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## Role of yoga in daily life for health and fitness: An analysis

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### Abstract

Yoga may well be effective as a supportive adjunct to mitigate some medical conditions, but not yet a proven stand-alone, curative treatment. Larger-scale and more rigorous research with higher methodological quality and adequate control interventions is highly encouraged because yoga may have potential to be implemented as a beneficial supportive/adjunct treatment that is relatively cost-effective, may be practiced at least in part as a self-care behavioral treatment, provides a life-long behavioral skill, enhances self-efficacy and self-confidence and is often associated with additional positive side effects. The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. Practicing yoga might seem like just stretching, but it can do much more for your body from the way you feel, look and move. Yoga play very important role in our physical and mental health is the main objective of the study. Present study is based on the primary survey. The main results are analyses with effective statistical techniques.

**Keywords:** Yoga, daily life, health and fitness

### Introduction

Yoga teaches you to focus on breathing while you hold the poses. This attention to breath is calming it dissolves stress and anxiety. Yoga can help cure insomnia, as regular yoga practice leads to better and deeper sleep. Yoga can help fight fatigue and maintain your energy throughout the day. Yoga is an effective treatment for a variety of autoimmune diseases because it can reduce the symptoms these diseases often cause, such as stiffness, malaise, fatigue, and weakness. Even children can benefit from yoga. Those with attention deficit disorder and hyperactivity can learn to relax and get control by using yoga breathing and yoga asanas. Yoga has been used to help heal victims of torture or other trauma. Because yoga is a form of meditation, it results in a sense of inner peace and purpose, which has far-reaching health benefits. One of the growing problems of our times is drug addiction. It is a clear sign of social illness. The system of "Yoga in Daily Life" can assist in overcoming this illness and grant people a new, positive aim and purpose in life. The importance of keeping good, positive company has a great influence upon our psyche, as such companionship moulds and forms our personality and character. Positive company is of great importance in spiritual development. Living "Yoga in Daily Life" means to work for ourselves and for the benefit of others. To do valuable and constructive work for our neighbours and the community, to preserve nature and the environment and work for peace in the world. To practice Yoga means to be active in the most positive sense and to work for the welfare of all of mankind

### Objective of the study

Present study has some following objectives

- To evaluate that yoga play a very essential role in our life to remove stress.
- To know that it is most require for better health.

### Data Collection of Methodology

Present study was base on primary data which is collect with the help of 200 questionnaire fill up by student researcher and common people. The collected data has been presented by the suitable tables and diagrams. Also used chi square test which show the significance of yoga from different person.

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### Methodology

The relationship between selected person variables health performance of every people doing yoga for each even by competing person product movement coefficient of correlation.

$$= \text{NEXY-EX (EY) NX2-EX2 [NEY2- (EY)2]}$$

Where X and Y are the scores for independent and dependent variable, N is the number of subjects tested.

### Role of Yoga in Health

Yoga blends the two states of tension and relaxation life always seeks to restore balance and the ideal state is that in which static, force, and dynamic power are in harmony. In this state the deepest relaxation is found within the highest tension and this forms the basic for the new life of service and cooperation. The basic characteristics of yoga are its use of meditation, for by utilizing this discipline, the mind and body are purified and adjusted and personality is heightened. Yoga enables everyone to move towards that state of developed consciousness which is oneness with the sacred. The first step is to harmonize purity and strengthen both body and mind. A regular practice of yoga 30 to 50 minutes daily with faith in 'self', proves a blessing in the form of spiritual illumination which slowly develops into awareness of reality.

The main purpose of practice of Preksha Dhyana Yoga to see inside with deep concentration is to purify the mental states. Mind is constantly choked by contaminating urges, emotions and passions. The hurdles of uncleanness must first be removed. When, the mind is cleaned, peace of mind automatically surface. Balance of mind, equanimity and the state of well-being are also expressed simultaneously.

Right physical and mental posture for effective meditation is:

- Physical
- Mental

### Physical

A stabilized posture, which is in fact, the natural body. The balanced breath and the practice of right diet.

### Mental

Original mind detached, purified, strengthened and active. The mind of faith arising from a developed physical and emotional centre of body yoga began at least six thousand year ago and has continuously been enriched by the wisdom accumulating from humanity's struggle for survival.

If a human being can live strictly according to nature will have total health and happiness, because such a way of life is balanced.

**Table I:** Correlation of Person with the help of Yoga Co-efficient of Correlation

Sr. No.	Variable	Co-efficient of Correlation
1.	Good Physical Health	0.510
2.	Mental Health	0.479
3.	Remove Stress	0.465
4.	More Capacity doing work	0.474
5.	Over all Fitness	0.422

Significant at 1% level, = 0.393

Significant at 5% level, = 0.304

From Table - I it shows the different indicators of health performance like good physical health (0.514) mental health (0.479), remove stress (0.465), more capacity doing work (0.474) overall fitness (0.422) have positive and significant correlations with doing yoga at 1% of significance. This shows that yoga is essential for human health.

With the help of field survey authors have also found some interesting information for human health shows that the invention involved 20 minutes progression of seated standing and spine yoga posture that includes isometric construction and relaxation of different muscle groups and regulated breathing.

**Suggestion:** There are some following suggestions which help the person's health.

- There is needed to start yoga every day for good health.
- It must also be important to tell the people benefit of yoga in our daily life.
- To draw the focus on the advantages and future prospects of yoga for every person.
- Also providing guidance and motivation of students in yogic science and it must be compulsory for every class students.

### Conclusion

"Yoga in Daily Life" offers the spiritual aspirant guidance on life's path through the practices of Mantra Yoga and Kriya

Yoga. As the most highly developed beings upon earth, humans are capable of realizing their real nature and inner Self, God. The spiritual goal of Yoga is God-Realization, the union of the individual soul with God. The realization that we are all one in our common root and connection to God is the first step. Decisions regarding your health and Wellbeing and a free, happy life, are in your hands. Practice regularly with firm determination and success will be certain

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