



IN DRASTICALLY CHANGING LIFESTYLE WOMEN NEED YOGA FOR MAINTENANCE OF PHYSICAL AND MENTAL HEALTH

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ABSTRACT:

This research is for the benefit of women in the society. From a very worldly point of view it will help the women class who are constantly under physical and mental oppression. Today's woman has to perform various roles like being a housewife, mother, wife and a job holder and after coming home from job, she has to perform household duties. Considering today's economic stress and social and cultural changes, both job and homemaking are inevitable and difficult roles that women have to perform every day. Women suffer from physical fatigue and mental stress due to avoidable causes. As a result they are deprived of both physical health and mental peace. In this situation, they are also responsible for imparting good manners to the children. But looking at the mental state of a woman, it is doubtful that she will be able to perform this important role and maintain work life balance without frustration Or anxiety. No matter how many medicines, tonics and vitamins are taken during this time for mental peace and stability as well as for physical health, their results are only for that time. Or it doesn't happen. But yoga practice is the answer to these profound questions. Yoga doesn't mean all stress in life will disappear but it will provide due strength to deal with it. Therefore, physical health, mental balance, peace of mind, vigilance of intellect and spiritual satisfaction can all be taught through yoga. The present paper focused on Women with changing lifestyles need yoga for physical and mental health in Amravati city in Maharashtra state.

KEYWORDS:

WOMEN, YOGA, HEALTH, CHANGING LIFESTYLE.

INTRODUCTION:

For thousands of years, Yoga has established its dominance over the world. Yoga has validated, endorsed and guided all the religions of the world. Historically speaking, it is very difficult to say when, where and where Yoga Vidya came into existence. If there is a mention of Yogavidya in the Vedas and in the scriptures of the Jains, it is clear that the tradition of Yoga Vidya has been going on since ancient times when the knowledge related to Yogashastra was not created in written form and was taught orally through Guru Shishya tradition, from that time Yoga Vidya was used. Ayurveda, Jyotividya, Rajshastra, Mathematical Sutras, classical music based on Ragdari, India has given many gifts to the whole world till now, and the best Vidya is probably Yoga Vidya.

The art and technology developed in our own land to maintain the health of the body and mind system is yoga, which has been in existence since the ancient period, about ten thousand years ago, and is one of the most important darshans of Indian philosophy, that is, yoga darshan. Ashtanga Yoga is the art and science of achieving the perfect balance of human body, mind, intellect, emotions, society, spirituality, and nature and is essential for the health of modern women.

OBJECTIVES:

1. To study the relationship between Yoga and Health.

2. To compare women who do yoga and who do not do yoga in Amravati city.
3. To suggest some important recommendations and suggestions with the empirical data from the study.
4. To compare the lifestyle of women who do yoga and those who do not do yoga in Amravati city.

HYPOTHESIS:

1. Physical and mental health are found to be much better for women who practice yoga than women who do not. There is a lot of variation in their health.
2. Positive effects found in women who practice yoga are better than women who do not do yoga.

METHODOLOGY:

1 AREA: 30 female yoga practitioners and 30 non-yoga practitioners at Soham Yoga Centre in Amravati district have been studied for the research of the presented topic.

2 SCOPE: This research is limited to women of Deshananagar in Amravati district.

3 LIMITS: 30 Yoga Practitioners and 30 Non-Yoga Practitioners

SAMPLING SELECTION: The women practicing yoga at the yoga centre were selected by lottery method and the

non-yoga women were selected by random method.

Survey method was used for the present research. Primary information was collected through the interview schedule. For secondary information, books, magazines, and websites were used based on research. According to research statistics, women who do not do yoga are more likely to suffer from many physical ailments such as: 1 Stiffness 2 Back pain 3 Spondylosis 4 Sciatica 5 Back ache, Among mental disorders: 1 Anxiety 2 Worry 3 Insomnia 4 Depression 5 Forgetfulness Seen more than the doer. Accordingly, their amount was found to be non-existent in those who practiced yoga.

However, a positive change of yoga was seen in the woman doing yoga. Her mental stability appeared to be balanced. If someone talks badly about them, they don't mind. The enthusiasm to work has increased and they have become more calm and composed. They suffered many diseases such as neck pain, back ache, lumbar pain, sciatica, but comparatively these problems have been reduced by regular yoga postures practice. It was seen that these women are not following the Niti rules. But the women doing yoga were seen following Yama, Niyama, and Aasan the kayam niti rules...their lifestyle have literally shown a positive change due to Yoga.

SELECTION OF RESEARCH:

This research is beneficial for all from an adolescent of twelve years to an old woman. In fact, in adolescent age yoga is a boom as it helps to maintain focus and remain calm. Also onlooking the circumstances and hindrance faced by women regarding their health is a point to be highlighted and this needs to be solved for betterment of life therefore this topic was selected to create awareness and provide solution.

NEED AND IMPORTANCE OF RESEARCH:

The lifestyle of today's women has changed a lot, earlier women used to do housework but today majority of women have started working. She is not able to give time to everything. Due to this, she is also neglecting her health. She is buying and eating food in a hurry. The substances used in the diet are not healthy and therefore have harmful effects on the body. Due to the changing style of women, it is important to keep your body strong by consciously doing various movements. A strong and efficient body is required to successfully cope with sedentary life, mental stress and various diseases. Due to changing modern lifestyles, women are seen acting against the laws of nature. Eating, drinking, wearing clothes, behaving, talking, doing as you please, etc., are the rules of eating and drinking as prescribed in Yama Niyama. When, where and how to eat, but today's women do not follow any rule, but through yoga, all the rules of eating and drinking have a good effect on the mind and the physical and mental health of women will be improved physically and mentally. Yoga helps to Control of various skin types and can be achieved, thus the society will be benefited by social progress and help in overall development of women in all societies. Therefore, this research has importance, need and

necessity.

Women living in today's computer age, modern women's vision, new thinking and fast changing lifestyle, it is noticed that today's women seem to be enriched by the comforts obtained by science, but along with polluted air and water in the environment, diseased body and unbalanced mind. This is a woman's condition. In today's age, manpower is the wealth of a country. A lot of extraordinary opportunities in the country and abroad are standing before the women of our country through human resource development. Women will not get the full benefit of this opportunity unless the knowledge and skill values of this woman increase.

With the help of science and technology, human beings have made great progress and are constantly using the means of worldly happiness. Therefore, the attitude of women to reduce physical labor is decreasing. Women's health is declining, but women need to be physically active if they want to meet the challenges of the future. Development of various capacities of bodies is very essential for the existence of the human race.

BENEFIT OF RESEARCH:

Doing yoga is for the welfare of the individual It is very important to study to develop the physical and mental capacity of women so that women can have the determination to face every crisis and challenges and develop their physical and mental qualities to the fullest. From them, the coming generation will be physically and mentally developed, strong and healthy and it is certain that these women will become healthy and healthy citizens for the family, society, nation and country.

Women today are dynamic. Therefore, physical, mental, emotional and social behavior changes inevitably occur in them. We all are hustling in life but at the cost of our health... Though we understand the difficult circumstances, but when it comes to us, our emotions, our struggles, we are indecisive therefore to provide clear insight on things inside us to establish the connection of soul and body and to be mentally strong and physically indestructible yoga is a necessity.

RELATIONSHIP BETWEEN YOGA AND HEALTH:

Yoga means burning the body and mind to reach enlightenment. After conquering all the turmoil, we ultimately are led towards the union of our eternal truth and the pure happiness that comes from it when it's truly realized. Yoga is a means of getting rid of sufferings and diseases. So even in the midst of worldly suffering, peace of mind can be benefited by yoga. Yoga is the art of understanding oneself and the supreme truth. Due to changing lifestyles, many diseases are seen in women like thyroid, infertility, obesity, lower back pain, neck disorders, sciatica etc. If physical health is not good, mental health deteriorates. Because physical health and mental health are closely related. What is the importance of yoga in women's health, which diseases can be cured through the medium of yoga, which yoga tools can give women

good health, what is the lifestyle of women. The researcher has chosen this topic to find out whether yoga has really affected the physical and mental health of women. This topic was chosen to find out whether women in the society enjoy healthy longevity by doing yoga.

CONCLUSION:

THE MAJOR CONCLUSIONS ARE AS FOLLOW:

1. From this it can be seen that women who practice yoga are achieving happiness and satisfaction in life by regularly balancing the mind and body with yoga. Therefore, if every woman does yoga, all the women in the society can stay happy and healthy.
2. 82 percent of the women doing yoga were found to be happy, quite conscious and aware about the surrounding physically fit and mentally balanced. However 18 percent of the remaining was not regular in yoga practice they do it for some time and then again leave it Due to this, the daily benefits are a little less. This shows that like food, yoga is also needed every day.
3. Also, 78 percent of the women who do not do yoga have physical ailments. Compared to women who do yoga, the mental health of the women who do yoga is shown to be balanced.
4. Non-yoga women get agitated faster compared to those who do yoga. Women who don't do yoga feel insecure restless even for petty things they become grumpy easily.
5. The ability to adapt to difficult situations in non-yoga subjects was less than that of yoga practitioners.
6. In non-yoga participants, work enthusiasm was less than that of yoga participants.
7. A positive effect was seen on those who practiced yoga compared to those who did not
8. From this experiment it can be seen that there has been a change in the modern life style. Its effects are also bad on the body and mind and the women of today are in dire need of yoga.
9. Because the women who do yoga are balancing the mind and body regularly with yoga. Achieving happiness and satisfaction in life. Therefore, if every woman does yoga, all the women in the society can stay happy and healthy. All women need to do yoga. Because it has been realized through experiments that the benefit comes from doing yoga.

RECOMMENDATIONS AND SUGGESTIONS:

The following various Yoga should be practiced for the above physical and mental ailments.

1. Names of the asanas: Shalabhasana, Nagarasana, Manjarasana, Bhujangasana, Shetubandhasana, Shaishagansana, Balasana, Ardachardasana, Pavanmuktasana, Konasana, Matsayasana, Sarvangasana, Virabhardasana, Poweryoga, Dharyamanyasura, Bharatasana, Anusuram Vilomanam. Nadishodhana Pranayama, Bhastika Pranayama should be done daily by women who do not practice asana yoga.
2. Yogasana daily for those who do not do yoga to get rid of physical and mental diseases, Pranayama should be done daily by women.
3. Women should increase morale by doing regular yoga. Only then they will get mental health.
4. Yama Niyama has to be followed if one wants to change the lifestyle.
5. Restrictions should be placed on not eating outside food, except for nutritious food
6. Milk products should be removed from the diet, only then all the nutrients can be taken in the body.
7. Access to one's inner self from the physical world. Only then can development be achieved.
8. Yoga programs should be started in rural area too.
9. Only experienced and hardworking yoga teachers should be appointed.
10. Yoga education should be made compulsory for girls in every school and college.
11. Permanent appointment of yoga teacher should be done in every school and college.

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