Why Yoga?

Introduction

Any system or process will be accepted by the common man if it can prove its usefulness in his day-to-day aspects of life. In the past we have seen how the society accepted and adopted science as an integral part of its structure because technology solved the problem of providing the basic necessities of life and offering a more comfortable life to an individual. We have also seen that now society is all set for Yoga. Why?

Objectives

In this Unit you will be learning the benefits of yoga at the muscular level, breathing level, mental level, intellectual level, emotional level and the manifestations of divinity in all walks of life and the yoga way of life taking man from animal, level to perfection. The application of yoga in health, in-warding off executive tensions is also mentioned along with work for practitioner of yoga.

Applications of Yoga

‘Yoga’ offers man o conscious process to solve the menacing problems of unhappiness, restlessness and emotional upset, hyper-activity, etc., in the society and helps to evoke the hidden potentialities of man in a systematic and scientific way, by which man becomes a fuller individual. All his faculties – physical, mental, intellectual and emotional – develop in a harmonious and integrated fashion to meet the all-round challenge of the modern technological era with its hectic speed.

YOGA FOE EDUCATION

The aim of all education, undoubtedly, is the attainment of human excellence and perfection, not just in any field of knowledge or activity, but life in totality. Education should be the means to fathom excellent characters out of the very ordinary human raw material. This means culturing of