

## Improving and Changing Life Style of Elderly through Yogic Practices

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### Abstract

Yoga is a perfectly structured and integrated worldview aiming at the transformation of a human being from his actual unrefined form to a perfected form. It has a technique for attitudinal change, behavioral modification and integrated development of personality. That is why it is said that the approach of Yoga is spiritual cum worldly. Yogic principles and their practices are most effective, practical and universally accepted to achieve the highest goal of life i.e. self-realization. One must not imagine that Yoga is only a collection of certain practices devoid of metaphysical basis. It becomes a panacea for all, not only for the persons who wish to get salvation but also for everyone for keeping oneself healthy and active to achieve the goal of one's life and enjoy a complete and perfect healthy and blissful life.

**Key Word:** Adhyatmika, adhibhautika, adhidaivika, ahamkara. Bhavas, buddhi, chitta

Yoga, the Indian system of thought is not mere speculation on the nature of things, but with all sincerity and earnestness at its command, dive deep into the mysteries of the universe in order to find the way out of the limitations of the worldly existence, vitiated by perversities and crippled by various privations and disabilities. The perfect unfolding of the potentialities of the self is the object aimed at. The pursuit of truth must culminate in the realization of the truth. Man is a complex of intellect, will and emotion; he is a being who thinks wills and feels. Intellect has given rise to the philosophy of knowledge; will to the philosophy of Action; and emotion to the philosophy of Devotion. All these three show the different aspects of health and happiness of man. It is stated that health means a state of physical, mental, social and spiritual well-being of an individual self or man. Health includes balanced mind, controlled senses, intuitive intellect and integrated ego to have perfect evolution of all-important faculties (viz. action, emotion, will and wisdom) of personality into the state of Self-realization. On the other hand happiness means practical realization and annihilation of the three kinds of pains- adhyatmika (physical and mental sufferings produced by natural and intra-organic causes), adhibhautika (physical and mental sufferings produced by natural and extra-organic organic causes) and adhidaivika (physical and mental sufferings produced by supernatural and extra organic causes).

Yoga is a precious gift to mankind. Yoga is the union of mind and body; thought and actions; discipline and actions. It connects us with the nature. With a healthy body and mind, we can pave the way towards a better society. Yoga is not just a set of asanas, it brings positive changes in one's lifestyle making him a better aware and responsible human being. . Whether we are a working professional, a housewife, a student or a retired person, Yoga has its benefits in every stage of the life cycle. Below we are listed the benefits of Yoga: Holistic Well Being True health isn't just being physically fit but also mentally and emotionally. With the help of different postures, pranayamas and meditation, one can achieve holistic well-being and unlock his dynamic self. This also paves the way for creativity and innovations at work. Stress Buster Daily life is an accumulation of different types of stress, work stress being one of the major ones. This affects our minds and bodies in many more ways than we can even imagine. A few minutes of daily yoga can help us to release stress and be much more productive than we already are.

More Energy and Fewer Procrastinations Yoga betters the blood flow to our brain cells and all the muscles in the body. This automatically leads to better energy levels and lesser chance for procrastinations. Not only we will be able to utilize all the time we spend at work, we are going to magically find the time and energy to do many other things that we didn't intend on doing. Another thing happens is yoga makes our

body happier and healthier inside. So naturally the body seeks healthier food, reducing the intake of uninvited calories. Well, a healthy body is the way to a healthy mind and that, will make us work so much better. Healthier Relationships Professionals have experienced a much better connect with their associates after becoming a regular yoga practitioner. Startups could develop and in house work culture where employees do yoga together. It would create a space of casual talk and bonding. Personal bonds often lead to better productivity at work. It is because of these benefits of Yoga that it is soon to become an important part of geriatric health care stream. There are hospitals, medical sanatorium, old age home and alike institutions are coming up that allow people these days to practice, exercise yoga as health care.

Busy professionals have a lot of demands on their time and allocating time for yoga just doesn't factor. But what if they understood the potential benefits to their work and home lives? Stress in the workplace today is a major consideration for employers and anything that can be introduced to alleviate this is a potential benefit to both employers and the employees. Less stressful employees will be more productive and are less likely to need time off through illness. Less stressful employees are likely to have happier home lives and this in turn leads to decreased old age born health issues.

Among these are dealing with stress and anxiety; creating inner peace, calm and presence, weight management, flexibility, managing pain and improving breathing. Related to this is yoga's ability to create inner peace and calm. It's probably the main image people have of yoga: people with legs crossed, hands over each knee, looking serene. Yet, meditation through regular practice cultivates inner peace and calm. Presence is important in business to command respect; in yoga it's about connecting oneself with the present moment - being in tune with surroundings. Had too many good business lunches? Yoga helps manage our weight by creating a more positive self-image and, in turn, encourages us to think about nutrition and what we eat. Flexibility is one of the main benefits of yoga. Over time, ligaments, tendons and muscles lengthen and this leads to increasing elasticity in our body's movement. Yoga provides cardiovascular benefits by lowering resting heart rate and improving oxygen uptake during exercise. The breathing practice, known as Pranayama, helps us slow down and deepen our breaths. It activates the body's parasympathetic system or how we relax. Finally, yoga can ease pain. Practicing postures (or asanas) and meditation reduces back and neck pain or more serious conditions including arthritis or multiple sclerosis.

We looked at the role of yoga in education from various angles, including the type of education that was being provided to students throughout the world as well as the different levels of stress that students face in the classroom environment. The difficulties, problems, conflicts, distractions and dissipation of their energies were also considered. Our belief was, and still is, that we are educating our students without

considering or caring for the growth of their entire personality. We are cramming their brains and minds with information without creating any support group outside the classroom environment where they can continue to imbibe education. The brain is only the medium through which we educate our mind. The mind is a composition of four different faculties, which in yogic terminology are defined as manas, buddhi, chitta and ahamkara. The word manas means to rationalize, to think about something. Buddhi means intellect. Chitta is an area of consciousness where impressions are stored. Ahamkara is the concept of ego.

We have to initiate using certain principles and practices of yoga, firstly, as an experiment to increase the student's learning ability and, secondly, to inspire teachers to teach their subjects in a slightly different way. Education takes place when, the person is open to any new learning experience at any age, time and place with an open mind. The person who is open to learn Yoga, he has to go through all the stages and learn all the aspects. The Yoga Education is based on four aspects – a. Bhavas or attitudes: Dharma (Duty and Discipline), b. Jnana (Knowledge), c. Vairagya (Detachment) and d. Aishvarya (Self-realization). These four aspects are related and covered by Astanga Yoga, The Classical Yoga - as Yama, Niyama, Asana, Pranayam, Pratyahar, Dharna, Dhyana and Samadhi.

The Yama and Niyama, Restraints and Observance cover the Dharma. How to perform once duty and how to live a disciplined life? Asana and Pranayama cover Jnana through awareness and personal practical experiences. Pratyahara and Dharna cover Vairagya. How to detach from the surroundings through controlling the five senses, Dhyana and Samadhi cover Aishvarya, the pure consciousness.

The practice of duties and disciplined life brings awareness. The awareness brings knowledge and wisdom to discriminate good and bad, right and wrong, pure and impure, true and false. So the wise person will easily detach from the things that are not suitable for his personal growth. The virtue of Detachment brings the power of concentration, which, leads to the highest stage of self-realization.

Yoga education takes place much more at sub-consciousness level. Our learning experience becomes a life style! It becomes a part of our day-to-day living. Thus the whole process transforms the person from the gross to the subtlest level of experiences and consciousness.

The system of educating students has to be different. It has to be combined with certain practices which can remove their psychological blocks, which can make them aware of the psychological changes that happen in their body and brain, which can make them aware of their own distractions and which can give them the ability to focus on the theme of the subject they are studying. So what we have to do? We started with very simple yoga practices in the classroom environment, taking some hints from the

work of RYE (Research on Yoga in Education) with children in different parts of the globe. In RYE schools the classes begin and end with the practice of simple asanas and pranayamas. So if a child has to sit through six or eight classes during the day, he or she is practicing asanas and pranayamas each day at the beginning and at the end of each class.

The benefits of yoga include increased flexibility, muscle tone, vitality, energy, cardiovascular and circulatory health, weight loss and athletic prowess. Yoga can also help control pain associated with arthritis, headaches, carpal tunnel syndrome and more. Yoga features a series of stretching exercises that help relax a person's body and mind. Beginners can start with easy stretch poses and gradually work up to the ones that require more flexibility and balance.

Proper breathing pairs with the various stretches to create a full-body balance. Breathing is often rhythmic and slow. Some stretch poses call for specific breathing patterns that help the person relax and keep the posture straight.

Yoga is ideal for people who cannot perform rigorous exercise due to certain health conditions. Regular yoga stretches can help lower cholesterol and high blood pressure. Some medical professionals advise those who have heart problems or a history of stroke to take part in yoga.

From first graders to college seniors, students may have youth on their side — but that doesn't mean their lives are pressure-free. Hours a day sitting at desk or computer monitor and more hours doing homework cause a young body to tense up. Social and family pressures and, unfortunately, anxiety, abuse and bullying also take their toll. It all adds up to the same high stress levels that have caused the grown-up world to flock to yoga classes. It's therefore not surprising that educators are becoming increasingly interested in providing yoga classes at school.

Yoga has been shown to improve memory in adults, a benefit that would seem certain to improve academic performance. Controlling attention is a challenge for old people, partly because the brain's frontal lobes, which control the power of attention, mature later than some other functions. Yoga requires attention, which can be a challenge for old age people, but it has also been found to enhance the ability to control attention, even in hyperactive adult.

A new trend of Yoga has been emerging in the name of Power Yoga. Power yoga is a vigorous, physically demanding style of yoga that emphasizes strength and flexibility. It's based on astanga yoga, and the name power yoga was created in the late 1980s. Power yoga doesn't have a set series of moves, and practices vary depending on the yoga master. There are three concepts of power yoga; these are vinyasa, tristhana and internal purification. Vinyasa is proper movement through poses while breathing correctly. Tristhana focuses on posture, gazing at the correct place and breathing. Internal purification is getting rid of negative thoughts and emotions. Although there are

three concepts to power yoga, most classes are based on vinyasa and focus on exercise. Meditating and chanting are kept to a minimum. People who take power yoga should be fit and capable of the basic yoga poses already, although some teachers can modify the routine for beginners. Power yoga moves quickly and strengthens every muscle in the body because the practitioner is constantly holding their body weight in different positions.

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