

Perspectives on Yoga & Meditation

By

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It is good that importance of Yoga is made known to the world through the observation of International Yoga Day. It is just the beginning; there are several milestones to be achieved. It is high time for introspection on the part of all learned citizen. People shall think about not only the present but also future in as much as leading a peaceful life is concerned. On one hand there are spectacular innovations in the life styles of people across the world, thanks to our scientists and farsighted noble leaders in the socio economic sphere. However on the other hand the educated minds are shrinking and many of them are becoming ethnocentric. Hence the conflicts among nations, races, religions and other socio economic classifications getting manifested and some of them are turning out to be so alarming leading to terrorism and warlike situation. Nations with clouts are trying to establish their colonies across the world. Cultural invasions are also taking place through religious conversions. The present politicians- whether in totalitarian country or in individualistic country, are becoming very good social engineers by dividing the societies for their self gain. They are creating a chaotic society where people are never allowed to be empowered in a holistic manner. In the meantime the collusion between businessmen, politicians, beaureaucrats and few unscrupulous social leaders is creating crony capitalism. The gap between haves and havenots is widening. Concomittantly a larger section of population across the globe is rather unhappy with the way they are administered by legislature, beauracracy and judiciary. Their minds need to be soothend through proper socio economic empowerment on one hand and purification of their mind and soul through regular practice of yoga and meditation on the other hand. Yoga and meditation are omniscient in all the cultural groups across the world. Probably it has not come to the fore because of the fact that the Yoga and meditation are not standardized. Cultural groups are advised to modify and standardized the Yoga and meditation to suit their needs and popularize the same.

The vicious circle of businessmen, politicians, beuareaucrats and few unscrupulous social leaders need to be exploded and the spark must come from within the circle itself. It would be fine all the four elements in the circle make a self introspection and reorient themselves in a geo centric way and take a oath of striving for the general welfare of world community. It is unfortunate to note that there are phenomenal additions to this group and a very few of them are volunteering towards societal commitments.

Only external stimulier for the reformation is through public demand on the platform created by media.

Yoga is the need of the Hour for working women

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There is a stressed need of yoga for present working women. Working women feel restlessness while balancing the work life and personal life. Working women find no personal time for themselves as they are sandwiched between work life and house hold chores In the present day paternalistic society the gender roles have clearly identified the house hold chores to be attended by women only. Hence the working women would have enervated their physical and mental strength almost fully will enter into another work domain at the house hold. Naturally her mind set would have been completely disturbed. In such situations even Yoga and meditaion may not be palatable solutions. However practice of Yoga and meditation in the morning hours or during the leisure time or allotted time in the office would certainly will help her in adapting to the house hold conditions quickly. The mother hood characteristics of working women will certainly help her in adjusting to the fellow members of the house hold thus making her an informal leader of the house holder. So, It is the need of the hour to practice the Yoga & Meditation to balance work life.

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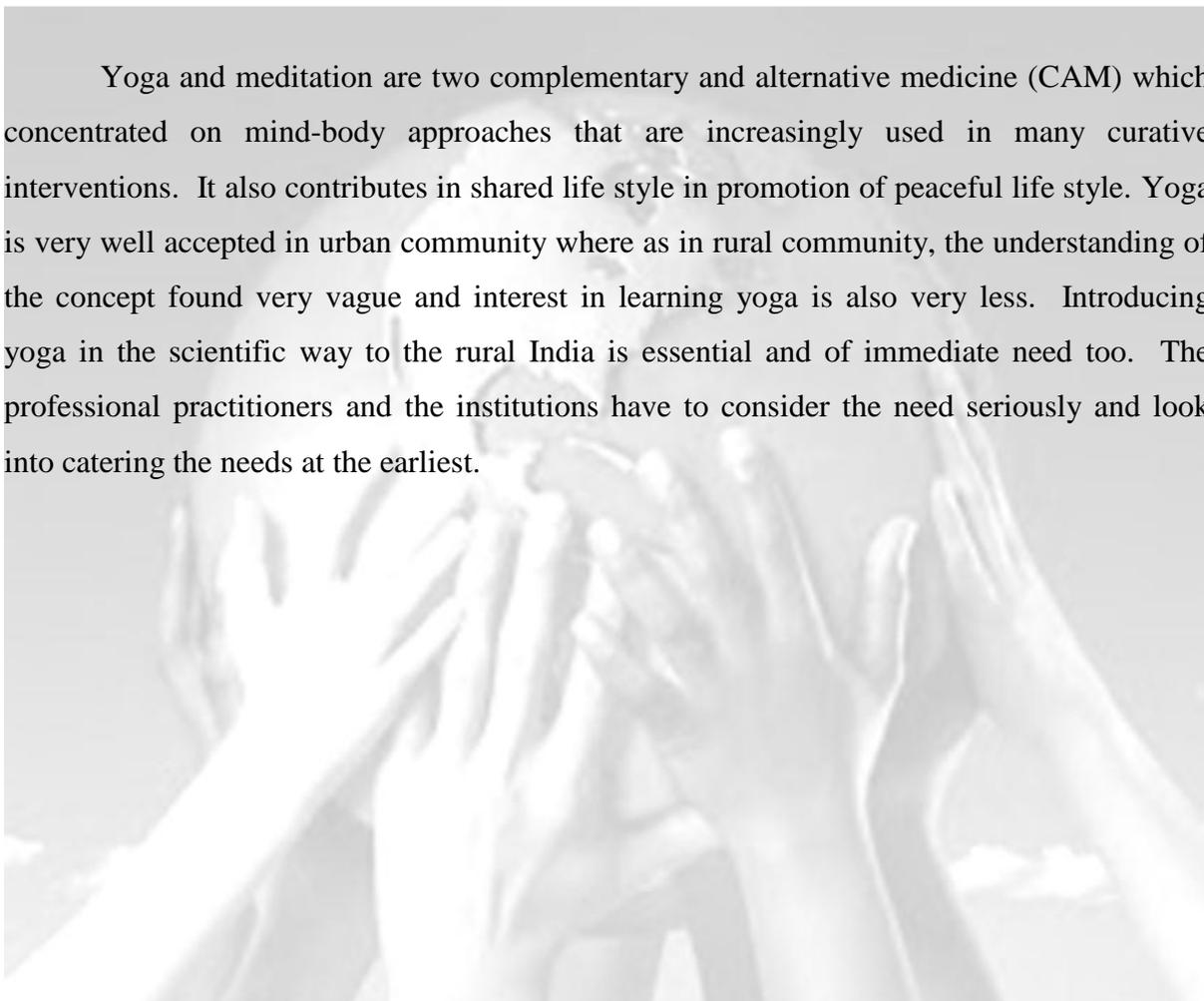
Yoga & Spirituality for Rural community & Elders

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Yoga and meditation are two complementary and alternative medicine (CAM) which concentrated on mind-body approaches that are increasingly used in many curative interventions. It also contributes in shared life style in promotion of peaceful life style. Yoga is very well accepted in urban community where as in rural community, the understanding of the concept found very vague and interest in learning yoga is also very less. Introducing yoga in the scientific way to the rural India is essential and of immediate need too. The professional practitioners and the institutions have to consider the need seriously and look into catering the needs at the earliest.



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