

WOMEN'S HEALTH IN INDIAN SOCIETY

2018-19

Editor

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महिला स्वास्थ्य के सामाजिक संदर्भ

संपादक

डॉ० लता कुमार

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श०म०पा० राजकीय महिला स्नातकोत्तर महाविद्यालय, मेरठ


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प्रस्तुत पुस्तक उच्च शिक्षा विभाग, उत्तर प्रदेश द्वारा प्रायोजित 'भारतीय समाज में महिलाओं का स्वास्थ्य : चुनौतियाँ और समाधान' विषयक राष्ट्रीय संगोष्ठी में प्रस्तुत प्रपत्रों पर आधारित हिन्दी भाषा के आलेखों से संबंधित हैं जिनमें महिला स्वास्थ्य के विविध सामाजिक आयामों तथा विमर्श के नवीनतम पहलुओं को छूने का प्रयास किया गया है।

राष्ट्रीय संगोष्ठी के सफल आयोजन में अनुदान एवं आर्थिक सहयोग हेतु मैं निदेशक, उच्च शिक्षा विभाग, उत्तर प्रदेश की हार्दिक आभारी हूँ। मैं महाविद्यालय प्राचार्य डा० दिव्या नाथ का हार्दिक आभार और धन्यवाद ज्ञापित करती हूँ जिनकी प्रेरणा और अथक प्रयासों से यह पुस्तक प्रकाशित होना संभव हुआ है।

मेरे शुभेच्छु अग्रज सम विद्वान समाजशास्त्री प्रो० विशेष गुप्ता जी, मुरादाबाद के सहयोग हेतु मैं हृदय से आभार प्रकट करती हूँ जिनके विद्वत आलेख ने पुस्तक को निश्चित ही गरिमा प्रदान की है। ओरिएंटल बैंक ऑफ कॉमर्स तथा श्री राहुल गुप्ता, माही बुक पैलेस, मेरठ के सहयोग के लिए भी हार्दिक आभारी हूँ जिनके सहयोग के बिना इस पुस्तक का प्रकाशन संभव नहीं था। मैं समस्त महाविद्यालय परिवार, समाजशास्त्र विभाग, संबंधित लेखक साथियों तथा अपने परिजनों का उनकी शुभेच्छाओं तथा सहयोग हेतु हार्दिक धन्यवाद और आभार प्रकट करती हूँ। संपादकीय सहयोग हेतु डा० सुधा रानी सिंह तथा डा० स्वर्णलता कदम का तथा प्रस्तुत पुस्तक के प्रकाशन हेतु अनु बुक्स, मेरठ का मैं हृदय से धन्यवाद ज्ञापित करती हूँ।

प्रस्तुत पुस्तक महिला स्वास्थ्य के संदर्भ में शोधकर्ताओं, प्राध्यापकों, विषय विशेषज्ञों, नीति निर्माताओं तथा समाज हेतु उपयोगी होगी, ऐसा मेरा विश्वास है। त्रुटियाँ कमोवेश मानवीय यथार्थ हैं, जिनके लिए मैं हृदय से क्षमाप्रार्थी हूँ। समस्त आलेखों की मौलिकता और शोध संदर्भ के लिए लेखक ही पूर्णतया उत्तरदायी हैं।

— डा० लता कुमार

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महिला शिक्षा की सहेली

डा० रेनु चौहान

महिला स्वास्थ्य: सरकारी योजनाओं के परिदृश्य में

डॉ० आना सिंह

एसोसिएट प्रोफेसर-राजनीति विज्ञान

क०0 मायावती राजकीय महिला स्नातकोत्तर

महाविद्यालय, यादलपुर गौतमबुद्ध नगर।

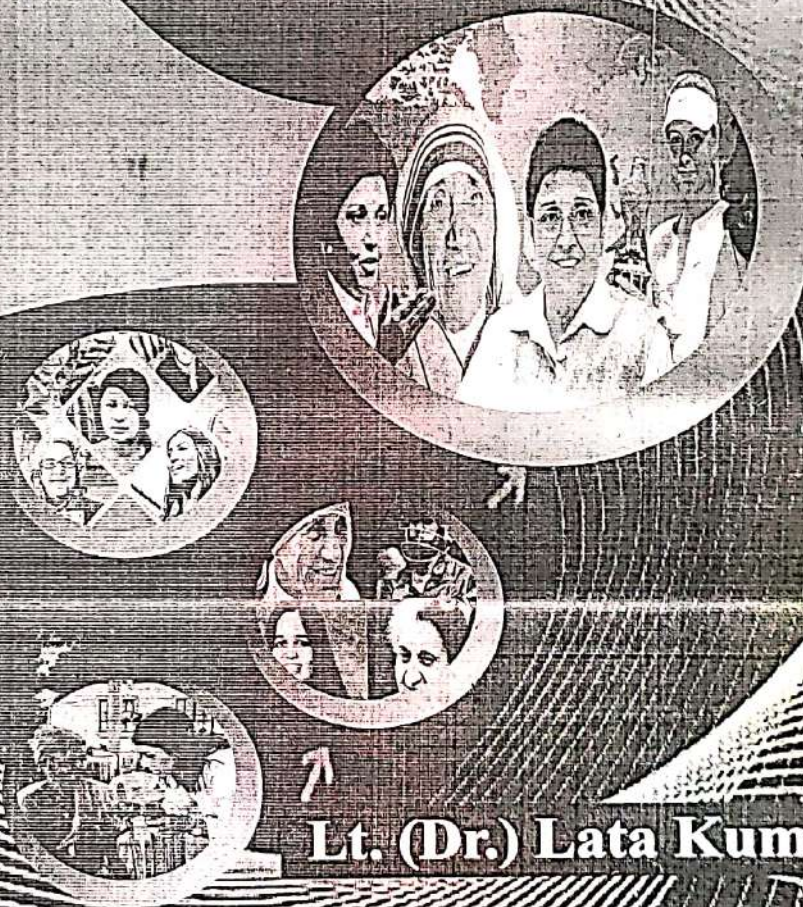
स्वास्थ्य के दृष्टिकोण से भारतीय महिलाओं की स्थिति अभी भी चिंतनीय है। स्त्री चूँकि जन्मदात्री है इसलिए उसे ज्यादा एवं कुछ विशेष किस्म की बीमारियों का सामना करना पड़ता है। आज महिलाओं के सामने सबसे बड़ी समस्या उनके स्वास्थ्य को लेकर है चाहे एड्स हो या कालाजार, मलेरिया हो या प्रसूति संबंधी बीमारियाँ, महिलाएं ही इन सबसे अधिक पीड़ित हैं। आज विकसित से लेकर विकासशील और गरीब लगभग सभी राष्ट्रों में महिलाओं की दशा दयनीय है। विश्व के सभी राष्ट्रों में महिलाओं की दशा दीन-हीन है। महिलाओं के लिए समाज में रोज नए-नए फतवे जारी कर दिए जाते हैं। उठना-बैठना, खाना-पीना लगभग सभी बातों पर पाबंदी है।

अच्छा स्वास्थ्य और परिवार नियोजन घर की महिला, बच्चे व पूरे परिवार के लिए ही महत्वपूर्ण है। भारत की तेजी से बढ़ रही जनसंख्या के पीछे खड़ी है अशिक्षा, गरीबी और अज्ञानता। सरकार ने महिलाओं को प्रसूति लाभ संबंधी विभिन्न सहयोग कार्यक्रमों के माध्यम से इन गरीब महिलाओं अर्थात् जननियों को सुरक्षा प्रदान करने का प्रयास किया है। मानव विकास सूची का सामाजिक-आर्थिक मानदंड, 'स्वास्थ्य' और 'शिक्षा' जिसका अंग है, महिलाओं के पक्ष में नहीं जाता है। भारतीय समाज में महिलाओं की स्थिति संबंधी राष्ट्रीय समिति की रिपोर्ट में कहा गया है कि महिलाओं के स्वास्थ्य पर विशेष रूप से प्रभाव डालने वाले सांस्कृतिक मानदंड हैं- "विवाह के प्रति दृष्टिकोण, विवाह की आयु, जनन क्षमता की दर और बच्चे का लिंग, पारिवारिक संगठन की अभिरचना, परिवार में महिला का स्थान और सामाजिक मान्यताओं के अनुसार महिला की अपेक्षित भूमिका।"

आज विश्व की आबादी 8 अरब से भी अधिक है जाहिर सी बात है कि इस आबादी में आधा हिस्सा महिलाओं का भी है। आधी दुनिया का बोझ अपने सिर पर उठाये इतनी बड़ी आबादी आज विकास की दौर में बहुत पीछे ढकेल दी गयी है। आज विकसित, विकासशील और गरीब लगभग सभी राष्ट्रों में महिलाओं की दशा दयनीय है। हो भी क्यों ना? आदिम समाज से लेकर औद्योगिक समाज तक में महिलाओं को उचित सम्मान और

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WOMEN: STATUS, EMPOWERMENT AND HEALTH



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Women: Status, Empowerment and Health

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So it becomes a high time that they accord an equal status in society for their intelligence, courage and compatibility. Therefore, the need of the hour is a wide scale empowerment of women to make her more realistic about her factual identity.

This edition of the book has been extensively revised about the complete overhaul of a woman's eminence in the society. The content is one of its kind. No matter how good a book – well, that has been the verdict of generations of readers – there is always scope for improvement. And this edition is an endeavour in this direction.

Finally, I would further extend my acknowledgement to all those who have played a role in making the book available to the reader. A bottomless recognition to all those who have provided us with their words of wisdom and have created a new enlightened pathway for humanity. Also, I convey my special thanks for Swarnajali Publication to my loving family for being our well-wishers and enthusiasts.

Lt. (Dr.) Lata Kumar

Women: Status, Empowerment and Health

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An Evaluation Of Occupation and Investment Choice Making Approach With The Resource of Working Women in Distt Muzaffarnagar

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Abstract

A majority of our women do no longer use cutting-edge financial markets. As according to an rbi file, quality 1.4 % of household savings modified into invested in equity, mutual fee range and debentures in 2003-04. Although this went up to about four% in 2005-06, it is though very small. Until the common man or woman turns into a wiser investor and is protected from incorrect doings, wealth advent for the investor and the monetary machine will continue to be a much off dream. Convert a rustic of savers right right into a kingdom of consumers. The existing work dreams to look at the investment desire making gadget the various working women of district muzaffarnagar in western u.p. This well-known the critical factor findings of the observe from the primary statistics accrued from decided on samples from district muzaffarnagar of western u.p. to identify the perceptions and behavioural related issues in investment choice making manner by using employed women. There's a great relationship among educational qualification and respondents' opinion at the elements influencing their funding desire. Instructional qualification of working women has a statistically extensive relationship with the time period of agreement on investment of savings in saving deposits of economic group/ put up - workplace, regular deposit of financial organization/ publish - place of business , existence insurance and god and so on. Because of the reality they will be inclined no longer to take any hazard for their investment.

Keywords Evaluation, Investment, Women

INTRODUCTION

Women constitute about 1/2 of the world population. Their contribution to global's paintings is about 55% along with their unpaid financial sports. Subsequently there may be every purpose that women need to play an equal function within the economic selection making Meerut. With the increasing position of women within the Monetary sports, women are being identified as a better saver than guy, the decision making manner with the aid of women for funding reason profits its significance.


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WOMEN'S HEALTH IN INDIAN SOCIETY

Editor

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WOMEN'S HEALTH AND EMPOWERMENT IN INDIA: ISSUES AND CHALLENGES

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This paper deals with Women's health and highlights the Issues and Challenges of Women Empowerment. Empowerment means the ability to exercise full control over one's actions. The status of women in India has been subject to many great changes over the past few millennia. There are several factors responsible for the current status of women, one is the culture itself. Empowerment of women is essentially the process of upliftment of economic, social and political status of women, the traditionally underprivileged ones, in the society. Women's health is of crucial importance, which is greater affected by the ways in which they are treated and the status they are given in the society as a whole.

Introduction

The Women rights are the means by which a dignified living is ensured thereby safeguarding her privileges. Thus the basic fundamental rights of speech, freedom and decision-making are her basic rights as an individual and citizen. The right for education and employment are significant for women development and national development in the wider sense. As Jawaharlal Nehru well said, "You can tell the condition of the nation by looking at the status of women." The power and freedom to exercise these rights is Women empowerment. Women constitute almost 50% of the world's population but India has shown disproportionate sex ratio whereby female's population has been comparatively lower than males. As far as their social status is

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पृथ्वीराज मोंगा की कहानी संग्रह अंधेरे में का कथ्य एवं शिल्प



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डॉ. श्वर्णलता कदम

विषय-सूची

- प्रथम अध्याय : पृथ्वीराज मोंगा- संक्षिप्त जीवन परिचय
जन्म स्थान, जन्म समय, माता-पिता, कुल परिवार,
बाल्यकाल, शिक्षा-दीक्षा, गृहस्थ-जीवन, देशाटन,
व्यक्तित्व।
पृथ्वीराज मोंगा का कृतित्व-साहित्य सृजन
- द्वितीय अध्याय : कहानी का उद्भव एवं विकास
कहानी की परिभाषा एवं स्वरूप, कहानी का
महत्त्व,
कहानी के तत्व, कहानी का उद्भव एवं विकास
- तृतीय अध्याय : 'अंधेरे में' का परिचयात्मक विवरण एवं सारांश
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 2. 'मुर्गियाँ'
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 5. 'मिट्टी'
 6. 'आई एम लिओ'
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 8. 'सुहागिन'
 9. 'ठण्डा चूल्हा'
 10. 'उसके बाद'
 11. 'तुम लौट आओ'
 12. 'मास्टर जी'

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चतुर्थ अध्याय : 'अंधेरे में' की विषय-वस्तु

1. चरित्रांकन
2. मूल संवेदना
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सहायक पत्रिकाएँ

महिला स्वास्थ्य के सामाजिक संदर्भ

संपादक

डॉ० लता कुमार

एसो० प्रो०, समाजशास्त्र विभाग

श०म०पा० राजकीय महिला स्नातकोत्तर महाविद्यालय, मेरठ


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प्रस्तुत पुस्तक उच्च शिक्षा विभाग, उत्तर प्रदेश द्वारा प्रायोजित 'भारतीय समाज में महिलाओं का स्वास्थ्य : चुनौतियाँ और समाधान' विषयक राष्ट्रीय संगोष्ठी में प्रस्तुत प्रपत्रों पर आधारित हिन्दी भाषा के आलेखों से संबंधित हैं जिनमें महिला स्वास्थ्य के विविध सामाजिक आयामों तथा विमर्श के नवीनतम पहलुओं को छूने का प्रयास किया गया है।

राष्ट्रीय संगोष्ठी के सफल आयोजन में अनुदान एवं आर्थिक सहयोग हेतु मैं निदेशक, उच्च शिक्षा विभाग, उत्तर प्रदेश की हार्दिक आभारी हूँ। मैं महाविद्यालय प्राचार्य डा० दिव्या नाथ का हार्दिक आभार और धन्यवाद ज्ञापित करती हूँ जिनकी प्रेरणा और अथक प्रयासों से यह पुस्तक प्रकाशित होना संभव हुआ है।

मेरे शुभेच्छु अग्रज सम विद्वान समाजशास्त्री प्रो० विशेष गुप्ता जी, मुरादाबाद के सहयोग हेतु मैं हृदय से आभार प्रकट करती हूँ जिनके विद्वत आलेख ने पुस्तक को निश्चित ही गरिमा प्रदान की है। ओरिएंटल बैंक ऑफ कॉमर्स तथा श्री राहुल गुप्ता, माही बुक पैलेस, मेरठ के सहयोग के लिए भी हार्दिक आभारी हूँ जिनके सहयोग के बिना इस पुस्तक का प्रकाशन संभव नहीं था। मैं समस्त महाविद्यालय परिवार, समाजशास्त्र विभाग, संबंधित लेखक साथियों तथा अपने परिजनों का उनकी शुभेच्छाओं तथा सहयोग हेतु हार्दिक धन्यवाद और आभार प्रकट करती हूँ। संपादकीय सहयोग हेतु डा० सुधा रानी सिंह तथा डा० स्वर्णलता कदम का तथा प्रस्तुत पुस्तक के प्रकाशन हेतु अनु बुक्स, मेरठ का मैं हृदय से धन्यवाद ज्ञापित करती हूँ।

प्रस्तुत पुस्तक महिला स्वास्थ्य के संदर्भ में शोधकर्ताओं, प्राध्यापकों, विषय विशेषज्ञों, नीति निर्माताओं तथा समाज हेतु उपयोगी होगी, ऐसा मेरा विश्वास है। त्रुटियाँ कमोवेश मानवीय यथार्थ है, जिनके लिए मैं हृदय से क्षमाप्रार्थी हूँ। समस्त आलेखों की मौलिकता और शोध संदर्भ के लिए लेखक ही पूर्णतया उत्तरदायी हैं।

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महिलाओं के लिए रामबाण औषधि है योग

डॉ० स्वर्ण लता कदम

असिस्टेंट प्रोफेसर-हिन्दी

शहीद मंगल पाण्डे राजकीय महिला

स्नातकोत्तर महाविद्यालय, मेरठ

असंतुलित खानपान के कारण महिलाओं को एनीमिया, तनाव, मोटापा, डिस्लीपेडिनिया यानी लिपिड और ब्लड कोलेस्ट्रॉल के खतरे जैसी कई समस्याएँ घेर लेती हैं। विशेषज्ञों का मानना है कि किशोरावस्था में हम अपने शरीर को जितना मजबूत बना लें जिंदगी भर उतने ही मजबूत रहेंगे। परन्तु आज भागदौड़ भरी जीवन शैली के कारण प्रकृति के स्पर्श से इंसान आज के दौर में कोसों दूर हो गया है। आज जीवन में आगे निगलने की होड़ में नारी इस कदर जुनूनी हो गयी है कि उसे अपने स्वास्थ्य तक का ख्याल नहीं रहा है। वह निरंतर मशीनों के बीच रहते-रहते खुद भी मशीन बनती जा रही है और अपने आप पर अपनी क्षमता से अधिक कार्यावर ढाल रही है। जिसका परिणाम ये हुआ कि वह खुद कई मानसिक व शारीरिक बीमारियों की चपेट में आ चुकी है। वह मानसिक शांति खोती जा रही है और उसे तमाम तरह की बीमारियों और तनावों ने घेर लिया है।

अब प्रश्न यह उठता है कि वह कौन सा तरीका है जिसके माध्यम से महिलाएँ उत्तम और स्वस्थ जीवन जी सकें? वो भी बिना दवाईयों के सेवन के। क्योंकि दवाईयाँ हमें सेहतमंद नहीं बनाती हैं बल्कि हमारे रोगों को दबा देती हैं। मेरे विचार से महिलाओं के जीवन का मूल मंत्र यही होना चाहिए "संतुलित जीवन शैली अपनाकर और योग को अपने दैनिक जीवन का हिस्सा बनाना चाहिए।" अगर महिलाएँ अपनी जिंदगी से चंद लम्हें निकालकर योग करें तो वो तात्पर निरोगी रह सकती हैं और वो दीर्घायु भी प्राप्त कर सकती हैं। इस शोध पत्र का उद्देश्य-यही है कि महिलाओं को योग की महत्ता एवं उससे होने वाले लाभ के विषय में विशेष जानकारी प्रदान करना जिससे वह नित योग करने का संकल्प लेकर अपनी पुरानी संस्कृति और सम्यता को अपनाकर अपने आपको यह अहसास दिलाएँ कि वो मशीन नहीं बल्कि ईश्वर की बनाई हुई एक सुंदर रचना है जिसका ख्याल उसे हर हाल में रखना है। आज दुनिया के पारिवार्य और विकासी देशों के वैज्ञानिक शारीरिक और मानसिक स्वास्थ्य को बरकरार रखने में योग के महत्व को स्वीकार कर चुके हैं। यदि प्रत्येक महिला अपने जीवन में कुछ समय के लिए योग को अपना ले तो वह अपनी बीमारियों से मुक्ति पा सकती है।

- महिलाओं का स्वास्थ्य और उत्पीड़न
डॉ० रजनी श्रीवास्तव, सुश्री ऋतु रानी
- महिला स्वास्थ्य शिक्षा - एवं सशक्तिकरण
सुश्री संगीता जुयाल
- राजस्थान राज्य के टोंक जिले में परिवार नियोजन व गर्भनिरोधक साधनों के प्रयोग में नारी की भूमिका
डॉ० शिल्पी चौहान, सुश्री निशा सिंह
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- ग्रामीण विकास के संदर्भ में ग्रामीण महिला स्वास्थ्य शिक्षा एवं ग्रामीण क्षेत्रों में महिला शिक्षा : एक सशक्त माध्यम
डॉ० विक्रम सिंह
- कैरियर और मातृत्व के मध्य उभरते नूतन समाजशास्त्रीय प्रतिमान
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महिला स्वास्थ्य के सामाजिक संदर्भ

महिला स्वास्थ्य: सरकार की योजनाओं के परिदृश्य में

डॉ० आमा सिंह

एसोसिएट प्रोफेसर-राजनीति विज्ञान

कु० मायावती राजकीय महिला स्नातकोत्तर

महाविद्यालय, वादलपुर गौतमबुद्ध नगर।

स्वास्थ्य के दृष्टिकोण से भारतीय महिलाओं की स्थिति अभी भी चिंतनीय है। स्त्री चूंकि जन्मदात्री है इसलिए उसे ज्यादा एवं कुछ विशेष किस्म की बीमारियों का सामना करना पड़ता है। आज महिलाओं के सामने सबसे बड़ी समस्या उनके स्वास्थ्य को लेकर है चाहे एड्स हो या कालाजार, मलेरिया हो या प्रसूति संबंधी बीमारियां, महिलाएं ही इन सबसे अधिक पीड़ित हैं। आज विकसित से लेकर विकासशील और गरीब लगभग सभी राष्ट्रों में महिलाओं की दशा दयनीय है। विश्व के सभी राष्ट्रों में महिलाओं की दशा दीन-हीन है। महिलाओं के लिए समाज में रोज नए-नए फतवे जारी कर दिए जाते हैं। उठना-बैठना, खाना-पीना लगभग सभी बातों पर पाबंदी है।

अच्छा स्वास्थ्य और परिवार नियोजन घर की महिला, बच्चे व पूरे परिवार के लिए ही महत्वपूर्ण है। भारत की तेजी से बढ़ रही जनसंख्या के पीछे खड़ी है अशिक्षा, गरीबी और अज्ञानता। सरकार ने महिलाओं को प्रसूति लाभ संबंधी विभिन्न सहयोग कार्यक्रमों के माध्यम से इन गरीब महिलाओं अर्थात् जननियों को सुरक्षा प्रदान करने का प्रयास किया है। मानव विकास सूची का सामाजिक-आर्थिक मानदंड, 'स्वास्थ्य' और 'शिक्षा' जिसका अंग है, महिलाओं के पक्ष में नहीं जाता है। भारतीय समाज में महिलाओं की स्थिति संबंधी राष्ट्रीय समिति की रिपोर्ट में कहा गया है कि महिलाओं के स्वास्थ्य पर विशेष रूप से प्रभाव डालने वाले सांस्कृतिक मानदंड हैं- "विवाह के प्रति दृष्टिकोण, विवाह की आयु, जनन क्षमता की दर और बच्चे का लिंग, पारिवारिक संगठन की अभिरचना, परिवार में महिला का स्थान और सामाजिक मान्यताओं के अनुसार महिला की अपेक्षित भूमिका।"

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आज विश्व की आबादी 8 अरब से भी अधिक है जाहिर सी बात है कि इस आबादी में आधा हिस्सा महिलाओं का भी है। आधी दुनिया का बोझ अपने सिर पर उठाये इतनी बड़ी आबादी आज विकास की दौर में बहुत पीछे ढकेल दी गयी है। आज विकसित, विकासशील और गरीब लगभग सभी राष्ट्रों में महिलाओं की दशा दयनीय है। हो भी क्यों ना? आदिग समाज से लेकर औद्योगिक समाज तक में महिलाओं को उचित सम्मान और


WOMEN'S HEALTH IN INDIAN SOCIETY

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EDUCATION AND WOMEN'S HEALTH

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Empowerment of women has multiple, interrelated and interdependent dimensions; social, economic, political, psychological and physical. Physical dimension refers to having control over one's body and sexuality and the ability to protect oneself against sexual violence. It means this dimension related to women's health reproductive choice and sexual health and rights. Women's health is not only a manifestation of biology but also a reflection of socio-political, economic and religious context of women's lives. Discrimination in food, nutrition, health care, teenage pregnancy, and repeated pregnancy, malnutrition in adult female and poor health care service contribute to poor health status of women. Other factors are inadequate safe drinking water and sanitation facility, disproportionate work load, physical violence, mental stress and harassments etc. so it's urgent that, they need to be empowered in terms of physical dimension.. In this direction education can be a potent tool in improving the health-status and condition of women, because education enables to women to gain knowledge, optimize their capacity and potential. Education is important to everyone, but it is especially significant for women, because educational achievements of women can have effects within the family and outside the family. It influences cognitive, economic, political, psychological and physical dimensions of empowerment of women. Thus the prime objective of this article is to analyze the role of education in gaining the control over physical dimension (women's health issues) of women's empowerment.


2018-19




Dr. (Dr.) Lata Kumar is an Associate Professor in the Department of Sociology and Associate NCC Officer (PNCN 'A' grade) in S.M. Govt. Girls' College, Meerut. She did M.A. (Sociology), M.A. (Hindi), UGC-NET (Maths), Ph.D. (Sociology) from Lucknow University, Lucknow (Thirteenth 1st Division). She has teaching experience of 21 years and on the same field, research experience of 22 years and specializes in Gender Issues. She is an active member of Indian Sociological Society and UP Government colleges Academic Society.

She is also an artistic poet, with her published Hindi poetry book "Boliya De Naun Ko" and part of 01. edited poetry book as "Kavita Anurat" she has also published 10 research papers in various journals, national and international and has also organised 01. National Seminar, is organising secretary and 03. National Seminars and 1 National Workshop as organising members. Her research papers have been presented in 55 National Seminar/Workshops, 05 International Seminar and Delivered 08 Guest Lectures.

Dr. Lata actively participates in Social Services and has been awarded Guest of Honour 2018 by NGO Nari Shakti Women Empower (Meharpur), India Fame Award 2017 by India Fame Magazine, Sahitya Samman 2015 by Vidya Pratishthan - Sanskritik Sangathan (Canada), Rashtriya Yuva Kavi Award 2009 by Balkan Ji Bani International (New Delhi), Best Student Award in Graduation by College and a long list of spellbound prizes at various levels. She organized and participated in various talk shows and rallies on cleanliness, AIDS, Road Safety, Women Empowerment, Environment, Human Rights etc. Her research and contribution in social upliftment and awareness is really worth praising.

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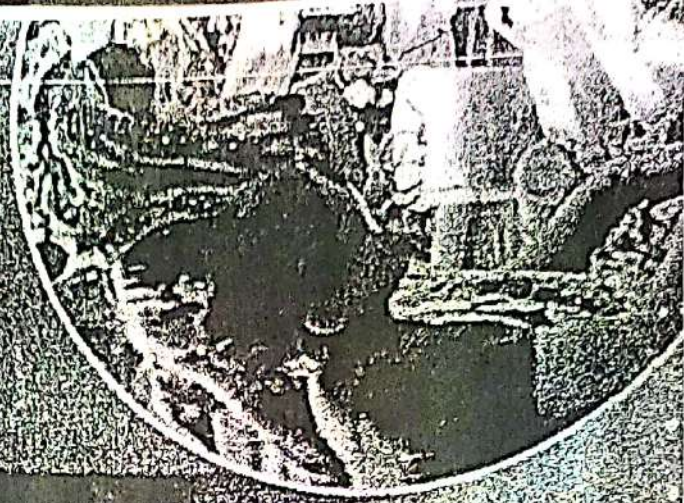
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HEALTH PROBLEMS OF RURAL WOMEN & STRATEGIES TO COPE UP

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"Good Health for all" in the 21st century as targeted by world health Organization. Article 47 of the Indian Constitution states that "the State shall regard raising the level of nutrition and standard of living of its people and improvement in public health among its primary duties.

Women, constituting around half of the population, play a distinct role in the development of our nation. As a mother, she shapes the personality and character of her children and thereby the character of the nation. As a housewife, she maintains the productivity of the human capital within her household through proper home management. Apart from this, a woman herself represents a unit of human capital and is therefore capable of contributing to the economy of the nation. Thus unless women, are mobilized towards contributing to the national development and growth.

It is a fact that women cannot contribute meaningfully in the process of development, until their own development is taken care of. Though women in the urban areas have excelled in all fields-political, social and economic, the rural counterparts are denied of even the basic amenities like health and education.

Health problems of Rural Women:

There is a close link between women, environment and ecology. The rural energy crisis affects women the most. Development of Rural infrastructure has eased the position of many women. The traditional notion of women being confined to the home and health has

resulted in their being deprived of adequate health and educational facilities. In the sphere of health, neglect of a female begins at birth. The infant mortality rate is higher for women than for men. The average maternal mortality rate in India between four and five of 1000 live births, is one of the highest in the world women are under-nourished and at times malnourished. Frequent pregnancies, coupled with a poor diet, result in anaemia and women fall ill more frequently.

All these result in a reduced life span of women. Illiteracy among women has added to the problem as most of the rural women are subjected to the various traditional beliefs and health practices.

Though women work for long hours, especially in the rural areas, they often remain unrecognized participants in economic activities. The basic nature of health problems is attributed also to lack of health literature and health consciousness, poor maternal and child health services and occupational hazards. The social status of women and girl child also leads to the negligence of their health in the society.

Conflict between Nutrition and Rural Women Health

Women are over-represented among the poor. Women and girls are the most affected by hunger and poverty. Traditionally, women bear the primary responsibilities in the most relevant areas-food production, nutrition, family planning, primary health and education. Ironically, most development inputs continue to go to men. Traditionally, boys are seen as assets to the household while girls are seen as liabilities by society especially more so in rural back ground.

Rural villages face these problems because their women are illiterate, unaware of their capabilities and are denied of their rights. It is so strange that where women bear traditional responsibility for virtually all areas of life-family health, education and nutrition, they are literally denied the information, skills, resources and freedom of action they need to fulfill those responsibilities.

Resemblances between Swami Vivekananda and Mahatma Gandhi's Thoughts



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Thought Of Human Value Education According To Mahatma Gandhi and Swami Vivekananda

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Abstract

Explaining the meaning of genuine education Mahatma Gandhiji says, "Genuine education does not consist of cramming a lot of information and numbers in mind. Nor it lies in passing the examination by reading a number of books, but it lies in developing character. It is a real education which inculcates internal virtues (values) in human beings. If you can develop such virtues, it will be the best education".

Vivekananda realizes that mankind is passing through a crisis. The tremendous emphasis on the scientific and mechanical ways of life is fast reducing man to the status of a machine. Moral and religious values are being undermined. The fundamental principles of civilization are being ignored. Conflicts of ideals, manners and habits are pervading the atmosphere. Disregard for everything old is the fashion of the day. Vivekananda seeks the solutions of all these social and global evils through education. With this end in view, he feels the dire need of awakening man to his spiritual self wherein, he thinks, lies the very purpose of education. According to the concept of value education giving by great Indian thinkers like Gandhi, Vivekananda, etc.

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Radhakrishnan, Maharshi, Arvind, Swami Vivekananda and the values presented by the National Education commission and NEP 1986, it is made clear that value education means -

- Morality, equanimity, sympathy and spiritual development education.
- Education of development of virtues like simplicity, freedom, laboriousness, aesthetic sense etc.
- Education of universal values like truth and non-violence.
- Education for noble embellishment, expression of basic growth by good conduct and change of heart.
- Education for development humanity broad mindedness, serviceability fearlessness (boldness), honesty, devotion, respect, co-operation, sense of responsibility etc.
- Education for integrity and democratic sense development. There lies the opportunity for all the above values to develop in basic Education.

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THE EFFECT OF GIRLS' EDUCATION ON HEALTH OUTCOMES IN INDIA AND SOME OTHER COUNTRY

Mr. Satyatal Singh Rana

Assistant professor-zoology

Govt. Degree College Bhojpur Moradabad

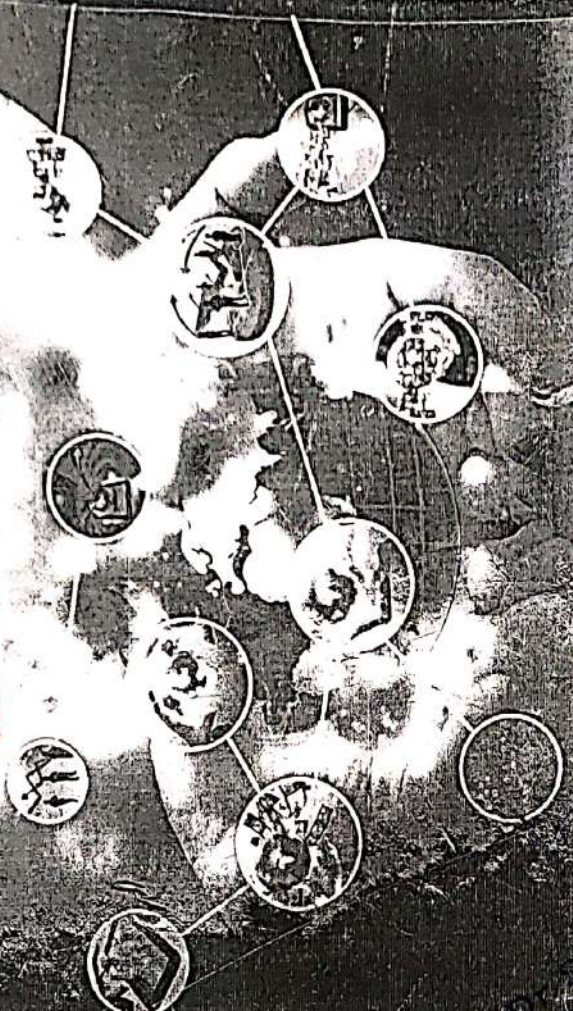
Education is a basic human right that should be exercised fully in all nations, but for many girls in India, attending school is not an option. A girl's education is an essential starting point in establishing equality everywhere. Despite the Indian Constitution guaranteeing equality before the law and non-discrimination on the basis of sex, India remains a patriarchal society. Male inheritance and property ownership, early marriage, dowry, honor crimes, lack girls' education, witch hunting, violence against women, and trafficking are all serious issues in the country. There are schools, but most girls do not attend, often because of religious reasons or cultural pressures.

A study conducted by the U.S. Census Bureau states that three out five girls receives primary education versus three out four boys. There should not be differences in the numbers of such a basic, universal human right. The law of the land makes it clear that both boys and girls have an equal opportunity to attend school from the age of six through fourteen, and that primary education is a fundamental right (Indian Constitution, Art 21). If the constitution does not make it clear enough, there is also an article in The Universal Declaration of Human Rights defining that education is a universal human right (Universal Declaration of Human Rights, Art 26). Girls are not receiving equal access to primary education in rural India and therefore are not achieving equality

Dr. S.P.S. Rana
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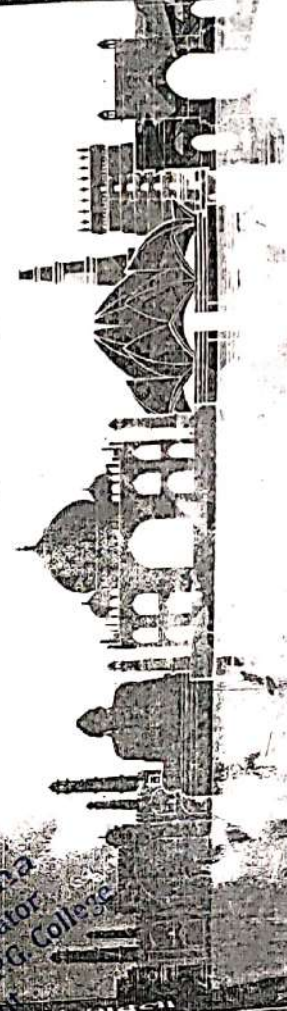
डिजिटल इंडिया कार्यक्रम: एक बदलाव की पहल

2018-19



डॉ० अरविंद कुमार शुक्ल

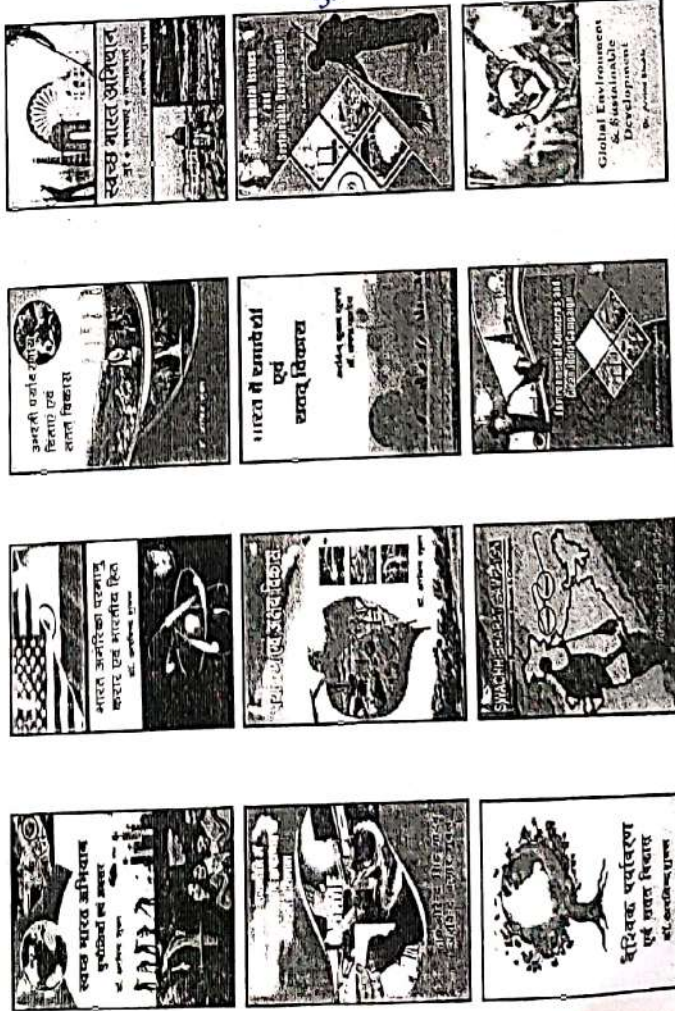
Dr. Arvind Kumar
Coordinator
Principal Girls P.G. College
Meerut



डॉ० अरविंद कुमार शुक्ल, सम्प्रति इलाहाबाद राज्य विश्वविद्यालय, इलाहाबाद, २०१०० से सम्बद्ध राजकीय महिला स्नातकोत्तर महाविद्यालय, बिंदकी, फतेहपुर, २०१०० से राजकीय विज्ञान विभाग में सहायक प्रोफेसर के पद पर कार्यरत हैं। इस से पूर्व श्री शुक्ल राजकीय विज्ञान विभाग में सहायक प्रोफेसर के पद पर ०५ सितंबर २००६ से १५ सितंबर २००९ तक डॉ० वी० एस० कालज कानपुर में तथा १६ सितंबर २००९ से १३ अगस्त २०१३ तक राजकीय महाविद्यालय, समथर, झांसी में कार्यरत रहे हैं।

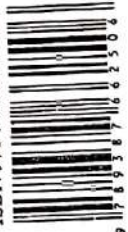
डॉ० शुक्ल के ३१ शोध आलेख, राष्ट्रीय एवं अन्तर्राष्ट्रीय स्तरीय शोध पत्रिकाओं, पुस्तकों एवं समाचार पत्रों में प्रकाशित हो चुके हैं। डॉ० शुक्ल अद्यतन ०५ राष्ट्रीय संगोष्ठियों का आयोजन करा चुके हैं। डॉ० शुक्ल विश्वविद्यालय अनुदान आयोग, सहित विभिन्न मंत्रालयों द्वारा आयोजित राष्ट्रीय एवं अन्तर्राष्ट्रीय संगोष्ठियों से ४६ शोध पत्र प्रस्तुति व सक्रिय भागीदारी एवं आयोजनों में अनवरत संलग्न रहें हैं। डॉ० शुक्ल, The International Journal of Advanced Research in Multidisciplinary Sciences (IJARMS) शोध पत्रिका के प्रमुख संपादक हैं एवं अब तक इनकी कुल १८ पुस्तकें प्रकाशित हो चुकी हैं।

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डॉ० दीपा गुप्ता

असिप्रोजेक्टर बी०ए०० विभा०।

॥—प्राप्त है ग्रन्थकी मूहला स्नातकोत्तर महाविद्यालय, मेरठ।

५२१८

एक समय था जब एक-दूसरे से संवाद का आदान-प्रदान करने के लिए कभी कबूतरों और डाकियों के जरिये पत्र भेजे जाते थे। एक पत्र को एक आदमी से दूसरे आदमी तक पहुँचने में महीनों लग जाते थे। पत्र का जवाब पाने के लिए भी महीनों इंतजार करना पड़ता था लेकिन आज सात सप्ताह पार बैठे लोगों के साथ सीधे बात की जा सकती है। अपना दर्द बर्णन किया जा सकता है। अपने आसपास के माहौल से अवगत करवाया जा सकता है। कहा जाये तो आज पूरी दुनिया मुझी में समा गयी है और इसका पूरा श्रेय जाता है सोशल मीडिया को। सोशल मीडिया एक तरह से दुनिया के विभिन्न कोनों में बैठे उन लोगों से संवाद है जिनके पास इंटरनेट की सुविधा है। इसके जरिए ऐसा औजार पूरी दुनिया के लोगों के हाथ लगा है, जिसके जरिए वे न सिर्फ अपनी बातों को दुनिया के सामने रखते हैं, बल्कि वे दूसरी की बातों सहित दुनिया की तमाम घटनाओं से अवगत भी होते हैं। यहाँ तक कि सेल्फी सहित तमाम घटनाओं की तस्वीरें भी लोगों के साथ शेयर करते हैं। इतना ही नहीं, इसके जरिए यूजर हजारों हजार लोगों तक अपनी बात महज एक विलक की सहायता से पहुँचा सकता है। अब तो सोशल मीडिया सामान्य संपर्क, संवाद या मनोरंजन से इतर नौकरी आदि ढूँढ़ने, पढ़ने के पचास-पचास में भी सहायता करता है।

शोध पत्र

Dr. S.P.S.

शोध पत्र

60

[illegible]

सोशल साइट्स के इस्तेमाल के मनोवैज्ञानिक प्रभाव भी खतरनाक हैं। मनोरोग चिकित्सकों का कहना है कि सोशल नेटवर्किंग साइट्स के ज्यादा इस्तेमाल करने से लोग को इसका नशा लग जाता है और अपने परिवार के प्रति प्रतिबद्धता छोड़कर घंटों कम्प्यूटर या मोबाइल फोन से चिपके रहते हैं। इसका असर यह होता है कि उनमें सामाजिक गुणों का विकास नहीं हो पाता है। दूसरी तरफ सोशल मीडिया में लोग अधिक व्यस्त रहते हैं जिससे वे आउटडोर एक्टिविटी नहीं कर पाते हैं। इसके अलावा अधिक देर तक बैठे रहने के कारण कई तरह की शारीरिक बीमारियाँ भी हो जाया करती हैं। बहरहाल, इसमें कोई दो राय नहीं है कि सोशल मीडिया आज लोगों के लिए बहुत ही आवश्यक हो गया है लेकिन इसका जो दूसरा पहलू है उससे बचने की जरूरत है क्योंकि जब किसी भी चीज का दुरुपयोग होने लगता है तो वो बरदान नहीं अभिशाप बन जाता है।

सोशल मीडिया के विभिन्न प्रारूप -

विश्वभर में लगभग 200 सोशल नेटवर्किंग साइट्स हैं जिनमें फेसबुक, ट्वीटर, आर्कूट, माई स्पेस, लिंक्डइन, पिलकर, इंस्टाग्राम (छोटो, वीडियो शेयरिंग साइट्स) सबसे अधिक लोकप्रिय हैं। एक सर्वे के मुताबिक विश्वभर में संग्रति 1 अरब 28 करोड़ फेसबुक यूजर्स (फेसबुक का मुख्यालय अमेरिका में है) हैं। वहीं, विश्वभर में इंस्टाग्राम यूजर्स की संख्या 15 करोड़, लिंक्डइन यूजर्स की संख्या 20 करोड़, माई स्पेस यूजर्स की संख्या 3 करोड़ और ट्वीटर यूजर्स की संख्या 9 करोड़ है।

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National Seminar on "India after Demonetization : Issues and Challenges" (नोटबन्दी पश्चात् भारत : मुद्दे एवं चुनौतियाँ)

5-6 January 2019

2018-19

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नोटबंदी के फायदे, नुकसान (लाभ-हानि), प्रभाव और परिणाम

डॉ अरविन्द कुमार

सहायक प्रोफेसर, वनस्पति विज्ञान, दमयंती राज आनंद राजकीय स्नातकोत्तर महाविद्यालय बिसौली

हम सब जानते हैं कि 8 नवम्बर की शाम 8 बजे प्रधान मंत्री नरेंद्र मोदी ने नोटबंदी का ऐलान किया था। इसके तहत 500 और 1000 रूपए के नोटों को गैरकानूनी घोषित किया था। अब इनकी कीमत एक पेपर मात्रा रह गयी थी। सरकार ने जनता को 50 दिन की महौलत दी थी जिसमें हमें 500 और 1000 के नोट बैंक में जमा करवाने थे, और उसके बदले बैंक से नोट बदलवाने थे। इस अचानक की गयी घोषणा से पूरा भारत प्रभावित हुआ था। हमें घंटों तक एटीएम, बैंक के सामने कतार में समय बिताना पड़ा। इस दौरान कई लोगों की जान भी गयी तो कई लाइन में थककर गिर पड़े।

नोटबंदी का प्रभाव और परिणाम

नोटबंदी का भारतीय नागरिक और व्यवसायों पर बहुत बड़ा प्रभाव हुआ। सब के लिए यह कठनाई का समय था। रियल एस्टेट के भाव बहुत गिर गए, यह उ लोग पहले से ही खस्ता हालत में था, नोटबंदी की वजह से तो इसकी नींव पर ही प्रहार हुआ। कीमतों में गिरावट, मजदूरों को वेतन देने के लिए नकद की किल्लत ने रियल एस्टेट बाजार हो खासा परेशान किया था। जिनके पास पैसा था ऐसे जागरूक ग्राहकों ने इस परिस्थिति का लाभ उठाया और कम कीमत में घर, जमीन खरीद ली। काला धन रखने वालों ने भी जमीनें और घर खरीद लिए, पर इस कारण वह अब सरकार के राडार में आ गए हैं। अब एक साल के बाद यह मार्केट फिर से तेजी पकड़ रहा है।

नोटबंदी के कारण रोज मर्चा की ज़िन्दगी भी बड़ी प्रभावित हुई, हम किराना, सब्जी, दूध नहीं ले पा रहे थे। टैक्सी, बस के लिए छुट्टे पैसे नहीं थे, रोजाना ऑफिस जाने वालों को इससे बहुत तकलीफ हुई। पैसे के कमी के कारण दवाइयां नहीं मिल रही थी, अस्पताल मरीजोंको एडमिट नहीं कर रहे थे; इस कारण बहुत सारे लोगों की जान भी चली गयी। नोटबंदी के काल में यह सबसे शोकाकुल घटना थी। कहीं लोगों को अपनी शादी पोस्टपोन करनी पड़ी। दिहाड़ी मजदूर जो दिन के कमाई पे पेट पालते हैं; उन्हें, उनके बच्चों को भूखा रहना पड़ा। लाखों लोगों को नोटबंदी की वजह से काफी तकलीफों से गुजरना पड़ा। फिर भी उन्होंने इस राष्ट्रीय आंदोलन का समर्थन किया। अब दो साल हो गए हैं, हालात अब ठीक हुए हैं, पर फिर भी जनता में नोटबंदी के बारे में आक्रोश नहीं है। इससे यह प्रतीत होता है कि आम जनता को सरकार की यह पहल सराहनीय लगी। इस योजना के कार्यान्वयन पर बहुत लोग नाराज़ जरूर हुए फिर भी उन्होंने प्रधान मंत्री नरेंद्र मोदी का साथ दिया। नोटबंदी के चलते सोने के मार्केट में भारी गिरावट आयी, इससे शेयर मार्केट को भी हानी हुई। वैसे ही रोज मर्चा की चीज़ों से लेकर गाड़ियों के खरीद में भारी गिरावट आ गई थी, एक तरह से कुछ हफ्तों के लिए बाजार ठप हो गया था। नोटबंदी से भारत का हर बाजार और नागरिक प्रभावित हुआ था।

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Yoga as an amazing tool for health

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Yoga is a spiritual science of self-realisation. The Indian sage Patanjali, in his Yoga sutras defines yoga as "the control of the activities of the mind." Yoga methods encompass the entire field of our existence, from the physical, emotional and mental to the spiritual. Its methods include ethical disciplines, physical postures, breath control, as well as meditation.

Classical yoga as defined by Patanjali is an eight stages process of spiritual development (the eight limbs of yoga). The first two stages are ethical disciplines (Yamas and Nyamas). Then come postures (Asanas in Sanskrit) and breathing exercises (Pranayama). The last four limbs are meditative stages: control of the sense (Pratyahara), concentration (Dharana), meditation (Dhyana) and enlightenment (Samadhi).

Yoga seeks to promote health and well-being through physical exercise. The regular practice of asanas, and breathing exercises (pranayama) makes the body strong, supple and healthy. It has a profound effect on the circulation and on the functioning of the inner organs, glands and nerves, keeping all systems in radiant health and leading to greater energy, better concentration, and a happier life.

proceeding with the health benefits lets discuss physiology behind this age old practice of self-discipline. Cell is the most basic structure of any living organism. Human body is made up of trillions of cells. Cells get regenerated on a regular basis. Various yogic postures make the body flexible providing uniform blood supply to all body parts. With good blood supply cells are adequately nourished, aiding new cell formation. According to laws of physiology when body contracts and expands, energy is released which helps prevent and at times cure diseases naturally. Yoga is primarily based on this physiology.

In our present day busy lifestyle, we tend to ignore our breathing, resulting in fast and shallow breathing. We use only a fraction of our lung, which decreases the total lung capacity and in the long run, leads to complications like heart diseases, sleep disorders and fatigue. Pranayama essentially means breath control involves deep inhalation and exhalation. Meditation is a means of transforming the mind. We learn the patterns and habits of our mind cultivate new, more positive ways of being. It helps to develop concentration, clarity, calmness, emotional positivity, and understand the true nature of things. Meditation is like mild exercise for nerves and brain. Meditation brings inner peace and harmony and helps in stress reduction boosting our immune system. Meditation reactivates nervous system; stabilizing most mental illnesses and even curing them.

Researchers are looking deeper into the wellness benefits of yoga. Scientists have been turning their attention to what happens physiologically when we practice yoga not just asana but also pranayama and meditation. These physicians, neuroscientists, psychologists, and other researchers are looking deeper into the wellness benefits of yoga and uncovering fascinating evidence of how the practice affects us mentally and

physically and may help to prevent and assist in the treatment of a number of the most common disease. Evidence based benefits of yoga practices are as follows-

1. Improves flexibility and Builds muscle strength : Improved flexibility is one of the first and most obvious benefits of yoga . Strong muscles do more than look good. They also protect us from conditions like arthritis and back pain, and help prevent falls in elderly people. And when we build strength through yoga, we balance it with flexibility.
2. Prevents cartilage and joint breakdown : Each time we practice yoga, we take our joints through their full range of motion. This can help prevent degenerative arthritis or mitigate disability by "squeezing and soaking" areas of cartilage that normally aren't used.
3. Protects our spine: Spinal disks the shock absorbers between the vertebrae that can herniate and compress nerves crave movement. That's the only way they get their nutrients. If we've got a well-balanced asana practice with plenty of backbends, forward bends, and twists, it will help keep our disks supple.
4. Better our bone health: It's well documented that weight-bearing exercise strengthens bones and helps ward off osteoporosis. In an unpublished study conducted at California State University, Los Angeles, yoga practice increased bone density in the vertebrae. Yoga's ability to lower levels of the stress hormone cortisol may help keep calcium in the bones
5. Increases our blood flow: Yoga gets our blood flowing. More specifically, the relaxation exercises can help our circulation, especially in our hands and feet. Yoga also gets more oxygen to our cells, which function better as a result. Yoga also boosts levels of haemoglobin and red blood cells, which carry oxygen to the tissues. And it thins the blood by making platelets less sticky and by cutting the level of clot-promoting proteins in the blood. This can lead to a decrease in heart attacks and strokes since blood clots are often the cause of these killers.
6. Drains lymph and boosts immunity: Yoga postures increase the drainage of lymph (a viscous fluid rich in immune cells). This helps the lymphatic system fight infection, destroy cancerous cells, and dispose of the toxic waste products of cellular functioning.
7. Keeps Heart Healthy: Despite advances in both prevention and treatment, heart disease remains the no. 1 killer of both men and women . Its development is influenced by high blood pressure, high cholesterol, high blood sugar, and a sedentary lifestyle all of which can potentially be reduced by yoga. Dozens of studies have helped convince cardiac experts that yoga and meditation may help reduce many of the major risk factors for heart disease; in fact, a review of no fewer than 70 studies concluded that yoga shows promise as a safe, effective way to boost heart health.
8. Controls Blood Pressure: Yoga and meditation, by slowing the heart rate and inducing the relaxation response, may help bring blood pressure down to safer levels. Two studies of people with

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"Role of Yoga to Empower the Indian Women Health"

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ABSTRACT

Women are considered as the perfect home maker in the world. The Indian women are also over worked in the field to give economic support for their families as well as complete all the domestic work to play her role perfectly she need a balanced health which means physically, mentally spiritually emotionally & intellectually well being for this women can empower her health through Indian traditional way of extruding that is 'Yoga' Good health enables women to enjoy the life & to have opportunity to achieve the goals have set for themselves the yoga is very important in every woman's life it facilitates empowered health & it can cure acute & cronic diseases & ailments such as Diabetes, blood pressure bach ache, head ache Arthritis, obesity etc & yogic activities are very help full daring pregnancy for easier child birth, it also helps to cure menstrual cycle problems of women, yogic activities should do under the supervising of experts in favorable environment. This paper is consider the role of yoga to empower the Indian women health.

Keywords: Empowering, women health, yoga.

Introduction

"Yatra Naryastu pujiyante! Ramante tatra Devata!" India is a one of the few countries where women enjoy a comparatively better status than many women in other parts of world. They are worshiped in the names of Goddess Saraswati, Goddess Durga, Parvati, & Goddess, Kali.

The Indian women are considered as the perfect home maker in the world. They are completely devoted to their families. Indian women suffer immensely they are responsible for bearing children though they are malnourished & in poor health. Women are also over worked in the field as well as complete all the domestic work. Women do the majority of the manual

labor work that uses a lot of energy compared to the men. Because of this she should be very heal they. Heal they means not only merely absnce of diseases but also physically, mentally, emotionally, spiritually & socially well-being.

Good health enables women to enjoy the life & to have opportunity to achieve the goods they have set for then selves. The real purpose of the health is to develop & maintain vigoar & vitality to acquire interest habits in ways of living, that are wholesome & to meet the demands put upon the individual efficiently with energy & satiation.

Now a days the people are promoting their health through gym training, through aerobic classes etc. these forms & physical exercises assure only physical well-being. They have little to do with development of the spiritual body. Being physically fit does not mean good health.

To be healthy one should be physically, mentally, spiritually & intellectually & socially wellbeing these can be attained through Indian traditional way of preserve the health.

The word 'yoga' has been derived from the Sanskrit root 'yuj' which implies a yoke or harness, invoking the nation it is also means 'to add, Join, merge, integrate or unite' Yoga means "the integration or union of the soul with the greeter soul".

Yogic activation help much in making one's body healthy stronger & disease free. All the senses & systems of the body get sufficient energy for their effective functioning through the performance of these activities. Yogic Sadhana & activities especially the shatkarmas help much in the cleanliness & purification of inner parts & systems of the spray of water, disinfectant & Soap. The other parts in the name of yama, Niyama & party hare then help in purification of thoughts & feeling besides disciplining & controlling the intellect & emotions. In this way yoga can be termed as the way & incans of helping an individual to reach at the maximum interims of his physical, mental & spiritual gains, to live a happy, well consented & peaceful life having perfect harmony with the self & others.

Objectives of the study

- 1) To highlight the women heath in India.
- 2) To study the importance of women being healthy.
- 3) To study importance of practicing yoga in women's life.
- 4) To study the importance of yoga on woman's health.

Women health in India

India is one the few countries in the world where women & Man have nearly the same life expectancy at birth. The fact heat be typical female advantage in life expectancy in not seen in India suggests there are systematic problems with women's health. Indian women have high mortality rates, particularly during childhood & in their reproductive years the health of India women is intrinsically liked to their status in society. Indian women have low levels 7 both educations formal labor force participation. They typically have little autonomy, living under the control & first their

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ROLE OF YOGA FOR A HEALTHY LIFE AND STRESS MANAGEMENT

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ABSTRACT

Many years ago yoga originated in India, and now, an alarming awareness is increasing day by day throughout world. As increasing scientific research in yoga, its therapeutic aspects are also being explored. Yoga affects all dimensions of personality. Yoga is reported to reduce stress and anxiety, improves autonomic functions by triggering neurohormonal mechanisms by the suppression of sympathetic activity and even, yoga is beneficial for physical health of cancer patients. In this regard the present review is aimed to provide all the necessary information regarding the effectiveness of yoga practice to have a better healthy life.

KEYWORDS: Anxiety; cancer; hypertension; pranayama; stress; yoga

The term "yoga" stands for "union." It is a philosophical science seeking unity of an individual's soul with absolute reality. Yoga is gaining importance across the world day by day. In India yoga is considered as more holistically as a means of integration of the body and the mind not as a physical exercise only. It works on all aspects of the person as the physical, mental, emotional, psychic and spiritual. The modern age is often termed as the age of anxiety and stress. Basically there are three forms of yogic practices, as asana-based (bodily), breathing-based (breath), and meditation-based (mental), are inherent to basic form of yoga. An asana-based practice involves many bodily postures coordinated with breathing. Meditation-based yoga

involves dissociating oneself from the disturbing thoughts and focusing on breathing. Thirdly breathing-based yoga, which is referred to as "pranayama" involves slow and focused breathing providing designated time for inhalation and exhalation. Yoga is very effective for psychological conditions like anxiety and depression, pain syndromes, cardiovascular problems, autoimmune and immune system conditions and during pregnancy. Other physiological effects of yoga like decreased heart rate and blood pressure and many positive physical effects includes weight loss and also increased muscle strength have been reviewed and reported by many authors. Yoga has been demonstrated to have many positive effects on the cardiorespiratory performance, glucose

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Physical Education and Yoga

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HISTORY OF COMMUNITY HEALTH IN INDIA

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ABSTRACT

Community health is very important aspect for a developing country. And because we are also a developing country so it is a necessity to know the historical development of our country. In our country community health have existed from ancient time. Even in 3000 B.C. Indus Valley Civilization is a perfect example for the community health in our country, which is the origin of the health services in India. It is a well-developed civilization of the world. During this period there were planned cities with proper housing, good drainage system, water supply, public toilets and bath. Our community health system is refining day to day starting from 3000 B.C. to modern age. Now we are in 21st century and we are well developed, well equipped and well-mannered regarding our community health. It is a well-known fact that our country has ruled by various rulers. We have faced the attack of Aryans, Mughals, British's, Portugal's and other more attackers. So it is also necessary to know the health system in our country not only for historical purpose but also for the future improvement in our health policies which affect our community, economy and citizens.

There were so many acts passed by the governments. Comprehensive primary, secondary and tertiary level preventive services were provided through three tier structure (Village post, Urban health post, HSC, PHC, District hospitals, State and Central level hospitals). After independency the Govt. of India set up the planning commission in 1950 to prepare a plan for the most effective and balanced utilization of the country resources for the community health. But in all plan period, health had a separate allocation, but it always received a low priority. We all are very known that good health is not only a desirable goal, but also an essential investment in human resources.

Key Words: Community health, drainage system, PHC, HSC.

Introduction: Health is a positive state of well-being in which harmonious development of physical and mental capacities of individual lead to enjoyment of rich and full life. According to World Health Organisation (WHO), Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. Health is not mainly an issue of doctors, social services and hospitals. Health is an issue of social justice. Healthy citizens can participate to build a nation. So it is essential to know the history of health services in our country. The historical development of community health services in India is given below.

Early History: The community health services in India originate in ancient age. Before 3000 B.C. Indus Valley Civilization is a well-developed civilization of the world. In Indus Valley Civilization cities like Harappa, Lothal etc. are well-planned with proper housing, good drainage system, water supply, public toilets and bath. Streets of all the cities have proper sanitation.

Vedic Period: In 1400 B.C. Aryans culture have contributed to the community health. The chief source of knowledge of the Aryan culture and community health are four Vedas (Rig, Sama, Yajusa, and Atharva Veda). Atharva Veda is important as it has hymns and prayers,

indicating ways and mean to protect people against many kind of diseases and natural disaster like flood, draught etc². According to Yajur Veda (16/4), "world should be free from diseases and everybody should have a healthy mind". Ayur Veda is also include the similar meaning for the community health. The Ayur Veda (Ayur means life, Veda means Knowledge) means the science of healthy life. Traditional medicines are also based on Ayur Veda. Charaka, a famous physician of king Kanishka, made various inventions for health. Dhanvantari, the patron God of Indian medicine, also initiated many methods of healing and passed it to Sushruta, who was the famous surgeon of his time. Ayur Veda and Siddha system of medicine advocated holistic health care i.e. taking care of physical, mental, and spiritual aspects of life simultaneously in an integrated way to have sound body, mind and useful life. The principles of holistic healthcare are in Manu Samhita also. The proper care of sick people in their own homes and hospitals was done by old men and women.

The Buddhist Period: As a well-known fact that this period was influenced by Buddhism. Humanity is the basic principle of Buddhism. Lord Buddha himself took very keen interest in supporting the science of medicine. Lord Buddha used to attend the sick persons himself. He always believes

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YOGAM: A HEALTHY LIFESTYLE

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ABSTRACT

On the one way other modern medical systems cure diseases of the body and mind but Siddha not only cures diseases of the body and mind but also those of soul, by purification which leads to salvation. Thus above last line indicates that Siddha is also for spiritual health. The object of Thirumoolar is for the practice of Yogam for spending a disease free life. As per the theme of Thirumoolar Yogam is Attanga Yogam as it consists of eight limbs.

Perhaps, it is said if all the citizens of a country are healthy then that country will be automatically a healthy country. Prime Minister Narendra Modi has given more emphasis on Yogam in his leadership period for making a healthy India. That's why we are celebrating the International Yoga Day on June 21st every year and India is directly contributing its own spiritual science Yogam to the entire world for maintaining A Healthy Lifestyle.

Yogam means controlling of one's five senses and thereby enabling the mind to focus on a single entity and achieve the end. Union is the meaning of the term "Yogam". That is to say paramanma which is the ultimate goal of human birth. In Thirumanthiram, Siddhar Thirumoolar has broadly described Yogam which is a part of Siddha medicine.

Siddha medicines have been defined in Thirumanthiram by Siddhar Thirumoolar in such a way-

- One that cures a physical ailment is medicine
- One that cures a psychological ailment is medicine
- One that prevents ailment is medicine and
- One that bestows immortality is medicine.

On the one way other modern medical systems cure diseases of the body and mind but Siddha not only cures diseases of the body and mind but also those of soul, by purification which leads to salvation. Thus above last line indicates that Siddha is also for spiritual health. The object of Thirumoolar is for the practice of Yogam for spending a disease free life. As per the theme of Thirumoolar Yogam is Attanga Yogam as it consists of eight limbs.

ATTANGAYOGAM:

The eight steps of Yogam or limbs of Yogam are Iyānam, Niyānam, Asanam, Pranayānam, Prathiyaharam, Dharanai, Dhyānam and Samathi. In Siddha System of Medicine, An important therapy is Kayakalpam (Rejuvenation therapy) which is classified as Kalpa Avizhtham and Kalpa Yogam. Kalpa Avizhtham deals with medicines which are preventive and curative. Kalpayogam deals with yoga techniques, the practice of which keeps the body, mind and spirit healthy for a long period. Here we are discussing two main yogas which are more popular and beneficial of a healthy life style-

1. **ASANAM:** Simply it means pose or posture. By the Asanam we can keep our body steady and motionless in a particular posture for a specific time. Thousands of such postures have been described by the Thirumoolar. Unlike physical exercise which entails expending of our energy, Asanam derives energy specially the bio-magnetic energy. Asanam gives benefit to our body in internal and external manner. One's to give strength external body structure and

voluntary muscles and the other is to stimulate and regulate the function of internal organs such as heart, lungs, stomach, liver, spleen, kidneys and uterus. They regulate the glandular secretions, regulate digestion of food and excretion of waste materials and maintain proper circulation, ventilation and body temperature. Functions of endocrine glands which prevail over one's lifetime is also regulated by Asanam. For preventing or curing diseases, Asanam is supportive and main therapy. At the time of Asanam blood vessels, nerves and muscles become soft and flexible but at the time of physical exercises they become rigid. So Asanam plays a very important role for spending healthy life.

2. **PRANAYANAN:** Thirumoolar describes pranayamam as methods of controlling one's breath by calculation. Breath can be controlled by pranayamam. It tells the innumerable breathing exercises that gives energy to our body cells especially the nervous system. The practice of pranayamam keeps Yaman, the god of death away. By ensuring the adequate supply of oxygen to our body cells it increases the capacity of lungs. Pranayamam is preventive, curative and rejuvenative in nature.

Conclusion- Perhaps, it is said if all the citizens of a country are healthy then that country will be automatically a healthy country. Prime Minister Narendra Modi has given more emphasis on Yogam in his leadership period for making a healthy India. That's why we are celebrating the International Yoga Day on June 21st every year and India is directly contributing its own spiritual science Yogam to the entire world for maintaining A Healthy Lifestyle.

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CHILD MALNUTRITION AMONG CHILDREN OF UTTAR PRADESH

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The malnutrition among children is major public health problem among developing countries. Despite of 50% increase in GDP since 1991, India has one-third of world's malnourished children live in India. According to National Family Health Survey-4, 38.4% of under five children are stunted and 21% wasted. India remain one of the highest ranking country in world in terms of malnutrition. The Uttar Pradesh state with more than 20 million population is the most populous state and contribute maximum to child malnutrition, morbidities and mortality. The malnutrition is also major problem of children of Uttar Pradesh state.

In the present an attempt has been made to examine the level of malnutrition and anaemia among children and changes in the largest state of India. The data for the present analysis is taken from recent NFHS-4 (2015-16). The National Family Health Survey (NFHS-4), provides information on population, health, and nutrition for India and each state and union territory. NFHS-4 survey was conducted under the stewardship of the Ministry of Health and Family Welfare (MoHFW), Government of India. MoHFW designated the International Institute for Population Sciences (IIPS), Mumbai, as the nodal agency for the surveys. The NFHS-4 sample was designed to provide estimates of all key indicators at the national and state levels, as well as estimates for most key indicators at the district level (for all 640 districts in India, as of the 2011 Census).

The children under age five years classified as malnourished according to three anthropometric indices of nutritional status: stunted (height-for-age), wasted (weight-for-height), and underweight (weight-for-age). Further, stunted, wasted, and underweight were categorized below -3SD and below -2SD. The nutrition status were estimated based on 2006 WHO International Reference Population. Anaemia is a condition that is marked by low levels of haemoglobin in the blood. The anaemia level was measured as- any anaemia (<11.0 g/dl), mild (10.0-10.9 g/dl), moderate (7.0-9.9 g/dl), and severe (<7.0 g/dl).

Results and Discussion

Malnutrition among children

Children's nutritional status Forty-six percent of children under age five years are stunted, or too short for their age, which indicates that they have been

undernourished for some time. Eighteen percent are wasted, or too thin for their height, which may result from inadequate recent food intake or a recent illness causing weight loss, and 6 percent are severely wasted. Forty percent are underweight, which takes into account both chronic and acute under nutrition. Even during the first six months of life, when almost all babies are breastfed, 21 percent of children are stunted, 30 percent are underweight, and 31 percent are wasted.

Children's nutritional status in Uttar Pradesh has improved since NFHS-3 by some measures, but not by all measures. Stunting decreased from 57 percent to 46 percent in the 10 years between NFHS-3 and NFHS-4, and the percentage of children who are underweight decreased marginally from 42 percent to 40 percent. However, in the same period, wasting increased from 15 percent to 18 percent. Despite the gains in stunting and underweight, child malnutrition is still a major problem in Uttar Pradesh (Figure-1).

There are only small differences in the level of under nutrition by the sex of the child. However, differences are more pronounced for other background characteristics. Under nutrition generally decreases with increasing mother's schooling and larger child's size at birth. The level of under nutrition is relatively high for children of higher birth orders and those whose mothers are underweight (NFHS-4, 2015-16).

Anaemia among Children

Anaemia is a condition that is marked by low levels of haemoglobin in the blood. Iron deficiency is estimated to be responsible for about half of all anaemia globally, but anaemia can also be caused by malaria, hookworm and other helminths, other nutritional deficiencies, chronic infections and genetic conditions. Anaemia can result in maternal mortality, weakness, diminished physical and mental capacity, increased morbidity from infectious diseases, perinatal mortality, premature delivery, low birth weight, and (in children) impaired cognitive performance, motor development, and scholastic achievement. Anaemia is a major health problem in Uttar Pradesh, especially among women and children (NFHS-4, 2015-16).

Among children between the ages of 6 and 59 months, a large majority (63%) are anaemic. This includes 26 percent who are mildly anaemic, 34 percent who are moderately anaemic, and 2 percent who suffer from severe anaemia. There is no difference in the prevalence of anaemia

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NATIONAL SEMINAR

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COMMUNITY HEALTH

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EMPOWERING WOMEN THROUGH SPORTS ACTIVITIES

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ABSTRACT

This paper highlights empowering women through sports and physical education. The status of women in modern India is a sort of irony the women have left the secured domain of their home and are now in the battlefield of life, fully armed with their enthusiasm, talent and quench for their status. They had proven themselves that they can walk shoulder to shoulder with men. Empowerment is a process by which people gain power over their lives that is empowerment enables women to do things for themselves in their own interests rather than at the command of others for their benefit. Thus empowerment also involves the ability to resist pressures to conform to gender-stereotyped notions concerning presentation and behavior. Participation in sports helps women in many diverse aspects and keeps them fit and healthy besides it enhances their cognitive abilities, their endurance which will help them to keep working all day long.

Introduction : Sport is an integral part of the culture of almost every nation. However, its use to promote gender equity and empower girls and women is often overlooked because sport is not universally perceived as a suitable or desirable pursuit for girls and women. Earlier day's men used to participate in most of the games, sports and athletics, women faces many constraints such as physical, mental, family, social, cultural, religious and so on later they also started active participation in all events. Regular and enjoyable physical activity benefits everyone. It can improve physical, mental, social and spiritual well-being and for the students and young people everywhere. It should be a part of daily life. Society influences the choices of young people make physical activity, first as it affects all their other choices we all share responsibility for providing good opportunities for physical activity. In recent years sport and physical activity as a strategy for the empowerment of girls and women has been gaining recognition worldwide. Sport and physical activity have not yet been used on a large scale as a strategy within women's movements. The involvement of sport and physical activity can build life skills, confidence and body awareness and may create social networks, which results in dramatic positive life changes for participants. We have also seen that involvement in sport and physical activity can positively change existing gender norms and help girls and women move into public places. Moreover, sport and physical activity programmes provide opportunities to bring communities together and help to realize development objectives relating to such issues as conflict management, reproductive health and gender-based violence.

Women health and Empowerment

The health of women depends on their emotional, social and physical well-being which are determined by different social, political and economic contexts of their lives. India being large country, has a diverse population- socially, culturally and economically; yet, the common major problem that women here face

in availing healthcare, is inequality, between men and women; among women of different geographical regions, social classes and indigenous and ethnic groups across the country. Women empowerment and Women's health is of crucial importance, both complement each other as if women are empowered they can access health facilities and if health facilities are provided to them women can be empowered. There are many issues related to women's upliftment and many suggested ways by which we can help in women's upliftment and hence empower them. India recognizes that health care for women should extend beyond mere reproductive health, improving access of women to health care services, particularly those which relate to other major health concerns like Tuberculosis, Malaria etc. Sex desegregated information and monitoring systems. To improve and enhance the health services Primary Health Centers (PHCs) have been set up in the rural communities of India. Important role of PHCs is to provide health education emphasizing family planning, hygiene, sanitation, and prevention of communicable diseases. The concept of Primary Health Centre (PHC) is not new to India. The Bhoré Committee in 1946 gave the concept of a PHC as a basic health unit to provide an integrated curative and preventive health care to the rural population with emphasis on preventive and promotive aspects of health care. Women medical professionals are being placed in Primary Health Centers to overcome the hesitancy that women in explaining their health problems to males. Among paramedical personnel, there are a number of female frontline workers like the Trained Birth Attendant, Auxiliary Midwife Nurse, Lady Health Visitor, and Health Worker (Female). Besides, government extension workers, women groups called Mahila Swasthya Sangathan, have been organized among the community. Several programmes run in PHC such as maternal health and hygiene issues, family planning, nutrition intake and perinatal and postnatal facilities to the pregnant women. Monetary benefits are also given to women for family planning. Counseling and guidance about beneficial schemes are carried for example "BETI ANMOLE" and "INDIRA GANDHI BALIKA SURAKSHA YOJNA". A special programme has also been launched to change societal attitudes to the girl child. The care of the girl child and the

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ASCETICISM AND YOGA : A HISTORICAL SURVEY OF ITS IMPORTANCE

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With the discovering of the Indus valley civilization and its critical study, there came about a change in the opinion about yatis. Ramaprasad chanda¹ propounded the view that the Indus valley civilization cultivated 'Yoga' and meditative technique along with its cult of Siva as Pasupati and Yogi. Ascetic and Yogic cult was in his opinion a contribution of the Indus valley civilization. D.R. Bhandarkar² distinguished the 'yatis' from the 'munis' and considered the former as Asuras and the latter as Aryans of the Indra Cult.

Here we may say that the Rgvedic Indo-Aryans had developed among them a class of ascetics who were not only naked and credited with miraculous powers, but were also, as we have tried to establish, in the habit of demonstrating their achievement of power in holding their penis in tumescence without excitement. There is no reason to think that they might not have had another class of ascetics who made the male organ their object of worship. And they were the 'yatis'.

In the same way as in the *Rigveda* is extolled the kesin, there is a hymn in *Atharvaveda* in which the *brahmacerin* is extolled in very similar words.

The Brahmacarin, born before the sacred knowledge, robed in libation, stood up with his *tapas*: through him were manifested the sacred love, highest Brahman and all Devas with immortality.

The Brahmacarin, bright with the blaze of the sacrificial wood, comes, clad in black buck-skin, consecrated, long bearded; and he forthwith goes from the eastern to the northern sea, and grasps the worlds together, constantly drawing them near.³

Here the ascetic motif is even more evident. *Tapas* in fact means heat especially the internal heat produced in the body by austerity which is a magical force whose power can even dominate the gods and move the whole universe as we shall see below. *Tapas* is the force utilized by the gods themselves to create the world:

When Prajapati was creating beings, death surpassed him he practised austerities for a thousand years, striving for leaving evil behind. While he was practising austerities, sparks came out of his pores: those sparks are stars: there are as many stars in heaven as he has pores.⁴

As we see, the concept of asceticism is central to that of magical power and creative power, and it is this *tapas* which gives prestige and importance to the ascetic in the Indian tradition. Asceticism is mentioned several time in the older Upanishads-it could even be said that upanishadic literature is a creation of ascetic hermits. And in that sense the opinion of Dumont is correct, in India the creator of values is the

anchorite. The upanisads are part of the Aranyakas, the forest books, that is to say, the books composed in the forest by men retired in the forest, that is *vanaprasthas*. These maintain certain sacrificial rituals and give the sacrifices a mystical interpretation. They live as hermits sometimes together with other ascetics, and they develop the theories of the fundamental identity of *atman* and *Brahman*, that is to say the theories of bondage and liberation, *samsara* and *moksha*.

Asceticism is a complex of a number of traits the principal ones may be distinguished as celibacy, austerity, concentration and ecstasy. To take the last first, it should be noted that the Vedic Aryans were fond of an intoxicating drink called Soma. They could describe themselves as having become immortal and as having discovered the gods.⁵ In some passages 'Muni' is described as in ecstatic trance. During its continuance the 'muni' is described as having attained the fellowship of the deities of the air and as being able to travel with them in their course because of his miraculous powers. The following observation of Albert Schweitzer⁶ brings out the significance of *Rgveda* passages like the one referred to above for the history and development of asceticism. "In these hymns we encounter men who know they are uplifted above this world. They are the shamans and medicine men-later called Yogins-who get themselves into a state of ecstasy through drinking the intoxicating Soma by mortification of the flesh. This consciousness of being uplifted above the world which is experienced in ecstasy is the condition determining Indian world and life negation (Samnyasa)... They regard this state of being uplifted above the world as something that only came under consideration for themselves because they possessed the capacity of attaining to community with the gods."

The second element of the ascetic complex is austerity, 'tapas' etymologically means heat and significantly its practice is described in Sanskrit in terms of the root, 'tap' to get heated. In Vedic cosmogony 'tapas' plays an important role and in Rgvedic passages it figures in connection with the creative activity of Prajapati as well as a power by itself. In the Chandogya-Upanisad (11,23) three factors of Dharma are specified. Yojna or sacrifice is the first of them. Yojna is here identified with 'tapas'. In the same upanisad (VIII, 5), in another context where Brahmacarya, life-long celibacy is propounded, at least two kinds of practices of austerity are specified and identified with Brahmacarya. It is asserted that what is known as "mauna", silence is Brahmacarya itself. Keeping silence is well-known to be one kind of austerity. Fasting is thus another kind of austerity. In the *Brihadaranyaka Upanisad* (IV, 4, 22) it is stated that Brahmins described to know the Brahman is accordance with the Vedic injunctions through sacrifice through alms and gifts, and through the austerity of fasting. Knowing him one becomes a muni.

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आधुनिक जीवन शैली में योग का महत्व

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एसोसिएट प्रोफेसर एवं विभागाध्यक्ष (हिन्दी विभाग)
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प्रत्येक मनुष्य की अभिलाषा स्वस्थ और निरोगी काया के साथ लंबा जीवन जीने की होती है, किंतु आज का मानव सुख और संतोष की खोज में इधर-उधर भटक रहा है। वास्तविक सुख और शांति की प्राप्ति के लिए उसे योग मार्ग पर चलना होगा जो हमारी भारतीय संसृति का मूल मंत्र है। योग की उत्पत्ति संस्त भाषा की यज्ञ धातु से हुई है जिसका अर्थ है जोड़ना, एकत्र करना, मिलाना। योग ग्रंथों के अनुसार योगी पुरुष की चेतना ब्रह्मांड की एकता में मिल जाती है जो प्रति और मनुष्य के मध्य सामंजस्य स्थापित करने की सूचक है। योग की शुरुआत धर्म और आस्था से भी पहले मानव सम्यक्ता के साथ ही मानी जाती है। शिव को प्रथम योगी, आदि योगी या योग का आदि गुरु माना जाता है। योग के प्रसिद्ध ग्रंथ 'हठ प्रदीपिका' के प्रारंभ में आदि शिव को योग के प्रवर्तक के रूप में नमन करते हुए कहा गया है - 'श्री आदिनाथ नमोस्तु तस्मै येनोपदिष्य' अर्थात् भगवान आदिनाथ को नमस्कार है जिन्होंने हठ योग विद्या की शिक्षा दी। हजारों साल पहले हिमालय में कांति सरोवर झील के किनारे आदि योगी ने अपने विस्तृत ज्ञान को सप्तऋषियों में डाला था और इन ऋषियों ने योग विज्ञान को एशिया, उत्तरी अमेरिका, दक्षिणी अमेरिका सहित दुनिया के विभिन्न हिस्सों में पहुंचाया।

भारतीय दर्शन में योग विद्या का सर्वोपरि स्थान है। प्राचीन धर्म ग्रंथों, गीता, उपनिषद, वेद-पुराण आदि में योग शब्द वर्णित हुआ है जिसे अलग-अलग रूपों में परिभाषित किया गया है। योगसूत्र के प्रणेता महर्षि पतंजलि योग को परिभाषित करते हुए कहते हैं- "योगश्चित्तवृत्तिनिरोधरू" अर्थात् चित्त की वृत्तियों का निरोध करना ही योग है। महर्षि याज्ञवल्क्य ने योग को इस प्रकार परिभाषित किया है- "संयोग योग इत्युक्तो जीवात्मपरमात्मनो" अर्थात् जीवात्मा और परमात्मा के संयोग की अवस्था का नाम ही योग है। श्रीमद्भगवद्गीता में योगेश्वर श्रीकृष्ण ने योग को इस प्रकार परिभाषित किया है-

"योगस्थरु कुरु कर्माणि संगं त्यक्त्वा धनंजयरू।
सिद्धयसिद्धयोरू समो भूत्वा समत्वं योग उच्यते ॥"

अर्थात् हे धनंजय! तू आसक्ति त्याग कर समत्व भाव से कार्य कर। सिद्धि और असिद्धि में समता- बुद्धि से कार्य करना ही योग है। सुख-दुःख, जय-पराजय, शीतोष्ण आदि द्वन्द्वों में

एकरस रहना योग है। बौद्ध धर्म के अनुसार- "कुशल चितैकगता योगरू" अर्थात् कुशल चित्त की एकाग्रता योग है। रामेय राघव योग को परिभाषित करते हुए कहते हैं- "शिव और शक्ति का मिलन योग है"

इसके साथ ही महावीर स्वामी और भगवान बुद्ध ने अपनी-अपनी तरह से इसे विस्तार दिया। महर्षि पतंजलि ने अपने योग सूत्रों के माध्यम से इसे एक सुव्यवस्थित रूप प्रदान किया। आगे चलकर नाथ, सिद्ध, शिव, शाक्त और वैष्णवों ने अपने-अपने ढंग से विस्तृत किया। पतंजलि योग के अनुसार- "योग" का अर्थ है मन को नियंत्रण में रखना और कुप्रवृत्तियों से दूरी बनाना। संयत, नियंत्रित और एकाग्र मन हमारी सफलता में सदैव सहायक होता है। पतंजलि योग सूत्र में जिस विषय का मुख्य रूप से प्रतिपादन किया गया है वह 'चित्तवृत्ति निरोध' है। अर्थात् चित्त को अन्य विषयों से खींचकर एक ही विषय में एकाग्र करना।

योग शिक्षा में आहार-विहार का पालन करना भी अति आवश्यक है। यह सर्वविदित सिद्धान्त है कि स्वस्थ शरीर में ही स्वस्थ मस्तिष्क निवास करता है। सौभाग्य से हम ऐसे देश के निवासी हैं जिसने हमारे तन और मन को स्वस्थ रखने के लिए सदैव प्रति प्रदत्त उपहारों का सहारा लिया है। यह सत्य है कि प्रकृति के साथ तालमेल रखने से ही अच्छा स्वास्थ्य हासिल होता है। प्राचीन समय में हमारी जीवन शैली प्रकृति के अत्यधिक निकट थी। पहले हम अपने दैनिक जीवन में जिन आदतों का पालन करते थे, प्रायः उनके पीछे एक बहुत बड़ा वैज्ञानिक कारण होता था जिससे हमारा स्वास्थ्य सदैव अच्छा रहता था। जैसे-जमीन पर बैठकर भोजन करना दरअसल एक योग मुद्रा है, जिससे भोजन पचाने में मदद मिलती है। इसी प्रकार अपने हाथ से खाना खाने से पाचन क्रिया में सहायता मिलती है। चूकि मस्तिष्क द्वारा शरीर को पाचक रस स्रावित करने के लिए संकेत भेजा जाता है और उंगलियों से बनी यौगिक मुद्रा हमारे शरीर के संवेदी अंगों को सक्रिय करती हैं जिससे शरीर की सहक्रियाएँ संतुलित होती हैं।

सूर्य नमस्कार हमारी प्राचीन संसृति का अभिन्न हिस्सा रहा है जो कि एक सांस्कृतिक तत्व होने के साथ-साथ एक संपूर्ण यौगिक क्रिया भी है। यह एक ऐसा व्यायाम है जिसमें सूर्य को तो नमस्कार किया ही जाता है, साथ ही इससे पूरे शरीर को लचीलापन प्राप्त होने के अतिरिक्त पाचन क्रिया भी बेहतर होती है।

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योग: एक अमूल्य धरोहर

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भारत में आध्यात्मिक प्रगति की बात करें तो हर किसी का जड़ ही लक्ष्य रहा है—मुक्ति। आज हर व्यक्ति मुक्ति शब्द का अर्थ जानता है। कभी सोचा है, ऐसा क्यों है? दरअसल, मुक्ति में आध्यात्मिक विकास और मानवीय चेतना को आकार देकर एकिकृत करने में एक योगी की सबसे बड़ी भूमिका है। जानते हैं यह योगी कौन है? वह है शिव। आदियोगी शिव ने ही इस संसार को जन्म दिया कि मनुष्य जाति अपनी मौजूदा अस्तित्व की सीमाओं से भी आगे बढ़ सके। सांसारिकता में रहना है, लेकिन इसी का होकर नहीं रहना है। अपने शरीर और अस्तिष्क का हर संभव इस्तेमाल करना है लेकिन उसके कष्टों को भोगने की जरूरत नहीं है। कहने का अर्थ यह है कि जीने का एक और भी दूसरा तरीका है। हमारे यहाँ वैदिक संस्कृत में शिव को ईश्वर के तौर पर नहीं पूजा जाता है। इस संस्कृति में शिव को आदियोगी माना जाता है। यह शिव ही थे, जिन्होंने मन में योग का बीज बोया।

भारतीय संस्कृति की अमूल्य धरोहर योग परम्परा हमारे शरीरों की असीम शक्ति से युगों-युगों से अपने स्वरूप को धारण कर रही है। इस भारत भूमि पर सुशोभित देदीप्यमान सूर्य की भाँति बने प्रकाश से सभी को प्रकाशित करता हुआ अनवरत वृद्धि को प्रगट करता है। योग शब्द मुख्यतः संस्कृत भाषा के युजिर योगे धातु से प्रगट हुआ है। जिसका अर्थ होता है जोड़ना। अर्थात् यह एक ऐसी प्रवृत्ति है जो हमारी आत्मा का परमात्मा से योग कराती है। योग परम्परा को जनप्रिय बनाने का कार्य अनेक युगों से होता चला आ रहा है। अनेकों ऋषि-मुनियों, विद्वानों ने अपने समस्त जीवन को योग के लिये समर्पित कर योग विद्या को जीवित रखा है।

भारतीय संस्कृति की पहचान सर्वदा परहित के रूप में की जाती रही है। परोपकारी भावना भारतीय संस्कृति का मूल मन्तव्य है। भारतीय संस्कृति अपनी इसी परोपकारी भावना के कारण आज भी

दुनिया की उन सभी जीवित परम्पराओं में सर्वप्रासंगिक य सर्वसंजिदा है। 'योग' पर चर्चित प्रथम पुस्तक महर्षि पतंजलि का पातञ्जल योगसूत्र नाम से विश्व प्रसिद्ध है। पातञ्जल योग सूत्र में द्वितीय सूत्र में महर्षि पातञ्जल योग को परिभाषित करते हुए लिखते हैं—

योगरियतवृत्ति निरोधः

अर्थात् धित की वृत्तियों का निरोध ही योग है।

योग वह अदम्य शक्ति है जो हमारे कुण्ठित चित्त की वृत्तियों का नाश कर हमें साक्षात् परमात्मा का दर्शन कराती है।

योग विद्या के मुताबिक 15 हजार साल से भी पहले शिव ने सिद्धि प्राप्त की और हिमालय पर एक प्रबंड और माव-विमोह कर देने वाला नृत्य किया। और वे कुछ देर परमानंद में नृत्य करते रहते थे फिर शांत होकर पूरी तरह से निश्चल हो जाते। उनके इस अनीछे अनुभव के बारे में कोई कुछ नहीं जानता था।

आखिरकार लोगों की दिलचस्पी बढ़ी और वे इसे जानने को उत्सुक होकर धीरे-धीरे उनके पास पहुँचने लगे। लेकिन उनके हाथ कुछ नहीं लगा, क्योंकि आदियोगी तो इन लोगों की मौजूदगी से पूरी तरह बेखबर थे, उन्हें पता ही नहीं चला कि उनके इर्द-गिर्द क्या हो रहा है। उन लोगों ने वहीं कुछ देर तक इंतजार किया है और फिर थक-हारकर वापस लौट आए। लेकिन उन लोगों में से सात लोग ऐसे थे, जो थोड़े हठी किस्म के थे। उन्होंने ठान लिया कि वे शिव से इस राज को जानकर ही रहेंगे, लेकिन शिव ने उन्हें नजर अंदाज कर दिया।

अंत में उन्होंने शिव से प्रार्थना कि उन्हें इस रहस्य के बारे में बताएँ। शिव ने उनकी बात नहीं मानी और कहने लगे, 'मूर्ख हो तुम लोग। अगर तुम अपनी इस स्थिति में लाखों साल भी गुजार दोगे, तो भी इस रहस्य को नहीं जान पाओगे। इसके लिये बहुत ज्यादा तैयारी की आवश्यकता है। यह कोई मनोरंजन नहीं है। वे सात लोग भी कहीं पीछे हटने वाले थे। शिव की बात को उन्होंने गुनोती की तरह लिया और तैयारी शुरू कर दी। दिन, रात, महीने, साल गुजरते गए और वे लोग तैयारियाँ करते रहे; लेकिन शिव ने उन्हें नजर अंदाज करते जा रहे थे।

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NATIONAL SEMINAR

Proceedings

COMMUNITY HEALTH THROUGH PHYSICAL EDUCATION AND YOGA

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SPORTS : IN PURSUIT OF SUSTAINABLE DEVELOPMENT

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Abstract

In order to face the threats and challenges from worsening climate change one thing we can do to protect the planet is to shift cultural attitudes and expectations about how we relate to the earth. Sport as an cultural aspect of humanity has a huge potential to bring people together and enhance sustainable development. While promoting sustainability, sports could be harnessed to ensure healthy, sustainable and just communities. Sports have emerged as an important enabler of sustainable development. It contributes in the realization of development and peace in its promotion of tolerance and respect, and the efforts it puts on towards empowerment of women, young people, individuals and communities as well as to health, education and as an tool of socialization. This potential of sport is also well recognized and appreciated by United Nations.

Keywords : Sustainable Development, Sport, Culture, United Nations

Introduction

The transitional phase, our modern society is undergoing in present times is new as well as inevitable. With the overarching aspiration of bringing people and the planet closer together and leaving no one behind, the 2030 Agenda for sustainable development adopted in 2015 by United Nations General Assembly, is a unique opportunity to inspire global action for development worldwide. Role of sports here in this respect is well acknowledged and appreciated by UNO. Sports has emerged as an important enabler of sustainable development. It contributes in the realization of development and peace in its promotion of tolerance and respect, and the efforts it puts on towards empowerment of women, young people, individuals and communities as well as to health, education and as an tool of socialization. UNOSDP (United Nations Office on Sports for Development and Peace) realizing the tremendous potential of sports has long been bringing people together through sport and supporting sport for peace initiative, from mega sports events to grass root activities. The 2030 Agenda for sustainable development adopted by UNO has aimed at covering through its 17 goals almost all the areas which will enhance and boost up sustainable development in societies throughout the world. These goals are broad and interdependent, yet each has a separate list of targets to be achieved. In total 169 targets need to be achieved to accomplish all 17 goals. In achieving all these goals sports can serve as a catalyst. It is poised

however, to make a unique impact directly on few of the 17 goals. While talking about goal 2 which aims at **zero hunger**, sport could be used as an effective medium to combat hunger and poverty worldwide. The spirit of sports is linked to the nutrition and wellness of a community or individual, this connection between sports and health can be used to highlight inefficiencies in the global food supply chain. Worldwide approximately 161 million children under the age of 05 year are malnourished, nutrition deficiencies affect almost 02 billion people, and this affects the socioeconomic development and contributes to the cycle of malnutrition. Along with this picture of under nourishment there are approximately 500 million people globally who are overweight and obese. It is a complex picture which inhibits the productivity and well being of population across the globe. Affected countries, communities and individuals could be benefited through sports based outreach programs, can instill a sense of hope in situations that may otherwise seem hopeless. Sport and recreational activities provide a release for people struggling with day to day challenges, allowing them to take their minds off what they are facing. A sense of pride can be felt when a country that is facing hunger, food security or other, turmoil comes together to support its athletes and team. There we can quote example of The Jack Brewer Foundation (JBF worldwide). Its core mission is to provide relief to communities around the world suffering from extreme poverty and hunger, using sport as its catalyst since its inception in 2006, the foundation has been mobilizing professional athletes to bring awareness and recognition

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योग और स्वास्थ्य

डॉ० जितेन्द्र कुमार बालियान
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सार

आजकल की व्यस्त जीवन शैली में स्वस्थ जीवन जीने के लिए योग बहुत आवश्यक है। योग को शारीरिक, मानसिक, सामाजिक एवं आध्यात्मिक स्वास्थ्य प्राप्त करने का साधन माना गया है आज के युग में बढ़ते तनाव, चिंता, अवसाद गिरता शारीरिक मानसिक स्वास्थ्य एक चिंता का विषय बनता जा रहा है। स्वास्थ्य ठीक होने पर ही जीवन स्वर्ग की विभूति बन जाता है और स्वास्थ्य ठीक न रहने पर जीवन नरक के समान दुःखदायी व भार स्वरूप हो जाता है। "स्वस्थस्य भावः स्वास्थ्य" स्वस्थ का सकारात्मक भाव ही स्वास्थ्य है। व्यक्ति के जीवन को शारीरिक, मानसिक, सामाजिक एवं आध्यात्मिक रूप से स्वस्थ रखने के लिए प्रतिदिन योगाभ्यास करना चाहिये। अगर व्यक्ति प्रतिदिन योगाभ्यास नियमित रूप से प्रतिभाग करता है तो व्यक्ति के स्वास्थ्य में वृद्धि होगी एवं परिणाम बेहतर होंगे। निष्कर्ष है कि स्वस्थ व्यक्ति और सुखी समाज का निर्माण केवल योग की शरण में जाकर ही हो सकता है। प्रस्तुत शोध लेख में योग द्वारा मानव जीवन को स्वास्थ्य बनाये रखने पर प्रकाश डाला गया है।

योग - "योग" शब्द का उद्गम संस्कृत की धातु 'युज' से लिया गया है और जिसका अर्थ "जोड़ना, गठनबन्धन, बांधना तथा अपना ध्यान केन्द्रित काम करना" है योगिक व्यायामों का एक पवित्र प्रभाव होता है और यह शरीर, मन, चेतना और आत्मा को संतुलित करता है योग हमें दैनन्दिन की मीलों, समस्याओं और परेशानियों का मुकाबला करने में सहायक होता है।

योग के महान ग्रन्थ "पतंजलि योग" दर्शन में योग के बारे में कहा गया है "योगश्चित्तवृत्तिनिरोधः" अर्थात् चित्त की कृतियों का निरोध करना ही योग है। चित्त का तात्पर्य, अन्तःकरण से है। बाह्यकरण ज्ञानेन्द्रियों जब विषयों का ग्रहण करती हैं, मन उस ज्ञान को आत्मा तक पहुँचाता है। आत्मा साक्षी भाव से देखता है। बुद्धि व अहंकार विषय का निश्चय करके उसमें कर्तव्य भाव लाते हैं। इस सम्पूर्ण क्रिया से चित्त में जो प्रतिबिम्ब बनता है, वही कृति कहलाता है। यह चित्त का परिणाम है। चित्त दर्पण के समान है। अतः विषय उसमें आकर प्रतिबिम्बित होता है अर्थात् चित्त विषयाकार हो जाता है। इस चित्त को विषयाकार होने से रोकना ही योग है।

गीता में भगवान श्री कृष्ण के अनुसार "योगः कर्मसु कौशलता" से कार्य करने का नाम ही योग है। योग कार्य की कुशलता को बढ़ावा देता है। योग ब्रह्म के अनुसार "संसार सागर से पार होने की मुक्ति का युक्ति का नाम ही योग है। किसी वस्तु को अपने में जोड़ना अर्थात् किसी अच्छे कार्य में अपने को लगाना। कार्य शारीरिक, मानसिक, सामाजिक तथा आध्यात्मिक आदि। विभिन्न प्रकार के हो सकते हैं। मन एवं शरीर से जो कार्य किया जायेगा उसे ही योग कहते हैं। आज यद्यपि हमारे आम जीवन की दशायें प्रतिकूल जरूर हो गयी हैं किन्तु इस का अर्थ यह कदापि नहीं लगाया जा सकता है कि हमारे व्यक्तित्व का विकास ही नहीं हुआ है। व्यक्तित्व के विकास में योगाभ्यास बहुत ही महत्वपूर्ण भूमिका निभा सकता है।

योग एक विशेष रूप से प्रभावी और कुशल प्रणाली है जो न केवल खिंचाव, टोन और मांसपेशियों को विकसित करता है बल्कि शरीर की सभी प्रणालियों में मजबूत स्वास्थ्य को प्रोत्साहित करता है। नियमित अभ्यास तनाव और चिंता को दूर कर सकता है और मानसिक एकाग्रता को बढ़ावा देती है। जब आप जागरूकता के साथ कार्य करते हैं, तो आप अपने मन के नियंत्रण में हैं आपकी इच्छाओं इतना स्पष्ट हो जाता है कि वे बेहतर अनुभव कर सकते हैं बेहतर देख सकते हैं, बेहतर सोच सकते हैं, बेहतर सुन सकते हैं।

योग मानसिक शारीरिक कल्याण की दिशा में योगदान करता है। पूर्ण जागरूकता के साथ किए गए योग के आसन सभी आंतरिक अंगों के लिए अच्छे होते हैं। योग आपको शरीर के किसी भी हिस्से में दर्द या असुविधा सहित आपके शरीर के बारे में जागरूक होने में मदद करता है। योग का नियमित अभ्यास आपको आत्म में स्थापित करता है। आप हर किसी के साथ और सभी चीजों के साथ

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स्वास्थ्य एवं योग एक विश्लेषणात्मक अध्ययन

डॉ० रामचन्द्र सिंह
असिस्टेंट प्रोफेसर (राजनीति विज्ञान)
श्री० म० पी० राजकीय स्नातकोत्तर महाविद्यालय
माधवपुरम, मेरठ।

शोध सारांश

आज के आधुनिक युग में मानव का जीवन ध्वस्तताओं से जकड़ा हुआ एवं तनावयुक्त हो गया है। इन्तों का प्रतिफल है कि मानव अनेकानेक रोगों से ग्रसित होता जा रहा है। वह स्वस्थ रहने के लिए चिकित्सकों के चक्कर काट रहा है, उन्हें मोटी फीस दे रहा है य इस तरह शारीरिक व मानसिक बीमार के साथ-साथ आर्थिक बीमार भी होता जा रहा है। ऐसी स्थिति में योग ही एकमात्र वह रास्ता है जिसे अपनाने से व्यक्ति अपने जीवन को स्वस्थ रख सकता है।

आज विश्व में भारत की प्राचीन स्वास्थ्य व शिक्षा पद्धतियों का न सिर्फ वर्चस्व बढ़ा बल्कि विश्व को एक नई दिशा भी मिली है। वर्तमान समय में योग मानव के दैनिक जीवन में प्रवेश कर गया है। योग शारीरिक, सामाजिक तथा आध्यात्मिक स्वास्थ्य के समृद्धि का पर्याय बन कर उभरा है। क्योंकि योग में शारीरिक, सामाजिक तथा आध्यात्मिक स्वास्थ्य की उत्तमता का सार निहित है।

मुख्य शब्द— स्वास्थ्य, अध्यात्म, आत्मा—परमात्मा, कर्म, भक्ति एवं समभाव।

प्रस्तावना

योग शब्द संस्कृत के 'युज' धातु से बना है। जिसका अर्थ होता है जोड़ना, किसी कार्य व वस्तु से स्वयं को जोड़ना।
महर्षि पाणिनी के अनुसार—

1. युनसमाधेः— समाधि के लिए जुड़ना।
2. युजिर योगेः— संयोग करना।
दुःख रूपी संसार से वियोग य ईश्वर से संयोग का नाम योग है।
3. युज संयमनेः— मन का संयम।

मन को संयमित कर योग साधनाओं को अपनाने हुए आत्मा का परमात्मा से मिलन ही योग है।

योग शब्द जितना सरल एवं सुगम है इसका अर्थ उतना ही गूढ़ एवं विस्तृत है। इसका व्यवहार व्यापक अर्थ में किया जाता है। इसका क्षेत्र बहुत ही विस्तृत है। भारतीय दर्शन में योग विद्या का स्थान सर्वोपरि एवं विशेष है। भारतीय ग्रन्थों में योग विद्या से संबन्धित ज्ञान भरा पड़ा है। वेदों, उपनिषदों गीता एवं पुरुषों आदि प्राचीन ग्रंथों में योग शब्द वर्णित है। दर्शन में 'योग' शब्द को एक अति महत्वपूर्ण शब्द के रूप में परिभाषित करते हुए कहा गया है—

'योगश्चित्त वृत्तिनिरोधः' यो. सू. 1/2 अर्थात् चित्त की वृत्तियों का निरोध करना ही योग है चित्त का तात्पर्य अन्तःकरण से है अर्थात् अपने मन को बाह्य विषयों से हटाकर अन्तःमुखी बनाना।

महर्षि याज्ञवल्क्य ने योग को परिभाषित करते हुए कहा है— संयोग योग इत्युक्तौ जीवात्मपरमात्मनो अर्थात् जीवात्म व परमात्मा के संयोग की अवस्था का नाम ही योग है।

भगवत गीता में योगेश्वर श्री कृष्ण ने कहा है—

"योगस्थ कुरुकमीणि संग त्यक्त्वा धनंजय।

सिद्धातिसद्ग्रयो समो भूत्वा समत्व योग उच्यते॥"

सुख—दुःख, लाभ—हानि आदि स्थिति में सम रहना ही योग है। गीता में कहा है— योगः कर्मसकौशलम कर्मों में कुशलता का नाम ही योग है। अनासक्त भाव से किए गए कर्म ही योग है। महर्षि व्यास के अनुसार— 'योगः समाधि' योग नाम समाधि का है। अर्थात् समाधि ही योग है।

योग का उद्देश्य

योग का उद्देश्य हमारे जीवन का समग्र विकास करना है। समग्र विकास का अर्थ शारीरिक, मानसिक, नैतिक, सामाजिक व आध्यात्मिक विकास है। योग से हमें मानसिक निरोगता, स्वास्थ्य व कुविचारों से मुक्ति मिलती

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THROUGH

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Yoga: A Wonderful Therapy for Lifestyle Disorders

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ABSTRACT

The modern world is facing a pandemic of lifestyle disorders that require changes to be made consciously by individuals themselves. There are many ways to overcome the stresses and disorders contributed to human life with this almost impossible to change lifestyle. The holistic art and science of yoga is the best lifestyle ever designed and is effective in managing prevalent lifestyle disorders such as diabetes and hypertension. Interestingly, modern research has begun to focus on the psycho-physiological beneficial effects of yoga which need to be understood as more than merely a form of physical exercise. Yogic practices, yogic lifestyle, yogic diet, and yogic attitudes help humans to strengthen themselves and develop positive health, thus enabling them to withstand stress better. This yogic lifestyle is achieved by normalizing the perception of stress, optimizing the reaction to it, and by releasing the repressed stress efficiently through various yogic practices. The majority of studies on yoga and cardiovascular and metabolic health show positive trends and this augurs well for the future of health care in general and the use of yoga as a part of integrative health care in particular. Major benefits of yoga may occur due to its lifestyle components (healthy diet, activity, relaxation, and positive attitude) as well as psychosomatic harmonizing effects of pranayama and yogic relaxation. Yoga places a great importance on a proper and healthy lifestyle whose main components are ahar, vichar, ahar, and vihar. The basic yogic principles useful in the management of lifestyle disorders are discussed here including psychological reconditioning and development of appropriate attitudes; stress management normalization of metabolism; and relaxation, visualization, and contemplative practices.

Key Words: Pandemic, disorders, ahar, vichar, ahar, vihar

INTRODUCTION

Over the last several years yoga has become very popular in the western world. Different schools, adult education centres, health centres, clinics, and private teachers are offering yoga classes and sessions. It was found that the initial motivation to start practicing yoga was pain or discomfort, or just getting fit. Eventually yoga helped respondents to master the difficulties of life and to regain confidence or equilibrium after difficult periods of life. When we try to describe and define the yoga, we must keep in mind that yoga was developed in ancient India, in a time and a culture completely different from that of our present world. The word "yoga" belongs to the old Indian Sanskrit language. The Vedas contain descriptions of methods and rituals that bring to mind the yoga techniques of mindfulness, concentration, meditation, and breathing exercises. The word "Yoga" is derived from the verbal root word "Yuj" in Sanskrit which means joining act of union, uniting etc. Usually the human soul attaining complete union with the ultimate divine power or the supreme spirit is considered as the Yoga.

At some point between 200 BC and ad 400 the Indian sage Patanjali collected together previous knowledge about yoga and summarized it in a concise collection of 195 aphorisms, the Yoga-Sutras. The Yoga-Sutras are still the primary source text on yoga. The main pillars of the yoga path are abhyasa and vairagya. Abhyasa is learning through disciplined, dedicated practice. Vairagya is avoiding whatever is distracting from the path of learning. Yoga considers that when the whole body has lowered life force, the result is a lowered vitality level, poor health and susceptibility to various

diseases. No disease would occur if the body's life force were high enough to fight against it. Yoga is the union of mind and body with spirit. During practice of Yoga, one can deeply connect to its innermost self through mindful exercise, involving Asanas, controlled breathing i.e. Pranayama and meditation. These postures strengthen the body, the meditation sharpens one's focus, and the breath calms the mind and heals the body. When the three are in harmony, the result is improved fitness, flexibility, stress management, relaxation skills, mental clarity, and overall well-being.

There are many techniques of yoga - Types of The Yoga- "Yogas" is the "integration from the outermost layer to the innermost self, that is, from the skin to the muscles, bones, nerves, mind, intellect, will, consciousness and self." Yoga mainly classified as Jnana Yoga, Karma Yoga, Bhakti Yoga and Raja Yoga. According to Yoga Sutra there are Ashtanga Yogas. Ashtanga Yoga -Yoga Sutra of Patanjali Maharshi is the earliest book, which is available on Yoga. The eight limbs of Yoga are Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. The first four are considered as Bahiranga (external) Yoga, whereas the later are considered as the Antaranga (internal) Yoga.

1. Yama: - The principles and ethical rules followed in personal and social behaviors are Ahimsa, Satya, Asteya, Brahmacharya, and Apathya.

2. Niyama: - These are the personal ethical rules for everyone. By the Niyama one can get control of the thoughts and purification of the body.

3. Asana: - The Asana gives firmness and flexibility to the body. The static posture is usually used for the meditation in which body remain still.

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"YOGA AND PHYSICAL EXERCISE AS A PREVENTING TOOL AGAINST VARIOUS DISEASES"

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"It's easier to build a child than to repair an adult."
(Gray, 1992)

A nation's true wealth lies not in its land and waters, not in its forests and mines, not in its flocks and hands, not in its dollars but in its healthy and happy men, women and children. Physical exercises have been considered as an essential part of human life. The survival of man is physical and movement or the activity is the foremost important thing one learns soon after birth. The literal meaning of 'physical' is 'body' which strictly relates to physique, health, strength, endurance, speed, agility, flexibility, and physical performance on the sports.

NEED AND IMPORTANCE OF YOGIC EXERCISES

Yoga is a means of balancing and harmonizing the body, mind and emotions and is a tool that allows us to withdraw from the chaos of the world and find quite space within. Numerous issues are confronting in the world today. No doubt, yoga is the important link between the sedentary life and the active life. It keeps the muscles supple, prepares for movement and helps to make the daily transition from inactivity to vigorous activity without undue stress and strain. Thus, yoga restores 'wholeness'.

PHYSICAL EXERCISE AND ITS BENEFITS

Regular exercise and physical activity are extremely important and beneficial for long-term health and well-being. Due to exercise the beneficial effects are three types:

A. Health benefits

- Reduce the risk of premature death.
- Reduce the risk of developing and/or dying from heart disease.
- Reduce high blood pressure or the risk of developing high blood pressure.
- Reduce high cholesterol or the risk of developing high cholesterol.
- Reduce the risk of developing colon cancer and breast cancer.

Reduce the risk of developing diabetes.

B. Cardio-respiratory Benefits

- Increased maximal oxygen consumption (VO₂ max).
- Improvement in cardiovascular/ cardio respiratory function (heart and lungs)-
- Increased maximal cardiac output.
- Increased maximal stroke volume.
- Increased blood volume and ability to carry oxygen.
- Reduced workload on the heart
- (Myocardial O₂ consumption) for any given sub maximal exercise intensity

C. Neuro-muscular Benefits

- Increased strength of tendons and ligaments.
- Potentially improves flexibility.
- Reduced body fat and increased lean body mass.
- Improved strength, balance, and functional ability in older adults

YOGA AND EXERCISE FOR PREVENTING VARIOUS DISEASES

The list below peers into the ways through which you could curb and control diseases.

***Thyroid:**

Also known as Adams apple regulates metabolic activities of the human body and a disorder in the discharge of hormones can cause grave problems to the body.

Symptoms: Low energy level, Skin problems, Depression, Anxiety, Neck swelling, Hair loss, constipation.

Suggested yoga poses: Halasana/ Plough pose: This pose will give compression to the neck and stimulates the thyroid glands.

Matsyasana/ Fish pose: Matsyasana provides adequate stretching to the neck triggering the thyroid gland.

***Polycystic Ovarian Syndrome disease:**

PCOS is a common occurrence in women at reproductive age. Women suffering from obesity are more prone to PCOS. It crops up when a woman's ovaries or adrenal glands produce more male hormones than normal. Presently, many women have started recognizing the role of yoga as a safe PCOS treatment option.

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Importance of Yoga for the Wellbeing of Students

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Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of today wellbeing and culture of tomorrow."

-Swami Satyananda Saraswati

In this fast paced world, students are facing enormous emotional, psychological and other stressors that interfere overall physical, mental, well-being of life. The term Well-being defined by Mental Health Foundation as "a positive sense of well being which enables an individual to be able to function in society and meet the demands of everyday life with good mental health and have the ability to recover effectively from illness or misfortune." Well-being is the condition of an individual or group. A high level of well-being means that in some sense the individual's or group's condition is positive. Wellness refers to diverse and interconnected dimensions of physical, mental, and social well-being that extend beyond the traditional definition of health. It includes choices and activities aimed at achieving physical vitality, mental alertness, social satisfaction and personal fulfillment. There is a need to attain balance between mind and body which is possible through one of the ancient approaches of wellbeing like yoga. Yoga is the science of right living. Physical and mental wellbeing of a student is based on three principle of yoga which are as follows:

Balancing the positive and negative energy poles.

Purifying the body wastes.

Conferring absolute health to one part or system of a body.

Student life is a very crucial period of one's life; these years can make or break a person. Students from all around the world have gained benefits by doing yoga. Yoga helps student's body to relax and soothes their mind. Also it helps to make student's body flexible and improves your concentration power. Also students can gain various other benefits from yoga that will help them in completing their work perfectly and make them high scorer. Some proven studies have revealed that yoga and meditation essentially have a biochemical effect on the human body that resembles the benefits of antidepressant and anti-anxiety medications and thus can help a lot to relieve mental tension as well as stress. Several school-based stress management and wellness programs have been encouraged to prefer healthy living in students, as a result of which students have gained

benefit. Aside from these programs yoga and meditation directly encourage the wellbeing of students in contributing to improving mental focus and concentration.

Yoga for Wellbeing of Students

Here are some benefits of yoga for the wellbeing of students:-

Yoga's innate ability to cease the mental chatter and live in the moment reduces stress and anxiety. Yoga helps students to deal with their stress and bring back some peace of mind. Those who regularly practice yoga not only report lower levels of stress and anxiety and subsequently improved academic performance.

Yoga soothes our mind and body and encourages to eliminate social and academic stress from students. Breath and movement combine yoga which encourages in soothing cramped and jammed bodies. It also encourages students in just concentration while completing assignment.

Several school-based stress management and wellness programs have been encouraged to prefer healthy living in students, as a result of which students have gained benefit. Aside from these programs yoga and meditation directly encourage in contributing to improving mental focus and concentration among students.

Yoga soothes our mind and body and encourages to eliminate social and academic stress from students. Breath and movement combine yoga which encourages in soothing cramped and jammed bodies. It also encourages students in just concentration while completing assignment.

Yoga brings out plenty of potential positive outcomes for students and many other people.

Family pressure, academic performance standards, financial fear and peer groups are few of the reasons which may take a student's success in school. One of the primary benefits of yoga is to reduce stress from young students. According to behavioral health services and research, it is established that a student who participated in yoga instead of physical education has more exhibited improvement in mood, perceived stress, and anxiety.

Yoga has proved to be of vast concern in increasing concentration power and sharpness of brain. Movements of yoga provide time for mind and body to relax and count

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COMMUNITY HEALTH THROUGH PHYSICAL EDUCATION AND YOGA

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तनावमुक्त जीवन जीने का योग : भक्तियोग

डा. शालिनी वर्मा

(असि. प्रो. संगीत गायन)

श.म.पा. राज महिला स्ना0 महाविद्यालय, मेरठ।

योग शब्द का अर्थ 'एकता' या बँधना है। यह शब्द संस्कृत के 'युज' शब्द से निकला है। जिसका अर्थ है 'जुड़ना'। योग शरीर, मन और भावनाओं का तालमेल व संतुलित करने का साधन है। एक प्रकार से योग सही तरह से जीने का विज्ञान है। योग भारत की एक प्राचीन प्रणाली है जिससे हमारा शारीरिक व मानसिक स्वास्थ्य ठीक रहता है परन्तु आज के भाग-दौड़ वाले युग में चित्त को शांत रख पाना एक बड़ा कठिन कार्य है। चिंता, व्याकुलता और तनाव से सच को मुक्त करने का केवल एक ही उपाय है, योग।

योग के चार पथ-योग के चार मार्ग बताये गये हैं- (1) कर्मयोग, (2) भक्तियोग, (3) राजयोग, (4) ज्ञान योग।

1. कर्मयोग-कर्म का अर्थ है क्रिया 'काम करना'। कोई भी मानसिक या शारीरिक क्रिया कर्म कहलाता है। कर्म शब्द कृ धातु से बनता है। कृ धातु में 'मन' प्रत्यय लगाते से कर्म शब्द की उत्पत्ति होती है। कर्म करना मनुष्य की स्वाभाविक प्रवृत्ति है कर्म के बिना मनुष्य का जीवित रहना असम्भव है -

"योगः कर्मसु कौशलम्"

अर्थात् कर्मों में कुशलता ही योग है। बिना कर्म बंधन में बंधे मनुष्य कर्मयोग साधना में कर्म करता है। वह समस्त सांसारिक कार्य करते हुए भी मोक्ष मार्ग की ओर अग्रसर हो जाता है।

कर्मयोग की साधना में कर्म करने वाला साधक अपने सभी कर्मों को भगवान को अर्पित करता है। धीरे-धीरे कर्मयोग की साधना में लगा व्यक्ति जब उच्च अवस्था की स्थिति में पहुँचता है तो उसके अंदर से स्वयं की भावना समाप्त हो जाती है। वह साधक यही समझता है कि उसके द्वारा किये गये समस्त कर्म ईश्वर के द्वारा किये जा रहे हैं अर्थात् ईश्वर की कृपा से ही समस्त कार्य सिद्ध हो रहे हैं।

2. राजयोग-यह 'योग का शाही मार्ग' कहलाता है इसी को अष्टांग योग पथ भी कहते हैं। सभी प्रकार की योग विधियाँ, प्राणायाम, ध्यान और क्रियाओं के रूप सम्मिलित हैं। राजयोग आत्मानुशासन और अभ्यास का मार्ग है। यह राज योग अपना अष्टांग योग आठ चरणों में संगठित रहता है-यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान, समाधि। अष्टांग योग के आठ चरण-आन्तरिक शान्ति, आत्मसंयम, स्पष्टता और ईश्वरानुभूति के लिए विधिवत अनुदेश एवम् शिक्षा प्रदान करते हैं।

प्रत्येक व्यक्ति में अनन्त ज्ञान और शक्ति का आवास है। राजयोग उन्हें जाग्रत करने का मार्ग प्रदर्शित करता है-मात्र मन को एकाग्र कर उसे समाधि वाली पूर्ण एकाग्रता की अवस्था में पहुँचा देता है। चंचल मन को काबू में कर उसकी बिखरी हुई शक्तियों को समेटकर सर्वोच्च ध्येय में एकाग्र कर देना यही राजयोग है।

3. ज्ञानयोग-स्व की जानकारी प्राप्त करने को ज्ञान योग कहते हैं। ज्ञानयोग का अर्थ उस ज्ञान मार्ग से है जिसके द्वारा अविद्या का नाश होकर शुद्ध आत्म सत्ता का बोध होता है।

4. भक्तियोग-योग का अर्थ है जुड़ना और भक्ति का अर्थ है दिव्य प्रेम। ईश्वर के प्रति अत्याधिक प्रेम ही भक्ति है। भक्तियों में प्रेम की उच्च पराकष्टा हैं ईश्वर के प्रति प्रेम, सृष्टि के प्रति प्रेम, सभी प्राणियों के प्रति सम्मान और समर्पण यही भक्ति योग है। भक्तियोग में ईश्वर के किसी भी रूप की आराधना सम्मिलित है। अपने साथ घटने वाली प्रत्येक घटना को वह ईश्वर के किसी भी रूप की आराधना सम्मिलित है। अपने साथ घटने वाली प्रत्येक घटना को वह ईश्वर की इच्छा या उपहार स्वरूप स्वीकार करता है। ईश्वर की प्रतिमात्र पूर्ण समर्पण रहता है। वह कई प्रकार की इच्छा या अपेक्षा नहीं रखता। अहंकार शून्य निष्कान भाव से भक्त ईश्वर के गुणगान करता है भक्तियोग की मान्यता है। भक्त के हृदय से जब अहंकार वासना के भाव मिट जाते हैं, तब उस पवित्र स्थान पर ईश्वर स्वयं दृष्टिगत होने लगते हैं और वह चिंता मुक्त होकर सकारात्मक ऊर्जा से भर जाते हैं।

गीता के 12वें अध्याय में दूसरे श्लोक में लिखा है-

मच्चा वेश्य मनो ये मां नित्यशुक्ता उपासते।

श्रद्धया परयोपेतास्तो मे युक्ततमा मताः॥

"मुझमें मन को एकाग्र करके निरन्तर मेरे भजन ध्यान में लगे हुए जो भक्तजन अतिशय श्रेष्ठ श्रद्धा से युक्त होकर मुझ सगुणरूप परमेश्वर को भजते हैं, वे मुझको योगियों में अति उत्तम योगी मान्य हैं। शुद्ध प्रेम को प्राप्त करने का सबसे सुगम और सर्वोच्च साधन भक्तियोग है।

सन्यासरन्तु महाबाहो दुःखमाप्नुमयोगतः।

योगयुक्तो मुनिर्ब्रह्म न शिरेणाधिगच्छति॥

"भक्ति में लगे बिना केवल समस्त कर्मों का परित्याग करने से कोई सुखी नहीं बन सकता। परन्तु भक्ति में लगा हुआ विचारवान

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Health benefits of Yoga

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ABSTRACT

Yoga is important in our daily life. Daily yoga helps to improve our posture, making our walk taller and sit up straighter at our desk. Yoga gives us physically fit life and healthy mind. Fitness is the ability to live a balanced life. The totally fit person has a healthy and happy outlook towards life and everyone. Physical fitness is essential for human beings to adjust well with his environment as his mind and body are in complete harmony. A healthy mind can concentrate well and do everything. Yoga is one of the best exercises for physical fitness, and emotional and spiritual well-being. Its benefits are numerous, and it can be practiced by anyone, the young and old alike, besides the fact that it is useful in preventing and even curing many minor and major diseases.

Introduction

Yoga is a physical, mental and spiritual practice that originated in ancient India. Yoga uses breathing techniques, exercise and meditation. The word, yoga, derived from the Sanskrit root "yuj" which means to connect, join or balance. It helps to improve health and happiness. Yoga may increase patient's physical flexibility, coordination, and strength, while the breathing practices and meditation may calm and focus the mind to develop greater awareness and diminish anxiety and thus result in higher quality of life. Other beneficial effects might involve a reduction of distress, blood pressure, and improvements in resilience, mood, and metabolic regulation. Yoga is perhaps the best known way to bust stress, which is the root cause of chronic diseases such as reproductive problems, heart problems, immune system problems, arthritis, depression, and anxiety. Because yoga also helps in healing the mind, the healthy mind can lead to greater physical fitness, and a fit body leads to a healthy life. The effects of yoga on the mind and body's fitness are amazing. The muscles are exercised by stretching and relaxing. Regardless of the pathophysiologic pathway, yoga has been shown to have immediate psychologic effects: decreasing anxiety and increasing feelings of emotional, social, and spiritual well-being. Several literature reviews have been conducted that examined the impact of yoga on specific health conditions including cardiovascular disease, metabolic syndrome, diabetes, cancer, and anxiety.

Types of Yoga

Vinyasa yoga: "Vinyasa" means linking breath with movement. The postures are usually done in a flowing sequence, or "vinyasa flow." The fluid movements can

be memorized and done as a moving meditation, almost like a dance.

Ashtanga yoga: Ashtanga means "eight limbs" and encompasses a yogic lifestyle. Most people identify Ashtanga as traditional Indian yoga. Like Vinyasa yoga, the Ashtanga yoga asanas (postures) synchronize breath with movement as you move through a series of postures.

Iyengar yoga: Iyengar is named after B.K.S. Iyengar, a famous yogi from India. It was popularized in the West about the same time as Ashtanga yoga. This style of yoga is usually taught without music and at a slower pace designed to assist students to get deeper into the postures.

Bikram yoga: Bikram yoga was designed by Bikram Choudhury in the 1970s, who brought the practice to California from India. It consists of the same twenty-six yoga postures and two breathing exercises. It is ninety minutes long. The room is bright has 105 degrees Fahrenheit temperature. There is no music during class.

Jivamukti yoga: It is a physical, ethical and spiritual exercise. This type of yoga incorporates Sanskrit chanting, Pranayama, and movement (Asanas), with a theme or lesson for each class.

Power yoga: It is an active approach to the traditional Hatha yoga poses. The Ashtanga yoga poses are performed more quickly and with added core exercises and upper body work. The sequences are not the same every time, and there is often upbeat music. Vinyasa yoga can also be Power yoga, depending on the gym or studio that is hosting the class.

Sivananda yoga: This is a yoga system based on the five yogic principals: proper breathing, relaxation, diet, exercise, and positive thinking. These work together to make a healthy yogic lifestyle.

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COMMUNITY HEALTH THROUGH PHYSICAL EDUCATION AND YOGA

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Relation Between Yoga and Physics and Its Importance for Our Life

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ABSTRACT

Yoga and quantum physics draw upon the same timeless wisdom. Yoga is one of the few ways to realize the ultimate truth referred to in Vedanta and the universal energy field in quantum physics. The sublime and invisible truth of Vedanta is made more concrete through Yoga. It is the launching pad for a transformative journey into inner space. Yoga is the key that opens the floodgates of happiness, both for the individual as well as the community. It has the power to negate the personal and collective misery that comes through individualistic and egoistic tendencies that we have accumulated over the years. Yoga not only brings conspicuous benefits such as health and vibrancy, but also uplifts the spirit and enhances our intuitive ability. Intuitive intelligence is the basis of quantum-mechanical predictions. Undoubtedly, intuition and a higher self-awareness are imperative for the proper functioning of government, society and the individual. Yoga brings skill in action and helps one manage challenging situations without getting stressed. Yoga is a great way to achieve this delightful state. Reputable health organizations are proving more and more how Yoga has helped countless people recover from many illnesses. Yoga also has the power to instantly bring about a complete equilibrium in one's personality and correct extreme complexes and tendencies naturally. In fact, Yoga holds the promise of many solutions that today's behavioural sciences are grappling with. When people have a glimpse of a blissful meditative experience, their life gets transformed totally. This phenomenon has been observed in prisons too. When the inmates start with basic pranayama, they move into meditation easily and their character starts reflecting the yamas and niyamas of Yoga the social and personal codes of conduct as enunciated by Maharishi Patanjali. From militants and prisoners to monks and poets, Yoga can radically transform the lives of people in inconceivable ways. It softens the heart, sharpens the intellect and clears confusion. This makes it abundantly clear how important it is to make Yoga accessible to people in all strata of the society.

Correlation between Yoga and Physics

Newtonian and Galilean Physics:

The dynamic Dhanurasana roll is quite a challenge even for experienced yogis. It involves perpetual pendulum like back and forth swings performed with agility and grace. Beginners confuse it with strength training and try to lift both the ends simultaneously. I remind my friends of Newtonian Physics. Let the pelvic bone act as a pivot and gently use the weight of the head to gather momentum and steer. And the swing is established thanks to Inertia of Motion. Once the extreme swing is reached, the body obeys Galilean Physics and oscillates back to the opposite side establishing a near perpetual motion.

Centre of Mass The balancing act:

The point where the weight is averagely distributed is called Centre of Mass. In postures, there is either horizontal or vertical asymmetry causing the centre of mass to deviate. Take the case of simple one-legged Dhruba Asana. For a standing body, the centre of Mass is around the navel region. As we raise our hands, the centre of mass moves upwards. When there is an asymmetry, the balance can be restored through proper posture alignment and force. Broadening the fingers and toes and pressing the feet increases the mass in that area. While practicing Utkata Konasana aka the goddess poses which needs horizontal stretch of both the thighs outward, my friends were finding the balance hard. The trick is to distribute the weight of the upper body backwards. This can be done by wringing the arms backward like a goddess blessing or by slightly tilting the head upwards. Ardha Chandrasana too similarly calls for balance and slow tilt of head to coherently send the feedback to the brain. There are 3 phases in perfecting the equilibrium

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Yoga in Ancient India

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ABSTRACT

The history of yoga is based in the Indus Valley civilization. The techniques are practiced by the Indus to initiate spiritual growth. The yogis encourage union with the finite jiva (transitory self) and with the infinite Brahman (eternal self). Brahman is a term used by the Hindus to mean "God." So, what are we supposed to unite with? Yogis usually think of God as an impersonal, spiritual substance, coexisting with all of reality. This doctrine is called pantheism which is the view that everything is God. In the Bible, God reveals Himself as the personal Creator of the universe. Since it is taught by the yogis that everything is God, it then stands to reason, man is God. Christianity, on the other hand, teaches us there is a clear distinction between man and God. Since God is the Creator, we are one of his creations and created "in the image" of God. Unlike the yogis, the Bible presents man's primary problem to be sin -- a failure to conform to God's character and standards. The solution is Jesus Christ's death on the cross. He calls men to freely receive all the benefits of His salvation through faith in Christ alone.

INTRODUCTION:

Yoga was also been used in the narrow-restricted sense of the practice of controlling one's own mind. It is defined by Patanjali, as "the restraints of the modes of the mind" ('chitta- vritti-nirodha?'. It means that "Yoga is the science that teaches us to bring the chitta under control from the state of changes. The chitta is the stuff from which our minds are made and which is being constantly churned into waves by external and internal influences. Yoga teaches us to control the mind so that it is not thrown out of balance into wave forms. There are several passages in the Yoga sutra in which the Yogi is more concerned with casual process rather than with metaphysics. Metaphysics was given only a secondary consideration in Patanjali's teaching. The relation between matter and mind is of utmost importance and form the basis of metaphysical teaching. This idea has been brought out by Patanjali as follows: "The conjunction of the Perceives and perceivable is the cause of the 'Avoidable'. A "The restriction of this is by means of practice and dispassion. Their restraint comes from practice and non-attachment.

Today, many people are taking up yoga techniques for physical exercise, and most don't know the history of yoga. They believe there is nothing wrong with implementing this form of exercise into their daily regiment to promote a more healthy body. However, the practice of yoga is much more than a system of physical exercise for health. Yoga is an ancient path to spiritual growth, and originates out of India where Indians practiced. The practice and goal of yoga dates back to the Upanishads, written between 1000-5000 BC.

Yoga means the classical Yoga system as set forth by Patanjali in the Yoga Sutras. Patanjali taught an eightfold (Astanga) system of Yoga emphasizing an integral spiritual development including ethical disciplines (Yama and Niyama), postures (Asana), breathing exercises (Pranayama), control of the senses (Pratyahara), concentration (Dharana), meditation (Dhyana) and absorption (Samadhi). This constitutes a complete and integral system of spiritual training. Yoga education (D.El.Ed.) 16 Yoga Education However classical Yoga was part of the greater Hindu and Vedic tradition. Patanjali was only a compiler of the teaching at a later period. Yogic teachings covering all aspects of Patanjali Yoga are common in literature prior to Patanjali like the Puranas, Mahabharata and Upanishads, where the name Patanjali has yet to occur. The propounder of the Yoga system is said to be Hiranyagarbha, who represents the creative and evolutionary force in the universe. Yoga can be traced back to the Rgveda itself, the oldest Hindu text which speaks about yoking our mind and insight to the Light of Truth or Reality. Great teachers of early Yoga include the names of many famous Vedic sages like Vasiṣṭha, Yajñavalkya, and Jaiṣṭhī. The greatest of the Yogis is always said to be Yogeśvara Kṛṣṇa himself, the propounder of Bhagavadgita which is called as Yoga Sastra an authoritative work on Yoga. Lord Siva is also the greatest of the Yogis or Adinatha.

Vedic period

The ancient texts of Vedas are the oldest scriptures in the world. The Sanskrit word Veda means "knowledge" and rk means "praise". Thus the Rgveda is a collection of hymns that are in praise of a higher power. Other three

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Ashtanga Yoga: The Way of Life

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INTRODUCTION

Yoga has its roots about 5000 years BC as described in Vedic Philosophy and Tantras. The Jain and Buddhist literatures too explain the yoga process. However the credit for establishing the yoga as an independent philosophy goes to sage Patanjali who composed this path into a Darshan (Philosophy) in his Book Patanjali Yoga Sutra. By etymology, the meaning of Yoga is Samadhi. According to Patanjali, Yoga means prohibition or control over tendencies of chitta. By chitta, he means the inner self (mind, ego and intellect) and by their prohibition, he means to deviate these tendencies from worldly consumption to divinity. Sage Patanjali synthesized and organized knowledge about yoga from older traditions in Yoga Sutra in which he has formulated Yoga as an Eight Limbs or Eight Fold path. The Yoga Sutras of Patanjali are a collection of 196 Indian sutras (aphorisms) on the theory and practice of yoga. According to sage Patanjali, in the Yoga Sutra, Ashtanga Yoga is a way of internal purification for revealing the universal self and consists of eight spiritual practices. Ashtanga is a dynamic flowing practice, which syncs the movements of the body with the breath. The form is designed to purify the body, building core strength and toning the body. Ashta + anga is Ashtanga in Sanskrit, "Ashta" means Eight and "Anga" means limbs, so it means eight limb path.

EIGHT LIMBS OF ASHTANGA YOGA

1. Yama (Principles or moral code- Ahimsa, Satya, Asteya, Brahmacharya, Aparigraha)
2. Niyam (Shoucha, Santosh, Tapa, Swadhyaya, Pranidhan)
3. Asana (Yoga Positions)
4. Pranayama (control of breath)
5. Pratyahara (Withdrawal of Senses)
6. Dharana (Concentration on Object)
7. Dhyana (Meditation)
8. Samadhi (Absorption into the universal)

The first four limbs yama, niyama, asana, pranayama are considered external cleansing practices. According to Pattabhi Jois, defects in the external practices are correctable. However, defects in the internal cleansing practices pratyahara, dharana, dhyana are not correctable and can be dangerous to the mind unless the correct Ashtanga yoga method is followed.

Ashtanga Yoga Benefits

Yoga practices help with self-healing. Practicing Ashtanga yoga rejuvenates the one and balances body, mind and soul. So here are some Ashtanga benefits.

Physical Strength- Ashtanga yoga focuses on physical strength and muscle training. Ashtanga not only makes mind calm and soul peaceful, it also works on body strength. As most of the Ashtanga Yoga poses use body weight, the practitioners get a lean and toned body. Also, the performance of vigorous Ashtanga Yoga poses detoxifies the body that assists in getting rid of fat from the stomach and arms. Practicing this style

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Women's Health Issues in India

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Some health issues those are common to both men and women. Although the symptoms may be similar, the effects of the condition and the care necessary can differ significantly for women. There is credible information available to women not only on such problems as eating disorders, stress, alcoholism, addictions, and depression, but also on basic topics such as good nutrition, heart health, and exercise. For example, it is beneficial that a woman maintain her optimum weight. If a woman's waist size measures more than 35 inches (89 cm), she is more likely to develop heart disease, high blood pressure, and diabetes. Eating sensible meals, eliminating after-dinner snacks, and making physical activity a part of daily life are significant ways to help control weight and lower the risk of a long list of health problems. Depression and anxiety exhibit more frequently among female patients. Urinary tract conditions present more often in females, and sexually transmitted diseases can cause more harm to women. India is among the few countries where women and men have almost the same life expectancy at birth. Women's health in India is an issue that needs attention. Sadly, in India irrespective of the worldwide commitment, women from the poorer classes and downgraded areas experience differential access to health care conveniences. In this post, we will discuss about factors affecting women's health in India, health status of women in India and women health issues in India. Among the conditions that present most frequently in women, certain health issues and their effects on women are listed below.

Heart Disease: Heart disease is the leading cause of death for women. Heart disease is also the leading cause of death for men. In addition, women are more likely than men are to experience delays in emergency care and to have treatment to control their cholesterol levels. High blood pressure, high cholesterol and smoke are the factors that contribute to heart disease.

Cervical Cancer: Cervical cancer is cancer that starts in the cervix, the lower, narrow part of the uterus (womb). Cervical cancer is almost always caused by human papillomavirus (HPV) infection. The types of HPV that cause cervical cancer are more common in

women who are HIV-positive. Women with HIV need to get regular Pap tests to help find changing cervical cells before they turn into cancer.

Breast Cancer: Breast cancer is the second leading cause of cancer deaths among women. Research studies show that the smaller the breast cancer is when it is detected, the greater the chance of survival. Mammography and breast examinations serve as the recommended screening tests for breast cancer. The discovery of inherited gene mutations permits the identification of at least some women at increased risk for developing breast cancer.

Maternal health: Many women are now benefitting from massive improvements in care during pregnancy and childbirth introduced in the last century. But those benefits do not extend everywhere. Most of these deaths could have been prevented, had access to family planning and to some quite basic services been in place.

Mental health: Evidence suggests that women are more prone than men to experience anxiety, depression, and somatic complaints - physical symptoms that cannot be explained medically. Depression is the most common mental health problem for women and suicide a leading cause of death for women under 60.

Depression: occurs when someone feels a sense of lethargy, apathy, boredom, sadness or General malaise for for a significant period of time. While it is normal to have depressed periods throughout your life, depressed periods that last longer than six weeks are indicative of a more serious issue. Contrary to popular belief, many people with depression are not sad at all. In fact, they may have trouble feeling any emotions at a common sign of depression is to lose interest in things you once enjoyed. One possible reason for this is that women tend to be care givers, and the added burden of seeing to the well-being of elderly parents, children and others can lead to feelings of helplessness. Others feel overwhelmed, which can lead to depression as well.

Women's cosmetic concerns: To many women, "cosmetic" means a make-up preparation for external use, such as lipstick or eye-shadow. "Cosmetic" can also mean a medical procedure done to correct defects or for the sake of appearance. The variety of procedures and the number of

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Effect of Yoga on Mental Health

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ABSTRACT

This review suggests that Yoga has a huge potential for mental health. Yoga can empower individuals' positive thinking to take charge of their own psychological wellness and save a large expenditure for treatment and prevention of mental health problems. Yoga can take the form of a new therapy for curative, preventive, protective and promotive objectives at schools, hospitals, health care centres and in family. In this paper, we provide evidence for yoga as a form of health promotion, illness prevention and treatment for depression and other mental health imbalances. Like other therapies, yoga is not a complete solution to mental health concerns. In conjunction with other approaches, yoga has great potential to lead people towards greater mental well-being.

In the last years, it is very well known that it is the age of anxiety, depression and stress. The need for effective population mental health promotion approaches is urgent as mental health concerns are escalating globally and current allopathic treatment regimens are insufficient to bring people towards the state of mental well-being. A new view on mental healthcare has been formed on mental healthcare, called positive psychology. This new view states, that mental health is not solely comprised of a reduction of negative symptoms, such as stress or depression, but positive experiences as well, such as emotional well-being, happiness and self-realization. Yoga, among other activities, is in line with this new view, in the sense that it practices key aspects of positive psychology. More and more research has been conducted on the effects of yoga on mental health in the last years, but little have physical, chronic conditions been the focus of this research. A meta-analysis is conducted to study the effects of yoga on mental health in physical, chronic conditions. Yoga is currently blooming worldwide. It is being practiced by citizens of all the continents of the world. Indeed Yoga has become widely known and has been used for treatment of chronic health conditions, and management of the symptoms related to acute physical ailments.

In this paper, we provide evidence for yoga as a form of health promotion, illness prevention and treatment for depression and other mental health imbalances. Like other therapies, yoga is not a complete solution to mental health concerns. In conjunction with other approaches, yoga has great potential to lead people towards greater mental well-being.

Meaning of Yoga:

The literally meaning of yoga in Sanskrit language is to add or to join soul, mind and body of an individual. From the ancient time in our country Patanjali was the pioneer of classic yoga. Yoga is a physical, mental and spiritual.

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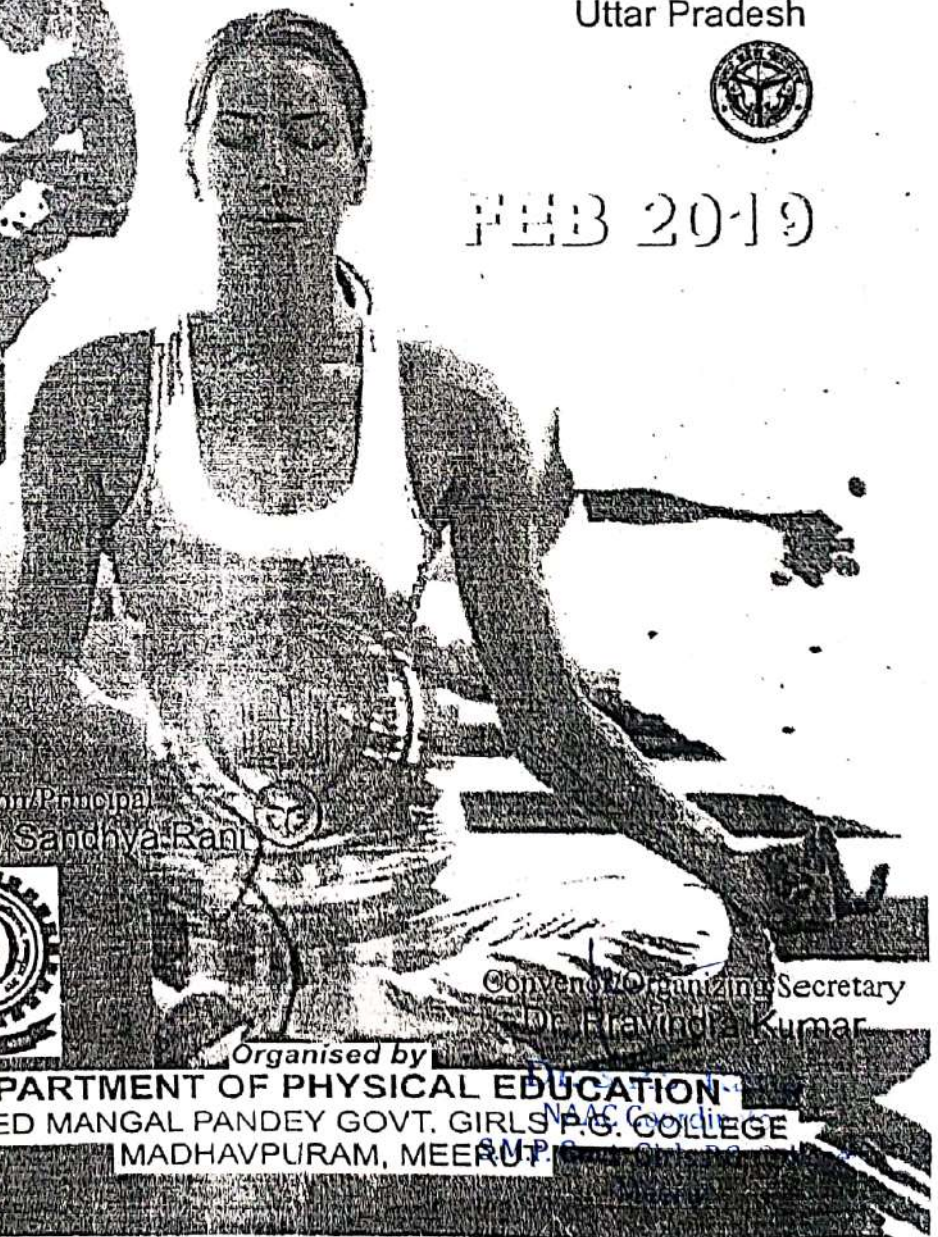
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RELATIONSHIP OF MATHEMATICS AND YOGA

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ABSTRACT

Yoga has been the subject of research in the past few decades for therapeutic purposes for modern epidemic diseases like mental stress, obesity, diabetes, hypertension, coronary heart disease, and chronic obstructive pulmonary disease. The studies report fruitful effect of yoga in these conditions, indicating that it can be used as non-pharmaceutical measure or complement to drug therapy for treatment of these conditions. But the religious understanding of yoga has been an issue earlier. Thus there arises a question "Is yoga religious?" Teaching yoga minuses its religious moorings, and solely for its practical value. Consider mathematics, like yoga, can we strip mathematics of its religious bias and teach it in public schools solely for its practical value. For more details one can see [1].

Introduction:

Yoga is essentially a spiritual discipline based on an extremely insidious science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Many people today understand yoga (typically mispronounced "yogaa") as just a form of physical exercise, like aerobics. However, its Hindu roots are undeniable. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. In fact, Yoga means union of individual consciousness with the supreme consciousness. Although yoga originated in India thousands of years ago, it was introduced to western world in 19th century. In the past few decades, it has been the subject of research as a therapeutic measure in mental stress, obesity, diabetes, hypertension, dyslipidemia, coronary heart disease, and chronic obstructive pulmonary disease (for more details see references).

The word "mathematics" derives from "mathesis" which means "learning". Most people today learn mathematics for its practical applications only. And, contrary to Plato, it was for its practical applications that mathematics developed in most of the world.

There is a famous quote about mathematics by Richard Feynman - "I find it quite amazing that it is possible to predict what will happen by mathematics, which is simply following rules which really have nothing to do with the original thing."

Historically, much of present day, school mathematics, arithmetic, algebra, trigonometry, calculus, probability

originated in India for practical purposes, such as commerce, agriculture and navigation [6]. Also mathematics plays an important role in various sports. Mathematical model of golf has been given by Otto [4] regarding its context.

Mathematics in Yoga - We can apply the theorems and concepts of mathematics. Specifically, incorporating mathematics concepts into physical education can provide unique and innovative forms of interdisciplinary learning in schools. Interweaving physical education and mathematics can also be one of the many components which take beautiful shift toward lifelong physical activity through stronger bonds both in and out of school. Therefore, structuring simple and effective interdisciplinary physical activities in mathematics class as well as other subject areas will support the developments of beneficial programming.

Mathematics is only one of many outlets to use as an interdisciplinary method of practicing yoga. Used as a method of physical activity breaks warm-up, cool-down or an entire unit, teaching yoga in maths class is a flexible way to incorporate interdisciplinary learning in schools (discussed in [2]). Math and yoga are considered universal. The mathematical description of various Asanas is as following:

Ardha Chandrasana (Half Moon): Use the centre chest and hips as vertexes to determine if the arms and legs are both perpendicular and parallel with each other.

Use the center chest and limbs as vertexes to determine if the body is perpendicular to the floor.

Virabhadrasana I (Warrior I): Use the centre chest and

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