



## THE IMPORTANCE OF YOGA IN HEALTHY LIFE SKILLS

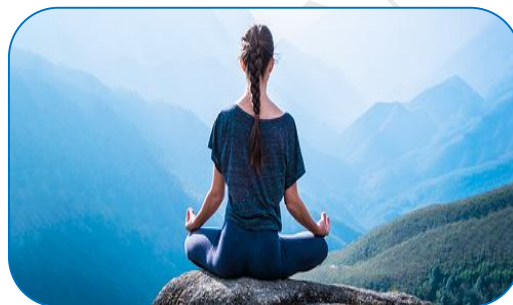
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### ABSTRACT :

"Yoga is a discipline improve or develop one's inherent power in a Balance manner,attain complete self realization and self development.According to Maharshi patanjali, "Yoga is the complete modification of the mind,body and spirit".

Yoga is derived from the Sanskrit word "Yoj" which means to bring together or merge. In people's view yoga is a chain of exercises with atwist of body poses. Actually one has to probe deeper, then it will be clear tso you that main motive is to make "Your inner spirit, to connect with the Universal spirit or God". Thus fully yoga achieves a balance between the body and mind and keeps a positive feedback.



**KEYWORDS :** Yoga, Life Skill, self realization.

### INTRODUCTION

Thus yoga streamlines the body and the sensitive mind. Yoga makes us achieve this naturallythrough various body movements,breathing exercises,meditation postures and relaxation techniques. Thus Indian yoga is a boon to the whole world and it offers a healthy and lively Lifestyle in all aspects of life.

### APPLIED YOGA IN LIFE SKILLS EDUCATION :-

Yoga is open to everyone and thus can be useful for all generations in all walks of life. Use of yoga for children in taking in education would seem a novel idea,but a serious thought would showthat children develop a good physical stamina and flexibility, emotional stability and also enhance their intellectual and creative talents. As we perform this yoga it makes us realise the richness of the yoga tradition which is not just restricted to the physical or postures but it inks with psychological and emotional domains.

### EFFECTIVENESS OF YOGA ON HUMAN DEVELOPMENT :-

Understanding yoga profoundly can give us the best solutions for our day to day problems, thus making our existance meanigful.

Research inference and linguistic shows have drawn conclusions that our education has favoured linguistic and mathematical intelligence and the IQ tests are based on these aspects. The creativ angle is ignored and thus the development of other complementary facts of intelligence lay dormant. Reading this in the light of the parts of Astang yoga. Thus the yoga tradition addresses fully well most of these intelligence.

### Ashtang Yoga :-

Although there are several schools of yoga and their approach may be different but the assumptions at the core are same.

1. Mind and the Body are connected with one's health and also affects one another.

2. Yogasanas practised regularly and relaxation exercises would revitalize and have tranquilizing effects on the system.
3. This discipline that starts at this level of the body soon moves to the mental aspects. This is reflected with an increase in the effectiveness of an individual in any task he/she undertakes.
4. Balance is important in all that one neither indulges or deprives.
5. It is essential to develop a healthy attitude such as cleanliness and contentment.
6. Psychological and mental stress work, through introspection and various meditational method, is the aim of bringing about clarity of understanding and self-awareness.
7. Also yoga offers a harmony with oneself, others and also nature.

In school yoga is to be taught to children in a simple manner, especially to children of all ages. To bring out their physical, mental and creative energies in a constructive manner so as to lead to self confidence and self awareness.

Students should be made made to realise the importance, and if then they take interest, a spare time additional coaching class be arranged. The basic exercises which the students need are rhythmic movements and some selected simplified asana for stretching and toning the muscles, thus creating flexibility within the skeletal system as well as to develop and maintain the nervous system and endocrinal system.

The development can be measured as heightened sensitivity, balanced energy and improved attentiveness. Every students can thus share the positive findings with each other and then this would result in many insights and solve the problems of the students as well as the teacher.

A patent program for teachers forms the basis for a new approach of teaching. It is immaterial of the subjects they teach. Teachers can exhibit these skills at the start of each class session for first few minutes. Please note that teachers themselves will benefit from using the yogic approach and in turn will improve effectiveness in the classroom.

### ESSENTIAL LIFE SKILLS :-

**Life skills :-** are abilities for adoptive and positive behaviour that enable humans to deal effectively with the demands and challenges of life. World health organization in 1999 identified following Lifeskills. Same skills listed ' UNICEF' in 2012 reports. Life skills curricular designs for K-12 often emphasis communications and practice skills.

1. Decision making
2. Problem solving
3. Creative thinking
4. Critical thinking
5. Effective Communication
6. Inter personal relationship
7. Self awareness
8. Empathy
9. Assertiveness
10. Equanimity
11. Coping with emotions and stress.

### SIMPLE , STRIKING BENEFITS OF YOGA PRACTICE :-

#### 1. Fitness :- for all round fitness.

One is truly healthy when he/she is not just physically fit but also mentally and emotionally balanced in health. healthy body also shows how joyful, loving and enthusiastic a person is. This he is able to achieve through yoga leaps postures, pranayama and meditation which clearly is a holistic fitness package.

**Flexibility :-** Stretching your tight body in new ways will help into become more flexible.

**Strength :-** Many yoga poses require you to support the weight of your own body in new ways . Including Balancing and supporting yourself with your arms, Some exercise require you, to move slowly poses.

**Balance :-** Most of us support from problems of imbalance creat a lot of stress and strain in our body at that time it also lead to injury, pain, or just simple discomfort.

#### 2. Weightloss :-

Yoga benefits from the sun salutation " surya Namaskar " and " Kapal Bhatti " pranayama, these are some ways which help to lose weight. A regular practice in this is recommended. We nowadays tend to become more sensitive to the kind of food our body asks for and even this yogasanas can also help to keep a check on weight.

### 3. Stress relief :-

Few minutes of yoga during the day can greatly reduce stress that is accumulated in both body and mind.

### 4. Inner peace :-

A visit to peaceful place is quite pleasant and remain in physical contact with the natural beauty. But if we think a little and then go for the basics, we realise the peace which we tend to find out is right within us and a mini vacation is then taken to experience thus in any time of the day. Yoga offers a small holiday everyday with Asanas and meditative postures. Yoga is often prescribed to people who have a disturbed mind.

### 5. Improved Immunity:-

Human system is a perfect blending of the body, mind and spirit. Ailment or illness is resulted from irregularity in the body which affects the mind and also any form of small unpleasantness and restlessness, Yoga gives the massage to the organs and strengthen the muscles through breathing techniques and meditation. Now the stress seem to be released and a further improvement in immunity is seen..

### 6. To live greater awareness :-

Yoga , pranayama and meditation keep the mind happy yoga help and bring the mind back to present movement. where it can stay happy and focused.

### 7. For better Relationships :-

Yoga can help improve Relationship with your loved. Your mind Relax, happy, and better able to deal your relationship matter, hence use yoga and meditation, to keep the mind and body happy, joyful, and peaceful.

### 8. To Increase Energy :-

Daily routine work you feel very hectic day, that time you need to charge up your batteries, then you do 10 minute yoga, pranayama , meditation. You feel very well and keep us fresh. Yoga must become part of your routine life, regular yoga practice, Stretches, makes the flexibility, strong and also improve your body posture.

### 9. To Improve Intuition :-

Yoga is continuous process, so keep practicing the deeper, more profound will be its benefits. Yoga and Meditation have the power to improve Intuitive ability so you spontaneously realize what needs to be done.

### 10. Psychological Benefits :-

Regular yoga practice creates mental clarity and calamines, increase body awareness relieves chronic stress patterns, relax the mind, centres attention and sharpens concentration.

### 11. Spiritual Benefits :-

When you achieve the yogic spirit. You can begin knowing yourself at peace. The value of discovering ones self and of enjoying ones self as is , begins a journey into being rather than doing. Life can then be lived practicing " Yoga off the mat"

### 12. Self Awareness :-

Yoga strives to increase self-awareness on both a physical and psychological level, it also gives the individuality and helps in positive effect of one self.

**13. Pride :-** Pride and especially anxiety about pride.

**14. Mental Health :-** Reduction of Tension.

**YOGA OUTPUT IN OFFICEPLACE AND LIFE SKILLS :-**

1. Yogic methods of stress management reduce depression in workplace.
2. Yogasanas and group meditation gives employees a sense of empowerment in tackling a stressful situation.
3. Personal stress is seen reduced and yoga balances work place and home.
4. Alertness increases, thus yoga improves works performance, safety and more productivity.
5. yoga broadens the mind , teamwork is facilitated and communication and managing skills are rated best.
6. There is creativity and innovation is enhanced.
7. Conclusion:-
8. The output of yoga are numerous interm of energy, some of the important yoga benefits. include anti aging. Balance and flexibility of body ,reduce depression in the workplace and home. Improve mental health, develop of personal and social value, also help weight loss, improve strength.
9. 5
10. Yoga enhances your understanding of life changes view of life. Yoga helps people to know who is he and How life works yoga practice feeling is so natural and so genuine that is goes entirely in an individuals life yoga helps you experience the truth thus yoga gives you the strength and security, confidence and inner psychological peace,throughout yoga inspired every people confidence and communication skills. Yoga practice develop teamwork and management skills. such great are the benefits and properties of yoga.
11. "Yoga change your Life "

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