

## YOGA: A TECHNIQUE FOR PEACEFUL LIFE AND MEMORY

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Abstract :

" Practice Yoga and find your inner beauty and peace ". Yoga is an ancient Indian art which combines body, mind, and spirit. It has been a fantabulous practice for 5000 years in India but now worldwide. It is a practical tool, not a religion. It has many branches like Raja Yoga, Karma Yoga, Bhakti Yoga, and Hatha Yoga. While performing our activities we may fight in various situations and it shows an effect on memory power. To improve memory, there is an exercise. It plays a vital role in our life. Today's society has been developing quickly mass media such as the internet, telephone and social network more popular. People have been made busy by globalization. Now, this world has become " A Small Village ".The people are very busy to tackle all the things such as finance, children, job and family and so on, while the ability of people is limited. This situation may lead to stress. The ultimate aim of practicing yoga is to create a balance between the body and the mind to attain self-enlightenment.

Keywords: Yoga, Asanas, Meditation, Stress, Globalization, Memory, Peace, and Life.

#### Introduction:

It is a system of physical and mental discipline which originated in India long ago.. In the later, it refers to an orthodox school of philosophy. It can be experienced as the union of the mind and the body to achieve perfect harmony at the most profound level. It helps us to reach a higher level of consciousness, through a transformation of the psychic organs. Yoga has many branches like Raja yoga, KarmaYoga, Bhakti Yoga and Hatha Yoga. But when most of the people talk about yoga and Hatha Yoga. But when most of the people are linked to meditative practices in Hinduism. Yoga exercises for peace and memory. The Hath Yoga, The Manthra Technique, The Surya Namaskara.

It has been a fabulous practice for 5000 years in India but now worldwide. It is a practical tool, not a religion. It is a fantastic vehicle which brings a balance between the mind and the body. The regular practice of yoga makes the body strong and flexible. It helps to better the functioning of the respiratory, circulatory, digestive and hormonal systems. Nowadays western people are also curious about knowing what exactly is Yoga and what is included in it.

#### Modern Life and Stress:

Today's society has been developing quickly mass media such as the internet, the telephone, email, social network are more and more popular and more international inventions make everybody over all the world come closer together. The tendency of globalization is certain. It has brought many benefits for the people both physical and mental. However, the people are very busy to tackle all the things such as finance, children, job and family and so on, while the ability of people is limited. They cannot work too many tasks at the same time. So people are sick, physical weakness, high blood pressure depression etc.,

#### Memory:

It allows us to remember skills that we learned, or retrieve information that is stored in the brain. In general, we use the term memory to recall information, we have learned recently. The first one, implicit memory is when you learn things without thinking about it. Breathing is an implicit memory. And later riding a bike and writing implicit memory trait. The memory takes place when you try to recall specific things. The goal is to get both sides of your brain to work together, achieved simply by moving your eyes side to side for 30 seconds before going to your day's activities.

#### Meditation:

The mental effort is a continuous repetition of " I must stop thinking ", It has the potential to improve the quality of life.

Peace:

A situation in which there is no war or conflict. It is based on many things, culture, education, formally values, experience, and history. It is not only the absence of violence but also rather the presence of justice.

Yoga has many branches to improve our health condition and the power of memory. They may include achieving a state of consciousness, greater focus, creativity or self-awareness or simple relaxation.

It's very easy to neglect our memories in this digital age, where many of us can easily "google" the things we forget.

The Memorization is important for many reasons beyond being great at trivia night. By reducing stress, improving our diet, and changing the way we think, we can increase our memory power.

Steps to be taken to reduce stress and improve memory :

1. Reducing Stress :
  - a. Meditate every day.
  - b. Do Yoga
  - c. Exercise regularly
  - d. Get enough sleep
  - e. Get organized
  - f. Socialize
  - g. Laugh
  - h. Have a Spa Day
  - i. See a doctor
  
2. Improving our Diet :
  - a. Eat whole grains
  - b. Eat beans
  - c. Drinks freshly brewed tea.
  - d. Eat Dark Chocolate
  - e. Drink enough water
  - f. Consider taking supplements Eat antioxidants
  - g. Eat nuts and seeds
  - h. Eat healthy Fats
  
3. Changing the way you think:
  - a. Practice mindfulness
  - b. Pay attention to your surroundings
  - c. Avoid multitasking
  - d. Learn New things

- e. Involve all of your senses in creating a memory
- f. Repeat things
- g. Create associations
- h. Don't overload your brain
- i. Test yourself daily
- j. Don't give up

#### 10 Yoga Poses to Sharper Our Brain :

1. Sarvangasana
2. Paschimottanasana
3. Bhujangasana
4. Padmasana
5. Sukhasana
6. Padahastanasana
7. Vajrasana
8. Halasana
9. Knee to head pose
10. Shoulder stand

#### The Time:

The most effective times for the practice of meditation are at dawn and dusk, when the atmosphere is charged with special spiritual force. The most desirable time is Brahma Muhurta, the hours between four and six a.m.

#### The Breath:

We should begin with one minute of deep breathing to bring oxygen to the brain.

" By the quality food one becomes refined in his nature; by the purification of his inner nature he truly owns memory of the Self, and by the setting of the memory of the Self; all ties and attachments are served ".

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