

Role of Yoga in Present Time

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Abstract: *Physically, psychologically, and socially, modern life patterns have an impact on our health. To manage the consequences of life patterns, people's awareness of the effects of modern living must be increased. Proper nutrition, physical activity, and improved communication and socialisation in the community are all part of promoting a healthy lifestyle. All of these have beneficial effects that we can readily obtain by practising yoga. Yoga will lower the risk of developing a variety of diseases as a result of our modern lifestyles. As a result, the focus of this study is on the importance of yoga in modern living. This paper is based on the practical lessons I learned while doing yoga in SGRRU's Yoga class. And I added what I saw in my personal scenario while training at the centre in this piece. Anyone's primary objective is to be healthy, and practising Yoga can help you attain that goal without spending a lot of money. As a result, this essay discusses the importance of Yoga in modern life in order to urge the reader to practise Yoga in order to maintain physical, social, and spiritual health.*

Keywords: Yoga, Modern Life, Health

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