

The role of Yogasanas and Pranayama in relation to achievements of general society profile people

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Abstract - Now a day's we see highly competitive world, it is very essential to possess a disciplined and stable mind for optimum achievement, Every men and women tries get and claims for the outstanding living life. To get this cool and calm mind in such a running life there is no alternation without Yogasanas and Pranayama. We have to do Yogasanas and Pranayama daily then only we all will be fit to live soundly and Longley without any calamities. We all know that general society people are very much rationalistic in their life. The aim of study is to investigate the effect of the achievement and Yogasanas and Pranayama in relation to well fledge society people. Her gender may be considered by the region of society. Achievement we all know that it acts both the ways i.e. it is a boon also and curse too. The study was conducted over a sample of 100 society people from rural and urban area of walwa taluka living in deferent society class. Sharma's general anxiety scale for these male and female students was used to measure achievements aggregate score of the selected above said male and female students are taken to show their level of achievement. The result reported or recorded show the significant relationship between achievement of general society people significant difference between achievement and general society people was observed during calculation. I have taken 100 female for the study.

Index terms-- Achievement, Female, General, Pranayamas, Physical stress, Society, Yogasanas .

1 INTRODUCTION-

Yoga is a timeless pragmatic science evolved over thousands of years dealing with the physical, moral and spiritual well-being of man as a whole. The practice of Yoga induces a primary sense of measure and proportion. Yoga can meet the challenge and is one of the best solutions to modern females in all aspects of life in general. The modernity has increased the demand of the quality and excellence in all areas of manifestation so sports and teachers are not exception to it. To find a solution over achievement research in society field have documented that yoga makes the all round development of the human beings.

Yogasanas and Pranayama give muscles and ligaments, a slow, non-violent stretch. Stretching a muscle helps it to contract more strongly, while the slow movements and deep breathing increase the oxygen supply to the muscles, preventing the accumulation of lactic acid in the fibers. The stretching and contracting the muscles stimulates circulation to the tissues and organs and cause a venue return. This research will also show the impact on the parents and students who are living in the society tighter.

Normally females from the society are household wife's they daily perform their duties obediently. One hour Yogasanas and Pranayama in morning may be asked to do. This will make them physically, mentally, morally, emotionally fit and healthy to teach throughout the day. The achievement regarding the all round progress of the females family is improved a lot within short span.

I] Yogaasanas :

1. Bhujangasana. 2. Matsyandrasana. 3. Naukasan 4. Trichonasana 5. Vajrasan 6. Padamasana 7. Pavanmuktasana. 8. Paschimatanasana. 9. Sarvangasana, 10.Shavasana.

II] Pranayamas :

1.Kapal bhati 2.Bhasrika

Above written Pranayama and Yogasanas are taken for practice every day in the morning and evening for one hour duration for six weeks.

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2. MATERIAL AND METHODS:-

Total population of the general society profile People is near about 1200 and 100 of them are the women from society are taken for the investigation.. The Random

Sampling method has used for the study. 100 females of various age groups of society were selected. This study has been completed in Islampur city. They were asked to collect in the congress bhavan which is at the heart of the city to do the selected Yogasanas and Pranayama for the period of six weeks. Every morning at 6.00am and every evening at 6.00pm for six weeks they were asked to do the Asanas and Pranayam in the fresh air in the Hall. Before starting doing asanas and pranayam all of them were checked on medical grounds and reports were kept in the form of questionnaires separately.

We required a big Carpet, on which 100 women can comfortably do the asanas and pranayam for sixty minutes in the morning and evening. A container with filtered water for drinking, Napkins for collecting sweat is required. We required a trained surgeon for emergencies. Another important requirement is the women should wear loose clothes. This research will be very much useful to the social community because generally these house wife's are not aware of their inhaled capacity.

For breathing: Sit straight, but not tense, with closed eyes, your ears must be parallel to shoulders. Breathe in, pushing your chest out, then exhale, putting your chest in. While practicing ten vital asanas which I have mention before keep your body fit. Yoga is a miracle. Every part of the body would be fit to do every sort of work in daily life. Be sure to do a balanced body posture every day. Yoga will help you to stay flexible supple and alive throughout the life.

1. Bhujangasan:-The Cobra position in the yoga is called Bhujangasan. Here are the details for it as per the book "yoga for daily life". Cobra positions are beneficial to the female reproductive organs and the menstrual cycle. They also relieve indigestion and constipation. They help to keep the spine limber too. Because they gently stimulate the nerves, they prevent obesity and insomnia.

2. Trichonasana:- This asana is in triangle posture. Stand on your feet comfortably apart. Inhale and raise both arms out straight to the sides, horizontal to the floor. Exhale and bend side ways to your right. Stretch your right arm down your right side as far as you can go, and raise your left arm up in the air. Really stretch your whole left side. Inhale and raise your body back to the starting position. Repeat for your other side. Exhale and relax your arms down to your sides

3. Relaxation:- It is the first step to a healthy life. Again it is the state of balanced life force energy. Try to keep your arms and knees straight. During this posture, make sure you do not bend forward- keep your movement sideways. To check if you are bending forward, stand with your heels and back against a wall. Raise both arms and bend sideways. Your shoulders, buttocks, and heels should remain touching the wall.

For example I have explained above two asana. We have to do the other asanas as they are in the same way.

3. DISCUSSION:-

General society profile people (Females) are friend, philosopher and guide to all. Its place in society is of vital importance. She acts as the pivot for transmission of intellectual traditions and technical skills from generation to generation and helps to keep the lamp of civilization burning. She not only guides the individual, but also to shape the destiny of nation. It is the female of society which helps the students and bares the responsibility. This woman acts as a guide who points the way and presents knowledge. It is not merely hers responsibility to impose her own beliefs and practices upon others. A woman is merely a mirror of the deeds.

Personal qualities of the society women may be called as best tools of working together in the society.

- A-The Women should be loyal and lean.
- B-She should be Enthusiastic, Alert and Adjustable.
- C- She should be Energetic and may have faith in God and right work.
- D-She should have self control and sacrifice nature.
- E-She should be impartial, Integrity in research, Intellectual and innate desire to get entangled with the households.

Yoga in short is a gradual process, and progress depends upon individual's ability. Yoga lowers stress hormones that affect the immune systems and also conditioning the lungs and respiratory track. It stimulates the lymphatic system to remove toxins from the body and to bring oxygenated blood to the various organs to ensure their optimal function.

To explain Pranayama first I like to elaborate that 'Prana' means breath, respiration, life, vitality, wind, energy or strength. It also connotes the soul as opposed to the body. The word 'Pranayama' is generally used in plural from to indicate vital breaths. 'Ayama' means length, expansion, stretching or restraint, Pranayama thus connotes extension of breath and its control. If discomfort, distress, or tension occurs while doing any type of exercise then gently guide your mind or thought back to your breath. It is universal truth that we can survive sixty to ninety days without food, twelve to fifteen days without water, but only four to five minutes without air. So you all can

imagine how important and most vital the Pranayama in our life.

4 RESULT:-

The fifty women from actual society were good at doing household works as the result of the husbands opinion.. Their physical ability was very good. Their suppleness and slenderness was also increased a bit by doing Yogasanas and Pranayama for six weeks of duration. Endocrine glands secretions were better than the previous condition and also good working efficiently as compare to the general women of the society. Their all round activity was good. These women were good at working. The working capacity of these women in regardance with only household works was much better as per the thinking and working observers & their results by help of qualified invigilators.

One peculiar thing I found in general womenfolk of the society that they were much enthusiastic, energetic and every minute they were thinking of student's progress as well as their house. The fifty women from fertile area were very good at teaching as the result of the students' examination. Their physical ability was good. Their fattiness was also reduced a bit by doing Yogasanas and Pranayama for six weeks of duration. Endocrine glands secretions were better than the previous condition and also equally good working efficiently as compare general society women. These women were good at talking. On the other hand women from actual society are soft in looking and aggressive and descriptive in thought. The calamities regarding changes in the inner body of the women are aware of the working of yoga and Pranayama.

The Changes in both the faculties are creative and not tentative. In other words to put goodbye to fatness and welcome to fitness will be the rigid motto of this research paper from the point of view of general society women and the actual society women. They are much acquainted with the benefits of the Yogasanas and Pranayama by doing exercises recommended specially for women. Proportionate body figure of the general society women was good enough as compare to actual society. Trouble some spots like Lower abdomen, Waist, Breasts, and Buttocks etc were improved a lot in sense of working women. Body weight of the actual society women were reduced a bit.

Now-a-days the method of interrupted current of electrotherapy is used and its effect is not so long lasting. So in conclusion I would like to put it in a plain and simple

way that the women from working society were far better in adapting and doing the asanas than the non working women. Moreover the working society women are improved a lot healthwise as mentioned in above paragraph.

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Thank you !!!