

YOGA - A WAY OF HEALTHY LIFE

Yoga is a kind of exercise to maintain good health. It is practiced since thousands of years. Yoga is a Hindu philosophy that teaches us how to control our body and mind in the belief that we can become united with the spirit of universe. Yoga refers as the union of person's mind, body and soul with the God. The word yoga is derived from a Sanskrit word yuj, which means to integrate. Yoga is a useful technique for making life meaningful, useful and moral.

Practicing yoga helps the body to become active. Moreover, it helps to keep our body and mind in coordination with the soul. Yoga must be performed under the supervision of an expert person. One must regularly practice yoga to live cheerful and healthy life. Development of science, technology and inventions of modern gadgets has made man lazy. He has lost his tolerance and awareness to do various things.

Regular practice of Yogasanas can make man free from being irresponsible. Practicing yoga can lead to a balance that is filled with co-ordination, morality, cleanliness, peace and presence of mind. Performing yoga helps in avoiding the negative feelings like jealousy, ego, unpleasantness and anger. A yogi, named Swami Sivanandaji Maharaj once said, "Practice yoga regularly.

Do not be lazy. Never forget your duty. You are not this body. You are not this restless mind. You are radiant immortal atman. Practice yoga watchfully and you will shine and prosper. Practice it with enthusiasms and energy. Bright future awaits you." However, there are certain things that a person should do as well as avoid while performing Yogasanas. |

It is very important to perform yoga in pleasant and calm surroundings. Yoga must be done without shoes. Comfortable and loose clothes must be worn. The mat on which yoga is performed should be neither very smooth nor very hard. One can alternatively use a carpet. Breathing must never be blocked. Regular breathing through nose and mouth must be done. No food must be consumed at least for forty-five minutes after practicing yoga.

It is very essential that the place where yoga is done must be clean and airy. Mandaka Asana, Matsya Asana, Padma Asana, Vajra Asana, Siddha Asana, Shava Asana, Bhujanga Asana, Tada Asana, Shrivanga Asana, Dhanura Asana and Hala Asana are some of the forms of Yogasanas. Performing these and many more asanas increases the confidence level of a person. It also guards him from various diseases.

The oxygen level in the blood increases and respiratory system improves. Moreover, attentiveness doubles. Committing oneself to yoga helps in increasing physical strength, beauty, health and spiritual awareness. Coordination between our muscles and the nerves slowly improves. Thus, yoga helps in leading long and healthy life.

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