IMPORTANCE, UTILITY & VALUE OF YOGA IN OUR LIFE

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ABSTRACT

Yoga is credited with teaching the art of living the life in its full volume and versatility in perfect harmony with the self and others. The yogic activities provide immense help in assisting an individual to seek his all round growth and development in all the personality dimensions including the union of his self with the Greater soul. The practice of yoga specially in the form of Yam (Restraints), Niyam (observances), Dharma, Dhyana and Samadhi etc. helps an individual to imbibe and cultivate number of habits and conduct associated with morality and ethical standard like truthfulness, punctuality, honesty, sympathy, kindness, generosity, peace loving, mutual love, cooperation and respect etc.

INTRODUCTION

The yogic activities provide immense help in assisting an individual to seek his all round growth and development in all the personality dimensions including the union of his self with the Greater soul. The overall importance value and utility of the yogic activities may be outlined in brief as below.
PHYSICAL AND PHYSIOLOGICAL VALUE

Yoga sadhna and activities contribute significantly in terms of one physical development and well being in the manner as given below :-

- Yoga activities specially concerned with pranayam help in the promotion and increase in strength and stamina of our lung power in terms of their expansion and contraction enabling us to inhale maximum amount of oxygen in our body for the purification of our blood besides helping in the proper circulation of the purified blood in all corners of our body.

- These help us in regulating the respiration activities of our body adding efficiency to our respiratory power including increase in its amplitude stability and smoothness and decrease in the respiratory rate.

- These help us in the proper regulation of our blood pressure and heartbeat.

- These help us in the normalization of the gastrointestinal resulting in the proper regulation of the digestive functions of our body.

- These provide valuable help in the proper functioning and control over the movement of our muscles including the spinal cord. As a result we are able to maintain proper posture of our body including proper erectness of our spinal cord. These also contribute in the desired increase in our muscular strength besides maintaining the needed muscular flexibility and smoothness resulting in the energetic youthfulness considerably for a quite longer period of our life.

- These help us in the normalization of our body temperature helpful in the avoidance of the emergence of the foul odour and bad smell on account of the excessive seating and perspiration of the body.

- These help us in regulating and controlling the functioning of all the glands including the ductless ones.

- These activities make us enjoy a sound sleep, help us in gaining normal weight and getting increase in our power of endurance and energy level.

- These activities help us in bringing improvement in many of our motor functioning like increase in breath holding time and improvement in grip strength, dexterity skills, eye-finger coordination and reaction time etc.

- These help us in the tasks of the cleanliness and purification of the inner organs and systems of our body including the purification of our blood and its pathways, cleanliness of the respiratory and digestive systems and proper let out and excretion of the unwanted foreign material from our body.
• These help us in having increase in our immunity power and keeping our body disease free by not allowing the harmful and disease spreading material accumulated in our body.

• These activities not only prove as strong deterrent for the prevention of the various ailments and diseases but also provide valuable solutions for their proper cure and treatment. For example it has been a matter of wide experience e that Yogic activities provide substantial cure and treatment in the cases of arthritis, back pain, and osteoporosis, high and low blood pressure, asthma, diabetes and epilepsy, headaches, heart disease and multiple sclerosis etc.

These provide immense help in doing away with the physical and mental fatigue and gaining renewed strength, health and stamina for living a happy, harmonious and longer life free of ailments and diseases

MENTAL AND PSYCHOLOGICAL VALUE

Yog sadhna and activities also play quite substantive role in seeking proper gains in terms of securing proper mental health and psychological functioning to the practicing individuals. The benefits gained on this front may be summarized in the manner given below.

▪ It is well said that there lies a healthy mind in a healthy body maintained through yogic activities. One can enjoy good mental health with a sound physical health obtained through yogic activities.

▪ Yogic activities help in equipping one properly and sufficiently with all the essential cognitive and mental abilities and capacities for reaching the top of his intellectual and mental development. Yogic Asans, pranayam and practice of Dhyan, Dharana and samadhi can help an individual to have sufficient gains in terms of the improvement in his power of concentration, memorization, attention, learning efficiency, steadiness, and mind body neuro connection etc.

▪ Yogic activities help in making one’s sense organs healthy, strong and effectively functioning. In turn it helps the individual to have a sizable increase in their reception ability, somatic and kinesthetic awareness and sensitivity for acquiring new knowledge and experiences through the use of their sense organs.

▪ Yog sadhna provides the desired ability and strength for exercising desirable control over his senses, emotions and gratification of desires and fluctuations of the mind. Sustaining of attention and concentration acquired through such control and restrain then may provide a substantial ground of the development of intellectual powers. It can be given a further higher impetus by resorting to the practice of yogic activities like Dharna, Dhyan and Samadhi.
Yog sadhna helps not only to have purification and cleanliness of the internal organs and systems of our body but it also pays a lot of consideration for the purification of our inner self i.e. purification of our thoughts and feelings.

It leads us to act wisely in the pursuance of our goal and thus ultimately to utilize our intellect for the pursuit of the higher goals of our life.

Yogic activities help the individual to imbibe the spirit of self awareness, confidence in one’s abilities and strengths, self discipline and intrinsic motivation, self-acceptance and self-actualization etc for seeking his maximum self development and enhancement,

On account of attaining purification and cleanliness of the thoughts and feelings through the yogic activities one is able to lead a life free for the hostility towards his self and others with regard to thoughts, feelings and actions. It makes an individual relatively a calm and cool person, free

Free from any unusual anxiety, depression and fluctuation of mood or temperament. Such state of one’s mind may help him much in excelling in terms of his intellectual growth and wisdom.

MORAL AND ETHICAL VALUE

Yog sadhna and activities help us in our moral development and ethical living in the manner given below :

- Yog sadhna helps an individual to exercise needed control and restraint over his senses, gratification of desires and as a result he tries to be the master of his senses and their gratification instead of being their slave. It can help him to lead a life based on the ethical principles by remaining away from the allurement of roop, Ras, Gandha, Sparsh and Savda. Food habits and food intake are said to influence the conduct and ways of one’s behaving. The diet and food habits of a person practicing yoga are quite simple, Satavik and restrained. Thereby it helps them in imbibing simplicity and austerity in their behavior and conduct.

- To get infected with unusual anger and the other wise negative emotions like jealousy, envy, hatredness, enmity etc. does not work well with the ethical sense and morality needed on the part of human beings for the sake of the welfare as well as seeking harmony with the self and others. Yoga sadhna helps an individual in a big way for remaining away with such detrimental personality characteristics.

- Yogic sadhna and activities help an individual to exercise proper control over the expression of his emotions and maintaining desirable emotional balance and equilibrium in his personal and social conduct.
SOCIAL VALUE

- Yoga sadhna and activities do not matter only for the personal development of the individual being but also contribute significantly towards his proper social development and social living in the manner depicted below.

- Society consists of individuals. Good individuals make a good society. To get engaged in the yogic activities makes an individual a good person. Such persons practicing yoga then can help the establishment and functioning of a good and humanistic society.

- Yogic activities provide such opportunities and experiences that help an individual to lead a path of virtues free from the social evils and ill temptations like fraud, deceits, drugs trafficking, bribery, alcoholism, black marketing, violence, sex crimes, murder and decoity, and other anti social behavior dependent heavily to the attachment of the worldly things.

- Today, in general, there is a serious crisis of character, social and ethical values all around the globe in the human society. We are witnessing a cut–throat competition, enmity, envy and jealousy prevalent in the nations, communities and human beings of the world. The path shown by Yoga through its philosophy of detachment to the worldly objects, And seeking harmony with others is quite capable of leading us to face this challenge in an effective way.

- Adherence to the philosophy of excessive materialism has been a major cause in ruining the very structure of the society in many parts of the world especially the western one. It is being liked now in our country too. The blind rare to get the everything with a fare or foul means, over indulgence to the worldly things and physical comforts and belief in the philosophy of ‘self as great’ can only be cured by resorting to the philosophy of yogic sadhna and activities.

SPIRITUAL VALUE

Yogic sadhna and activities play a unique role in helping the individuals to seek their spiritual development besides helping them in their physical, mental, social and moral development. The spiritual values derived through the performance of yogic activities may be briefly listed as below:

One can realize that all the human beings and even what exists on this earth as a living being have a common thread running in them in the form of the existence of the souls, the very sub-parts of the Greater soul

Much in the same ways the different innumerable rays of the Sun.
Since all are the very constituents of the same Greater soul, the supreme God, therefore it is quite imperative to have the feelings of equity and equality towards all the creation of the Almighty on this earth.

One can realize that there is the existence of a concept soul beyond the existence of our body and mind and we must therefore strive to seek its proper realization and development besides our bodily and mental development.

By getting engaged in Yogic sadhna one can have opportunities for the realization and development of the supernatural powers lying with in his self.

Yogic sadhna and its basic philosophy helps us to realize an absolute truth that the ultimate goal of our life is to attain self-realization and the merger of our soul into the Greater soul.

Yogic sadhna and activities acquaint us with the means and ways to seek our union with the cosmos self, the God.

Besides providing necessary strength, abilities and capacities for performing the day to day activities provide us a proper platform, ways and means for seeking one’s union with the greater soul i.e. God.

Equipped with proper physical development, disease free body, developed intellect and the purified body, thoughts and feelings, the yogic means like Dharna, Dhyan and Samadhi may draw an individual quite closer to self-realization and strive for attaining greater heights to his spiritual development.

In this way, yogic sadhna and activities help an individual to seek his maximum development and well being in respect to the physical, mental, social, emotional, moral and spiritual dimensions of his personality. These can help him not only in his personal and professional growth but also help him to seek proper harmony and adjustment with others including his integration with the Greater soul i.e. God.

Today in this world of excessive materialism, cut-throat competition and blind selfishness,

Yoga can provide a valuable platform, ways and means for such self improvement and enhancement of one’s abilities and capacities that may contribute equally to one’s personal development and social welfare along with his desired spiritual development for seeking the ultimate goal of his life i.e. self realization and integration with the Greater soul. It is therefore quite essential that we must introduce Yoga as a compulsory subject of the school curriculum from the very beginning for enabling the youngsters to get benefited from the multidimensional benefits of the yogic sadhna and activities.
CONCLUSION

The Yoga activities provide the fuel for the upliftment of body, mind and soul. These activities help the doers inculcate various Psychosocial-Cultural values and breathe a new and better life in the personality.