



Conceptualizing urban Indian fitness style- Yogic practices & urban stress removal strategies

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Abstract

Urban life today has diverse challenges compared to preceding years. Urban Indians are prone to spending a substantial amount of time in front of Television, computer, listening to their iPods or playing video games and as a result, physical activity has come to zero & they have been forced to look out for extra health care options. But urban cities are too congested & locating a sports fitness outlet in the midst of tight professional schedule. But urban people are suffering from numerous life style disorder problems & this has become so enormous that governments are forced to spend high on health care mechanisms. Urban people lack time to visit physical fitness centers & in such case , yoga comes in as a great tonic for body & mental stress. This paper examines the urban Indian health challenges & addresses the issues through several mechanisms towards healthy living.

Keywords: Urban life, stressful routines, yoga

“This practice of yoga becomes well-grounded when continued with reverent devotion and without interruption over a long period of time”

- The Yoga Sutras

Introduction

Urbanites are leading a monotonous life which is not only stressful but also demanding. But urban people are suffering from numerous life style disorder problems & this has become so enormous that governments are forced to spend high on health care mechanisms. This stress is caused due to physical, emotional, cognitive, & behavioral. (Aruna Goel – Yoga education philosophy & practice .2013). They are characterized by imbalances in the autonomic nervous system. Urbanites suffer from

depression, anxiety, & mental stress. The sympathetic branch of the nervous system is responsible for producing stress response. This is also called as flight response. This helps us to survive a short term life threatening physical crisis. The stress response reduces a physiological & and psychological state of hyper arousal activity. These results in

1. increasing heartbeat,
2. bold pressure,
3. muscle tension,
4. surprise reflex,



5. Very strong emotions of anger, distress, depression panic & anxiety. These are necessary for preparing the mind for further action. Once the threat has passed parasympathetic branch of the nervous system to produce relaxation response which returns to the state of internal equilibrium.

Being able to switch easily between sympathetic and parasympathetic activation at a moment's notice is a sign of healthy nervous system. But this chain of spontaneous stress response is not working in modern Indian urban context. Present urban India is being challenged of mental stress. Urbanites are undergoing intangible psychological stress. (Aruna Goel – Yoga education philosophy & practice .2013). They are consumed by endless worries, family responsibilities, financial uncertainties, relationship break ups etc. In urban routine life, there is always a pressure to perform & stay competitive both in academic & in professional life. The food the urbanites eat is also messy. As there are no outlets, this stress is causing chronic mental pressures affecting the working of the brain. To escape from stress removal individual have to go for counseling , talk to friends , exercise , & should do

physical activity (Aruna Goel – Yoga education philosophy & practice .2013). But urban people do not have time for all these & Hence urbanites suffer from stress , insomnia , eating disorders , attention deficit, hyper activity disorder, aggression in attitude etc. (Joseph .S. Alter - Yoga in modern India- The body between science & philosophy 2014).

Assistance from Yoga: There is support for all these kinds of health challenges through simple practice called yoga. Daily Routine Yoga helps in

1. calmness & composure
2. alertness & vigilance
3. creativity & resourcefulness
4. attentiveness & thoughtfulness
5. consideration & selflessness
6. clarity of vision
7. helps to stay physically fit
8. healthy body & healthier habits
9. agility stability & improves overall performance

Role of Sports Organization

Urban Indians wish to play in sports such as hockey, football, running, athletics, swimming, dancing, skating etc but scarcity of play resources avoids them from involving them frequently. (Joseph .S. Alter -Yoga in modern India- The body between science & philosophy 2014). But Yoga



practice does not need elaborate grounds, foreign trained fitness trainers, personalized coaches, costly individual masters, lavish fitness resources & prolific facilities. (Paul M L -Principles & Practice Of Stress Management 2014). Urban people can engage in yoga practice whenever they find time & at their leisure hours. Yoga can be practiced once learnt through a practitioner. It takes little space it needs little situational demands. Stress through work & monotony is being conditioned through yoga as

1. Constant practice Increases concentration
2. Constant practice decreases the amount of harmful hormones produced in the body at the time of stress or tension. Constant practicing proper 'asanas' or postures helps reduce back pain and other joint pains resulting through heavy desk top sitting & constant leaning. Paul M L -Principles & Practice of Stress Management 2014
4. Reduces respiration problems caused due to heavy carbon emission
5. Helps in weight reduction caused due to less activity life
6. Increases the immunity of the body as life becomes a beautiful place to live in without any hassles hence a sense of balance in life. (Joseph .S. Alter -Yoga in modern India- The

body between science & philosophy 2014).

Challenges of yoga in urban areas

But yoga is being misused by people & sports organizations in urban India. Yoga is being used for physical fitness. People forget that the very meaning of Yoga is Union means it is the union of body & mind. IT is all about disciplining the mind & gaining spirituality. But today people's concept of yoga has been misrepresented. People always do Yoga to maintain a shapely fit physical body. Yoga is not only stretching the body it is about aligning the mind along with good respiration. Relating to stress removal needs Yoga practice as urban life style has become too somnolent & fatigue full. Yoga should unite with enlightenment & spiritual moorings. It should become concentrated effort to uncover truth & stimulate people to live in harmony. Yoga releases this psychological stress only when it is related through original yoga practice styles but not with rhythmic body movements.

Conclusion

Sports authority of India along with the organizational support from Sports NGOs, Yoga can be made to reach all urban people. The urbanites wish to involve in yoga as they are



health conscious & fitness Conscious. The stressful urban living leaves no time to think about health. But if sports education can include yoga as a curriculum in all work places it would help the employees to release their stress. Educational institutions, then the governmental budgetary investments on health welfare will go down & government can invest this fund towards other welfare activities.

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