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NEED OF YOGA IN DEVELOPING HEALTH IN THE MODERN AGE .

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Introduction

Today we are living in the competitive and mechanized world. In the computer era the life style of the human beings are totally changed to run along with the technology development. Technology helped man to reap the benefits of its use. Sides by side lot of stress and tension are faced by the man are quite common. Due to chronic and acute stress many psychosomatic problems occurred in the human body. This is mainly caused by the imbalances in the body mind co-ordination. Whereas the Yoga trains the body, mind & spirit to become strong and flexible, release stress and create inner peace, while developing a deep connection with ones spirit, intuition and personal power. All of these are essential for living a healthy balanced life. Yoga postures also increase range of motion in joints and muscles. It stretches muscles, releasing tension and reducing build up of lactic acid. Holding the yoga postures builds stamina required for all in the life time.

When we analyze the yogic techniques (Asana, Pranayama and Meditation) each one has its own scientific physiological background to synchronize the body, mind and soul. This will pave the way for the health life style.

This 5,000 year old ancient Indian system of education for the body and mind is a practical aid, not a religion or a cult. Although, yoga originates in India, it is a spiritual science that can benefit any cultural background as we must remember not to confuse religion with spirituality. In the twenty-first century yoga has lost some of its power in purpose. Yoga today has often become another form of exercise or fitness technique to increase one's flexibility through poses. Its purpose and intention for practice in the purest form and truest essence is often diluted if not completely ignored and forgotten.

The term 'yoga' is used to indicate both the 'End' as well as the 'mean'. In the sense of the 'End', the word 'Yoga' signifies 'Integration' at its highest level. All the means that subscribe to reach this goal also constitute yoga, in the sense of 'yukti' the means or technique. All the practices, whether high or low are calculated to help the progress of the aspirant towards such integration are together known by the name 'yoga'. Yoga is thus an integral subject, which takes into consideration man as a whole. It does not divide him into watertight compartment as body, mind and spirit etc. Over the past several years yoga has gained acceptance among all and with very good reason; its effects are both physical and mental state of an individual. At the same time it has endless benefits including increased flexibility, strength, balance, prevention from sports injury and improvement in the existing sports injuries and general health too. Further yoga helps to increase lung capacity and function which is a key part of any endurance sport. But this isn't anywhere close to where the benefits end for on top of all the physical benefits it also teaches the art of relaxation and improves concentration and focus.

Yoga teaches the practice of integrating the body and the mind. The science of yoga proclaims that yogic techniques and practices aim at selective as well as wholesome shaping of human body and mind. Hence a selective package of yogic practices consisting Asana (Physical Postures), Pranayama (Breathing Practices) and Meditation (Mental Practices) was