

Volume 8, Issue 8(6), August 2019
**International Journal of Multidisciplinary
Educational Research**

Published by
Sucharitha Publications
48-12-3/7, Flat No: 302, Alekya Residency
Srinagar, Visakhapatnam - 530 016
Andhra Pradesh - India
Email: victorphilosophy@gmail.com
Website: www.ijmer.in

Editorial Board

Editor-in-Chief

Dr. K. Victor Babu

Associate Professor, Institute of Education
Metu University, Metu, Ethiopia

EDITORIAL BOARD MEMBERS

Prof. S.Mahendra Dev

Vice Chancellor
Indira Gandhi Institute of Development
Research, Mumbai

Prof.Y.C. Simhadri

Vice Chancellor, Patna University
Former Director
Institute of Constitutional and Parliamentary
Studies, New Delhi &
Formerly Vice Chancellor of
Benaras Hindu University, Andhra University
Nagarjuna University, Patna University

Prof. (Dr.) Sohan Raj Tater

Former Vice Chancellor
Singhania University, Rajasthan

Prof.R.Siva Prasadh

IASE
Andhra University - Visakhapatnam

Dr.V.Venkateswarlu

Assistant Professor
Dept. of Sociology & Social Work
Acharya Nagarjuna University, Guntur

Prof. P.D.Satya Paul

Department of Anthropology
Andhra University – Visakhapatnam

Prof. Josef HÖCHTL

Department of Political Economy
University of Vienna, Vienna &
Ex. Member of the Austrian Parliament
Austria

Prof. Alexander Chumakov

Chair of Philosophy
Russian Philosophical Society
Moscow, Russia

Prof. Fidel Gutierrez Vivanco

Founder and President
Escuela Virtual de Asesoría Filosófica
Lima Peru

Prof. Igor Kondrashin

The Member of The Russian Philosophical
Society
The Russian Humanist Society and Expert of
The UNESCO, Moscow, Russia

Dr. Zoran Vujisiæ

Rector
St. Gregory Nazianzen Orthodox Institute
Universidad Rural de Guatemala, GT, U.S.A

Prof.U.Shameem

Department of Zoology
Andhra University Visakhapatnam

Dr. N.V.S.Suryanarayana

Dept. of Education, A.U. Campus
Vizianagaram

Dr. Kameswara Sharma YVR

Asst. Professor
Dept. of Zoology
Sri. Venkateswara College, Delhi University,
Delhi

I Ketut Donder

Depasar State Institute of Hindu Dharma
Indonesia

Prof. Roger Wiemers

Professor of Education
Lipscomb University, Nashville, USA

Dr. N.S. Dhanam

Department of Philosophy
Andhra University
Visakhapatnam

Dr.B.S.N.Murthy

Department of Mechanical Engineering
GITAM University
Visakhapatnam

Dr.S.V Lakshmana Rao

Coordinator
A.P State Resource Center
Visakhapatnam

Dr.S.Kannan

Department of History
Annamalai University
Annamalai Nagar, Chidambaram

Dr. B. Venkataswamy

H.O.D., & Associate Professor
Dept. of Telugu, P.A.S. College
Pedanandipadu, Guntur, India

Dr.E. Ashok Kumar

Department of Education
North- Eastern Hill University, Shillong

Dr.K.Chaitanya

Department of Chemistry
Nanjing University of Science and
Technology
People's Republic of China

Dr.Sandeep Narula

Dept. of Management Sciences
IIHMR University, Jaipur

Dr. Bipasha Sinha

S. S. Jalan Girls' College
University of Calcutta, Calcutta

Prof. N Kanakaratham

Dept. of History, Archaeology & Culture
Dravidian University, Kuppam
Andhra Pradesh

Dr. K. John Babu

Department of Journalism & Mass Comm
Central University of Kashmir, Kashmir

Dr.T.V.Ramana

Department of Economics, Andhra University
Campus, Kakinada

Dr.Ton Quang Cuong

Dean of Faculty of Teacher Education
University of Education, VNU, Hanoi

Prof. Chanakya Kumar

Department of Computer Science
University of Pune,Pune

Prof. Djordje Branko Vukelic

Department for Production Engineering
University of Novi Sad, Serbia

Prof. Shobha V Huilgol

Department of Pharmacology
Off- Al- Ameen Medical College, Bijapur

Prof.Joseph R.Jayakar

Department of English
GITAM University
Hyderabad

Prof.Francesco Massoni

Department of Public Health Sciences
University of Sapienza, Rome

Prof.Mehsin Jabel Atteya

Al-Mustansiriyah University
College of Education
Department of Mathematics, Iraq

Prof. Ronato Sabalza Ballado

Department of Mathematics
University of Eastern Philippines, Philippines

Satheesha H

Mettu University
Mettu, Ethiopia

Dr.J.B.Chakravarthi

Assistant Professor
Department of Sahitya
Rasthriya Sanskrit Vidyapeetha, Tirupati

Dr.Ni Luh Putu Agustini Karta

Department of Tourism
Triatma Mulya Institute of Economy
Bali, Indonesia

© Editor-in-Chief, IJMER®
Typeset and Printed in India
www.ijmer.in

IJMER, Journal of Multidisciplinary Educational Research, concentrates on critical and creative research in multidisciplinary traditions. This journal seeks to promote original research and cultivate a fruitful dialogue between old and new thought.

C O N T E N T S

Volume 8

Issue 8(6)

August 2019

S. No		Pg.No
1.	The Study of Wetland Dolvi in Pen Taluka, Raigad, Maharashtra, India with Special Reference of Conservation Sadanand B.Dharap, Arunn M. Patil, Madhukar Salunke, Sadanand B. Chitnis and Suniti S. Dharap	1
2.	Communicative English: an Insight of Young Learners in Rural India Mahesh Madhav Deshmukh	7
3.	Solvent Extraction Coupled with Spectrophotometry for Determination of Iron in Tablet, Ore and Alloy D. K. Yadav, S. P. Janwadkar and P. K. Rana	14
4.	A Study of Stress Among Teachers of Self-Financing Degree Colleges in Mumbai Surekha Shetty	26
5.	Effect of Extracts of Marine Sponge Axinellacarterion Haemolytic and Haemagglutination Activity Vishnu D. Bansode, Asha J. Rao and Sanjay P. Jumale	38
6.	Studies on in Vivo and in Vitro Immunomodulatory Activity of Extracts of the Marine Sponge Axinella Carteri Vishnu D. Bansode, Asha J. Rao and Sanjay P. Jumale	50
7.	Antioxidant Potential of Soybean (Glycine Max) Grown Under Waterlogging Stress R. S. Patil and D. K. Gaikwad	64
8.	In Vitro Germination of Fresh and Stored Pollen Grains in <i>Manilkara zapota</i> , (L.) P.Royen Bhagwan Jaiswal	72
9.	A New Way Towards India and Israel Bilateral Relationship Tanaji Pol	80
10.	Removal of Carbonmonoxide from Flue Gas Anjali Puranik and Salil Puranik	91
11.	Importance of Yoga Kiran J. Save	113

12.	Studies on Crafts and Gears Used for Marine Fishing Operations on Devgad Coast, Sindhudurg	122
	Sukhada Jambale	
13.	Green Audit in Academic Institutes	131
	Sunil Patil, Bhushan Langi and Minakshi Gurav	
14.	Ergonomic Evaluation of the Residence (Private Areas) of the Elderly	146
	Roopa Rao	
15.	Shaping New Dimensions: India's Relations with Israel and Russia	176
	Neelu Khosla	
16.	Study of Cashless Economy of India	195
	CA Kiran N. Gajjar	
17.	Problems of Tourism Development in Sindhudurg District	208
	Ashish Naik	
18.	Phytochemical and Medicinal Investigation of Weeds Eclipta Prostrata and Pentalium Murex	217
	Khobragade Karuna H. and Ragde Vinod	

Dr. K. VICTOR BABU

M.A.,M.A.,M.Phil.,Ph.D.,PDF, (D.Lit)

Associate Professor, Institute of Education
& Editor-in-Chief
International Journal of Multidisciplinary
Educational Research (IJMER) &
Sucharitha: A Journal of Philosophy and
Religion
Mettu University, Metu, Ethiopia.



ISSN : 2277 – 7881
Impact Factor :6.014 (2019)
Index Copernicus Value: 5.16



Editorial.....

It is heartening to note that our journal is able to sustain the enthusiasm and covering various facets of knowledge. It is our hope that IJMER would continue to live up to its fullest expectations savoring the thoughts of the intellectuals associated with its functioning .Our progress is steady and we are in a position now to receive evaluate and publish as many articles as we can. The response from the academicians and scholars is excellent and we are proud to acknowledge this stimulating aspect.

The writers with their rich research experience in the academic fields are contributing excellently and making IJMER march to progress as envisaged. The interdisciplinary topics bring in a spirit of immense participation enabling us to understand the relations in the growing competitive world. Our endeavour will be to keep IJMER as a perfect tool in making all its participants to work to unity with their thoughts and action.

The Editor thanks one and all for their input towards the growth of the **Knowledge Based Society**. All of us together are making continues efforts to make our predictions true in making IJMER, a Journal of Repute

Dr.K.Victor Babu
Editor-in-Chief

SOCIAL SCIENCES, HUMANITIES, COMMERCE & MANAGEMENT, ENGINEERING &
TECHNOLOGY, MEDICINE, SCIENCES, ART & DEVELOPMENT STUDIES, LAW

www.ijmer.in

IBERD
(International Board for Education, Research and Development)



International Board for Education, Research and Development (IBERD) is a budding organisation founded by a group of professors from University of Mumbai, with the objective of spreading knowledge and gaining insights to new technologies and pedagogy, thereby making a positive societal impact in India and the global community. IBERD emphasises on organisation of innovative academic activities for school children, innovative research programmes for college students and teachers etc.



Dr. (Mrs.) Minakshi Gurav
President



Dr. Bhushan Langi
General Secretary



Mr. Mahesh Deshmukh
Joint Secretary



Mrs. Roopa Rao
Member



Mrs. Surekha Shetty
Member



Dr. Ashish Naik
Member



International Board for Education,
Research and Development
**1st International Conference on
Empirical and Theoretical Research**
ICETR-2019
Israel
May 29 - June 1, 2019

About Conference

This multidisciplinary conference aims to bring researchers from varied fields of knowledge on a common platform so as to provide an opportunity to all researchers to network and exchange their ideas in person. It offers the new horizons to the participants to find global partners for future research collaboration. The conference can also help the delegates to establish academic and non-academic international linkages with recognized Universities and higher educational institutes in Israel. The invited lectures by eminent speakers from international organizations and visits to industries, academic and research institutes are the key attraction of the conference.

First International Conference on Empirical and Theoretical Research (ICETR) was successfully held at Jerusalem, Israel from May 27 to June 3, 2019. Delegates from Higher Education, Jerusalem, University of Mumbai, Shivaji University, Kolhapur, Savitribai Phule University, Pune, Janmaitri Multiple Campus, Nepal attended the Conference. The research areas Languages and Social Sciences, Finance, Accountancy and Management, Life Sciences, Physical and Chemical Sciences, Health and Medicine, Engineering and Technology, Environmental Sciences were covered in the conference.

I and my team were happy to organize 1st International Conference on Empirical and Theoretical research (ICETR -2019) at Israel from 28th May - 1st June 2019.

Dr. Yaron Meir, Director, South East Asia, Department of Israel Ministry of Foreign Affairs, Israel and Dr. Uri Resnick of South East Asia, Department of Israel Ministry of Foreign Affairs, Israel inaugurated the conference. Prof. Eric Zimmerman, Director Research Support Office and Global Engagement IDC, Herzliya, Israel delivered keynote address to the gathering. Ms. Emma Afterman, Head of International Policy and Cooperation Strategy and International Affairs Department Council for Higher Education of Israel gave the brief introduction of HE system, the planning and budgeting system, growth in number of colleges and International research Collaboration.



Highlights of the Conference

- Opportunity to visit world's one of the most innovative and techno savvy countries.
- Interaction with world class personalities renowned in research and education.
- Gathering of Higher Education Commission, Universities and Institutions in Israel.
- Prospective for student and faculty exchange programme.
- Visit to working plants of technologies like Waste Management, Waste Water Treatment, Irrigation, etc.

Themes

- Languages and Social Sciences
- Finance, Accountancy and Management
- Life Sciences
- Physical and Chemical Sciences
- Health and Medicine
- Engineering and Technology
- Environmental Sciences

Special Thanks to

Hon'ble Ya'akov Finkelstein, Consul General, Consulate General of Israel, Mumbai

Hon'ble Nimrod Kalmar, Deputy Chief of Mission, Consulate General of Israel, Mumbai

Mr. Anay Joglekar, Political Affairs and Special Projects, Consulate General of Israel, Mumbai

Patrons

Dr. Ajay Deshmukh - Registrar, University of Mumbai

Dr. Sunil Patil - Director, Department of Students' Development, University of Mumbai, Maharashtra

Mr. Girijashankar Tiwari - President, Sonopant Dandekar Shikshan Mandali, Palghar, Maharashtra

Prof. Ashok Thakur - Secretary, Sonopant Dandekar Shikshan Mandali, Palghar, Maharashtra

Mr. Hitendra Shah - Treasurer, Sonopant Dandekar Shikshan Mandali, Palghar, Maharashtra

Mr. Atul Dandekar - Secretary, Sonopant Dandekar Shikshan Mandali, Palghar, Maharashtra

Mr. Chhatra Bhatt - Founder and Convener, Nepal-Mumbai Chamber of Commerce, Nepal

Advisory Committee

Dr. Ajay Bhamre - Dean, Faculty of Commerce and Management, University of Mumbai, Maharashtra

Dr. Anil Patil - Former Director, B.C.U.D., University of Mumbai and Principal, J.S.M. College, Alibaug, Maharashtra

Dr. Ganesh Thakur - Principal, Mahatma Phule A.S.C. College, Panvel, Maharashtra

Dr. Sadanand Dharap - Principal, Bhausahab Nene A.C.S. College, Pen, Maharashtra

Prof. Vasant Barhate - Principal, Changu Kana Thakur A.C.S. College, New Panvel, Maharashtra

Mr. Sudhir Puranik - Director, N.S.S., University of Mumbai, Maharashtra

Mr. Shambhu Prasad Ghimire - Director, Janamaitri Multiple Campus, Kathmandu, Nepal

Organizing Committee

Dr. (Mrs.) Minakshi Gurav, Convener

Dr. Kiran Save, Co-convener

Dr. Bhushan Langi, Secretary

Mr. Mahesh Deshmukh, Joint Secretary

Mrs. Roopa Rao, Member

Mr. Ashish Naik, Member

Mrs. Surekha Shetty, Member

Co-organizers

Sonopant Dandekar Arts, V.S. Apte Commerce and M.H. Mehta Science College, Palghar, Dist.-Palghar, Maharashtra, India

Janamaitri Multiple Campus, Kathmandu, Nepal

CONSULATE GENERAL OF ISRAEL
MUMBAI



הקונסוליה הכללית של ישראל
מומבאי (בומביי)

6 August 2019

TO WHOM IT MAY CONCERN

It is a great experience to be associated with the International Board for Education Research and Development (IBERD). We are happy to welcome them at Israel for the very First International Conference on Empirical and Theoretical Research (ICETR) 2019.

We are glad to learn that delegates with varied academic expertise in different areas of research visited Israel to interact with Israeli academicians and researchers as part of the conference. They visited reputed research and academic institutes of Israel to explore collaborative research and academic opportunities.

We, at the Consulate General of Israel were happy to facilitate the visit. We look forward to such continued intellectual exchanges and interactions in future!

On a personal note, I congratulate team IBERD for the success of ICETR - 2019 and wish you all the best for your future endeavours.

Regards,

Yaakov Finkelstein
Consul General, Israel





Jerusalem, August 5, 2019

**To: International Board
for Education Research and Development (IBERD)**

Dear Friends,

It is my pleasure to offer my greetings on the occasion of the publication in the *International Journal for Multidisciplinary Educational Research* of a collection of scientific papers that were presented during a conference held in Jerusalem between May 27th and June 3rd 2019 by the International Board for Education Research and Development (IBERD).

The broad thematic scope of these papers is emblematic of the wide range of disciplines and scientific excellence which were given expression during this conference. The opportunity to exchange views and generate exposure in Israel to ongoing scientific research in India provided an excellent basis for future collaboration.

I was privileged to be invited as a Chief Guest at the conference and was very glad to have had a chance to interact with the organizers and the many participating scholars.

On behalf of the Ministry of Foreign Affairs, I congratulate the organizers of this event and its participants. Scientific collaboration and exchange is a cornerstone of the ever-expanding bilateral relations between Israel and India. We look forward to a continuation of such cooperation and are committed to fostering expanded academic ties between academic institutions in both countries.

In sincere friendship

Dr. Uri Resnick
Asia-Pacific Directorate
Israel Ministry of Foreign Affairs

Message from Dr. Eric Zimmerman



Greetings to the participants of ICETR 2019 and to the readers of these pages. It was a high honor to address the many esteemed colleagues from India, in Jerusalem. The bilateral ties between India and Israel will continue to grow from strength to strength, in many sectors - including academia, through the good work of caring people such as yourselves. This will serve well the peoples of both countries. I do so look forward to working with you in building these sustainable bridges.

Yours most sincerely,

Prof. Eric Zimmerman

Director, Research Support Office and Global Engagement IDC

Herzliya, Israel

**Message from Ms. Emma Afterman
Manager Israel-Asia Academic Relations @ Council for Higher Education**

It was my pleasure to present at the International Conference on Empirical and Theoretical Research (ICETR 2019) organized by IBERD. In recent years academic cooperation between Israel and India has been growing, both in terms of joint research projects and student exchange, and we strongly encourage initiatives to foster greater understanding and collaboration between researchers and higher education institutions in Israel and India.



We believe there is much potential to work together in fields of common interest, including science and engineering, agriculture and environment, and social sciences and humanities. In both countries innovation and entrepreneurship plays a strong role in supporting economic growth, and there could be mutual benefit in working together in this field as well.

We believe the future is bright for Israel-India relations and we look forward to working together to further strengthen cooperation in the higher education field!

Message by Dr. Minakshi Gurav, President, IBERD

Greetings!

International Board for Education, Research and Development (IBERD) is a budding organization founded by a group of professors from University of Mumbai, with the objective of spreading knowledge and gaining insights to new technologies and pedagogy, thereby making a positive societal impact in India and the global community. IBERD emphasizes on organisation of innovative academic activities for school children, innovative research programmes for college students and teachers, etc.



IBERD has stepped forward with a small step of International Conference on Empirical and Theoretical Research (ICETER 2019) which was successfully organized at Jerusalem, Israel. We are happy to come up with a special issue of IJMER, publishing 18 research papers presented at this conference. We, the team of IBERD are happy have this issue with IJMER which is indexed in many reputed indexation services. This issue deals with research in different streams from social science to technology.

I and my team are sure that we will work together towards our goal and make this journey memorable!



Importance of Yoga

Kiran J. Save

Principal, Sonopant Dandekar Arts, V.S. Apte Commerce and M.H. Mehta
Science College, Palghar, Kharekuran Road, Palghar (W), Tal. & Dist.
Palghar, Pin – 401 404

Affiliated to University of Mumbai, India.

E-mail : asthakiran@rediffmail.com

Abstract

Yoga is considered as an instrument of Self-realization. Yoga is the discipline that is applied to the mind and the senses.

Patanjali is the founder of yoga philosophy. According to the definition of Patanjali, the word yoga is used to denote an outcome of the problem. Yoga is a continuous effort to concentrate the mind and to remove (improve) the mindset.

Yoga is composed of eight parts hence called as ashtanga yoga. These eight parts are Yama, Niyama, Asana, Pranayam, Pratyahara, Dharana, Dhyana and Samadhi. Among them Yama and Niyama are useful more for moral advancement (upliftment), Asana and Pranayam for physical advancement, Pratyahar for mental advancement and Dharana, Dhyana and Samadhi are important instruments for spiritual advancement.

Keywords : Self-realization, Ashtanga Yoga, Moral Advancement , spiritual upliftment.

Introduction

Yoga is derived from the word yuj. Yoga is considered as an instrument of self-realization. The meaning of Yoga in the Vedas is the way or the path. The word Yoga have been found in Upanishads, Geeta, Buddhism. According to Upanishada, yoga means to have a combination of coincidence. This is the combination of soul and spirit. This coincidence comes in realization, devotion and knowledge hence called as Spiritual Yoga.

Yoga is the method, the discovery, the search of Transcendent world. The trick of trying to get the coincidence is yoga. Yoga is the discipline that is



applied to the mind and the senses. The path leading to Samadhi is Yoga. Yoga means reducing all physical pleasures and concentrating on the ultimate goal. Yoga means restraining and controlling cholation. Yoga means the systematic effort of controlling the mental and physical nature of the person, an effort to correct and calm the mind, is an attempt to say Yoga.

According to the Upanishads, Yoga is the continuous internal search of the ultimate truth. Yoga is the sacrifice of all physical pleasures, the sacrifice made for the ultimate reality.

Yoga means sacrifice for all things, abandonment of all desires and feelings of Karma. Humans engage themselves in materialistic things, as they caught in ego, their spiritual progress does not occur. The one who conquers such worldly greed, and who overcomes it, comes near God.

When a person seeks to develop through yoga and progresses in that path, he does not involve in practical pleasure and grief. But separates from it . In this sense, Yoga is defined as the absence of all kinds of happiness and misery. Yoga is expected not to keep any kind of sympathy with all kinds of grief, attachment and desire. The only practice of such rules could be connected with the supreme God, from which one gets the Brahmananda.

After attaining convergence with God, the true nature of ours is revealed and everywhere the Lord appears. When all these practical things become identical with the Supreme Being, then the soul consciousness can separate from the life and see itself. After that, there is no difference between myself and you, all becomes God. Personal selfishness, the limitations of knowledge are destroyed. In such a way, yoga sees unity, equality in everybody.

Patanjali used the word 'yoga' differently. But in the Gita, we have seen that Yoga does not have the same meaning. Geeta has used the word yoga as a medium by various modes such as samkhyayoga, buddhiyoga, karma yoga and bhaktiyoga. In all these trades, yoga has been adopted as a means of companionship. Duties have to be done in Karmayoga and they are not intended to achieve certain motives or to achieve anything, they



are never carried out with any intention of duty ,only when they reach the ultimate goal.

It is obligatory for a person to act, but at the same time, while keeping karma away from the fruits of karma. The karma will give salvation to the individual. Yoga is such a skill. It has been described as Yoga: Karmasu. The art of practicing Kaushalamduty is Yoga. The supreme assimilation with God reveals the universal integrity and the universal equation that separates the person from attachment, race, religion, caste, prestige, dignity, humiliation to all the distinctions has also been called as Yoga.

According to the definition of Patanjali, the word yoga is used to denote the outcome of the problem. According to Patanjali, attachment of Spirituality with harmony can be achieved by the Chittavritti Nirodh. To prevent the distractions, it is also necessary to give up the desire and attachment of material and sensual pleasures, because due to them the mind becomes restless or furious.

According to Patanjali, yoga is a continuous effort to improve concentration and improve the mindset. Patanjali emphasised on specific techniques or customs to create physical and mental discipline in personality. It can be used to get constant control, flexibility, and stability. One needs physical exercise which helps in purity and calmness. The purpose of Patanjali is purely practical in this regard. Because in Yogashastra, Chittashuddhi, knowledge is the means of salvation. It is filled with mental and physical discipline. Hence Patanjali emphasized on Yama, Niyama, Asana, Pranayam, Pratyahara as an external instruments.

Along with controlling the breath, the Upanishads focuses on the Pranayama. The six elements of Upanishads are Pranayam, Pratyahara, Dharana, Dhyan, Tarkaand Samadhi. Apart from this, some Upanishads think that Panchadshang means five parts of yoga, which differs from Patanjali and Geeta Yoga. In short Sankhya and Buddhists have also accepted Yoga more or less in the form of several different philosophies.



Yoga for Health and Integrated Development

In general, considering today's stressful life, point of view of new generation, the changing times, the changing thoughts, the mind, the lifestyle and so on. One thing surely comes to mind that we stepped ahead in the era of science and technology but we have lost our livelihoods. The reason is that without realizing the truth of life we are running behind the mirage.

Yoga is as deep and as vast as the sea. Its ultimate goal or final goal is certainly mysterious. Yoga means finding out the inner and outer body, the senses, the mind, the intellect, the ego, the soul, and the quest for interfaith. Yoga is composed of eight limbs and called as Ashtanga Yoga. These eight things are Yama, Niyama, Asana, Pranayam, Pratyahara, Dharana, Dhyana and Samadhi. Among them Yama and Niyama are for moral advancement, Asana, Pranayama for physical advancement (Upliftment), Pratyahara for mental advancement and Dharana, Dhyana, Samadhi for spiritual advancement.

Yoga is a science that concerns with the body and mind. Yama, Niyama, Asana, Pranayam, Pratyahara, Dharana, Dhyana and Samadhi are mentioned in the yoga, Ashtasutri to remove the distraction between body and mind. These eight steps can be classified into moral, physical, mental and spiritual sources. Body and mind are your capital. Thereby, it is possible to discipline our life and get rejuvenated happiness. We have to use this capital very carefully. It's just that it's a good way to live your life well. This is a very big responsibility. So if we neglect the body, then we are breaking the first rule of moral discipline.

The functions of respiratory circulation, digestion in human body have a harmony with each other. This condition is achieved so that there is no need to pay attention to the body trade as the mind can concentrate on spiritual knowledge. These sensations are related to external things and their impression is reflected. Eventually this impression emerges in the soul. In such a way, knowledge of all things happens through the mirror of the mind. Yoga involves control of all the senses on the mind as the soul



remains unconditional. With the achievement of mental discipline, the soul becomes crystal clear.

Four ways to reach the God of spiritual evolution have been shown by our sages. This path means knowledge, devotion, karma and yoga. If the brain is the center of knowledge, then the heart will be the center of devotion. The actual work is, of course, handmade. Knowledge, devotion, karma and yoga are depending on each other. Without devotion and karma, knowledge does not have any meaning and without respect to knowledge and action, devotion is worthless. Even if the devotion and knowledge have passed from their deeds, then it cannot be called pure. Yoga is the source of purified knowledge, pure devotion and pure karma. Apart from this the foundation of other ways becomes firm. It is the way by people are benefited from tolerance and love. Similarly, being able to purify the body and mind through yoga creates favorable conditions for the installation of the soul in our body.

Asanas and pranayama in Ashtanga Yoga are two things which are not difficult to be observed at all. On contrary, the study of Yama-Niyama that you want to follow, or whatever you want to differentiate between the minds, is easily accessible. Not only this, but when the common people want to do yoga, it is appropriate to think of these two parts asana and pranayam first. It improves behavior, benefits the body, achieves strength, strengthens morale, and gets mental health. Good fortitude and self-restraint gain and hence peace and well-being are attained.

Similarly, intellectual eligibility increases. There is a balance between body, mind and intellect. All these things balance the body, mind and the intellect. Due to all these things, the dullness, anxiety, depression within the body and the mind is filled with excitement, joy, insecurity, concentration, etc. Again, the practice of yoga, reciprocity, belief and meditation can be taken in a little bit.

Even if a person thinks too high from spiritual level, ultimately, body health is essential. Body health is worsening like scorpions. Unhygienic poison once came in is difficult to descend. Asanas-pranayam is the best solution to prevent diseases. It is used as a weapon to destroy the body's



weakness. Such a healthy body can produce huge powers and it is possible to make perfect use of that power. Physiology, mental health, intellectual power can be promoted properly.

Digestion is a very important system in all the systems of our body. If this system works properly then one will get better health, as all systems work properly, because proper process is done on food grains which are good for the body. Because of the Asana, there is an inhalation in the lungs, which in turn gives complete breathing. And the breach of the chest is completed. The excitement is accomplished. Impure air is exhaled through lungs. Due to which body movements are sharpened, circulation is improved. In such a way, the first step should be to develop the digestive system, the circulatory system and the respiratory system. The intensity of asanas has to be increased, in proportion to the results have to be obtained.

The human body is comprised of the endocrine gland. It is also known as an orchestral gland organization. The body and mind of this gland are closely related to both. When there is no balance in the endocrine gland, the physiology becomes worse. But when they are streamlined, fully, proper efficacy is obtained not only the body becomes healthy by its properties, but a high level of intellectual power, imagination, concentration, thinking ability is achieved. Human becomes self-disciplined.

Pranayam, due to its proper control, due to the improved method of breathing, it gives respiratory stability to the respiratory system. So the mind becomes calm, stable, as quiet as the breath, slow and long breath will help the nerves to calm down. The more stable the nerve, the brain will be stable. The tissue of the brain when responds to any shock, the nerves become awakened by shock and responds positively to become a part of acceptance system of brain. In this way, if the distinction between the body and the mind is destroyed to make them identical, then the true personality of human being begins to appear and the person starts to experience the beginning of development.



Once a person's mind is on the track, it is less likely to get lost. Asana and pranayama are being performed every day so that the difference in the attitude does not last much longer than the reasonable. There is a ring around him that he can not violate easily. Naturally, the attention of the external becomes less intrusive.

The best, especially if the children of 7-8 years old starts yoga, it is beneficial to get rid of it early. The child-born sanskars usually do not escape. Again, during the age of growth and development, it helps to increase full growth of muscles, joints and internal organs, and there is also the possibility of having a strong interest in Yogasadhana. But if there is no opportunity for such a child, then no age is considered ineligible for body ascetics. On the contrary, the efficiency of the body is increased during the growth and development. When they fully reached the maturity, they are considered to have the pleasures of every step of life. Yoga is more effective when it is developed according to intelligence.

Yoga, pranayam can reduce the illness. It can also be used for serious illness. If it is due to a new illness, then it is appropriate to do yoga again. So it is not necessary to stop yoga. It decreases weight at the same time without the feel of weakness. It heals illness rapidly.

Yoga is a perfect system of action. As human needs and ambitions are changing, social and economic needs are changing over the course of time, some needs are irrevocable even from time immemorial. Whatever may be the kind of culture or caste, needs are irreversible. It is a psychological truth that desires when there is a need. Needs can be objective, but desires are self-centered.

Any kind of social or economic prosperity whether at the level of civilization or in any situation in the society, the physical needs of the society, the need for awareness and spiritual well-being, remain the same. For the wellbeing of physical and mental strength, different sciences came forward and put efforts to their fullest strength to improve mental health. In addition to the knowledge-related needs, the human struggle is in full



swing. Aspiring to be omniscient, man has created a network of branches of knowledge around us.

Freedom of thought is definitely axiomatic claim of man. Every person thinks in accordance with the manner in which they behave according to their nature and in accordance with their conduct and ethics. But the first impression arises on the tendency to think about the external world. External subjects inspire us to think and internal senses awaken thoughts. Whatever may be the prevalence of good thoughts and ideas, even though the precepts of learning, it is not easy to understand the subject matter and the good thoughts of external world.

Though thinking that if it is an intellectual act, keeping the systematic thinking in mind, it is up to the person to work on the idea of thinking, then the individual's personality needs to be developed by Yoga only. Yoga is to inspire thoughts, to think, to dignify and find out the thoughts, to quell the thoughts, to refine the thoughts and to confirm the correct ideas.

Asanas is what makes people sensitive. This sensitivity takes place at different levels. Increase in the burden of any part of the body or give it stresses keeps it stable and strong. It is possible through the asana to keep the life in force as high as you want. Diversity of Asanas and methods of doing it in a variety of ways is not just a type of entertainment but it shows the way to cross-interiors, and this diversity is expected to be catchy, welcoming and adequate for everyone according to age, and to be followed by everyone's well-being and health.

To maintain the health of the body and mind, the practice of moral and mental attitudes through practice of Karma Shudhi, cleansing of Panchamahabhutta and Tanmatra by Asan, pranayama through PranaShudhi and pratyahara to IndriyaShudhi and Dharana, Dhyanis to make ChittaShuddhi, when there is a soul of soul and energy in mind, Whatradusanala be paryavaranasuddhi add curb? The answer to this question is only found in Yoga. Yoga is coincidence, Yoga means



Samyak, Yoga means Samadhi. Ashtang-Yoga practitioner wishes to unite the body with mind.

References

- Chatterjee, S. (1973). *The Essentials of Indian Philosophy*. Bombay: George Allen.
- Dasgupta, S. (1992). *A History of Indian Philosophy Vol – 1*. Delhi: MotilalBanarasidas.
- Dasgupta, S. (1989). *A Study Of Patanjali*. Delhi: Motilalal.
- Hiriyanna, M. (1967). *Outline Of Indian Philosophy*. London: George Allen
- Kumthekar, U. (2007), *Yogdarshan*. Pune: Prasad.
- Sinha, J. (1986). *Outlines Of INDIAN Philosophy*. Calutta: New Central Book.