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YOGA AS A TRADITIONAL SYSTEM OF EXERCISE

ABSTRACT

The purpose of the study was investigating how Yoga is a traditional system of exercise, and to know the future of Yoga. The present study is also helpful to know the difference between the ancient Yoga and modern Yoga. This study also throws light on how people misunderstood Yoga and its implementation. To achieve the purpose of the study 10 male and 10 female selected as a sample the age of the selected sample ranged from 45 to 55 years. The entire sample consists of male and female were interviewed with the same questionnaire. The study showed that all the subjects have little or more misconceptions about Yoga. It also helps to know whether the people may have confusion about ancient and modern Yoga.

Keywords- Yoga, traditional and exercise

INTRODUCTION:-

Yoga is a basically spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word Yoga is derived from the Sanskrit root Yuj, it means to join or to yoke or to unite. As per yogic scriptures the practice of Yoga leads to the union of individual's consciousness with universal consciousness, indicating a perfect harmony between the mind and body, Man and Nature. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be in Yoga, and is termed as a yogi, having attained to a state of freedom referred to as mukti, nirvana or moksha. Thus the aim of Yoga is self realization, to overcome all kinds of sufferings. Living with freedom in all walks of life, health and harmony shall be the main purpose of Yoga practice. Yoga being widely considered as an immortal cultural outcome of Indus Saraswati Valley civilization dating back to 2700 B.C.

Traditional Yoga has historically been taught orally, and there are subtle nuances among various teachers, rather than there being someone, precisely agreed upon Yoga. Principles are usually communicated in sutra style, where brief outlines are expanded upon orally. For example yoga is outlined in 196 sutras of the yoga sutras and then is discussed with and explained by teacher to student. Similarly, the great depth of meaning of Om mantra is outlined in only 12 verses of the Mandukya Upanishad and is expanded upon orally. Over 10% of the 700 verses of the Bhagavad Gita specifically contain the word Yoga. This article also does not claim that there is a single, universal Modern Yoga. Here also there are many different faces. However, there has been a quite significant overall shift in the perception of Yoga, and that is worthy of comment and ongoing examination.

TRADITIONAL VIEW OF YOGA AND POSTURES (ASANANS) –

To the ancients, Yoga is a complete system, of which the postures are a small, though quite useful part. The word Yoga referred to the whole, not merely one part, which the postures, or Asanas. The entire purpose of Yoga is spiritual in nature, according to the ancient sages.

MODERN VIEW:-

In modern times, the relative position of the postures has been elevated, so as to lead people to believe that the word Yoga refers to physical postures or Asanas, and that the goal of these is physical fitness. The whole and the part have been reversed, terribly misleading and confusing people about the true nature of authentic Yoga.

MATERIALS AND METHODOLOGY:-

The purpose of the study is to find out how Yoga as a traditional system of exercise as well as to know the feature of Yoga. The present study is also helpful to know the difference between ancient Yoga and modern Yoga. To achieve this purpose 10 male and 10 female were selected as sample. Their age ranged between the 45 to 55 years. The entire male and female sample interviewed with the same questionnaire. Data collected through these interviews and after that activity was implemented to clear the misconceptions.

RESULTS AND DISCUSSION:-

1. It is observed that People understood Yoga is originated in India and also a tradition system of exercise.
2. People became aware that how Yoga is different than modern exercise techniques and its system.
3. People understood that Yoga is beneficial to all age groups and their purpose of doing Yoga is also different.
4. Yoga is also commonly understood as therapy or exercise system for health and fitness. While physical and mental health are natural consequences of Yoga. The goal of Yoga is more far-reaching. Yoga is about harmonizing oneself with the universe.
5. It is the technology of aligning individual geometry with the cosmic, to achieve the highest level of perception and harmony
6. People became aware about the Traditional Schools of Yoga :These different Philosophies, Traditions, lineages and Guru-shishyaparamparas of Yoga lead to the emergence of different Traditional Schools of Yoga e.g. Jnana-yoga, Bhakti-yoga, Karma-yoga, Dhyana-yoga, Patanjala-yoga, Kundalini-yoga, Hatha-yoga, Mantra-yoga, Laya-yoga, Raja-yoga, Jain-yoga, Buddha-yoga etc
7. Each school has its own principles and practices leading to ultimate aim and objectives of Yoga. Yogic Practices for Health and Wellness.
8. It helps in developing awareness of one's mind and helps to establish control over the mind.
9. This further facilitates control over mind and paves way for higher yogic attainment.
10. Yoga works on the level of one's body, mind, emotion and energy. This has given rise to four broad classifications of Yoga: karma yoga, where we utilize the body; bhakti yoga, where we utilize the emotions; gyana yoga, where we utilize the mind and intellect.
11. Yoga Education, on the other hand, aims at taking care of the individual, the 'Being'. It is presumed that a good, balanced, integrated, truthful, clean, transparent person will be more useful to oneself, family, society, nation, nature and humanity at large.

CONCLUSIONS:-

While undertaking this research, it is observed that Yoga becomes as a fashion in the society. People without knowing the theoretical part of Yoga, they engaged in practicing Yoga. Most of the People unaware about the history and the difference between ancient and modern Yoga. So it is the need of time to teach Yoga with giving information about its history and tell them how modern Yoga differs from ancient Yoga. Practices should be accompanied with theory.

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