded that the existing technology and its extensive use in modern life affect our health in many ways. Modern people have nervous problems due to the fast lifestyle driven by science and technology. For physical, mental, and spiritual well-being, he/she needs little time to rest. When people think they are at rest, they are busy chatting at Mobile, which brings another mental stress to life. In modern life, in addition to technological advancement and a relaxed lifestyle, eating habits have also changed. People used to use natural foods such as fruits and vegetables. This habit has been transformed into food that is artificially produced in factories such as fast food restaurants. The environment and working methods have also changed and have had a negative impact on people's lives, especially in urban industrial environments. Therefore, the paper explores the importance of yoga as a solution to the problems posed by modern lifestyles.

### 2. MEANING:

Modern yoga consists of a range of techniques including asanas (postures) and meditation derived from some of the philosophies, teachings and practices of Hinduism, and organised into a wide variety of schools and denominations. It has been described by Elizabeth de Michelis as having four types, namely: Modern Psychosomatic Yoga, as in The Yoga Institute; Modern Denominational Yoga, as in Brahma Kumaris; Modern Postural Yoga, as in Iyengar Yoga; and Modern Meditational Yoga, as in early Transcendental Meditation. Yoga is an ancient practice, whose important texts are found in the Buddhist, Hindu and Jain traditions. It is a term in ancient Indian texts with many definitions. Yoga has traditionally referred to both a school of philosophy and many paths for an individual's soteriological and spiritual practice. These historical texts mention as many as 8.4 million asanas, but provide no details. A few Hatha yoga texts, some dated to around the 10th-century, describe many posture practices in detail. Along with asanas, these historic texts additionally include various forms of breathing exercises, meditation, sometimes tantra practices, and means to spiritual liberation (moksha). Yoga in Indian traditions has been more than physical exercise; it has a meditative and spiritual core. Outside India, "yoga" has come to mean a form of posture-based fitness regimen, a stress-relief and relaxation technique. Modern yoga has adopted innovations from Western gymnastics and other practices.

### 3. ROLE:

Modern life makes us feel comfortable. To make our lives more comfortable and convenient, we pay for obesity, high blood pressure and heart problems. Despite our high-tech medical facilities, we still live a stressful, unhealthy and unstable life. In this case, yoga can bring peace to our bodies, our minds and souls, and add more value to our lives. Yoga is very important in modern life. Yoga teaches us how to live a healthy life. It enhances our focus, creativity and enhances our memory. In order to maintain positive physical and mental health, yoga is a must. In the hustle and bustle of modern life, our emotional stability is declining every day. But yoga can help prevent it. Therefore, another important aspect of yoga in modern life can be that yoga can improve our muscle strength, endurance and bring immunity and psychological stability. This article is fully dedicated to the many importance of yoga in modern life, especially how to integrate yoga into the busy schedule.

#### 3.1. The importance of yoga in modern life:

**Increase your focus and help stay focused:** The importance of yoga in modern life is limitless. One of the best courses that yoga teaches us is to focus on the present. In a recent study, I found that practicing yoga every day can improve our IQ and memory. Every day, our attention and attention are bombarded by modern lifestyles such as mobile phones, laptops, television and social media. Fortunately, yoga can bring our awareness to the present and help us stay focused and focus. For urban residents, yoga works like magic. Regular practice yoga can improve coordination and response time and help them with their busy schedules. It can also increase their attention and help them reduce their mental distress. The continuous breathing exercise of yoga helps to relax and shift the balance from the sympathetic nervous system to the parasympathetic nervous system. Doing so can lower your heart rate and your breathing and lower your blood pressure.

#### 3.2. Help build power:

Yoga plays a vital role in enhancing your body. These days doctors advise their patients to practice yoga every day. For example, yoga is essential for new mothers. Yoga helps strengthen the body and helps them regain their body shape. The reason behind this is that yoga involves many stretching exercises. Therefore, even if it is a full body exercise, it is a low-influence exercise. We started to lose about 40 muscle masses, and by the time we were 50, the process only accelerated. If we don't do any exercise to build muscle, we will only become weaker and lose independence in later life. But thanks to yoga, we can prevent this process. Yoga involves a series of sports, and you can constantly change to different postures. By doing so, we challenged the muscles to support and enhance the weight of the body. Regular practice yoga can build muscles and make us look more attractive. Our busy life has made us feel anxious, energetic, and even in some cases we will balance work and personal life with depression. In this case, yoga can bring peace and mindfulness to our lives. One of the important aspects of yoga in modern life is to help calm our constantly fluctuating levels of energy. Yoga is not just a thin and thin exercise. It helps us build strong muscles. Strong muscles are much better for us than they look. Now, doctors prescribe yoga to prevent back pain and arthritis.

#### 3.3. Increase flexibility and posture:

Another important aspect of yoga in modern life is that it helps us have a more flexible body, and as a result, our lives become more manageable. Usually we suffer from knee pain. This is because improper alignment of the thigh and tibia can cause the hips to tighten and force the knee joint. Another discomfort caused by muscle stiffness is back pain and poor posture. Tightening the hamstrings will flatten the lumbar spine and cause low back pain. Stiff muscle and connective tissue can lead to poor posture. In fact, due to work needs, I have to spend most of my time sitting today. Sitting for a long time will make my life boring, even if I have not tested its effects on my metabolic health. Obviously, sitting posture affects the body's processing of fats and sugars in a way that increases our risk of heart disease and diabetes. There is no doubt that the health hazards of most of the day are the same as those of other diseases. I also gradually become more susceptible to stress and frustration. Then, start taking part in night yoga classes. After arriving at my training center, I traveled almost 5-10 kilometers by bus, and returned to my residence and walked the same kilometer. I proved that the yoga class taught me a lifetime. I started doing different physical exercises. After completing the three-month certificate program, I practiced exercise in the small living room at least three days a week, which improved my situation. There is no doubt that yoga exercises involve "discipline, willpower, determination and great effort" and the experience of yoga has unexpectedly occurred (Farhi, 2005).

### 4. CONCLUSION:

The modern lifestyle is complex and full of tension. As a result, people in urban areas are busy with work plans to enrich the viability needed for life. Due to technological advances, modern people live in a highly competitive environment. In the current lifestyle, especially in urban industrial societies, work styles, eating habits and family life

structures have completely changed. In this society, the structure of the extended family is unimaginable, and the management of the nuclear family structure itself is very busy due to its huge demand. This lifestyle puts stress on individuals, leading to different types of diseases. Therefore, practicing yoga is important for controlling health problems caused by modern living environments. Yoga is holistic and provides physical, psychological, social and spiritual benefits.

**REFERENCES:**

1. Mei Yanfang. The International Journal of Online Journals on the Needs and Importance of Yoga in Healthy Living. Global International Research Thoughts, 2014. [www.darpanonline.org/GIRT](http://www.darpanonline.org/GIRT), date of visit 14/06/2017.
2. Claire T. Men's Yoga. Healthy and stress-free posture. United States, Professional Press, 2004.
3. Farhi D. Bringing Yoga to Life: The Daily Practice of Enlightened Life. Australian Harper Collins publisher,
4. Heerman G. Yoga in the Modern World: Exploration of "Authentic" Practice: Asia 489, Independent Research Project, Sociology and Anthropology, 2014. [Http://soundideas.pugetsound.edu/csoc\\_thess](http://soundideas.pugetsound.edu/csoc_thess) Accessed 12 / 06/2017.
5. Sivananda Sri Swami. Yoga in everyday life. Eighth Edition: Holy Life Institute publication, 1999. <http://www.SivanandaDIshq.org/>. Visit 14/06/2017.
6. Soewondo S. The stress factor in the modern urban lifestyle: the Indonesian view. Asia Pacific J Clinical Nutrition. 1996; 5(3): 135-137.
7. Sunil. The importance of yoga in everyday life. [Https:// www. Researchgate.net/publication/ 278673574](https://www.researchgate.net/publication/278673574), has been accessed. In 2015,
8. Verma et al. The importance of yoga in the twenty-first century. International Journal of Sports, Sports and Health. 2015; 2(2): 1-2. World Wide Web. Kyle Journal. COM. Visit in 2017.
9. World Health Organization (WHO). World Health Organization charter. [Http://www.who.int/about/mission/en/](http://www.who.int/about/mission/en/), visit, 2017.