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## “YOGA IS A PHYSICAL EXERCISE IT IS THE WAY OF LIFE FROM WOMB TO TOMB”

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### **ABSTRACT:**

*The advancement of science and technology though a Boon to mankind, is leaving behind a dark path which man has to endure with. Life of the modern man is so comfortable among machines, computers and fast locomotion that he feels uneasy when he is away from them.*

*Man has started to divide and innovate new ways to Overcome this stiffness. The oriented India had designed a Set of exercises away back 4,000 years, which is called as Yogic practice which if practiced under set regulations may Cure most common diseases. Asanas are postural patterns which are to be achieved slowly, maintained for sometime steadily and released again in slow and smooth manner to train the body and mind in such a way that necessary Equilibrium is established in over all function in recent years more and more attention has been paid To nature of “Physical fitness” not only in terms of general health, but particularly of the special physical requirements for competitive sports and certain highly specialized and demanding occupations.*

**KEYWORDS:** *Yogasana, Physical Exercise, Womb, Tomb.*

### **INTRODUCTION:**

The benefits of yoga are very far reaching indeed. There is no one other exercise per with yoga. Yoga is all about learning our body and mind and how to construct our body healthy from birth till the rest of your life. Yoga is not only a type of exercise; but it is a lively procedure of self-discovery. Yoga experts would insist that one can practically engage in yoga practice regardless of our age and still reap benefits from it. Some people associate yoga as complicated and demanding poses that are either too difficult for young children or too challenging for older individuals.

It is important to note that there is a variety of yoga techniques available and so are different branches of yoga catered to various age groups. Yoga is really a very basic practice and there is nothing necessarily mystique. Yoga is an ancient system of philosophy and science that evolves and harmonizes the whole person. We are now forced to live an unnatural and abnormal life. Massive increase in stress has led to disintegration of the personality. There is an unprecedented rise in psychosomatic and mental illness. The progressive identify of an individuals, not up to the mark. Yoga is the fulcrum of change in all endeavors.



## PHYSICAL EXERCISES:

Exercises help clear the mind and makes for greater Alertness and faster reaction time. The exhilaration and invigorating feeling of cadence and sensing the mind Becoming clear and alert are apparent shortly after Exercise Begins. Edward concluded that “frequently repeated Exercises Extending over months and year are necessary for healthy Existence. It is a physiological need of a primitive kind which cannot safely be eliminated by civilization, it is difficult to men who have been injured by muscular Exercise but Easy to find may who have failed of normal development and Been required by the lack of it .But Easy to find may who have failed of normal development and Been required by the lack of it.

## IMPORTANCE OF YOGA:

Positive changes in the lifestyle of the people can be brought through yoga. Yoga can make people aware of their Bodies and further make them realize the need of emotional and physical well being. The behavior can also be molded properly leading balanced personalities. Yoga plays an important role by bring the therapeutic to effects to in to Asthma, Diabetes, Hypertension, Respiratory troubles and the like. Some yogic asanas brings both preventive as well as curative values.

## GENERAL EFFECTS OF YOGA PRACTICES ARE:

- Relief from tension
- Improvement of our complexion.
- Normalized weight.
- A trim and firm figure.
- Lungs become cleaned and strengthened.
- Circulation improved.
- Overcome chronic fatigues.
- Makes the person slim, flexible and elastic

## BENEFITS OF YOGIC PRACTICES:

1. Yogasana can cure and help in preventing diseases.
2. Yogic practice helps in regulating the breathing Mechanism and increasing vital capacity.
3. Yogic exercise develops the muscular fitness Endurance, strength and flexibility.
4. Yogic practices are the most cost benefit therapy. The greater thing about Yoga exercises is that its constituent that is the asanas for various diseases such as asthma, diabetes and heart ailments.



## YOGASANA COMPARED TO OTHER EXERCISES:

1. In Yogasana muscles remain relaxed to a great Extent whereas in other Exercises they are constantly contracted.
2. Yogasana are more economical then other form of Exercises.
3. Yogasana give a sense of self- development and Enhances oral qualities where as other exercises give a feeling of competition.
4. Yogasana are pattern of posture. The exercises are fast and continuous movements.

## YOGA FROM WOMB:

Ads for prenatal yoga claim that expectant moms can alleviate symptoms associated with pregnancy, such as sciatica, fatigue, swelling, and problems with digestion, and that the asanas will prepare them for labor, delivery, and postpartum recovery. On the spiritual side, claims are that prenatal classes will inspire mothers to deeply connect with their babies and prepare them for their new journey together.

Conditioning the muscles and connecting with your body in anticipation of labor and delivery could have a positive effect. Floating around in the womb, the fetus creates its own pre-birth position. Once on earth, babies impress us with their abilities to put their toes in their mouths or touch their big, heavy heads to the floor with their bums in the air. Infants are pretty much born yogis.

## TO HELPS YOGA KIDS AND CHILDREN:

Kids are getting less physical education today than ever before. Yoga for kids may be just the activity to help alleviate the problem. Yoga can help reduce the effects of stress on our body. One of the benefits of yoga is that it encourages relaxation and can lower the amount of cortisol in our body. Yoga poses use all the muscles in our body and help us increase our strength level from head to toe. The benefits of yoga and daily exercises will help us strengthen our muscles close to the bones, which increase the support of our skeletal system as well. Even the gentlest style of yoga will help to lower our resting heart rate and increase our overall endurance.

This is one of the important benefits of yoga to help improve the amount of oxygen taken in during the daily exercises. Yoga teaches ways to cope plus encourages physical activates and a way for the young renegades to ratchet their energy levels down. As long as the kids are mature enough, they are great at yoga. Engaging in yoga for children is important as it enables them to cope with the various sources of pressure and stress that they have to deal with at a young age. It sharpness their mental capacity and improves their physical well being. Yoga is no longer new today. Most children and younger kids engage in intense physical activities that can alter their mood significantly. Meditation would help them combat those moods and provide more emotional ease.

Among the various yoga components offered for children included are eye exercises, responsive singing, breathing techniques, deep relaxation, and yoga exercises. Yoga helps produce more energy that will enable them to keep up with an active lifestyle, while also providing more stability for injury prevention.



## TO HELPS YOGA TEENAGERS:

The pressure from trying to fit into groups and forming one's own identity can be stressful and a teenager has to deal with this on a daily basis. The puberty stage is probably the most pressure-filled and anxious years that an individual has to go through in their lifetime. Hence, parents and teens alike are facing a difficult challenge when it comes to dealing with various causes of stress in a teenager's life. Aside from the physical changes caused by hormonal changes that their body has to go through, the social aspect is probably the most challenging part. The different approaches used in yoga practice will help them build confidence with the physical, mental, and social aspects of their life.

Also, these teenagers typically lead an active lifestyle so they can really benefit from yoga exercises recommended for them. The biggest challenge facing yoga instructors when they teach yoga to teenagers is establishing rapport and mutual respect. This will enable teenagers to reach you on a personal level and will make it easier for them to follow day to day activities. Yoga exercises are incorporated to help a teenager create more body awareness, improve flexibility, self-expression, sense of accomplishment, and stress reeducation. The multi-faceted approach in yoga helps teenagers cope with the physical, mental, and social changes during their puberty stage.

## TO HELPS YOGA ADULTS:

We will learn to take deeper, slower breaths with daily exercises of yoga. It will help to increase our lung function and set off the body's relaxation response. This can be one of the most powerful benefits of yoga. Daily exercises are always recommended, but yoga will help reduce the level of cortisol in our body. This aids in weight loss and fat burning. Yoga will help improve our body's circulation. In turn, with daily exercises, we can have greater coordination, memory skills, reaction times, and improved concentration skills by utilizing yoga for daily exercises. Yoga asanas can be used to motivate the fitness of whole body systems, like blood circulation, digestive system, detoxification and the nervous and endocrine systems.

Yoga philosophy known as gradualism that enables them to build up and take a step-by-step process during yoga practice. It is important to begin with gentle movements. For a period of weeks and months, older adults must begin with warm up exercises. As people age, their bone and muscle strength, while also is making one feel re-energized and relaxed.

## TO HELPS YOGA ELDER AND AGED:

Daily exercises of yoga can help ease the aches and pains of the body. Many people with very serious diseases have reported less pain after these daily exercises, such as asanas or meditation. We will notice your level of flexibility will increase, which will help with our range of motion. Sometimes in the yoga daily exercises, people cannot even touch their toes. The benefits of yoga will include lengthening the muscles, tendons, and ligaments in our body to help us become more flexible. This is one of the primary reasons that people do daily exercises of yoga. This is one of the most important benefits of yoga and is also of the more easy ones to attain. It even slows reverse aging



Yoga is for benefit of all because it focuses on building specific remedial effects in the body to aim common health situation and to recover overall health and well-being. Yoga is useful for all because it is highly therapeutic. Many of the disorder proven to be relived, upturned and even cured through the regular practice of yoga some of them like, acidity, allergies, alzemer carpal tunnel disorder constant exhaustion, headaches, high and low blood pressure, hypertension, menstrual pain, migraine pain, nervous stress, fatness, slip disk, inflexibility thyroid disorder, infertility, kidney stones, urinary tract infection for men and women and many more.

Breathing exercises are key components with poses for strength and flexibility supported by the chair for balance. In the ancient Indian texts of yoga, they have pointed out to the age of 50 as the most ideal age for practicing yoga. This might come as a surprise too many who thought that the complex poses and exercises in yoga is impossible for older adults to practice. The older a person is, the more wisdom she/he has. This wisdom then serves as a good foundation in practicing yoga.

## CONCLUSION:

Yoga is not a system of asanas or meditation and calisthenics or a religion it is the way life style many people are misled to believe. They are the only part of the whole process of bringing ourselves into the realm of the spiritual. The sacred scriptures of Hinduism also defines yoga as “spiritual discipline”, the kind of discipline that, according to experts Georg Feuerstein and Stephan Bodian in their book Living yoga, leads to inner and outer union, harmony and joy. In essence, yoga is most commonly understood as conscious living of tapping into ones inner potential for happiness. Yoga is unraveling the knot of life’s difficulties. Yoga is an enchanting panorama of human excellence. It is a panacea to pressure the delicate fabric of humanism. Making a man out of man is yoga.





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