



## **Involvement and scopes of yoga for women**

**Rekha Narwal**

Asst. Prof, Physical Education, MKJK College, Rohtak, Haryana, India

### **Abstract**

Yoga promotes physical and mental health. It disciplines the mind and improves the power of concentration. Therefore, it is ideally suited for those who are involved in intellectual pursuits. The ideas of positive wellbeing and deep rooted learning are moderately new and should be reinforced. Yoga is a teaching, in view of fastidious practice and requires exceptionally unobtrusive foundation and cash. Most if not all yoga educators accept up the get to instruct out should be of administration. They have a tendency to be empathic, caring, and are regularly great audience members. They are likewise regularly devoted to health and mending in some limit, and are inspired by a want to help others on the yogic way.

**Keywords:** yoga, physical, career, women, exercise, physical etc.

### **Introduction**

The role of teachers as agents of change promoting understanding and tolerance, and improving the quality of education of children cannot be over-emphasized. It requires interest for educators who are professionally able, capable, and receptive to the necessities of society; who are enthused with inspiration, fitting learning and abilities; and who show an uplifting disposition towards life and other individuals; instructors who have individual attributes of honesty and a sort of profound introduction. What is most required is to change the identity, particularly the states of mind, of our instructors and educator teachers toward a path that would encourage fitting improvement of identity and disposition of youngsters and youthful grown-ups for sound and quiet living, and for adequately adding to social and national advancement, and worldwide comprehension. The instruction of instructors is central to enhancing the nature of training of youngsters, since educators are instrumental in creating in kids inspirational mentalities, fortify interest, stir their inventive potential, advance comprehension and resistance, helping kids comprehend themselves and the earth they live in, and in the long run create in them the ethical awareness, affectability and responsiveness to the requirements of society. It is, accordingly, appropriately said that no individuals can transcend the level of their instructors. Regardless of our own actual nature which is delighted, individuals generally end up unreasonably occupied with their own psyche and body and material items. They dismiss this key truth. This false recognizable proof influences us to feel blemished, constrained, tragic and at a misfortune. Yoga looks to furnish individuals with an approach to push off this numbness and wind up mindful of their actual perfect Self. The objective is to free a man from those defects and to join him or her with their Supreme Universal Self. Yoga not just gives methods to the development of individuals from their creature level to statures of flawlessness, it cuts out a lifestyle for them. Yoga lifestyle is described by peace and serenity, agreement and

wellbeing, love and bliss, exactness and productivity. The drive for such a method for glad life isn't an unpredictable instinctual drive of a creature man.

The term Yoga has its verbal root as (Yuj) in Sanskrit. Yuj implies joining (Yujyate anena iti Yogah). Yoga is what joins. What are the substances that are joined? In the conventional phrasing it is joining of the individual self with the general SELF. It is an extension of the thin contracted prideful identity to an all inescapable, unceasing and euphoric territory of REALITY. Patanjali Yoga is one among the six frameworks of Indian logic known as Śaḍdarśanas. One of the considerable Rsis (Seers), Patañjali, arranged the basic highlights and standards of Yoga (which were prior mixed in Yoga Upaniṣads) as 'Sūtras' (maxims) and made a key commitment in the field of Yoga, about 4000 years back (as dated by some well-known western students of history). As per Patañjali, Yoga is a cognizant procedure of picking up dominance over the brain. Yoga is a procedure of picking up control over the psyche. Control includes two perspectives – an energy to focus on any coveted subject or question and an ability to stay calm for a long while. Every one of us have been building up the main perspective in particular fixation. Once in a while, the second limit of man, to keep quiet and noiseless, has been outfit. Henceforth, Yoga for the most part stresses, this second perspective. In Yoga Vāsiṣṭha a standout amongst other messages on Yoga, the embodiment of Yoga is delightfully depicted accordingly, 'manah praśamanopāyaḥ Yoga ityabhidhīyate' – Yoga is known as a skilful trap to quiet down the brain. It is an (Upāyaḥ), a skilful inconspicuous process and not a ruthless, mechanical gross push to stop the considerations in the brain. An untalented layman attempting to repair a TV is certain to ruin it, while an accomplished and skilful individual knows precisely what to lay hands on and to correct the failing. He works at the opportune place. Learning is the key. Correspondingly, in the control of psyche, a fledgling tries hard and gets nauseated when she/he gets himself more botched up, while Yoga gives him/her the

fundamental procedures to work at the opportune place at the correct time to increase finish dominance. This aptitude is the trap of enabling the psyche to quiet down and not to utilize fierce power to stop it. In real life, Yoga is an extraordinary aptitude which makes the brain achieves its subtler state: 'Yogaḥ karmasu kauśalam' (Gītā 2.50). Yoga is finesse in real life. The mastery is in keeping up unwinding and mindfulness in real life. Loose activity is the procedure. Productivity in real life is a result. In this manner, Yoga is a skilful investigation of picking up authority over the brain. Yoga is famously known as a procedure or a strategy to achieve a definitive condition of flawlessness. In any case, Yoga is now and again characterized even as the conditions of higher forces and possibilities and even as extreme province of SILENCE. Assist Yoga is likewise depicted as the energy of every single innovative undertaking and creation itself.

### **Yoga for women**

A woman is Nature's made master piece wrote John Ruskin. It is stated in the chapters of Anatomy of karaka and Sushruta, Samhitas of Ayurveda that Yoga is an ideal form of exercise it was described physical exercises as those exercises which would be capable of producing beneficial results through action or movement lead towards correct performance and bringing lightness to the body, ability to work, resistance against disease ,and discomforts caused by imbalance due to dis harmony, yoga stimulate harmonious functioning of respiratory, circulatory, digestive, nervous, glandular ,genitor, urinary and eliminatory systems and internal hemorrhage other disorders . Yoga prakriya, asana & pranayam help women to fulfill her task as well as to maintain her complexion, luster and felinity. Yoga exercise demands tremendous elasticity and it seems as if the creator has favored women in making her body fit and suitable for yoga. It helps control and check impulses and emotions, it gives balance of mind. Yoga develops women physiologically, psychologically, morally and spiritually to grow healthily and to lead a pure life. It is beneficial to begin yogic practice before conception to improve maternal health as well as health of future generation. Yoga is beneficial for old age also when menstruation stops, woman has to suffer many more physiological changes. To calm the nervous system and brings equipoise yoga plays an important role in women's life.

### **Yoga as a preventive health care**

Hardly do we realize the importance of silence at the mental level, slowing of breath at Prāṇa level and relaxation of groups of muscles at the body level and much less the experience of bliss. When we begin understanding the part of each of the above and begin utilizing them consistently the satisfaction in our life begins blooming. This is the thing that we call as advancement of positive wellbeing or preventive human services. The positive wellbeing would now be able to be called joyful wellbeing. 'Anticipation is superior to cure', this famous saying is kept just as an acknowledged saying in current medicare conveyance framework. Scarcely 1% of the financial backing is distributed in any nation. Yoga could assume a key part in avoiding maladies. Luckily all wellbeing clubs have begun including Yoga as a feature of their calendar and numerous go just for Yoga in these wellbeing clubs.

Advancement of positive wellbeing is being sustained by numerous who would prefer not to be the casualties of present day infirmities. Yoga is assuming an indispensable part in this angle in the new thousand years. Current living has created stresses and strains, mounting strains and weights in regular day to day existence. Changes in the structure of the general public and the family, leaving little pad for a person's issues and disappointments, has been indicating antagonistic consequences for the general identity of the person. Wrong dietary propensities among city-people regularly deciding on efficient unhealthy, high-fat and garbage sustenance; innovative progressions, for example, simple methods of transport and machines, which generally rule out physical exercise increment in smoking and liquor and medication allow, all add to the medical issues both – mental and physical, influencing entire of the general public. Yoga is getting to be prominent in all parts of the world. For the anxious personality it gives comfort. For the wiped out, it is a shelter. For the regular man it is the form of the day to keep him fit and delightful. Some utilization it for creating memory, insight and inventiveness. With its multifold points of interest it is turning into a piece of training. Masters utilize it to unfurl further layers of cognizance in their turn towards flawlessness. The lives of Indian ladies are a veritable tight rope walk. Her status in the public arena, the issues she needs to look because of social and monetary weights, the weights nature, has forced on her everything these outcome in push and held up her, on her wellbeing. On ladies having their specific issues yoga has all answers. Ladies may accomplish satisfaction in their lives through the acts of yoga. God made man and ladies as equivalent accomplices to share life, its prizes and troubles, delights and distresses. On the off chance that life can contrasted with a chariot, at that point men and ladies are its two wheels .The material and profound weights of life fall similarly on the shoulder of men and ladies. Them two want great wellbeing, mental peace while living throughout everyday life. Yoga is valuable to ladies. Ladies require yoga much more than men, as the obligations push onto them by nature are more noteworthy than men. The status of ladies today has enhanced impressively contrasting and the earlier days of Smarty Purina we see change in the later history. Numerous aspects sparkle in the different fields her insight, discernment and inventiveness has more extensive degree today. Ladies are at front, discover more full articulation on the phase of life. Life of any lady begins in the wake of coming to birth as a young lady. A lady experiences the phases as a newborn child, as a young lady as a grown-up lady. While experiencing these stages a lady experiences encountering the main greatest change at thirteen years old that is a start of a menstrual period. At that point a lady experiences marriage, pregnancy, and conveyance of a tyke. Lady as a homemaker and as an overseer generally take care of residential work, raising kids, family obligations, administration and business. Lady needs to perform numerous parts, for example, a little girl, mother, sister, spouse and a companion. The lady battles at the two fronts. All the above variables continue destroying her wellbeing.

### **Yoga Practices**

Most recent Classical Yoga practices varies system. The eight

steps of Classical Yoga are:

- a. **Yama:** Refraining from violence, lying, stealing, and casual sex.
- b. **Niyama:** Purity, contentment, tolerance, study, and remembrance.
- c. **Asana:** Means a state of being in which you can remain steady, calm, quiet and comfortable physically and mentally.
- d. **Pranayama:** Meaning as a series of techniques which stimulate and increase the vital energy the breathing ultimately bringing about perfect control over the flow of prang within the body.
- e. **Pratyahar:** Meaning preparation for meditation, described
- f. **Dharana:** Meaning concentration, being able to hold the mind on one object for a specified time.
- g. **Dhyana:** Meaning meditation, the ability to focus on one thing (or nothing) indefinitely.
- h. **Samadhi:** Meaning absorption or realization of the essential nature of the self. Modern Western Yoga classes generally focus on the asana, pranayama, pratyahara.

### Women as yoga teacher

A yoga instructor is the one who has learned and mastered the art of yoga and teaches the techniques, practices and qualities of yoga to others. A Yoga instructor also teaches the various reasons, aspects and benefits that one can gain from each and every yoga 'aasan' or position or formation. They help you improve your health and mental focus, strength. The need of yoga instructors is on the increase.

Mostly professionals who have been sharing their knowledge of the science of meditation and yoga are called yogis or Yoga Teachers. With the rise in reputation of holistic and alternative medical care, a lot of weight is being given to yoga teachers and so it has resulted in becoming a great career choice. Yoga is an ancient art, and a natural way of remaining fit and healthy. It also helps in improving mental health. Curing health-related problems naturally is taught as part of the programme. An integral part of Yoga is practicing physical exercises (asanas) and breathing exercises (pranayam). Fitness is the call of today's world, raising the need for a yoga instructor or teacher on the global platform. Most yoga teachers do not have the skills or training to properly evaluate physical or psychological complaints, or to recommend a course of treatment. When working with students it is important to discriminate between teaching yoga and offering helpful suggestions that can be construed as medical advice. Teachers can provide support and encouragement for those facing challenges, and share yogic teachings and philosophy that will aid students in their journey. This service is invaluable. They can also serve as models of acceptance and grace as they navigate life's obstacles and pitfalls. This may be as simple as getting up and laughing after a face plant during a demonstration, or offering a smile or a gesture of caring. The scope of service that yoga teachers provide is like no other, and it is important to stay within it.



Fig 1

### Conclusion

Though Yoga as a subject of study seems one subject, but in fact it has huge proliferation and trends developed over a long period of time in history of India, for example, Rāja Yoga or Aṣṭāṅga Yoga, Haṭha Yoga, Bhakti Yoga, Japa Yoga, Karma Yoga, Jñāna Yoga, Laya Yoga and the like. There could be sure purposes of contrast among them in utilization of a strategy for training, yet the sole destinations stay indistinguishable. It is dominantly an otherworldly framework, yet it doesn't ignore the unremarkable substances of human life and one's place in the general public and condition, that is, the environment. All the more significantly, it acknowledges great the need of an individual to stay solid at both mental and also physical planes. In the present circumstances there is a solid surge in the request of Yoga over the globe. It is so a result of different reasons, most unmistakable being pressure which has held the life of a significant number of us. Exorbitant level of pressure effectively affects the strength of a person. To determine the issue of pressure and its aversive effect, extensive number of individuals is turning towards Yoga. In this way, it will be of incredible help to realize what the first messages of Yoga need to say in regards to Yoga as a science.

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