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Special Issue of
International Conference on
‘Relevance and Utility of Yoga Education in Present Scenario’
(RUYEPS – 2018)
17th & 18th February, 2018



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1st International Seminar on
**Relevance and Utility of Yoga Education in Present
Scenario:**

(RUYEPS-2018)

On

17th & 18th February, 2018

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About the College



About RUYEPS

The seminar focuses on Relevance and Utility of Yoga Education in Present Scenario. Derived from the Sanskrit word Yuj. Yoga aims for the integrity of body, mind and spirit through a system of Asana, Pranayama and Meditation. With the Integration of body mind and spirit, physical and mental balance can be attained in the life as well as inner peace to the body can be experienced. Beholding, the significance of yoga education, various intellectuals emphasize on all round personality development through yoga at physical, mental and spiritual level having its importance in the different historical period's viz-a-viz Vedic , Medical, Modern Period. A comprehensive view of yoga and its importance has also been portrayed in Upanishads, Vedas and Gita. Educationists are more about the importance of yoga education and some of them look hopefully towards yoga education as a useful complementary to overcome the physical and psychological problems. In line with educationists, yoga is found to provide strategies for successfully coping with various kinds of life stresses. This aspect contributes much to the lifelong education of students of all age-groups to confront stressful situation in life.

Furthermore, an analytical look at the goal of yoga shows that's its holistic way of life leading to a state of complete physical, social, mental and spiritual well-being and harmony with nature. Yoga can provide relief from the hustle and bustle of the modern life. Health too is not a mere absence of diseases. It is a dynamic expression of life. "Without health, none of other dimensions of our life means anything to us. Our health, family, possessions will mean nothing if we will have no health. Practice of yoga not only help to keep the mental body strong and supple but also incorporate mental activities, disciplines that help to develop attention and yoga has been the subject of research in the past few decades for the therapeutic purposes for modern epidemic diseases like mental stress, obesity, diabetes, hypertension, coronary heart diseases and chronic obstructive pulmonary disease. It harmonizes body mind and spirit possessing correct body alignment, breathing techniques and relaxation, develop strength, flexibility, endurance and grace which helps in reducing clinical concerns such as wrist, knee, neck, back pain and stress etc.

Accordingly, realizing the significance of yoga education for health and personality development, National Institutes such as National Council of Teacher Education, National council of Educational Research and Training and other Teacher Education related higher learning institutions etc has laid stress on introducing the course.

Hence, the seminar at the International level will provide the listeners and the participants to discuss strategies to teach the significance of yoga education to be free from stressful life.

Broadly, the main theme is:

Relevance and Utility of Yoga Education in Present Scenario

And, the subthemes are:

- **Application of Yoga to enhance academic/educational performance**
- **The role of yoga in Psychological and Emotional Balance**
- **Attempts and possibilities in Yoga Education for future research**
- **Innovative methods to educate and encourage yoga practices**
- **Crisis of ethical values in Education and Yoga**
- **Yoga concerns in Educational promotions**
- **Yoga as a tool in peace education**
- **Introduction to Yoga Philosophy and Practices of Yoga**
- **Yoga and Mental Health**
- **Introduction of Yoga in B. Ed curriculum**
- **Benefits of Yoga Education for Educators & learners at different levels of Education**
- **Methods of Teaching Yoga**
- **Importance of Yoga and Meditation in improving lifestyle**

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International Seminar on
Relevance and Utility of Yoga Education in Present Scenario
17th & 18th February-2018 at Bundelkhand Degree College, Jhansi, Uttar Pradesh, India.

Yoga as a tool in peace education

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Abstract: As contemporary life, in all its aspects, is getting more and more violent and conflict ridden, there is a growing concern for resolving conflicts and realising peace in day to day existence. This concern has expressed itself globally in experimenting with peace education. There is a growing realization in the world of education today that children should be educated in the art of peaceful living in order to ensure that the growing generation internalises the value of peace so that the emerging world order will be based on a culture of peace. As peace in society is a manifestation of peace within the human psyche, it is vital to nourish internal peace by adopting appropriate means. It has been pointed out by several practitioners that yoga is effective in generating internal peace.

Key words: Peace Education, Human Psyche.

1. INTRODUCTION:

There is a growing realization in the world of education today that children should be educated in the art of peaceful living. It is a universally shared view that we are living in an era of unprecedented violence in the form of terrorism, war, crimes, injustice, oppression and exploitation amidst a seemingly developed world, marked by affluence and material abundance enjoyed by a few. Children naturally absorb the spirit of violence that envelops the entire socio-cultural fabric and will soon grow to be the next generation perpetrators of violence. In order to prevent such a calamity it is most essential that children should be helped to internalise and cultivate the values and skills needed for peaceful living. For this a peace, component should be dovetailed into the process of education. Students who are empowered to solve their own problems and are given opportunities to exercise positive leadership will gradually become less violent than others and grow up to become responsible citizens stated that "Since wars begin in the minds of men, it is in the minces of men that the defense of peace must be constructed"

We have to accept frankly the fact that we still lack a great deal of understanding of what peace really is. In order to gain a holistic view, peace can be classified under the following heads.

i. Positive Peace and Negative Peace

Peace means not only the absence of open violence and war but the elimination of violence in all forms such as violent conflicts, threat to life, social degradation, discrimination, oppression, exploitation, poverty, deprivation, injustice and so on. Peace cannot become a reality as long as inherently violent social structures exist in society. This perspective naturally implies that peace is an external phenomenon, something out there. There is a different perspective which holds that peace is, predominantly, an inner factor. It would say: 'peace is within you'. It suggests that peace could and should be explained in positive terms. Presence of health, contentment and (economic) well being.

ii. Inner Peace, Societal Peace and Cosmic Peace

1. **Inner Peace:** It indicates harmony and peace within oneself achieved through a proper integration of the physical, mental and spiritual dimensions of the human personality which includes good health, and absence of inner conflicts, joy, sense of freedom etc.

2. **Societal Peace:** Interpersonal peace i.e., peace among fellow human beings, harmony arising from healthy human relationships at all levels, which includes reconciliation, resolution and transformation of conflicts, love, friendship, unity, mutual understanding, acceptance, co-operation, brotherhood, tolerance of differences, community- building, human rights, morality etc.

3. **Cosmic Peace or Peace with Nature:** achieving and maintaining harmony with our natural environment and mother earth. A world of peace can be achieved if we learn and adopt the power of nonviolence, as shown by the life Mahatma Gandhi. Let us join hands together and "Pray for Peace, work for peace and let live in peace and harmony"

2. DEFINITION OF PEACE EDUCATION:

Defining peace education and peace educator is not easy since it is an evolving and dynamic field in education. Peace Education has been variously defined as conflict resolution training, human rights education, democracy

education, etc. According to UNICEF, peace education 'refers to the process of promoting the knowledge, skills, attitudes and values needed to bring about behavioural changes that will enable children, youth and adults to prevent conflicts and violence, both overt and structural; to resolve conflicts peacefully; and to create the conditions conducive to peace, whether at an intrapersonal, interpersonal, intergroup, national or international level'. The main focus of peace education is to minimize and eventually eliminate various forms of violence through consciousness-raising, vision and action of the educant. Thus, peace education is primarily action oriented, promoting social and cultural change towards a non-violent, sustainable future.

Through applying peace education and thus attempting to create the culture of peace, it has been observed that schools stand to make several discernible and even quantifiable gains.

3. COMPONENTS OF PEACE BEHAVIOUR:

The ten basic components of peace behaviour which are regarded as some of the major declared objectives of peace education are:

- **Positive thinking** - It involves building a positive self-concept in oneself. Having a positive outlook helps a person to value himself and life in all forms.
- **Compassion** - Being Compassionate means having empathetic qualities such as love, kindness, friendliness and doing no harm to others
- **Inner Peace** - Inner Peace as a theme is concerned with resolution of one's own psychological conflicts and problems and discovering peace of mind. It includes ways of understanding the self and the process of thought, controlling emotions such as anger, art of soothing the mind etc.
- **Be your true self** - The concept 'Be your true self' means the strength of the character to be honest and direct in expressing one's needs, feelings and thoughts without letting others down. The skills in such behaviour are necessary for resolving conflicts and effective social interaction.
- **Living together** - People need to learn to work harmoniously in groups with others. The theme living together can accommodate such subtopics as sharing, mutual help, trust building, taking group responsibility, leading and following. Learning cooperation reduces egoistic competitive tendencies in human beings.
- **Think critically** - Critical thinking on the part of the citizens is a necessary feature of a democratic society. It involves analysis, synthesis, looking at the other sides of an issue, searching for alternatives and logical thinking.
- **Non-violent conflict resolution** - It encompasses such skills Necessary for conflict resolution as conflict analyses, negotiation, active listening, mediation, creative problem-solving and alternative solution seeking.
- **Respect for human dignity** - Respect for human dignity is based on the concepts of human rights, duties and justice. It attempts to develop a consciousness that recognizes and respects one's own and others' rights.
- **Peace in community** - Building peace in community means providing opportunities for its members to be open to social realities and understand people's problems and work with them.
- **Care for the planet** - The health of the planet has direct and immediate influence on the destiny of mankind. Values like peace with nature, preservation of nature, appreciation and admiration of natural environment, reuse, repair, recycling natural resources, etc. are included in this theme.

4. IMPORTANCE OF YOGA:

Peace education is more effective and meaningful when it is adapted to the social and cultural context and needs of a country. It should be enriched by its cultural and spiritual values together with the universal human values. Peace, as war, originates in the human mind and hence for peace to become a reality, one's mind must be peaceful; in other words there must be inner peace. Yoga is contributive to the achievement of inner calm and happiness. Yoga is a way of life - an art of righteous living or an integrated system for the benefit of the body, mind and inner spirit. The main credit for systematizing Yoga in to a scientific system goes to Patanjali (circa 700 BC), whose magnum opus *Yoga Sutra*, is considered to be the most authentic text on the subject of yoga.

The aim of Yoga is the attainment of the physical, mental and spiritual health. Patanjali has recommended eight stages of Yoga discipline. They are:

- *Yamas*- (internal purification through moral training preparatory to Yoga)
- *Niyamas*- (cleanliness, contentment, mortification, study and worship of God)
- *Asanas*- Physical postures or exercises
- *Pranayama*- (Control of vital energy/ Breath control)
- *Pratyahara*- (Withdrawal of the senses/ making the mind introspective)
- *Dharana*- (Concentration of the mind)
- *Dhyana*- Meditation
- *Samadhi*- Attainment of the super conscious state

Persons practising Yoga are reported to have experienced tremendous inner changes leading to the strengthening of their personality in a substantially creative manner. Some of the mental health benefits said to have derived from Yoga are:

- Reduction of tension
- restoration of flexibility
- freeing the mind from mental disturbances
- Decrease in nervousness, irritability and confusion
- Avoids depression and mental fatigue
- Revive alertness, attention and willingness to tackle problems
- realize the self and understand issues around him/her
- increased self-knowledge
- Attain and maintain physical and mental health and relaxation.

It is said that Yoga helps in discovering one's own true self and of enjoying one's self as it is, leading to the realisation of true joy or *ananda* which is held to be the ultimate goal of life. The most important benefit an individual gains from the practice of Yoga is that she/he attains full command of her/his own self. Today, when the world is engaged in a rat race of cut throat competition, Yoga with its message of universal love and compassion assumes a significant role. In order to create peace and harmony in the world we have first to discover or create this peace and harmony within individuals. Yoga enables us to do this journey of self discovery by empowering individuals physically, mentally and spiritually.

The practice of Yoga helps to develop qualities like positive thinking, inner peace, compassion, skill for non violent conflict resolution, respect for the self and others etc. which are regarded as components of peace behaviour. In other words, the practice of Yoga helps in the harmonious development of the body, mind and spirit. Meditation, the seventh stage of Yoga, is considered as an effective tool for finding within oneself a peaceful oasis of relaxation and stress relief.

Regular practice of *asanas* (yoga postures) helps to keep our body fit and strengthen the mind and gives it the tenacity to withstand pain and unhappiness stoically and with fortitude. In this way, it leads to the attainment of mental equilibrium and calmness. *Pranayama* regulates the breathing process through correct breathing technique. This helps us put our life energy to creative use. It also helps in releasing tension and developing a relaxed state of mind. As the practice of *pranayama* facilitates the flow of oxygen to our brain and keeps it at the optimum it becomes an aid to creative thinking. It improves mental clarity, alertness and ensures physical well being. *Yoga-nidra*, another posture, relaxes our entire physiological and psychological system, thus completely rejuvenating the body and the mind.

As Peace Education aims at the physical, emotional, intellectual, and moral-spiritual development of children within the framework of a deeply rooted tradition of human values, and as the practice of Yoga has a proven track record of achieving the above goals, it is only logical to presume that a proper integration of the two would certainly help in creating a culture of peace.

5. CONCLUSION:

Peace education has been identified as the most pressing need of the time. In the present era of uncertainty and violence in the forms of terrorism, war, crimes, injustice, oppression and exploitation, 'peacefulness' in thought, word, and deed needs to be kept alive in human consciousness. A rediscovery and application of Gandhi's Law of Love or Nonviolence is undoubtedly the most effective means for achieving this. Adoption of a Gandhian approach to peace education would, in the long run, pave the way for ushering in an era of a culture of peace and nonviolence. Building a culture of peace is, of course, difficult to accomplish. We need more explicit inclusion of peace education in the present system of education for achieving this goal. Different ways of integrating peace into curriculum also must be adopted. Conscious and concerted efforts must be made to make our homes, schools, and all other institutions more peaceful and peace-oriented so that peace will become an abiding presence and experiential reality.

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Yoga Education for good mental health: A Review Paper

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Abstract: It is believed that the practice of Yoga began at the dawn of civilization. The science of yoga originated thousands of years ago, long before the first religions or belief systems were born. In Yogic wisdom, Shiva is seen as the first yogi or Adiyogi, and the first Guru or Adi Guru. The period between 500 B.C. - 800 A.D. it is considered as the classical period which is also considered the most fertile and prominent period in the history and development of yoga. During this period, commentaries of Vyasa on Yoga Sutra and Bhagawadgita, etc, they began to exist. This period can be dedicated mainly to two great Indian religious teachers: Mahavir and Buddha. The Indian and Western thinkers emphasize and believe in yoga for good mental health. The benefit of yoga education is now considered essential for everyone, which is why this topic is considered in the curriculum of all levels of education.

The paper emphasizes the integration of yoga for good health. Good health consists of a good mind and a good mind produces good citizens, which means that yoga is not only important to the individual, but we also see the importance of yoga for the crime free nation. The practice of yoga helps us to work with the nature of the mind, the nature of the human being, how emotions live in our mind. After examining ten articles based on yoga education, this paper highlights the meaning and importance of yoga education, need of yoga education, benefits of yoga education and the role of yoga for good mental health.

Key Words: Mental Health, Practice of Yoga.

1. INTRODUCTION:

According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be in yoga, and is termed as a yogi, having attained to a state of freedom referred to as mukti, nirvana or moksha. Thus the aim of Yoga is Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or 'freedom' (Kaivalya). Living with freedom in all walks of life, health and harmony shall be the main objectives of Yoga practice. "Yoga" also refers to an inner science comprising of a variety of methods through which human beings can realize this union and achieve mastery over their destiny.

Yoga is an ancient discipline designed to bring balance and health to the physical, mental, emotional, and spiritual dimensions of the individual. Yoga is often depicted metaphorically as a tree and comprises eight aspects, or "limbs:" yama (universal ethics), niyama (individual ethics), asana (physical postures), pranayama (breath control), pratyahara (control of the senses), dharana (concentration), dyana (meditation), and samadhi (bliss). Long a popular practice in India, yoga has become increasingly more common in Western society.

In modern era yoga is not only important for good mental health but it's also beneficial for good physical appearance. Good health consists of a good mind and a good mind produces good citizens, which means that yoga is not only important to the individual, but we also see the importance of yoga for the crime free nation. The practice of yoga helps us to work with the nature of the mind, the nature of the human being, how emotions live in our mind.

2. HISTORY OF YOGA EDUCATION:

The practice of Yoga is believed to have started with the very dawn of civilization. The science of yoga has its origin thousands of years ago, long before the first religions or belief systems were born. In the yogic lore, Shiva is seen as the first yogi or Adiyogi. Several Thousand years ago, on the banks of the lake Kantisarovar in the Himalayas, Adiyogi poured his profound knowledge into the legendary Saptarishis or "seven sages".

The period between 1700 - 1900 A.D. is considered as Modern period in which the great Yogacharyas- Ramana Maharshi, Ramakrishna Paramhansa, Paramhansa Yogananda, Vivekananda etc. have contributed for the development of Raja Yoga. This was the period when Vedanta, Bhakti yoga, Nathayoga or Hatha-yoga flourished. The Shadanga-yoga of Gorakshashatakam, Chaturanga-yoga of Hathayogapradipika, Saptanga-yoga of Gheranda samhita, were the main tenets of Hatha- yoga.

Now in the contemporary times, everybody has conviction about yoga practices towards the preservation, maintenance and promotion of health. Yoga has spread all over the world by the teachings of great personalities like Swami Shivananda, Shri T.Krishnamacharya, Swami Kuvalayananda, Shri Yogendara, Swami Rama, Sri Aurobindo, Maharshi Mahesh Yogi, Acharya Rajanish, Pattabhijois, BKS. Iyengar, Swami Satyananda Sarasvati and the like.

3. MEANING AND IMPORTANCE OF YOGA EDUCATION:

Yoga does not adhere to any particular religion, belief system or community; it has always been approached as a technology for inner wellbeing. Anyone who practices yoga with involvement can reap its benefits, irrespective of one's faith, ethnicity or culture. Traditional Schools of Yoga :These different Philosophies, Traditions, lineages and Guru-shishya paramparas of Yoga lead to the emergence of different Traditional Schools of Yoga e.g. Jnana-yoga, Bhakti-yoga, Karma-yoga, Dhyana-yoga, Patanjala-yoga, Kundalini-yoga, Hatha-yoga, Mantra-yoga, Laya-yoga, Raja-yoga, Jain-yoga, Bouddha-yoga etc. Each school has its own principles and practices leading to ultimate aim and objectives of Yoga.

4. NEED OF YOGA EDUCATION:

Yoga works on the level of one's body, mind, emotion and energy. This has given rise to four broad classifications of Yoga: karma yoga, where we utilize the body; bhakti yoga, where we utilize the emotions; gyana yoga, where we utilize the mind and intellect; and kriya yoga, where we utilize the energy.

Each system of Yoga we practice would fall within the gamut of one or more of these categories. Every individual is a unique combination of these four factors.

5. RESEARCHES BASED ON YOGA EDUCATION:

After review of various researches based on yoga education their summary shown below:

S.No.	Title of the Paper	Findings
1	The effects of yoga practice in school physical education on children's motor abilities and social behavior.	Paper suggests that the implementation of yoga practice in physical education lessons contributed to children's development.
2.	The science of yoga — what research reveals For World Yoga Day, a virtual special issue	What's next for yoga?
3.	Effect of yoga on academic performance in relation to stress	The study shows that low-stress students performed better than high-stress students, meaning thereby that stress affects the students' performance.
4.	., The Health Benefits of Yoga and Exercise:A Review of Comparison Studies	yoga interventions appeared to be equal or superior to exercise in nearly every outcome measured except those involving physical fitness
5.	Bhat GR, Effect of yogic education system and modern education system on memory	GES(Gurukul education system) meant for total personality development adopting yoga way of life is more effective in enhancing visual and verbal memory scores than the MES(Modern education system).
6.	Effects of Yoga on Mental and Physical Health: A Short Summary of Reviews	Reviews suggest a number of areas where yoga may well be beneficial, but more research is required for virtually all of them to firmly establish such benefits. yoga may have potential to be implemented as a beneficial treatment that is relatively cost-effective, may be practiced at least in part as a self-care behavioral treatment, provides a life-long behavioural skill, enhances self-efficacy and self-confidence and is often associated with additional positive side effects.
7.	Analysis of the effect of Yoga on selective attention and mental concentration in young adults.	Finding reveals various benefits of Yoga for good mental health.

6. ANALYSIS AND DISCUSSIONS:

The holistic practice of yoga includes ethical, physical, emotional, and mental disciplines as well as the attainment of enlightenment. Many modern yoga classes isolate specific aspects, such as posture holding, from the original holistic view of yoga. In the literature, there is a lack of consensus on the definition of yoga. After the survey of various researches based on it conclude that yoga helps every individual for their balanced life.

7. CONCLUSIONS

Different social customs and rituals in India, the land of Yoga, reflect a love for ecological balance, tolerance towards other systems of thought and a compassionate outlook towards all creations. Yoga Sadhana of all hues and colours is considered panacea for a meaningful life and living. Its orientation to a comprehensive health, both individual and social, makes it a worthy practice for the people of all religions, races and nationalities.

Now-a-days, millions and millions of people across the globe have benefitted by the practice of Yoga which has been preserved and promoted by the great eminent Yoga Masters from ancient time to this date. The practice of Yoga is blossoming, and growing more vibrant every day.

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Yoga heals: The art of living a healthy life

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Abstract :

***‘Yoga is a light which once lit, will never dim.
The better you practice, the brighter the flame.’***

Yoga is not a new practice—it has been known to mankind through the ages. Yoga is a group of mental, physical, and spiritual practices that help elevate your mood, cleanse your spirit, invigorate your body, and sharpen your mind. Just a few minutes of practice each day can help you ease out of worries and stresses. Despite rapid advances in medical technology and continuing pharmaceutical research into using medication to relieve symptoms, in the past few years we have seen a significant growth in research addressing the impact of yoga on health and wellbeing.

At a time when technology and drugs dominate the way we live our lives, it is refreshing that yoga not only persists but that researchers are taking the time to explore exactly how this practice can help us. In a climate focusing upon evidence-based medicine, it is important to be able to substantiate clinical claims made for any therapy, and yoga is no exception. We need to know who would benefit from a therapy, contraindications of use and the extent to which specific medical issues that can be ameliorated by a particular therapy.

Yoga has minimal side effects and is cost-effective in comparison with pharmacological treatments and psychotherapy. Yoga’s added benefit is that it improves physical fitness and encourages self-reliance. This paper shall focus on the evidence for yoga as a form of mental health promotion, illness prevention and treatment for depression.

Keywords: Yoga, Mankind, Mental, Physical, Medicine, Depression, Therapy.

1. INTRODUCTION:

Yoga is a 3,000 year-old practice that has evolved into a holistic approach to general wellness and healing. The word “yoga” comes from the Sanskrit word “yuj”, which means to “join” or in union. Modern yoga typically consists of asana (movement), pranayama (controlled breathing), and dhyana (meditation). When this combined yoga practices are used together they are aimed at attaining “enlightenment” or “self-awareness”. The goal is to join together the body, mind, and spirit for overall well-being. Although many core pieces are consistent, there are also many types of yoga that build on the core principles and have slightly different variations of practice. As an increasing number of individuals have discovered the therapeutic benefits of these practices, the field of Yoga Therapy has recently emerged. This field consists of health professionals who are also yoga instructors. They have been working to change the way yoga is practiced as therapy through the creation of the theory and practice of “Yoga Therapy”.

Mental health is defined by the World Health Organization (WHO, 2005) as “a state of wellbeing in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”. The three components of this definition are well-being, effective functioning of an individual, and effective functioning for a community which can be achieved through yoga practices.

A strength of yoga is that it can be used as a self-management technique where a yoga exerciser does not need to go to the hospital or therapist. An individual could well use yoga their entire lifetime to improve their well-being as well as preventive means against depressive symptoms or the development of severe depression.

2. WHAT IS YOGA?

“Yoga is the practice of quieting the mind”

The eight limbed path of yoga includes: Yama (moral codes), niyama (self-discipline), asana (postures), pranayama (breath practices promoting life force), pratyahara (sensory transcendence), dharana (concentration), dhyana (meditation), samadhi (state of bliss). The word roots of yoga mean “to join” in Sanskrit. Joining mind and body, and

individual and collective selves is the essence of this ancient South Asian practice. Yogic philosophy emphasizes that every life form is interconnected and united.

Yoga's greatest aim is to create compassion within and a deep sense of unity and oneness with all forms of life. Yoga is an individual activity that has social implications. Those who regularly participate in yoga typically interact with the world in calmer and more reasonable ways.

3. HOW DOES YOGA WORK— MECHANISMS OF CHANGE:

The mechanisms that make yoga a seemingly effective health promotion, disease prevention, treatment, rehabilitation, and palliation intervention are not entirely understood. Various researchers hypothesize that yoga works through positively affecting the nervous system, the cardiovascular system and gene expression. Stimulation of the vagal nerve results in increased parasympathetic activity of the autonomic nervous system and also increases GABA (a neurotransmitter) activity in the brain. Similar to other forms of physical exercise, breathing and body movement has a positive impact on cardiovascular health. Yoga also positively affects gene expression profiles in immune cells.

From a yogic perspective, the breath is a bridge between mind and body. Slow diaphragmatic breathing is common to almost all forms of yoga. The key to quieting the mind is slowing and deepening the breath. Practicing yoga helps to regain mental stability, calmness, and tranquility, primarily because of this kind of breathing. Practitioners are able to connect internally through this stillness and silence. Virtually all yogic practices, including asana (postures), pranyam (life force practices), dhyana (meditation), encourage quietness and listening within. Being kinder and gentler to oneself and others is part of the practice on and off the mat.

A yogic saying states that through a flexible body we gain a flexible mind. This helps people become more patient, forgiving, less prone to anger and sadness. Additionally, yoga brings practitioners "home" to their natural selves, partially through an imitation of nature. Many of the asanas imitate animals and plants such as tree pose, dog pose, cat pose, snake pose, and others.

The final part of a yoga class is savasana, corpse pose, in which people lie down with their arms and legs open in deep rest. It is often the most popular part of the class, partly because it comes after the body has been moving and working. Ayurvedic physicians recommend savasana to almost all their patients as a remedy to modern society's hectic pace of living.

Moreover, yoga encourages practitioners to experience an open heart. Within the chakra system, the heart lies in the middle of the seven chakras. Asanas such as arda chakrasana (back bend), kapotasana (pigeon pose), and ustrasana (camel pose) encourage the expansion of the center of the chest which is the location of the anahata chakra, the yogic heart center. Visualizations and pranyams in yoga also encourage open heartedness. The effect is often less judgment, greater acceptance of self and others and a more relaxed approach to life.

4. REVIEW OF LITERATURE:

- Yoga aims by means of mindful exercise, awareness of body and mind (Bock & Wapenaar, 2010; Keengan, 2001).
- According to Mehta and Sharma (2010) it's a complex system of spiritual, moral and physical practice aimed at attaining 'self-awareness'.
- Yoga is seen as improvement of the control of the five senses and a reduction of mental activity, eventually reaching a clear state of mind (Mehta & Sharma, 2010).
- The postures involve standing, bending, twisting and balancing the body and consequently improve flexibility and strength. The controlled breathing helps to focus the mind and achieve relaxation while meditation aims to calm the mind (Riley, 2004).
- Yoga is considered a mind-body exercise and the underlying premise of mind-body exercises is that the physiological state of the body may shape emotions, thoughts and attitudes (Monk-Turner & Turner, 2010).
- Yoga shares in common with mindfulness, the meditative/contemplative practice and emphasis on focused attention, reduced extraneous external stimulation, controlled breathing, and relaxation. Mindfulness based therapies are scientifically proven (Grossman, Niemann, Schmidt, & Walach, 2004).
- Shapiro, Carlson, Astin and Freedman (2006) developed a psychological model consisting of the three fundamental components of mindfulness. These are intention, attention and attitude. Intention can be used to improve self-regulation and self exploration. Attention is the ability to observe external and internal experiences. Attitude is the way someone gives attention to the experiences in his environment. The combined effect of this triad leads to the process of re-perceiving of one's own emotions and thoughts. This creates space and has a transforming effect on health and behavior (Shapiro, Carlson, Astin and Freedman, 2006).
- While genetics shape health, it's conditioned by many factors that may be influenced, such as diet, exercise and stress-reduction techniques. Yoga-based interventions may prove to be an attractive option for the promotion of mental health (Pilkington et al., 2005).

5. RESEARCH METHODOLOGY:

An exploratory research technique based on past literature from respective journals, newspapers, magazines and research papers covering wide collection of literature has been used. According to the objectives of the study, the research design is descriptive in nature. Available secondary data was extensively used for the study. A search of electronic databases was undertaken.

6. OBJECTIVES OF THE STUDY:

- ✓ The objectives of the paper are:
- ✓ To study Yoga as a form of mental health promotion, illness prevention and treatment for depression.
- ✓ To examine benefits Yoga on Mind, Body and Soul.
- ✓ To better understand who can benefit from Yoga.
- ✓ To know the impact of Yoga on health and wellbeing.

7. EFFECTS OF YOGA ON MIND, BODY & SOUL.:

7.1 Effects of Yoga on the Mind

- ❖ *Yoga helps with anxiety and depression.*

Anxiety and depression are two serious health concerns that damage silently; however, a daily yoga practice can be effective in improving mental health by reducing anxiety and depression. According to a Harvard University article, yoga helps in regulating a person's stress response.

- ❖ *Yoga strengthens memory and improves concentration.*

At some point in life, we all struggle with concentrating on our day-to-day tasks. Yoga has proven to be useful in improving memory and concentration.

There is a limb of yoga known as *Dharana*—the practice of concentration—that is widely famous because it helps us understand how to clear the mind and calm our senses.

- ❖ *Yoga improves mental as well as psychological well-being.*

Life can be stressful but with the help of yoga, one can set aside overthinking and negative, unwanted feelings as it involves concentration and is all about breathing techniques—a great way to relieve stress and soothe the mind.

- ❖ *Yoga reduces the effects of traumatic experiences.*

There are many people in the world who have developed a condition known as Post Traumatic Stress Disorder (PTSD)—often as a result of powerful and unpleasant incidents in their lives. People with this mental illness often experience flashbacks and nightmares. A form of yoga known as *Hatha* has been shown to be effective in reducing PTSD symptoms.

7.2 Effects of Yoga on the Soul

- ❖ *Yoga improves relationships.*

One of the most important aspects of yoga is *mindfulness*—and mindfulness is all about paying heed to the emotions, thoughts, sensations, and surroundings of you in your present moment. Yoga can play a great part in helping you enjoy your present life, irrespective of any condition. It can therefore *also* play a great role in improving the quality of your relationships in life.

- ❖ *Yoga has a positive impact on mood.*

Just as there are many physical benefits of yoga, there are also emotional benefits associated with this practice. We all know that stress can cause a lot of health-related issues, but what we may *not* know is that it can deeply affect our moods. Yoga has the power to release endorphins in our brains; these are “feel good” chemicals that are released when a person is happy. Various studies have also hinted that yoga may improve your mood in the long term as well. We can all sometimes fall prey to mood swings; but with the help of yoga and meditation, you can not only experience improved health and reduced levels of stress, but your mood swings will also naturally improve.

- ❖ *Yoga helps us attain inner peace.*

Life is *full* of stresses—most of which are unwanted and can be avoided—but how to keep oneself calm and strong at difficult times is what yoga is all about.

- ❖ *Yoga helps us cope with hardships.*

Life isn't devoid of hardship, not for anyone, but a life with no ups and downs is really no life at all. Yoga helps us deal with hardships in a positive way. It also allows us to deal with anything that life throws at you in a more calm and confident manner.

7.3 Effects of Yoga on the Body

- ❖ *Yoga helps us attain increased flexibility.*

This is one of the most prominent benefits of yoga. It is quite possible that one may not reach their toes during their first stint with yoga, but with time and patience, the body will experience incredible changes

❖ *Yoga helps lower blood pressure.*

Hypertension is an extremely common health concern. People who experience mild to moderate hypertension might benefit from a regular yoga practice. Various studies have found that people who practiced yoga on a regular basis have greater drops in blood pressure as compared to those who participated in a nutrition, weight, or walking program alone.

❖ *Yoga reduces chronic neck pain.*

Yoga can be helpful in curing chronic neck pain and neck spasm. A German study hinted that four weeks of practicing Iyengar yoga can help reduce the intensity of pain in adults suffering from neck spasms and general neck related issues.

❖ *Yoga lowers the risk of heart disease.*

Research *also* indicates that a regular yoga practice may lower the risks of heart disease due to high blood pressure, blood sugar, or cholesterol.

❖ *Yoga helps build healthy bones.*

Through various weight-bearing postures, yoga can strengthen bones and keep osteoporosis at bay. There are various postures—like downward and upward-facing dog—that help in strengthening the bones of arms and knees.

It is important to keep in mind that yoga is a continuous process. The deeper one penetrates into your yoga routines, the more fruitful the benefits. Yoga, when done regularly, can truly open the door to peace, harmony, love, and laughter

8. IS YOGA SAFE?

The answer to this question is that it depends on a multitude of factors including practitioner age, health and physical condition, as well as the nature of the *asana* (physical postures). In general, research suggests that yoga is no more dangerous than physical exercise, however a significant number of individuals have reported that yoga classes are physically and mentally stressful.

In general, studies in which adverse events were reported tended to include elderly individuals, persons in poor physical health, and those with chronic musculoskeletal disease. Additional research is needed to better understand which types of practice are best suited for different ages and stages of life.

9. ANALYSIS AND INTERPRETATION:

- There is research evidence supporting the use of yoga as an adjunct or combination therapy for the management of stress, anxiety and depression. Mindfulness has been indicated as a potential mechanism of change but needs further research.
- Health care professionals may play an important role in supporting consumers to engage in yoga as part of their mental health care.
- Results show that yoga has a statistically significant and substantial positive effect on mental health which is a confirmation of earlier research, showing that yoga can reduce depression.
- The three constructs that make up well-being and the effect sizes, are emotional well-being, psychological well-being and social well-being. The lowest effect is of social well-being which might be interpreted because yoga doesn't improve social roles and relations directly.
- Not much can be said about lasting effects of yoga.
- Long and short but routine yoga interventions show good results in improving mental health. Short yoga interventions can serve as a cheap and effective mental health promotion tool.
- Yoga can be given practically everywhere and doesn't require expensive materials, except maybe for an experienced trainer. It can even be done at home having had some form of (short) instruction. It can reach large groups of people, young, old and ill or healthy.
- The analysis shows that yoga intervention results in positive effects not only depression, but also on the positive functioning part of a person. This in turn doesn't only lighten symptoms but also adds preventive determinants against psychopathology. It possibly prevents the beginning and course of somatic diseases, social isolation and an overall decline in quality of life.
- Yoga could be used for healthy people and people with mental or physical illnesses as an intervention who suffer from depression or depressive symptoms. It can also be deployed as a preventive measure against psychopathology, by its improvement of well-being. Taking moderators into account, yoga can even be effective

when practiced for short periods like 30 minutes. Not only can yoga strengthen psychological and emotional resilience but also strengthen and improve physical health.

- Yoga has been shown to enhance quality of life in people who are healthy and ill. A review study found that yoga is as effective or better than exercise at improving a variety of mental and physical health measures such as stress, quality of life, mood states, heart rate variability, pulmonary function and so on.
- Yoga is better than no treatment in improving mild to moderate depressive symptoms.
- Yoga is equally as effective as TCAs (tricyclic antidepressants).
- Yoga in combination with anti-depressants is better than anti-depressants alone for depressive symptoms.

10. RECOMMENDATIONS FOR RESEARCH:

There is need for research on the effects of yoga on major depression, there were no studies in this analysis investigating it. Another recommendation for further research would be to investigate more thoroughly what the psychological mechanism is behind yoga and deciphering what exactly makes it work. For example a question would be if yoga works because of asanas, dyhana or pranayama and in what proportion? Also it is important to research if effects of yoga are lasting. And the last recommendation would be to do more primary Randomized Controlled Trials (RCT) studies on the effects of yoga on well-being, with proper sample sizes and adequate questionnaires that cover the total concept of well-being.

11. CONCLUSION:

Yoga is an ancient discipline designed to bring balance in physical, mental, emotional and spiritual dimensions of an individual. Yoga is said to be a complete science, as it fulfills the WHO's definition of health by addressing the individual at all physical, psychological and social levels. Stress affects individuals at all age groups and people of all occupations, including doctors. Yogic science is now being proven through scientific studies to have significant benefits on health.

The practice of yoga shows promise for promoting better mental health. It is acceptable, accessible, cost-effective and encourages self-reliance. Yoga is an individual health promoting practice that can be done in groups and supported by communities. It meets the triple aim of improving health, improving care and reducing cost.

Yoga isn't as simple as taking a pill, but mounting evidence suggests it's worth the investment of time and effort. Ultimately, in order to benefit from the positive health effects of yoga, we need to be mindful of the present: this moment, now. In such a non-stop world, that, surely, has to be a good thing.

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Study of difference in the academic achievement of students who do not and do yoga in urban and rural schools

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Abstract: *The tradition of yoga is very ancient. There can be no doubt in this but it is probably not possible to get the same answer directly from these questions, how old it is and who started it and when did it. But in the ancient literature, yoga has been mentioned in the context of who started.*

Most people think of Yoga as Asana, Pranayama and meditation, which is inappropriate. Although this statement is true that by doing asana, the body becomes strong and there is a new power in it, but the goal of yoga is more than that. The goal of yoga is to keep the body healthy and get divine.

This paper discusses the Difference In The Academic Achievement of Students Who Do Not And Do Yoga In Urban And Rural Schools.

The paper is structured around a consideration of what is meant by Yoga' Academic Achievement and Urban-Rural Schools. Educational achievement in research presented is dependent variables. Data are draw from Ali Imam and Tahira Khatoon's Academic Achievement questionnaire. Students of the urban and rural areas (experimental groups) and non-yoga practitioners (controlled group) groups were taken after six months (180 days) postmodern test and post-study academic achievement tests.

The findings suggest that The mean and Std. Div. Urban students who practice yoga is more than rural students. Therefore, the promotion of yoga is more in the city itself, because here the camps, seminars etc. are organized from time to time which creates awareness among the people. Urban students do yoga easily, so that their educational achievement is better than rural students. That is why there is significant difference in academic achievement of students studying in urban and rural schools.

Students who do not practice yoga are either urban or rural but there is no huge difference in the mean and Std. Div. of both of them, but whatever the difference, they do each other differently from the achievement of academic achievement. Students in the city have appropriate resources, resources available. Whereas their academic achievement is good, whether they are yoga or not. Due to the lack of school situation and lack of resources in rural areas, the student's intellect remains the same. Therefore, it proves that there is a significant difference in the academic achievement of students who do not study studying in urban and rural schools.

Key words: *Academic Achievement and Urban and Rural school students.*

1.INTRODUCTION:

The tradition of yoga is very ancient. There can be no doubt in this but it is probably not possible to get the same answer directly from these questions, how old it is and who started it and when did it. But in the ancient literature, yoga has been mentioned in the context of who started.

The main purpose of yoga is to develop the person's all-round development or to link it with the ultimate element. There are many problems in the life journey of each person. If the person fails to resolve these problems then his life remains sad and unstable and backwardness is found in every area.

Therefore, to avoid all such problems, we should make ourselves strong and strong so that all the problems of life can be easily solved. The main purpose of yoga is also that the person is always in constant control to face problems with self-confidence.

Most people think of Yoga as Asana, Pranayama and meditation, which is inappropriate. Although this statement is true that by doing asana, the body becomes strong and there is a new power in it, but the goal of yoga is more than that. The goal of yoga is to keep the body healthy and get divine.

Nowadays in industrialized developing and developed countries, this common complaint of teachers is that the students do not pay attention, do not listen, do not remember the said thing. There are many topics for students to study in schools. This is the situation of the whole world. The curriculum above students is a huge burden.

It is important to know everything about math, science, art, music, commerce and physical training. That is why tiredness of their jitter is also natural. The school is a mirror of society. You can imagine the social status of any place by looking at the schools.

In an intensive study and analysis of research work, the researcher's curiosity arose as to whether the effect of "yoga" falls on the academic achievement of the students? Through which the "yoga" curriculum can be included as a regular organ, through the findings, through which all personality development of the entire student world can develop a complete personality.

The meaning of the word "achievement". Now, the question arises: What is the realization of their achievement etc. When we search for answers to these questions in the field of education, then they call them in the name of educational achievement test. They are also known as the trials of achievement, acquisition and learning. The progress of the student through these tests is measured in the field of education.

This paper discusses the Difference In The Academic Achievement of Students Who Do Not and Who Do not do Yoga In Urban And Rural Schools.

2. OBJECTIVE OF THE STUDY:

- Study of achievement in mathematics about students studying in the urban schools, who do yoga and who do not do yoga practice.
- Study of achievement in mathematics about students studying in the rural schools, who do yoga and who do not do yoga practice
- Comparative Study of achievement in mathematics about students studying in the Urban and rural schools, who do yoga and who do not do yoga practice.

3. HYPOTHESIS:

1. There is no significant difference in the academic achievement of students who do yoga practice in urban and rural schools.
2. There is no significant difference in the academic achievement of students who do not do yoga practice in urban and rural schools.

4. RESEARCH METHOD:

Students of the urban and rural areas (experimental groups) and non-yoga practitioners (controlled group) groups were taken after six months (180 days) postmodern test and post-study academic achievement tests.

5. TOOLS USED

Data are draw from Ali Imam and Tahira Khatoon's Academic Achievement questionnaire.

6. SAMPLE

Out of the total selected 8 schools in Gwalior district, 4 urban and 4 rural areas have been taken. Each school has 30 students from class 9th and 60 students of 30 students each. Thus, a total of 240 students have been selected.

7. STATISTICS USED

- Mean
- SD and
- t-value

8. ANALYSIS

1. There is no significant difference in the academic achievement of students who do yoga practice in urban and rural schools.

	Mean	Standard Deviation	(Degree of Freedom)	Significance Level		t-value
Urban Students who do yoga	22.9	2.91	238	0.01	2.60	4.81
Rural Students who do yoga	21.2	2.55		0.05	1.97	

For $df = 238$ The standard value of t at 0.01 level of significance is 2.60 and at 0.05 level of significance it is 1.97. The calculated Value of t is 4.81 is greater than 2.60 and hence is significant at 0.01 level and also greater than 1.97 hence significant at 0.05 level of significance. Hence the difference is significant at 0.05 level and also significant at 0.01 level of academic achievement of students studying in urban and rural schools. There is significant difference in the academic achievement of students who do yoga practice in urban and rural schools. So this hypothesis proves to be fail.

2. There is no significant difference in the academic achievement of students who do not do yoga practice in urban and rural schools.

	Mean	Standard Deviation	(Degree of Freedom)	Significance Level		t-value
Urban Students who do not do yoga	22.55	2.00	238	0.01	2.60	3.32
Rural Students who do not do yoga	23.45	2.20		0.05	1.97	

For $df = 238$ The standard value of t at 0.01 level of significance is 2.60 and at 0.05 level of significance it is 1.97. The calculated Value of t is 3.32 is greater than 2.60 and hence is significant at 0.01 level and also greater than 1.97 hence significant at 0.05 level of significance. Hence the difference is significant at both level of academic achievement of students studying in urban and rural schools. There is significant difference in the academic achievement of students who do not do yoga practice in urban and rural schools.

So this hypothesis proves to be fail.

9. FINDINGS :

The findings suggest that The mean and Std. Div. Urban students who practice yoga is more than rural students. Therefore, the promotion of yoga is more in the city itself, because here the camps, seminars etc. are organized from time to time which creates awareness among the people. Urban students do yoga easily, so that their educational achievement is better than rural students. That is why there is significant difference in academic achievement of students studying in urban and rural schools.

Students who do not practice yoga are either urban or rural but there is no huge difference in the mean and Std. Div. of both of them, but whatever the difference, they do each other differently from the achievement of academic achievement. Students in the city have appropriate resources, resources available. Whereas their academic achievement is good, whether they are yoga or not. Due to the lack of school situation and lack of resources in rural areas, the student's intellect remains the same. Therefore, it proves that there is a significant difference in the academic achievement of students who do not study in urban and rural schools.

10. SUGGESTIONS:

- Yoga practitioners often show yoga when they start yoga, as they will do all that in a single day, but it is not as if they do it with caution and love and endurance they will get the benefit.
- Student should do yoga according to his physical capacity. Everyone has different abilities, so it is not possible that in one day we should increase it so that all the seats are able to do right, so there should be some restraint.
- Children should decide the yoga and reading time.
- Proper dietary habits should be provided to the children.
- From time to time, the school should continue to lecture camp or skilled yoga instructor.
- By doing Yoga, the teacher itself should also become a motivation for children.

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Effect of Six Weeks Yogic Practice on Mental Toughness of Football Players of Jhansi

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Abstract : The purpose of this study was to find out the effect of Yogic practices on Mental toughness of football players. For achieving the purpose of the study total 30 players of football were selected as samples from various football club from Jhansi. Their age group between 15 to 19 years. Selected subjects were divided into two groups, equally 15 each as control and experimental group. All the selected subjects were State or national level players. All of them were used to practice football for duration of two hours every day. A part from the football practice the experimental group underwent yogic practice for Six weeks in a schedule of weekly three days with one hour session each. The statistical tools used for study.

The statistical findings of the study revealed that the experimental group done the yogic practices significantly improved the mental toughness qualities.

Key words: Yogic practice, mental toughness.

1. INTRODUCTION:

Players are facing with many challenges and it includes their physical, technical, tactical, and psychological skills. The elite level of sports performance requires complete psychological preparation.

The players become mentally tough to face any challenges on the field. Football is a physical and mental game because football players should have strong psychic power to overcome many psychological obstacles during the match. Each day players work hard to improve these skills by many means and methods. Yoga has become an accepted part of the training regimen to improve psychic powers as well as physical skills. Yoga is becoming a common part of the preparation and workout routines in all the sports and games. The present study is also with the sole aim to find out the effect of Yogic practices on mental toughness qualities among football players.

Mental toughness is having the psychological edge that allows one to perform at peak maximum effort and efficiency during the demands that are placed on them during training practice, or competition. Specifically when the demands are greatest or the conditions become adverse mentally tough athletes are self-confident, self-assured, and they are unaffected by completion or adversity. These athletes have the strong belief that they control their own destiny.

Goldberg defined "Mental toughness is an ability to cope with or handle pressure". Dennis defined "Mental toughness is an ability to overcome or rebound from failure." Besides tremendous gain in physical flexibility, Yoga can help with improving balance stamina, mental focus performance anxiety. Stress relief injury prevention and eliminating tension from the body.

Sports psychologists have consistently referred to mental toughness, as one of the most important psychological characteristics related to outcomes and success in elite sports. Mental toughness is the ability to consistently sustain one's ideal performance state during adversities in competition. Performing to one's potential requires good technique and mental skills. Ups and downs in performance are often directly traceable to psychological ups and downs. Players who create a special atmosphere with them perform consistently. Mental toughness is learnt, not inherited. The ultimate measure of mental toughness is consistency. Mentally tough players are determined and committed to success. These players want to succeed more than their competition and are willing to commit the necessary time and dedication to win.

There are certain moments during competition that appear to carry great psychological significance, when the momentum starts to shift in one direction or another. These situations require players to remain completely focused and calm in the face of difficult circumstances. Football players talk of the goal during light match. Developing the football mental toughness is just one aspect in improving football game. To improve knowledge of football tactics requires mental toughness in training. Loehr emphasised that players and coaches fault that at least fifty percent success is due to psychological factors that reflect mental toughness. Mental toughness is an important psychological

characteristic of sports performance, Norris emphasized the important of mental toughness in making of champion athlete. Every body accept that Yoga can improve the coordination between the body and mind.

In all fields of Endeavour those who would achieve outstanding result must develop mental toughness. These include strengthening such as persistence, concentration self motivation self control, emotional power and relaxation. It begins with tough thinking, leads in to tough actions and then brings sweet rewards of success. Developing mental toughness is just one aspect in improving football game.

2. METHODOLOGY:

For achieving the purpose of the study total 30 subject were selected as samples from football clubs in Jhansi. There age ranged between 15 to 19 years and the selected subjects were divide in to tow groups equally with 15 each as control and experimental group. All the selected subjects were stat or national level players and all of them were used to football practice for duration of two hours every day. A part from football practice the experimental group under went yogic practice for six weeks in a schedule of weekly three days with one hour session each in morning.

3. YOGIC TRAINING PROCEDURE:

The one hour yoga training includes eleven asana and two pranayams. The asana are padmasana, Sarvanghsana, Halashana, Bhujangasana, Matsyanasa, Chakarasana, Dhanursanana, Ardhamtsyendersana, Vajrasana, Sirashasana, Shavasana and two pranayams are kapalbtiati and shitali.

4. TESTING PROCEDURE:

The pre and post test were conducted on selected psychological variables of mental toughness by using Dr. Alan Goldberg mental toughness questionnaire.

5. DESCRIPTION OF MENTAL TOUGHNESS QUESTIONNAIRE USED:

Mental toughness questionnaire consisted 30 statements and it measure five dimension of rebound ability, ability to handle pressure concentration ability, level of confidence and motivation. Each answer will have one mark and the statement having true as well false answer.

The overall score of 26-30 indicated strength in overall mental toughness. score 23-25 indicates average to moderate skill in mental toughness, score of 22 or below mean that you need to start putting more time in to mental training area.

6. STATISTICAL PROCEDURE:

Analysis of covariance (ANCOVA) was used as a statistical tool to determine the significant difference, If and exciting between pre and post test data on selected variable of mental toughness. The level of significance was fixed at 0.05 levels. The pre and post test were conducted on selected

7. RESULT AND DISCUSSIONS:

The statistical analysis of data on mental toughness collected form 30 subjects of 15 subjects each as control and experimental groups have been presented in the table:

TABLE-1

ANALYSIS OF CONVENIENCE FOR PRE, POST AND ADJUSTED MEAN ON MENTAL TOUGHNESS OF EXPERIMENTAL AND CONTROL GROUP

Test	Group		SV	Sum of Square	df	Mean Square	F Ratio
	Exp.	Con.					
Pre Test Mean	16.23	17	B	3.232	1	3.232	0.258
			W	332.13	28	10.865	
Post test mean	24.63	17.16	B	411.09	1	411.09	72.114
			W	158.76	28	5.608	
Adjusted Mean	24.60	17.19	B	404.84	1	404.84	68.784
			W	156.38	27	5.746	

Significant at 0.05 level

The above table shows the pre post and adjusted mean and "F" ratio value. The pre test mean value of experimental and control group were 16.23 and 17 respectively. The obtained F value of 0.258 was lesser than the required table value of 4.20 for significant with dfl and 28. The post test mean values of experimental and control group were 24.63 and 17.16 and F ratio value was 72.114 for significant with dfl and 28. The adjusted post test mean value

were 24.60 and 17.19 and F ratio value was 68.784 which was higher than required "F" ratio value of 4.21 for significant dfl of 1 and 27. The result of the post test mean value showed that there was a significant improvement mental toughness among football players due to Yogic and relaxation training combindly. Further the "F" value revealed that was significant difference in mental toughness between the experimental and control group among football players.

8. CONCLUSION:

From that analysis and discussion of the present study the following conclusions were drawn:
Due to Yogi training overall mental toughness of the football players significantly improved.
Further the result of the study indicated that the Yogic result of the study indicated that the Yogic training also included the football players training program to develop their mental toughness which are essential to get success.

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Effect of dynamic Suryanamaskar on cardio respiratory endurance and explosive strength of university players

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Abstract: The purpose of the study was to find out the effects of selected Dynamic Surya Namaskar on Cardio Respiratory Endurance & Explosive Strength of University Players. To achieve the purpose of these study forty male players were selected from LNIPE, Gwalior, India, at random and their age ranges from 19 to 24 years and all of them healthy and normal. They were divided in to two groups and designed as Experimental and Control group twenty male players each. The experimental groups underwent a six weeks of Dynamic Surya Namaskar training were given. The control groups were not allowed to participate in any of the training programme except their routine Physical Education classes. The collected data were analyzed by using analysis of covariance (ANCOVA). The results of the study showed that Dynamic Surya Namaskar can be an effective training programme to increase the Cardio Respiratory Endurance & Explosive Strength of University Players.

Key words: Dynamic Surya Namaskar, Cardio Respiratory Endurance & Explosive Strength.

1. INTRODUCTION:

Yoga is a very ancient, certainly much older than archaeological record, which is the only reliable one we have at present. The archaeological finds indicate a well-established system of yoga practice, which must have existed long before the figurines and seals that have been found were fashioned. One of the difficulties of tracing a history of yoga has been that by its nature it leaves nothing behind except myth and legends of miraculous powers possessed by some of more accomplished practitioners of the arts. The ideal time of practice Surya Namaskar is at sunrise, the most peaceful time of day. Whenever possible practice in the open air, facing the rising sun. Sunset is also a good time to practice as it stimulates the digestive fire. Surya Namaskar however, may be practised at any time provided the stomach empty. The basic translation of Surya Namaskar is solution to the sun. It is a very ancient tradition which has been in existence since the Vedic age. The physical basis of the practice link together twelve asanas in a dynamically performed series. These asanas are ordered so that they alternately stretch the spine backwards and forwards when perform in the usual way, each asana is move into with alternate inhalation and exhalation. A full round of Surya Namaskar is considered to be two sets of the twelve poses with a change in a second set to moving the opposite leg first through the series. With increasing scientific research in yoga, its therapeutic aspect are also being explored Surya Namaskar gives more benefits with less expenditure of time. It is claimed that Surya Namaskar practice improves general health and fitness. Cardio respiratory endurance refers to the ability of the circulatory and respiratory systems to supply oxygen to skeletal muscles during sustained physical activity.

2. STATEMENT OF PROBLEM:

The Statement of the problem was stated as "Effect of dynamic Surya Namaskar on Cardio respiratory endurance & explosive strength of university players".

3. OBJECTIVES OF THE STUDY:

- ❖ To find out the effect of dynamic Surya Namaskar on Cardio respiratory endurance.
- ❖ To find out the status of university sportsmen in relation to Cardio respiratory endurance.
- ❖ To find out the status of university sportsmen in relation to Explosive strength.

4. METHODOLOGY:

Subjects for the present study were taken from forty male players were selected from Department of Physical Education, Banaras Hindu University Varanasi, India, at random and their age ranges from 19 to 24 years and all of them healthy and normal. The study was conducted during the year 2016-2017; the selected subjects were divided into two

groups and designed as experimental group and control group twenty male students each. The experimental groups underwent a six week of Dynamic Surya Namaskar training. The control group was not allowed to participate in any of the training programmes, except their routine physical education classes. A qualified physician examined the subjects medically and declared that they were fit for the study. The duration of the training period was six weeks with five days per week. On every day the training was practiced approximately 50 min 60 under the instruction and supervision of the investigator. The analysis of covariance (ANCOVA) was applied to find out significant difference if any between experimental and control group. In all cases 0.05 level of confidence was utilized to test the significance.

5. SELECTION OF SUBJECTS:

Subjects for the present study were taken from forty male players were selected from LNIPE, Gwalior, India, at random and their age ranges from 19 to 24 years and all of them healthy and normal.

6. SELECTION OF VARIABLES:

Dependent Variables: Cardio respiratory endurance, Explosive strength and Flexibility.
Independent Variable: Dynamic Surya Namaskar.

7. CRITERION MEASURES:

S.N.	Name of Test	Purpose	Unit of score
1	Vertical Jump Test	To estimate Explosive Strength	Centimeters
2	Cooper's 12 min. Run & Walk Test	To estimate Cardio Respiratory Endurance	Meters

8. COLLECTION OF DATA:

The data was collected two times in the interval of six weeks. Total six weeks of Dynamic Surya Namaskar practices was conducted. Observations for tests were collected prior to the treatment in the form of pre-test then after six weeks of Dynamic Surya Namaskar practices; observations for second test was collected in the form of post test.

9. STATISTICAL PROCEDURE:

The data was analyzed by applying Descriptive Statistics and Analysis of Co-Variance (ANCOVA). The level of significance was set at 0.05.

10. ANALYSIS OF DATA AND FINDINGS OF THE STUDY

The statistical analysis of data collected on thirty male university level players age ranged between 19-24 years, who were associated with different sports from LNIPE is presented in this chapter. Data were collected two times in the interval of six weeks. Total six weeks of Dynamic Surya Namaskar practices was conducted. Observations for tests were collected prior to the treatment in the form of pre-test then after six weeks of Dynamic Surya Namaskar practices; observations for second test was collected in the form of post test. The data on selected criterion measures for all the groups were collected under similar conditions.

11. RESULTS OF THE STUDY

The results pertaining to analysis of data between Dependent Variables (Cardio respiratory endurance, Explosive strength and flexibility) and Independent Variable (Dynamic Surya Namaskar) Descriptive Statistics and Analysis of Co-Variance (ANCOVA) was used. The data pertaining to the results of analysis of students have been presented through the table No. I-IV

Table-I

Descriptive statistics of explosive strength for Experimental and control group of sportsman

		N	n	SD	Std. Error	Minimum	Maximum
Explosive Strength Pre Test	Control	15	47.4000	7.17934	1.85370	36.00	59.00
	Experimental	15	44.1333	7.59574	1.96121	33.00	59.00
	Total	30	45.7667	7.44952	1.36009	33.00	59.00
Explosive Strength Post Test	Control	15	46.6000	7.37564	1.90438	35.00	59.00
	Experimental	15	52.4000	6.94674	1.79364	42.00	67.00
	Total	30	49.5000	7.63273	1.39354	35.00	67.00

Table –IV reveals that, the mean and standard deviation of explosive strength of Pre Test (Experimental Group 44.13 ± 7.59 , control Group 47.40 ± 7.17), Post Test (Experimental Group 52.40 ± 6.94 , control Group 46.60 ± 7.37).

Table-II

Analysis of co-variance of the means of experimental group and the control group in relation to explosive strength

S. V.	Group			d.f.	Sum of square	Mean square	F ratio
	Control	Experimental					
Pre Test	47.40	44.13	B	1	80.033	80.033	1.465
			W	28	1529.333	54.619	
Post Test	46.60	52.40	B	1	252.300	252.300	4.915*
			W	28	1437.200	51.329	
Adjusted Post mean	45.165	53.835	B	1	535.723	535.723	56.331*
			W	27	256.777	9.510	

* Significant at 0.05 level of significance

F = Ratio needed for significance at 0.05 level of significance = df (1, 28) = 4.20, df (1,27) = 4.21

The analysis of co-variance for explosive strength indicated that the resultant F-ratio of 1.465 was insignificant in case of pre-test means from which it is clear that the pre-test mean does not differ significantly and that the random assignment of subjects to the experimental groups was quite successful. The post-test means of all the two groups yielded a F-ratio of 4.915 which was significant at 0.05 level of confidence. The F-ratio needed for significance with 1, 28 degree of freedom is 4.20 at 0.05 level of confidence. The difference between the adjusted posts means was found significant as the obtained F-ratio was 56.331. The F-ratio needed for significance at 0.05 level of confidence was 4.21. Thus, mean significant difference exists between experimental and control group in relation to explosive strength.

Table-III

Descriptive statistics of Cardio Respiratory Endurance for Experimental and control group of sportsman

		N	Mean	SD	Std. Error	Minimum	Maximum
Cardio respiratory Endurance Pre Test	Control	15	2750.00	420.03401	108.45232	2100.00	3550.00
	Experimental	15	2656.66	282.12628	72.84469	2300.00	3450.00
	Total	30	2703.33	354.75425	64.76897	2100.00	3550.00
Cardio respiratory Endurance Post Test	Control	15	2683.33	406.95150	105.07443	2100.00	3400.00
	Experimental	15	2980.00	312.13550	80.59304	2500.00	3700.00
	Total	30	2831.66	386.96951	70.65064	2100.00	3700.00

Table-VI reveals that, the mean and standard deviation of cardio respiratory endurance of Pre Test (Experimental Group 2656.66 ± 282.126 , control Group 2750.00 ± 420.03), Post Test (Experimental Group 2980.00 ± 312.13 , control Group 2683.33 ± 406.95).

Table-IV

Analysis of co-variance of the means of experimental group and the control group in relation to cardio respiratory endurance

S. V.	Group			d.f.	Sum of square	Mean square	F ratio
	Control	Experimental					
Pre Test	2750.00	2656.66	B	1	65333.333	65333.333	0.510
			W	28	3584333.333	128011.905	
Post Test	2683.33	2980.00	B	1	660083.333	660083.333	5.019*
			W	28	3682533.333	131519.048	
Adjusted Post mean	2637.843	3025.491	B	1	1106855.874	1106855.874	108.048*
			W	27	276590.062	10244.076	

* Significant at 0.05 level of significance

F = Ratio needed for significance at 0.05 level of significance = df (1, 28) = 4.20, df (1,27) = 4.21

The analysis of co-variance for cardio respiratory endurance indicated that the resultant F-ratio of 0.510 was insignificant in case of pre-test means from which it is clear that the pre-test mean does not differ significantly and that the random assignment of subjects to the experimental groups was quite successful. The post-test means of all the two groups yielded a F-ratio of 5.019 which was significant at 0.05 level of confidence. The F-ratio needed for significance with 1, 28 degree of freedom is 4.20 at 0.05 level of confidence. The difference between the adjusted posts means was found significant as the obtained F-ratio was 108.048. The F-ratio needed for significance at 0.05 level of confidence was 4.21. Thus, mean significant difference exists between experimental and control group in relation to cardio respiratory endurance.

12. DISCUSSION & FINDINGS:

Results of this study have shown that there were mean significant difference exists between experimental and control group in relation to explosive strength, mean significant difference exists between experimental and control group in relation to cardio respiratory endurance. Results of the presented study are completely supported by other similar studies.

Balayogi (2011) found that SN has positive physiological benefits as evidenced by improvement of pulmonary function, respiratory pressures, hand grip strength and endurance, and resting cardiovascular parameters. It also demonstrates the differences between SN training when performed in a slow and fast manner, concluding that the effects of FSN are similar to physical aerobic exercises, whereas the effects of SSN are similar to those of yoga training.

13. CONCLUSIONS:

- In the light of the findings, it is concluded that, there is significant difference in the cardio respiratory endurance of university players due to the six weeks dynamic surya namaskar training.
- In the light of the findings, it is concluded that, there is significant difference in the Explosive Strength of university players due to the six weeks dynamic surya namaskar training.

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Comparative effect of Yogic Intervention Strategies on Very Low-Density Lipoprotein: A Pilot Study

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Abstract: The objective of this study was to determine the A Comparative effect of Selected Yogic Intervention Strategies on Very Low-Density Lipoprotein. The subjects for this study were Sedentary male from Gwalior. A total of 15 male subjects were selected and used as two experimental groups (10) and one control group (05). Suryanamaskar and Pragma yoga was considered the independent variable and Very Low-Density Lipoprotein was considered the dependent variable. For Very Low-Density Lipoprotein 2 ml of blood in plain vial was taken as the criterion measures. Training was given up to one month. 5 days in week each session scheduled for 40 minutes. The Pre-Test Post-Test randomize group design was used for this study. Tests were administered before the training program and after the completion of the treatment again test were administered. ANCOVA was used to locate significance effects of Suryanamaskar and Pragma Yoga on Very Low-Density Lipoprotein at 0.05 levels of significance. In relation to VLDL, effect of Suryanamaskar and Pragma Yoga was found insignificant.

Key words: Suryanamaskar, Pragma Yoga, Very Low-Density Lipoprotein.

1. INTRODUCTION: -

Suryanamaskar is characterized by a focus on dynamic connecting posture that creates a flow between the more static traditional yoga postures. Suryanamaskar is translated as linking and the system also implies the linking of the movement to the breath. Essentially the breath dictates the movement and the length of time held in the postures. Pragma Yoga is developed by Gurudev, Pt. Shri Ram Sharma Acharya, has pioneered a novel approach to yoga for a healthy and happy life, which is simple and suitable for the masses. He has named it "Pragma Yoga" – under the noble "Pragma Abhiyan" mission. Shantikunj - An Aranyak of our times, which is situated in the lap of the Ganges and under the shadow of the Himalayas, is a centre for learning this comprehensive yoga.

Very Low-density lipoprotein cholesterol is Produced in liver and released into bloodstream to supply body tissue with a type of fat triglycerides

There are several types of cholesterol, each made up of lipoproteins and fats. Each type of lipoproteins contains a mixture of cholesterol, Protein and Triglycerides, but in varying amounts. About half of a VLDL particle made up of Triglycerides.

It transports about 75% of the blood's cholesterol to the body's cells. It is normally harmless. However, if it is exposed to a process called oxidation, LDL can penetrate and interact dangerously with the walls of the artery, producing a harmful inflammatory response. Oxidation is a natural process in the body that occurs from chemical combinations with unstable molecules. These molecules are known as oxygen-free radicals or oxidants.

In response to oxidized VLDL, the body releases various immune factors aimed at protecting the damaged arterial walls. Unfortunately, in excessive quantities they cause inflammation and promote further injury to the areas they target.

As the Suryanamaskar is a traditional approach in yoga with lots of importance and benefits and Pragma Yoga has developed over the limitation of Suryanamaskar for the beginners as the difficulty in performing the asana are entirely different in both the package. So the research angle in the study is that, is there any difference in the effect of Pragma Yoga and Suryanamaskar on Low-Density Lipoprotein.

2. SELECTION OF SUBJECTS:

Fifteen sedentary male individuals their age were ranged between 35-55 years from Gwalior, M.P. were selected at random as subject of the study and divided in to three groups of 5 subjects each. All subjects were almost from the same socio - economic group and were found to be physically fit for the type of programme they were selected.

3. SELECTION OF VARIABLE:

on the basis of various literatures on physical variables finding out the related research study and keeping in mind the specific purpose of the study to find out the selected yogic intervention strategies (Suryanamaskar and Pragma yoga) on Very Low-Density Lipoprotein which was measured by 2 ml of blood in plain vial was taken as the criterion measures.

4. EXPERIMENTAL DESIGN: Pre-test and post-test randomized group design was employed in the study.

5. TRAINING AND PRACTICE OF YOGIC INTERVENTION STRATEGIES:

The training of experimental given in the Yoga hall of Shri Ram colony, Gwalior. The Subject used practiced Pragma Yoga and Suryanamaskar barefoot. The practice session was conducted for a period of 40 minutes in the morning i.e. 8.00 am. to 8.40 am on Monday to Friday for duration of one Month.

6. STATISTICAL PROCEDURE:- To find out the significance of difference between different pair means, the ANCOVA was used. The level of significance was set at 0.05.

7. RESULTS:

TABLE 1
DESCRIPTIVE STATISTICS OF ALL THE THREE GROUPS FOR VLDL CHOLESTEROL

Groups	Test	Mean	Std. Deviation	N
Pragma yoga	Pre	51.36	25.50	5
	Post	34.84	20.96	
Surya namaskar	Pre	30.86	15.13	5
	Post	24.16	11.10	
Control group	Pre	16.90	6.20	5
	Post	25.85	24.52	

Table 1 revealed that there were five subjects in each group. The mean and standard deviation of Pragma yoga group in pre test and post test were 51.36 ± 25.50 and 34.84 ± 20.96 respectively. The mean and standard deviation of Suryanamaskara group in pre test and post test were 30.86 ± 15.13 and 24.16 ± 11.10 respectively. The mean and standard deviation of control group in pre test and post test were 16.90 ± 6.20 and 25.85 ± 24.5 respectively in VLDL Cholesterol

TABLE 2
ANOVA TABLE FOR COMPARISON OF VLDL CHOLESTEROL AMONG THE VARIOUS GROUPS

Sources		SS	df	MSS	F	p-value
post	Between Groups	329.729	2	164.865	.425	.663
	Within Groups	4655.599	12	387.967		
	Total	4985.328	14			
pre	Between Groups	3004.695	2	1502.34	4.910	.058
	Within Groups	3671.531	12	305.961		
	Total	6676.226	14			

Table 2 revealed that the obtained p-value (.663 and .058) was higher than .05 in post test as well as pre test respectively, thus indicating that no significant difference were found among the various groups at .05 level of significance in VLDL Cholesterol.

TABLE UNIVARIATE TESTS					
	SS	Df	MSS	F	Sig.
Contrast	539.271	2	269.635	1.284	.315
Error	2309.088	11	209.917		

Table 3 revealed that the obtained p-value .315 was higher than .05, thus indicating that no significant difference were found among the estimated marginal means of the groups in VLDL Cholesterol

8. DISCUSSION:

The present study evaluated effect of one month yogic training on Low-Density Lipoprotein on sedentary male. The practice of Yoga works biochemically and biomechanically on human physiology. Biomechanically, the practice of Yoga, gives a feeling of wellbeing which reduces the stress and ultimately regulates the metabolic activities, hence reflect into biochemical changes as normal functioning of Human Body the findings of this study demonstrate that one month Suryanamsakar and Pragma yoga training have insignificant effect on Low-Density Lipoprotein. However, the pilot study had some limitation. Limitations of study were small sample size and short Yogic training period. The results of the study indicate that the Both Experimental Groups has shown low mean value in compression to Control group but no significant change in the both Pragma Yoga and Suryanamaskar groups as well as a result of the training programme. It can be radiated that regular Yogic practices not only bring a harmony between body and mind but also act as preventive and supportive system of therapy for metabolic disorders like Cholesterol.

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Yoga for educational stress management

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Abstract: Students suffer from stress due to heavy curriculum, tremendous competition in getting admission in the reputed schools and colleges and unemployment are also causes of stress. The parents expect a lot from them. There can be a positive or negative effect of stress. Positive stress increases working capacity and performance whereas negative stress effect might be result in depression. Medical science has recognized stress as one of the biggest and silent killer.

For educational stress management Yoga helps to build up physical and psychological resistance emotional harmony and pranic balance through the eradication of the root causes in the mind. Asanas, Pranayama, Meditation etc. are helpful in the self healing and reducing mental stress of students. Yoga in its all forms works as a healer for the practitioners. Engagements of the modern lifestyle have imbalanced mental and physical peace. This type of lifestyle has resulted in several diseases. Yoga is an attempt to such problems and can provide solutions to wide range of severities. Yogic practices in themselves carry technical systems in them, these system helps in maintaining calmness and resilience. Thus, person can choose any of the technical systems to remain healthy. Yoga in depth also provides integration of personality. One can practice yoga to improve lifestyle resulting in modified positive attitudes.

Keywords: Healthy, Life style and Unhealthy.

1. INTRODUCTION:

Stress or tension, has become an integral part of our daily life. A little bit of stress may be unavoidable. But too much of stress may be counterproductive and would in due course impair both our physical and mental health. And such stress stalks all the age-groups including the small children and the youth. Education should be a joyous experience, but if too much pressure is put into it, children find the going a hard nut to crack.



Too much of home work, home work during the long summer vacations and the tedious examination system, all have made both the wards and their parents edgy. There are hundreds of cases of youngsters taking their lives when they fail in the examination.

It is the duty of parents, the schools, the colleges, the universities and the educational authorities to make education stress-free. They have to reorient education with the child or the youth as the centre, removing all the obstacles that come in the way of the development of an integrated personality. Yoga aids in controlling a person's body, mind and soul. It brings the physical and mental discipline together to soothe the body and mind. It also aids in managing stress and anxiety and keeps you relaxed. Yoga asana are known to develop vigor, flexibility and confidence. These are among the numerous benefits of yoga. Yoga focuses on your natural tendency towards health and self-healing. A yoga session mainly comprises of breathing exercises, meditation and yoga asana that stretch and strengthen various muscle groups. It is a good substitute for avoiding medicines that are harmful for our mental and physical health.

One of the main benefits of practicing yoga is that it helps manage stress. Stress is common these days and is known to have devastating effects on one's body and mind. Due to stress people develop serious problems like sleeping disorder, neck pain, back pain, headaches, rapid heart rate, sweaty palms, dissatisfaction, anger, insomnia and inability to concentrate. Yoga is known to be really effective in curing these kinds of problems over a period of time. It helps a person in managing stress by meditation and breathing exercise and improves a person's mental well being. Regular practice creates mental clarity and calmness thereby relaxing the mind.

2. CONCEPT OF EDUCATIONAL STRESS: Stress is defined as the emotional & physical strain caused by a person response to pressure from the outside world. It occurs when there is a mismatch between what the people aspire to do and what they are capable to do.

P>R= S

P- pressure, R- Resources, S- Stress

In a medical or biological context stress is a physical mental or emotional factor that causes bodily or mental tensions. Stress can be external (from the environment psychological or social situations) or internal (illness or form of medical procedure).



3. TYPES OF STRESS:

- Eustress (Positive stress) challenges to adapt and useful for growth & development.
- Distress (Negative stress) Make anxious and irritable some type of pressure either eternal or self-imposed responsible for physiological changes of an undesirable nature. A negative stress that can result in feeling of distrust, rejection, anger, depression.

4. THE EFFECTS OF STRESS ARE DIVIDED INTO THREE CATEGORIES:

a. Physiological effects:

Commonly appearing stress related bodily disorders are-peptic ulcers, hypertension, chronic fatigue, hormonal changes, increased heart rate, difficulty in breathing, numbness of limbs, heart disease and reduction in immunity, etc.

b. Psychological effects:

Anxiety, depression, hopelessness, helplessness, anger, nervousness, irritability, tension and boredom may be experienced.

c. Behavioural changes:

Decreasing efficiency, making mistakes, inability to take decisions, under eating or overeating, sleeplessness, increased smoking, develop addiction to alcohol and drugs, forgetfulness, hypersensitivity or passiveness, accident proneness and interpersonal difficulties are seen.

Stress is linked to disorders such as cancer and heart disorders. There are several mediating variables that determine whether stress becomes dangerous or not. For example, good coping mechanisms which can help to reduce stress, having good social support, often help in reducing stress. Perception of stress or how a person views stress is also very important. For example, a person may not perceive a situation as stressful whereas the same situation may be perceived as highly stressful by some other person.

People with personality type 'A' are more prone to be affected by stress related disorders like cardiovascular diseases. Personality character like hardiness or emotional stability helps to withstand effects of stress.



5. PSYCHOLOGIST CLASSIFY THE EDUCATIONAL STRESS INTO FOUR BASIC AREAS:

- Residual stress (Past memories of bad incident or old hurts).
- chronic stress (Stress over time, A tough experience to expect to endure or accept, lost of loved one, an illness or accident).
- Situational stress (An immediate treat, challenges or agitation, stress of the moment).
- Furture stress (concern over the furture, worries).

6. HOW YOGA WORK ON EDUCATIONAL STRESS MANAGEMENT:

The word “Yoga” originates from sanskrit the and means “to join, to unite”. Yoga exercise have a holistic effect and bring body, mind, consciousness and soul into balance. In this way yoga assist us in coping with everyday demand, problems and stress worries. Yoga helps to develop a greater understanding of ourself, the purpose of life and our relationship to God.

According to yoga sutra of Patanjali-

“Yoga is restraining of the activities of the mind”

According to Bhagwad Gita yoga is –

“Evenness of mind is yoga”

“Yoga is skillfulness in action.”



Many studies have found that a little yoga in the morning, at night, or even on a lunch break, can minimize stress and increase productivity. It is believed that yoga is so effective for stress relief because, aside from the physical benefits that yoga brings, it encourages a good mood, an increase in mindfulness, and a healthy dose of self-compassion.

7. OVERVIEW OF YOGA:

Many of the popular techniques found to reduce stress derive from yoga:

- controlled breathing
- meditation
- physical movement
- mental imagery
- stretching

Yoga, which derives its name from the word, “yoke”—to bring together—does just that, bringing together the mind, body and spirit. But whether you use yoga for spiritual transformation or for stress management and physical well-being, the benefits are numerous.

8. EFFECTS ON THE BODY:

The following is only a partial list of yoga’s benefits:

- reduced stress
- sound sleep
- reduced cortisol levels
- improvement of many medical conditions
- allergy and asthma symptom relief
- lower blood pressure
- smoking cessation help
- lower heart rate
- spiritual growth
- sense of well-being
- reduced anxiety and muscle tension
- increased strength and flexibility
- slowed aging process

Yoga’s benefits are so numerous, it gives a high payoff for the amount of effort involved.

9. WHAT’S INVOLVED WITH YOGA?

The practice of yoga involves stretching the body and forming different poses, while keeping breathing slow and controlled. The body becomes relaxed and energized at the same time. There are various styles of yoga, some

moving through the poses more quickly, almost like an aerobic workout, and other styles relaxing deeply into each pose. Some have a more spiritual angle, while others are used purely as a form of exercise.

10. BENEFITS:

Virtually everyone can see physical benefits from yoga, and its practice can also give psychological benefits, such as stress reduction and a sense of well-being, and spiritual benefits, such as a feeling of connectedness with God or Spirit, or a feeling of transcendence. Certain poses can be done just about anywhere and a yoga program can go for hours or minutes, depending on one's schedule.

There are several mechanisms in yoga that have an effect on stress levels, meaning there are multiple ways that yoga can minimize your stress levels. Studies show that the most effective ways in which yoga targets stress are by lifting your mood (or positive affect), by allowing for increased mindfulness, and by increasing self-compassion. By simultaneously getting us into better moods, enabling us to be more focused on the present moment, and by encouraging us to give ourselves a break, yoga is a very effective stress reliever.

11. COMPARISON TO STRESS REDUCTION METHODS:

As yoga combines several techniques used for stress reduction, it can be said to provide the combined benefits of breathing exercises, stretching exercises, fitness programs, meditation practice, and guided imagery, in one technique. However, for those with great physical limitations, simple breathing exercises, meditation or guided imagery might be a preferable option and provide similar benefits.

Yoga also requires more effort and commitment than taking pills or herbs for stress reduction.

12. HOW TO GET STARTED:

Yoga classes can be wonderful for beginners--you will be surrounded by others of all levels of expertise and ability, and you will have someone talking you through the process and helping you to learn the correct forms. Aside from taking a class, there are several useful apps that can help you with yoga, and this site contains many useful videos and articles to help you learn everything you need to know to make the practice of yoga a regular part of your life.

13. IMPORTANT BENEFITS OF YOGA FOR STUDENTS:

Academic Improvement

Research over the past years has shown Yoga to have stress-relieving powers on students, paving the way for improved academic performance with the practice of asanas, meditation and breathing exercises. Students talked of decreased stress levels and being more at peace to study, resulting in an increase in their percentage.

Boosting Memory

With stress, anxiety and negative thoughts sidelined through meditation, Yoga brings forth thoughts that you need to be focusing on. Studies have shown that Yoga has better results than brain training. Historical wisdom has now combined with scientific studies to show that Yoga is a recommended therapy for students as well as adults.

Few yoga exercises for memory improvement are as below

1. Ashtanga Yoga
2. Kundalini Yoga for 20 minutes a day, with chanting can help boost memory.

Longer attention span

Active children might have a tough time sitting down to focus on studies. With regular yoga sessions of 20 minutes a day for a period of four weeks, children have been shown to be able to focus longer on subjects. The yogic environment and principles encourage the mind to focus and concentrate on one thought while gently setting aside distractions.

Improved posture

Sitting hunched over a desk for long hours leads to chronic pain and reduces breathing capacity. Yoga will make you more aware of your body and train your muscles to align correctly. Correctly, aligning the body allows the body to function with a minimal amount of energy. Yoga poses aimed at balance, flexibility, and stamina, strengthen muscles and connective tissues enabling good posture. The practice of Yoga will bring a positive change in mood and attitude, increased energy levels and the ability to focus on what is required by setting aside distracting thoughts in a student. There are numerous forms of Yoga and each has its unique style, goals and set of exercises and discipline required to achieve both mental and physical benefits.

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Comparison of flexibility status among players of individual sports

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Abstract: This paper intended here the flexibility status among different sports. with the help of random sampling method 30 university level player were selected for the study. the age range between 17-24 years. For the study three different sports yoga gymnastics and swimming were compared in the study. Through this paper the conclusion was found that yoga have better flexibility in comparison to gymnastics and swimming. Flexibility was measured with the help of 'Flexitest'. 'Flexitest' is made by Claudio Gil Soares De Araujo; a Brazilian scientist. 'ANOVA' as a statistical technique was used in the study.

Key Words: Yoga Gymnastics, Swimming.

1. INTRODUCTION:

One of the first things we do when we wake up, sometimes even before we open our eyes, is to stretch ourselves, like other animals, we repeat this movement throughout the day, especially after remaining in the same position for long time. This is simplest and most ordinary examples of a flexibility exercises. Wide body movement are typically graceful and elegant, and they accurate for most of the visual beauty of dance. Synchronized performance of these movements seems to rely on a morphofunctional postures generically called flexibility.

Sobina and Farfel (1979), Flexibility is reflected in the degree to which the muscular system, which is connected to the mechanical properties of the fibers, that is, their resistance to stretching as well as to regulating muscle tension while moving.

Yoga stretching contributes to gain flexibility which increase quickness, jumping ability and suppleness.

2. METHODOLOGY

Selection of Subjects:

The male students of Lakshmibai National Institute of Physical Education, Gwalior who had represented the University in sports.

3. SELECTION OF TEST:

Keeping the feasibility criterion in mind, especially in case of availability of test on overall flexibility, the FLEXITEST was chosen. Flexitest is made by Claudio Gil Soares De Araujo; a Brazilian scientist.

4. SELECTION OF VARIABLE: Flexibility was selected for study as a variable.

5. ADMINISTRATION OF THE TEST:

In the study all the subjects were informed before taking the data. They were fully relaxed; no motivational techniques were given to the subjects.

Flexibility was measured with the help of 'Flexitest'. 'Flexitest' is made by Claudio Gil Soares De Araujo; a Brazilian scientist.

The kinesiological description of the flexitest which include 20 movements at different joints of the body are mentioned below :

1. Ankle Dorsiflexion
2. Ankle Plantar Flexion
3. Knee Flexion
4. Knee Extension
5. Hip Flexion
6. Hip Extension
7. Hip Adduction
8. Hip Abduction

9. Trunk Flexion
10. Trunk Extension
11. Trunk Lateral Flexion
12. Wrist Flexion
13. Wrist Extension
14. Elbow Flexion
15. Elbow Extension
16. Shoulder Posterior Adduction From a 180° Abduction
17. Shoulder Posterior Adduction or Extension
18. Shoulder posterior extention
19. Shoulder lateral rotation with abduction of 90° and elbow flexion of 90°
20. Shoulder medial rotation with abduction of 90° and elbow flexion of 90°

6. SCORING OF THE TEST:

The flexindex, which is the sum of points scored in all 20 movement will be calculated for each individual and obtained score flexindex will be compared among selected sports. The range of flexindex will be 0 to 80 points.

7. RESULTS:

Table 1

The flexindex of subjects belonging to 3 selected sports

<u>Flexindex Score</u>			
S.No.	Yoga	Swimming	Gymnastic
1. 53		45	55
2. 53		56	55
3. 50		53	53
4. 48		44	54
5. 62		49	47
6. 50		44	52
7. 55		51	47
8. 59		49	44
9. 54		46	53
10. 54		51	50

8. FINDINGS:

The statistical analysis of data collected on 30 male subjects of different sportd are presented in this chapter.They were analysed by applying one way analysis of variance to find out the significant difference if any between the flexindex scores of three groups (yoga,gymnastic, swimming) on the basis of flexitest. Results have been presented in Table no. 2.

Table 2

**ANALYSIS OF VARIANCE ON THE MEANS OF MALES
STUDENTSO F SELECTED SPORTS ON FLEXINDEX**

Source of variation	Degree of freedom	Sum of square	Mean sum of square	f- ratio
Between group	2	125.600	62.800	3.861
Among group	27	439.200	16.267	

Tab F.05 (2,27) = 3.35

Table 2 reveals that there is significant difference exist among male athletes of three selected sports (Yoga, Gymnastic, Swimming). Since the 'F' value 3.861 was found more than tabulated 'F' value of 3.35 required to be significant at 0.05 level.

The graphical representation of score has been exhibited in figure 1.

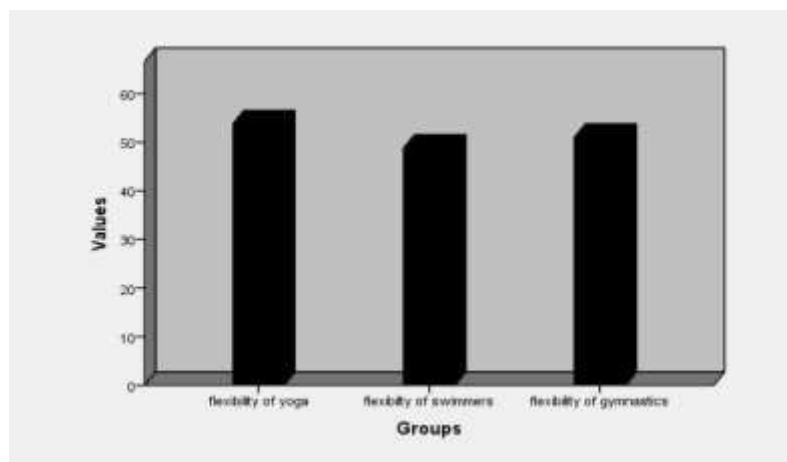


Figure 1. Mean Score of Flexindex of sportsman belonging to Yoga, Gymnastic and Swimming.

8. DISCUSSION OF FINDING:

From the analysis of data, it is revealed that in case of overall flexibility performance, the yoga players showed much better flexibility in some joint movements from Gymnastic and Swimming players. The reason might be in Yoga, while performing the asanas, specific body parts are used. There are slow, stretched and rhythmic movements performed in yoga whereas in Gymnastic, the flexibility is important in gymnastics because without the right range of motion, gymnasts will be unable to learn how to do certain skills. In Gymnastic there is a static and dynamic movements on specific body parts. Results also reveals that, in Swimming, swimmers are having minimum amount of flexibility in comparison to Gymnastics, the reason may be that athletes are giving much importance to the stretching exercises before going for a swimming event.

The athletes belonging to different sports have better flexibility in comparison to each other at the selected movement of flexindex. When the combine effect is to be compared the individual difference (difference in movement) is Neutralized due to the Negative performance on some other movement. If the difference is at each movement to be compared definitely have some difference in flexibility around specific joints because of the nature of sports.

Yoga players have shown much better difference in all the 20 movements of the joints such as knee, hip, trunk and shoulder . The reason was that Yogic movements are mostly performed while doing asanas.

Gymnastic also reveals better flexibility performance in some joints specially in knee, hip, trunk and shoulder . This difference might be due to the exercises for joints and performed coordinated movements.

Swimmers also showed difference of performance in case of movement in knee joints, hip joints, elbow joints, and shoulder joints. In swimming, swimmer performed a synchronized movements .

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Study on physiological profile of female yoga players of M.P. state, gwalior

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Abstract: The purpose of this study was to evaluate the physiological profile of the 15 female yoga players of Gwalior, Madhya Pradesh State. The data was collected randomly from the Gwalior, Madhya Pradesh State Yoga Players. A total no. of 15 players were selected for the purpose of the study. Subjects were tested for vital capacity, systolic blood pressure, diastolic blood pressure, positive breath hold and respiratory rate. Results showed that the mean and standard deviation of vital capacity, systolic blood pressure, diastolic blood pressure, positive breath hold and respiratory rate were 2.67, 109.47, 68.94, 0.97 and 19.20 respectively. The test data obtained from this study provide a good baseline and reference for the individual players tested, the coaches as well as future elite players and coaches. It also enables strength and weakness of the players, so that appropriate training programmes could be designed to improve their performance.

Key words: Vital Capacity, Systolic Blood Pressure & Diastolic Blood Pressure.

1. INTRODUCTION:

Yoga is the art and science of living and is concerned with the evolution of mind and body. Therefore, yoga incorporates a system of disciplines for furthering an integrated development of all aspects of the individual. Yoga is believed to be 4000 to 8000 years old with its origins in the Indus-Valley civilization in the northwestern part of India. Yoga was first mentioned in Rig Veda, the oldest sacred text of Brahmanism, which formed the basis of modern day Hinduism in approximately 1500 B.C.E. According to Swami Rama, "Yoga" which is a Sanskrit word is derived from the root "yuj" which means union. Yoga is ancient heritage of India that has given man the answer to his spiritual and holistic search for perfect health and well-being. Yoga is a spiritual technique and system of philosophy, but it is also the oldest and most thoroughly tested form of physical and mental exercise known as humanity. Yoga is considered an intermediary between the mind and body.

In Shrimadbhagwat Gita, lord Krishna defined yoga as "yoga is the art of proper or right action." Through the practice of the physical postures, or yoganās, the spinal column as well as the muscles and joints are maintained in a healthy and supple state. Yoga believes that the attitude towards circumstances of life has an important influence on the development of not only metabolic and other disorders but also of infectious ones. The process of yoga training affects the body as whole. Thus various internal organs such as intestine, heart, blood vessels, and lungs may also be affected. Yoga is way of life. A person should be physical and physiologically fit. Physical fitness is generally judged by the performance and this performance is based on composite of many Factors like physiological factors. Higher level of physical fitness is fundamental to success in games and sports (Clark et. Al, 1972). As yoga's popularity grows, more and more avenues of this ancient practice are being explored and keep the people healthy.

2. OBJECTIVES OF THE STUDY:

- The result of the study will critically analyze the physiological level of Gwalior M.P state players.
- It will be helpful to find out the important of physiological variables in Yoga.
- It may also add knowledge to physiology of yoga.
- This study may be undertaken to analyze them self (players) with state players.
- The result of the study will be helpful in preparing the training programme to improve the Performance of the players.

3. DESIGN:

One shot study design was used for the purpose of the study.

4. SELECTION OF THE SUBJECTS

For the purpose of the study 15 female player of Gwalior M.P. state were selected randomly.

5. VARIABLES:

Variables of the present study are as follows:

6. VITAL CAPACITY:

Attach a clean mouthpiece and zero the instrument by rotation the cover so that 0 cc was lined up with the needle. The subjects should blow hard enough to move the needle, but not so hard as to jam the instrument. The operator should monitor the free movement of the needle as the subject breathes. This is best measures by inhaling as deeply as possible, then exhaling the dry spirometer until no air remains in the lungs.

7. SYSTOLIC AND DIASTOLIC BLOOD PRESSURE:

Blood pressure is calculated by an instrument called sphygmomanometer, more commonly referred to as a blood pressure cuff. Place the bare arm of subjects in a resting position on a table or chair. It should be slightly bent and level with heart. Attach the blood pressure cuff around the arm above the bent of the elbow. Make sure that cuff fits snugly press the "on" button of an electronic cuff, once it has indicated it is ready. Watch as the cuff inflates to 200. Then, it will deflate slowly flashing two sets of numbers when finished. These are systolic and diastolic measurement indicate arterial pressure between beats.

8. POSITIVE BREATH HOLDING CAPACITY:

This is measured by manual method subjects were asked to inhale maximally and hold the breath for maximum time. Score was recorded in seconds.

9. RESPIRATORY RATE:

Total no. of exhalation or inhalation per minute was recorded for respiratory rate; it was recorded as no. of breath.

10. STATISTICAL TOOL:

Descriptive statistical (mean and standard deviation) was used to describe the physiological variable.

11.FINDINGS

Table-1. Descriptive Statistics of Physiological Variables						
Variables	N	Range	Minimum	Maximum	Mean	SD
Vital Capacity	15	3.00	1.80	4.80	2.67	0.88
Systolic Blood Pressure	15	25.00	98.00	123.00	109.47	6.98
Diastolic Blood Pressure	15	21.00	57.00	78.00	68.94	5.90
Positive Breath Hold	15	1.42	.38	1.80	0.97	0.51
Respirator Rate	15	11.00	13.00	24.00	19.20	3.40

Table-1 Reveals the mean and standard deviation of Physiological variables described above.

Graphical Representation of Physiological Variables

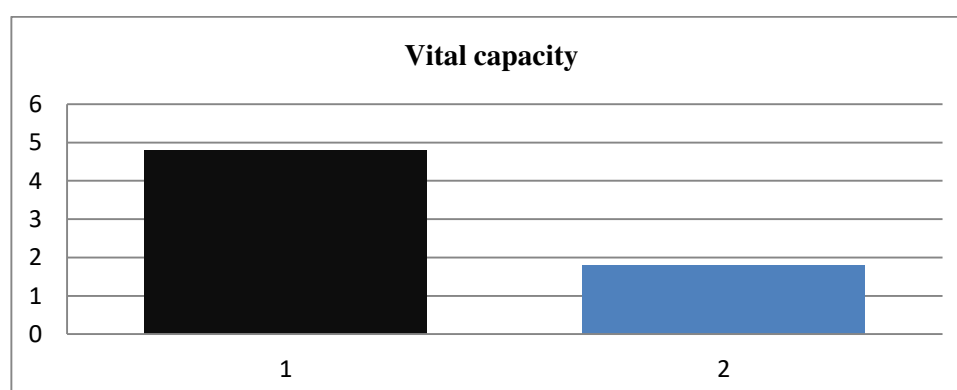


FIGURE 1. SHOWS THE VITAL CAPACITY, IN WHICH BLACK COLOUR SHOWS MAXIMUM AND BLUE COLOUR SHOWN MINIMUM VITAL CAPACITY AMONG YOGA PLAYERS

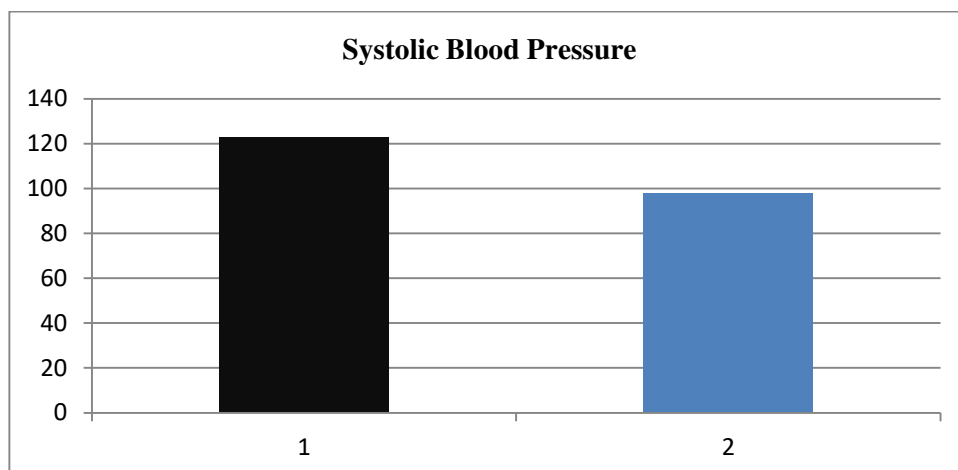


FIGURE 2. SHOWS THE SYSTOLIC BLOOD PRESSURE, IN WHICH BLACK COLOUR SHOWS MAXIMUM AND BLUE COLOUR SHOWN MINIMUM VITAL CAPACITY AMONG YOGA PLAYER

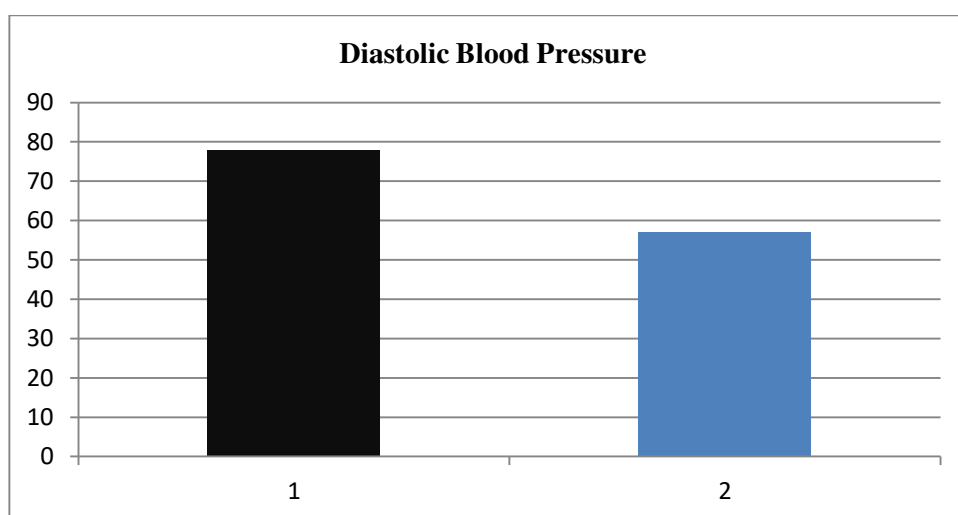


FIGURE 3. SHOWS THE DIASTOLIC BLOOD PRESSURE, IN WHICH BLACK COLOUR SHOWS MAXIMUM AND BLUE COLOUR SHOWN MINIMUM DIASTOLIC BLOOD PRESSURE AMONG YOGA PLAYERS

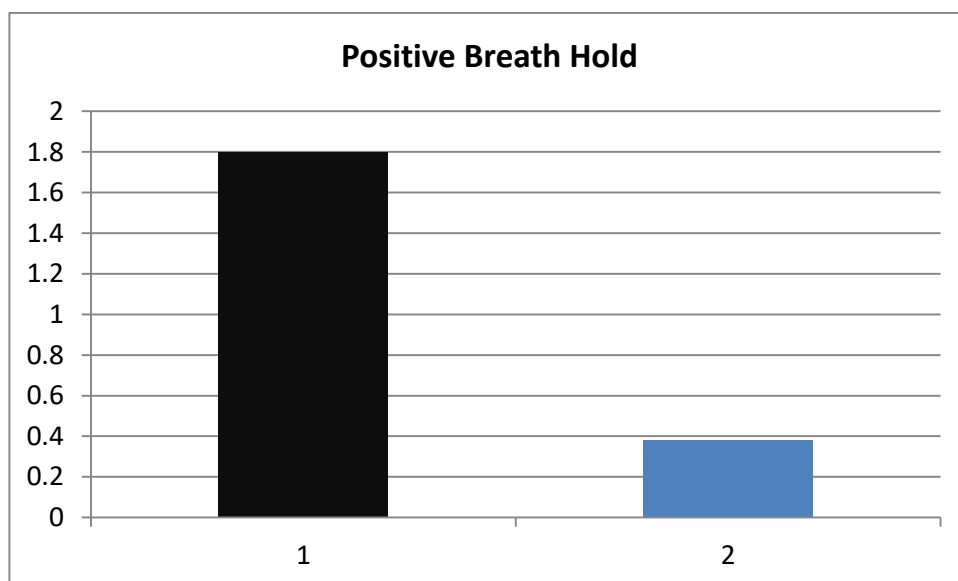


FIGURE 4. SHOWS THE POSITIVE BREATH HOLD, IN WHICH BLACK COLOUR SHOWS MAXIMUM AND BLUE COLOUR SHOWN MINIMUM POSITIVE BREATH HOLD AMONG YOGA PLAYERS

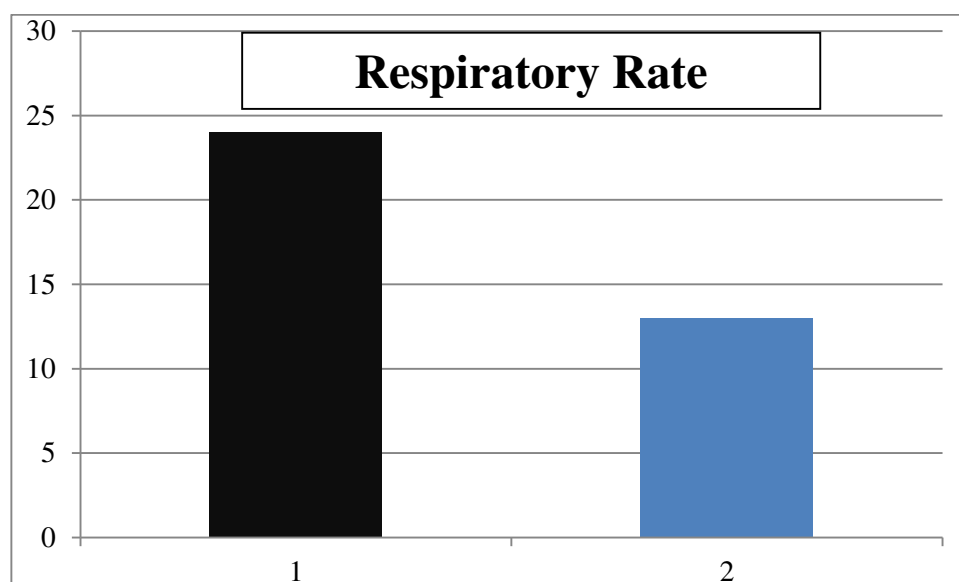


FIGURE 5. SHOWS THE RESPIRATORY RATE, IN WHICH BLACK COLOUR SHOWS MAXIMUM AND BLUE COLOUR SHOWN MINIMUM RESPIRATORY RATE AMONG YOGA PLAYERS

12.DISCUSSION AND CONCLUSION:

The physiological demand of yoga players can be decisive determinant of success during a tournament or competition, and if a player wishes to achieve success in state competition, improvement in physiological needs to be emphasized.

Results revealed the mean and standard deviation of vital capacity was 2.67 ± 0.88 , systolic blood pressure was 109.47 ± 6.98 , diastolic blood pressure was 68.94 ± 5.90 , positive breath hold was 0.97 ± 0.51 , respiratory rate was 19.20 ± 3.40 respectively. The test data obtained from this study provide a good baseline and reference for the individual players tested, the coaches of the players as well as for elite yoga and coaches. It also enabled strength and weakness of the players, so that appropriate training programmes could be designed to improve their performance.

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Comparative Study of Teaching Methods between Traditional and Modern Yoga

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Abstract : For this study the researcher have try to comparison between the different kind of methods of yoga between traditional and the modern era, as we know that yoga is the oldest activity which had been done by our ancestor and there are the different benefit of that yoga on our health, for the purpose of this study the researcher had taken two methodology which is used by the people in the society, such as Traditional and modern Practice used in yoga. After the comparison of this study the researcher come to know that the modern method of the yoga practices are more suitable than the traditional yoga practice, there are the certain factor which have founded by the researcher while doing compression for this study such as, Psychological, Physiological, Spiritual, therapeutically, Biochemical, Scientific Aspects, Marketing/Yoga Industry, Media and health and fitness related aspect which shows that the modern teaching practices of the yoga is far better than the traditional teaching method of the yoga.

Key words: Yoga, Traditional method and Modern method, Spiritual and Biochemical.

1. INTRODUCTION:

The word yoga comes from the Sanskrit word yuj, which means union of the individual and universal consciousness. The essential means of word “yoga”, “that which brings you to reality”. Literally, it means “union.” Union means it brings you to the ultimate reality, where individual manifestations of life are surface bubbles in the process of creation. The literally meaning of yoga is “to know the reality within you”, “reality of your life”, “reality of your existence”, “and the purpose of your life”. As the ancient yoga concern that the philosophy of the foundational sutra of yoga is discussed and is perhaps most elaborately mentioned in PatanjaliYogasutra. Yoga Sutras 1.2 .Patanjali’s writing also became the basis for Ashtanga Yoga. Many practices like five vows in Jainism and Yogachara of Buddhism have their root in PatanjaliYogasutras. Yoga is a part of this Vedic literature and was propounded by Maharishi Patanjali nearly 5000 years ago. Maharishi Patanjali’s Yoga Sutra describes “ eight limbs of yoga”, - Yama (social discipline), Niyama (personal discipline), Asana (postures), Pranayama (control over the breath), Pratyahara (turning the senses inwards), Dharana (one-pointed focus), Dhyana (meditation), and Samadhi (merging with the self).Yoga comprises of different schools of philosophy, for e.g. Gyan yoga, Bhakti yoga, Karma yoga, Hatha yoga, Raj yoga, Mantra yoga, Shiva yoga, and many more. Of these, asanas are a part of the Hatha yoga tradition. Somehow, in today’s age yoga has come to be associated with only physical postures whereas the central teaching of yoga is maintaining a unanimous state of mind. It is said in the Bhagavad Gita (2.5), “YogahKarmasuKaushalam” or ‘yoga is skill in action and expression. ‘Hatha yoga promotes physical as well as mental being through the medium of asanas. The different types of yoga are like spokes in a wheel and are all equally important for the overall development of an individual. While Hatha yoga endows one with physical fitness, other types of yoga empower us with wisdom, devotion, etc. Yoga is not just exercise, it is how skillfully we communicate, and act in any given situation. So here, yoga is described more as a mind skill. In the Bhagavad Gita, Lord Krishna says, “Samatvam Yoga Uchyate”– equanimity in the mind is a sign of yoga. The ability to remain centered in adverse situations is Yoga. Whatever brings us back to our nature, which is harmony and joy, is Yoga. While postures make the body healthy, pranayama and meditation take the mind deep within. Uniting diverse aspects of life...of existence is Yoga.Yoga is a wonderful gift to the humanity from Ancient India and must be preserved as one of our prized heritages. Yoga is really effective for the purification of mind and soul; simultaneously, practicing different Asanas maintains the physical health. Ancient scriptures of ‘Upnishads’ and ‘Vedas’ have defined and describe the methodology of performing Yoga, passing it on for generations over generations. Learning Yoga is one of the most effective and cheap ways to stay fit and healthy, which makes Yoga retreats and studios very popular these days (SCOTT,2001).

2. METHODOLOGY/ PROCEDURE:

2.1Traditional Yoga = an Approach of Spiritual Philosophy

Traditional yoga's styles are not only physical but are highly meditational. Aim of ancient or traditional yoga is to know yourself, to explore yourself, your consciousness. "Traditional yoga" has historically been taught orally, and there are subtle nuances among various lineages and teachers, rather than there being someone, precisely agreed upon "yoga". Tradition of learning traditional yoga established that time by "Gurus" (rishis and munis) were abode of learning. Its Principles are usually communicated in sutra style, where brief outlines are expanded upon orally. Here I'm giving the example of Yoga Sutras. Yoga is outlined in 196 Sutras. For example, yoga is outlined in 196 sutras, these Sutras were discussed and explained by teachers or gurus to students so the mode of transmission was orally that times. Yoga is used as discipline of performing different postures (Asanas) to clean our body and mind for the purity and steadiness. Through various body postures called as Asanas used in ancient times to help in health, meditation, strength and above all these for the development of our mind with our soul. Upanishads or Vedanta called Ancient scriptures, describe us the how to perform traditional method of doing yoga, which was passed from generations to generations in India. The yogic practice was scientifically systematically arranged by Maharshi Patanjali in yoga sutras (300-200 BC) and introduced in western countries by yoga gurus who learned and studied in eastern countries, especially India (The Land of Great Rishis-Munis).

Traditional View of Yoga and Asanas (Postures)

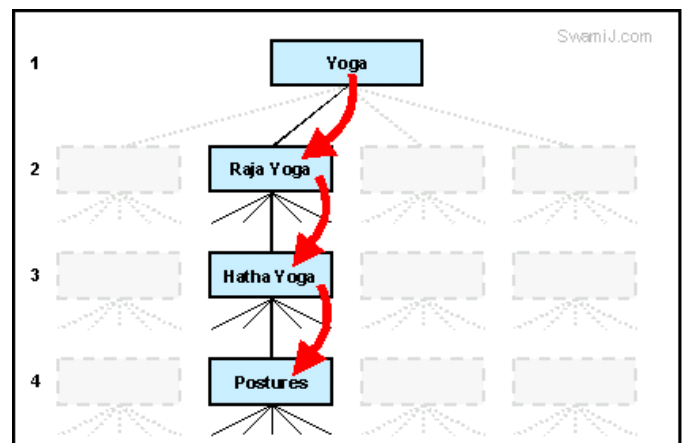
Traditional view: To ancient time, the core of yoga is spiritual in nature according to the ancient philosophers.

2.2 Traditional Methods of Teaching Yoga

To know about traditional teaching methods we have very little information about how teachers used different ways and methods to teach their students. However, according to Bhagwad Gita the methods of learning consisted of persistent questioning, showing reverence and doing physical work for the teacher. There were no fixed hours of teaching. There were no examinations and no certificates. Being with the teacher was the best way to learn. The conversations between teacher and students were free and frank. Often there were arguments between teacher and student but this never led to any acrimony. Before any lesson began, the teacher and student would both pray together that they might derive the best results. The idea was to study together, not to compete with each other. The teacher always knew more than the student but did not claim that he knew everything. A guru always expected from his student that they should prove his superiority. The learning process is place in the residential situation. Education to all students was freely provided and mostly the teaching method was oral, so for a good memory it requires recitation and cultivation of memory. In traditional teaching of yoga, students involved observation, demonstration and practice of it. When they committed faults, teachers used to correct them and positive suggestions by the teacher. Trial and error method was in use. Teaching was not a profession but a mission to enlighten innocent young children entrusted to the care of teachers. Most of the teaching was individualized using instructional method on a one-to-one basis or at the most in a small group.

2.3 Modern Yoga = Beyond than an Spiritual Philosophy Approach

The history of modern Yoga is widely thought to begin with the Parliament of Religions held in Chicago in 1893. It was at that congress that the young Swami Vivekananda—swami (svâmin) means "master"—made a big and lasting impression on the American public. At the behest of his teacher, the saintly Ramakrishna, he had found his way to the States where he didn't know a soul. Thanks to some well-wishers who recognized the inner greatness of this adept of Jnâna-Yoga (the Yoga of discernment), he was invited to the Parliament and ended up being its most popular diplomat. In the following years, he traveled widely attracting many students to Yoga and Vedânta. His various books on Yoga are still useful and enjoyable to read. Before Swami Vivekananda a few other Yoga masters had crossed the ocean to visit Europe, but their influence had remained local and ephemeral. Vivekananda's immense success opened a sluice gate for other adepts from India, and the stream of Eastern gurus has not ceased. After Swami Vivekananda, the most popular teacher of Western yoga movement was Paramahansa Yogananda, Swami Rama Tirtha, Swami Sivananda, Jiddu Krishnamurti and many more. Other renowned modern Yoga adepts of Indian origin are Sri Aurobindo (the father of Integral Yoga), Ramana Maharshi (an unparalleled master of Jnana-Yoga), Papa Ramdas (who lived and breathed Mantra-Yoga, the Yoga of transformative sound), Swami Nityananda (a miracle-working master of Siddha-Yoga), and his disciple Swami Muktananda (a powerful yogi who put Siddha-Yoga, which is a Tantric Yoga, on the map for Western seekers). All these teachers are no longer among us. Swami Vivekanandaji who introduced the original modern yoga to the world before 100 years is now changing slowly as western world moved towards perfecting outer physical strength, beauty and posture.



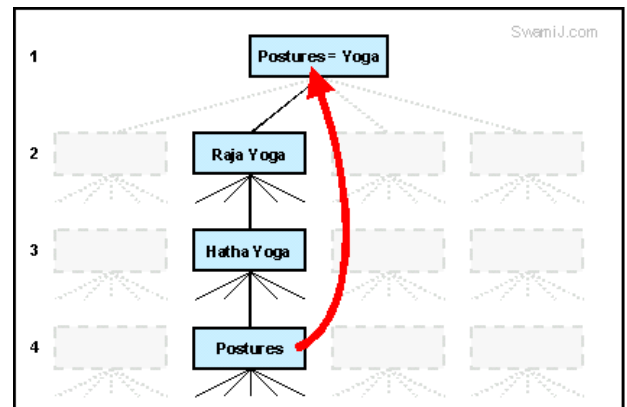
Modern View Of Yoga and Asanas (Postures)

Modern view: In today's era people believe that yoga means to only performing various body postures and they are misleading and confusing about true nature of authentic yoga.

2.4 Modern Methods of Teaching Yoga

Today the times have changed. Like other professions teaching has also become a profession. However, the teaching of Yoga differs from other forms of teaching. For the first time in history, Yoga has attracted the attention of enormous numbers of people all round the world and we find it necessary to devise different methods of instruction for class work in order to fulfill the needs of so many interested students. From our experience we have evolved some methods of teaching yogic practices to train the maximum number of persons with minimum time, expenditure and effort. Trending methods of teaching yoga (I would like to say postures [asanas] now a days are in many forms like in class room, yoga studio, yoga magazines, yoga classes, personal classes, online yoga classes, online certificate courses, regular short and long duration courses etc.

The discipline of Yoga passed through several stages and in the course of time different schools different schools of Yoga emphasizing variety of techniques and practice of discipline of yoga through several stages, but their aim is remains the same; control of the modifications of mind to reach highest level of integration. To deal with the mind some schools use means that directly tackles it and some of the schools uses indirect practices to tackle down the mind. Basically all schools of yoga use the yogic practices that may be classified as (i) Asanas, (ii) Pranayamas, (iii) Bandhas and Mudras, (iv) Kriyas (v) Meditation and (vii) Attitude training practices. Each one of these classifications consists of a group of several practices:



2.5 Most Popular Forms of Modern Yoga

- **Hatha** - Hatha yoga is perhaps the most beginner-friendly style of yoga and has become one of the most popular types of yoga. The Sanskrit word “Hatha” translates to physical yoga practice. A traditional Hatha yoga class will incorporate breathing, meditation, and basic postures.
- **Vinyasa** -Vinyasa flow is a popular type of yoga that incorporates more movement than Hatha and will test your body's endurance. Styles of Vinyasa will vary depending on your teacher and his or her method.
- **Ashtanga** -Ashtanga means “eight limbs” in Sanskrit and Ashtanga yoga is a physically demanding, eight-part practice and is better for more experienced yogis, as it requires stamina and synchronizing your breathing with a continuous series of postures.
- **Bikram/Hot Yoga** - It's also a great style of yoga for beginners, the heat promotes flexibility and allows for an amazing detox.
- **Kundalini Yoga** - For those wishing to explore the more spiritual side of yoga, Kundalini is another option to awaken the energy at the base of your spine (kundalini) and pull it upward through your body, increasing sensory awareness.
- **Yin Yoga** - This practice works the connective tissues around your joints, allowing for a therapeutic practice. It encourages relaxation while also challenging you to be patient.

2.6 Factors /Aspects That Makes the Modern Yoga Better Than Traditional Yoga Practice

- **Spiritual Aspects:** It is true that spiritual values are higher in traditional yoga than modern yoga but it doesn't mean modern yoga not following spiritual ethics and values. Spirituality not only maintains inner and outer harmony but also increases inner strength.
- **Mental And Psychological Aspects:** Yoga improves your psychological/mental well-being. As it helps in reduce anxiety and depression^[12], to boosts our memory, improving mental concentration, it also helps in preventing mental health problems specially in teenagers during adolescence and helps to reduces past experience traumatic incidents .
- **Physiological Aspects :** Improves the overall functioning of the Organs, Improves Circulation of Blood throughout the body, better neuro-muscular coordination, Strengthens the immunity, Pulse rate & Respiratory rate decreases, Cardiovascular efficiency increases. Musculoskeletal flexibility & joint range of motion increase, Gastrointestinal & Endocrine function normalizes etc.
- **Scientific Aspects:** In the field of yoga recently many scientific researches has been done and still are running for future benefits some of the examples of already done researches are :- Research Studies on Bronchial asthma – Long term follow up studies – 5 years (VK Yogas), Research studies on Stress related disorders – VK Yogas, High altitude sickness and exposure to extreme cold and heat situations –DIPAS, Coronary Artery Disease, IBS and Cancer – AIIMS, Psychiatric & Neurological Disorders – Schizophrenia, Depression,Epilepsy etc. – NIMHANS.

- **Therapeutic Aspects:** In past few years yoga has become and come as an option for therapeutic uses, doctors and physiotherapists also recommending it for better and positive results. In ancient times the purpose of yoga was not curing but now with the time it is changing and people practicing it for therapeutic alternative.
- **Bio-Chemical Effects:** Practice of yoga results as the Glucose & Sodium decreases, Total cholesterol & Triglycerides decrease, HDL cholesterol increases, LDL & VLDL cholesterol decreases, Hemoglobin increases etc.
- **Media:** Yoga has been around for roughly 5,000 years with its origins in India and has always been a spiritual practice based in meditation but was not popular as now because the media's influence has played a role in shaping what yoga is today. Through movies, television shows, ads promoting Yoga and the result its popularity is increasing.
- **Marketing/Yoga Industry:** Yoga introduced to the western in the back 1850s but it gains its popularity in the 1930s and 1940s due to celebrity endorsements. It wasn't until the 1960's that yoga seen its first boom in popularity with teachers such as B.K.S. Iyengar and K. Pattabhi Jois leading the way. With the help of media and great marketing planning and strategies it helped in great commercial success with new marketing category known as the "Yoga Industry". When we type on Google the term "Yoga Industry" it reveals more than 92,800 results. The last survey (2008) conducted by Yoga Journal magazine (USA) reports that it is a \$5.8 billion per year industry, and that over 34 million people in US either practice yoga or are interested in it.
- **A New Area of Fitness Industry:** One of the reasons why yoga is getting popular is its fitness value and today's generation finding it a new area for the fitness purpose. Now its new marketing strategy that you will find with every gym center and recreation centers them offering good yoga packages with them.
- **Health Related Aspect:** People who are suffering with many chronic and health related issues like obesity, overweight problem, cancer, ulcer, skin related problems etc. started yoga and with the positive results they are now continuing it and use to it.

3. CONCLUSION:

It is concluded by the researcher that the Yoga is a mind and body practice with historical origins in ancient Indian philosophy. Various styles and methods of yoga combine physical postures, breathing techniques, meditation and relaxation. Traditional forms of yoga use teaching methods which focusing on highly spiritual in nature. Modern form of yoga uses various teaching methods which focusing on not only spiritual aspect but also strength, flexibility, and breathing to boost our body physically and mentally well-being. Teaching methods of modern yoga includes factors like spiritual, psychological, therapeutically, health and fitness which are making modern yoga better to the traditional yoga. The conclusion of this study is to the teaching of the modern yoga practice is the better yoga teaching practice than the traditional yoga practice. Hence, the conclusion of this study reveals that the modern teaching method is better than traditional teaching method.

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A comparative study on stress level of female yoga practitioners and sports persons

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Abstract : The main purpose of this study was to compare the stress level among female yoga practitioner and sports persons of LNIPE Gwalior. The purpose of the study is to compare the stress level of 80 students 40 from each group were selected. The stress level was compare on the basis of Athletic coping skills inventory questionnaire. The statistical technique used for analysis the data was independent T test. The hypothesis was accepted in the study as there was a significant difference of 0.004 among the two groups in stress level. The yoga practitioners although have better stress coping ability than another sports person.

Key words: Stress and Yoga, LNIPE Gwalior, yoga practitioners.

1. INTRODUCTION:

Stress (roughly the opposite of relaxation) is a medical term for a wide range of strong external stimuli, both physiological and psychological, which can cause a physiological response called the general adaptation syndrome, first described in 1936 by Hans Selye in the journal 'Nature'. It can be understood as tension: (psychology) a state of mental or emotional strain or suspense. In western culture, stress can be described as a loss of control. Noted healer Serge Kahili King has defined stress as any change experienced by the individual. Physiologically speaking, stress is defined as the rate of wear and tear on the body. Stress has become a global public health problem. Yoga is a life style which gives the inner strength for a new start as well as it gives a type of concentration and awareness for the success. Yoga practices have effect on the nervous system. The term "Yoga" and the English word "Yoke" are derived from Sanskrit root "Yuj" which means union. Yoga is the art and science of living and is concerned with the evolution of mind and body. Yoga constitutes one of the oldest and most important scientific spiritual legacies of humanity and has been preached as well as practiced uninterruptedly since the dawn of human history. Yoga is recognized as a form of mind-body medicine. Stress is a major factor affecting the mental health of a person irrespective of age. Presentation of the stress may vary from flight to flight phenomenon. It has been observed that the practice of yoga decreases verbal aggressiveness compared to physical exercise. Yoga has been found useful for mental disorders like depression, anxiety etc.

2. OBJECTIVES:

The present study was to determine the stress level among female yoga practitioners and other sports persons.

3. METHOD:

The study was conducted on 80 female students from LNIPE Gwalior, 40 students were from yoga and rest 40 students were taken from Basketball, volleyball, football and field hockey within the age group of 18-23 years. For measuring the Stress Athletic Coping Skill Inventory Questionnaire developed by Smith, Schutz, Smoll and Ptacek (1995) was filled by the students.

4. DATACOLLECTION:

Data was collected from the students using a Stress Athletic Coping Skill Inventory Questionnaire. The female yoga practitioner and the other sports person consent was obtained from them. The questionnaires have twenty eight questions and their experiences are subscale in almost never, sometimes, often and almost always. The data was analysed with the help of independent 'T' test to compare the mean of female yoga practitioner and sports person.

0 = almost never

1 = sometimes

2 = often

3 = almost always

Finally, note that an * after a question number signifies a reverse-scored item (that is, 0 =almost always, 3 = almost never, and so on).

_____ **Coping With Adversity:** This subscale assesses if an athlete remains positive and enthusiastic even when things are going badly, remains calm and controlled, and can quickly bounce back from mistakes and setbacks. (Sum scores on questions 5, 17, 21, and 24, and place the total in the blank provided.)

_____ **Coachability:** Assesses if an athlete is open to and learns from instruction, and accepts constructive criticism without taking it personally and becoming upset. (Sum scores on questions 3*, 10*, 15, and 27, and place the total in the blank provided.)

_____ **Concentration:** This subscale reflects whether an athlete becomes easily distracted, and is able to focus on the task at hand in both practice and game situations, even when adverse or unexpected situations occur. (Sum scores on questions 4, 11, 16, and 25, and place the total in the blank provided.)

_____ **Confidence and Achievement Motivation:** Measures if an athlete is confident and positively motivated, consistently gives 100% during practices and games, and works hard to improve his or her skills. (Sum scores on questions 2, 9, 14, and 26, and place the total in the blank provided.)

_____ **Goal Setting and Mental Preparation:** Assesses whether an athlete sets and works toward specific performance goals, plans and mentally prepares for games, and clearly has a game plan for performing well. (Sum scores on questions 1, 8, 13, and 20, and place the total in the blank provided.)

_____ **Peaking Under Pressure:** Measures if an athlete is challenged rather than threatened by pressure situations and performs well under pressure. (Sum scores on questions 6, 18, 22, and 28, and place the total in the blank provided.)

_____ **Freedom From Worry:** Assesses whether an athlete puts pressure on him- or herself by worrying about performing poorly or making mistakes; worries about what others will think if he or she performs poorly. (Sum scores on questions 7*, 12*, 19*, and 23*, and place the total in the blank provided.)

_____ **Total score or sum of subscales**

Scores range from a low of 0 to a high of 12 on each subscale, with higher scores indicating greater strengths on that subscale. The score for the total scale ranges from a low of 0 to a high of 84, with higher scores signifying greater strength.

Table: - 1. Descriptive Analysis

Group Statistics					
	Groups	N	Mean	Std. Deviation	Std. Error Mean
Stress	Yoga_practitioners	40	52.1250	5.28756	.83604
	Sportsperson_group	40	47.8250	7.47264	1.18153

Table: - 2

		Levine's Test for Equality of Variances		t-test for Equality of Means				
		F	Sig.	T	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Stress	Equal variances assumed	8.818	0.004*	2.971	78	0.004	4.3	1.4474
	Equal variances not assumed			2.971	70.23	0.004	4.3	1.4474

5. RESULTS: -

- The AICS questionnaire contains seven groups with four questions each and highest score in each group is twelve.
- The players who are nearer to twelve score are considered as better in stress coping skills. Similarly who are away from the score of twelve are considered as poor in stress coping skills.
- It is been found that yoga practitioners are having better stress coping skills than other sportsperson.

6. RECOMMENDATION:

- This study can be conducted for male groups.
- It can be done with different age groups.
- This study can also be done on national as well as international players.
- The coaches can utilise the finding for reducing down the stress level of the other sports persons.

7. DISCUSSION/CONCLUSION:

The present study shows that there was a significant difference between female yoga practitioners and other sports persons. As yoga provides number of options for reducing the stress level as compare to other sports activities. For coping up with stress yoga provides some practises such as Meditation, Hath yoga, Pranayama and Breathing techniques.

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International Seminar on
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Yoga - the treatment for emotional imbalance

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Abstract: Emotional imbalance is a major emerging problem of society. It occurs due to continuous accumulation of negative emotions within the mind for a longer period of time and can pervert our entire persona, thus badly hampering the health and happiness. Rage, anger, arrogance, uncontrolled desire, violence, melancholy, loneliness, boredom, dissatisfaction, envy as well as self-pity are few of the most common examples of expressing negative emotions. The root cause of all our sufferings lies in our innate nature. We need to reshape our behavior in a way to face the life challenges. Yoga helps to maintain our emotional balance. It improves our mental well being and helps to relieve anxiety and depression. Yoga boost memory, improves concentration and also reduces the effects of traumatic experiences. So yoga should be a compulsory subject from the primary level. Today not even adults but children are also involving in such type of crimes that presents a very destructive picture of society. So, for controlling negative emotions enhancement of yoga is the necessity of present time. It will also help to establish moral values in children.

Key words: Yoga, Emotional Imbalance, Anulom Vilom, yoga on emotional state.

1. INTRODUCTION:

Yoga is a practice of poses and breathing techniques design to strengthen and balance the body and mind. It is a mind body exercise effective for reducing stress, anxiety and depression.

Reigning 'Negative Emotions' is the root cause of our 'emotional imbalance' which makes us unhappy. Obviously, the greatest source of unhappiness comes from inside. The root cause of all our sufferings lies in our innate nature. Negative emotions are primarily responsible for gradual declination or downfall of normal thinking process, which is essential for our natural survival, even in the struggle for existence. Continuous accumulation of negative emotions within the mind for longer period of time can pervert our entire persona and can badly hamper the health and happiness. Rage, anger, arrogance, uncontrolled desire, violence, melancholy, loneliness, boredom, dissatisfaction, envy as well as self-pity are few of the most common examples of expressing negative emotions. This can be controlled if we could remember the limitation of our innate nature as well as our innate capacity to alleviate the search of reigning negative emotions so as to face the life situation appropriately.

Yoga has been regarded as the most effective way of attaining complete peace of mind. It is an ancient form of lifestyle that is considered to rejuvenate the mind and body resulting in holistic health. A study by Shri Shri Ravi Shankar shows that yoga, pranayam and meditation calm the mind and reduce stress which is the main factor in aggravating mood swings. Studies show that meditation increases the grey matter that is related to emotional regulation. Yoga postures and pranayam technique brings balance and equanimity in us. Some of these postures are:

- 1) Nadi Shodhan Pranayam (Anulom Vilom)
It releases accumulated stress by unblocking the subtle energy channels of the body.
- 2) Standing Forward Bend (Uttanasan)
It helps to combat stress and depression.
- 3) Child's Pose (Shishu Asana)
This pose can induce a feeling of calmness and help to put the mind in a meditative state.
- 4) Head to Knee Forward Bend (Janu Shirasasana)
This pose helps in calming the mind and also relaxes the spine and back.
- 5) Bhujhangasan
This pose expands the chest and reduces the stress and fatigue.
- 6) Shavasana
This pose brings extreme relaxation to mind and body.

In this way yoga is not just exercise and asanas, it is the emotional integration and spiritual elevation with a touch of mystic element, which gives us a glimpse of something beyond all imaginations. Yoga can help to relieve many symptoms of depression and bipolar disorders including mood swings, fear, anxiety, tension and lethargy. So yoga helps to release energetic blockages that are called granthis in sanskrit. These are 'knots' that form at the naval region (the seat of personal power), the heart centre (the seat of emotional body) and the throat (the seat of self expression). Thus, yoga opens our body and concentrates our mind helping us to balance the ups and downs of bipolar mood swings and changing anxiety to calmness, sadness to happiness and lethargy to vitality.

A study done by David Shapiro, Ian A. Cook and Michelle Abrams on yoga as a complementary treatment of depression shows the mood rating of pre and post yoga class are as under:

Table 1: Mood Ratings- Pre and Post Yoga Classes

S.No	Mood	Pre	Post
	Positive:		
1	Happy	2.9	3.5
2	Relaxed	2.6	3.8
3	Optimistic	2.8	3.3
4	Confident	2.8	3.4
5	Content	2.6	3.4
	Negative:		
1	Stressed	2.7	1.5
2	Sad	2.6	2.0
3	Frustrated	2.8	1.9
4	Irritated	2.6	1.7
5	Depressed	2.4	1.7
6	Anxious	2.4	1.5
7	Angry	2.1	1.6
8	Pessimistic	2.5	2.0
	Energy/ Arousal		
1	Attentive	3.1	3.5
2	Fatigued	3.2	2.4
3	Alert	3.0	3.6
4	Tired	3.3	2.6
5	Energetic	2.4	3.4
6	Sleepy	3.0	2.3

Result showed the therapeutic effect of yoga on emotional state in which positive mood ratings were increased whereas negative mood ratings were decreased by yoga. In the same way increment in attention, alertness and energy level was observed and fatigue, tiredness and sleep level found to be decreased.

Cambell, Debra Elise, and Kathleen A.moore (2004) conducted a study on yoga as a prevention and treatment for symptoms of mental illness. The yoga classes were designed as a six week program incorporating breathing techniques (Pranayama); exercise for strength, vitality and flexibility (asanas); guided relaxation (yoga-nidra) and meditation. Psychometric testing was used to assess symptoms of stress, anxiety and depression across three groups namely, the regular yoga practitioners, beginners entering the program and the people who did not practice yoga. There tests were re-administered after six weeks and the yoga beginners group showed lower average levels of symptoms of depression, anxiety and stress than the group who did not practice yoga.

Vicente (1987) studied the role of yoga therapy on anxiety, neurosis and depression on 284 patients. Yogic therapy was carried out for 2 hours every week for a year. And the result revealed that 42% patients shows very good improvement, 52% showed good response and it was found that shavasana is very useful for anxiety and depression.

These studies show that yoga is supposed to be an effective weapon against anger, dissatisfaction and depression. So, a person who does yoga is better able to achieve the pink of psychological health. Yoga regulates a person's stress response system with its ability to lower blood pressure and heart rate as well as improve respiration. Yoga provides us with the means to deal with and resolve anxiety and depression without resorting to expensive medications.

2. CONCLUSION:

Today most of us are seen in very depressive conditions. So, it has become imperative to find ways to prevent the onset of such mental health conditions. Yoga has been seen as a useful method that can be used to protect us from such mental illness. According to a study published in the 'Journal of Developmental and Behavioural Pediatrics', some of the subjects enrolled in physical education classes centred on kripalu yoga. This yoga involves physical postures, breathing, relaxation and meditation in comparison to the control group. The result showed that regular practioners of yoga, displayed better mood, anger control, improved resilience, lower level of anxiety and tension and enhanced mindfulness. So, yoga can balance the emotions and degenerate the negativity.

Thus, for controlling emotional imbalance yoga should be a compulsory part of our syllabus. Though government is trying its best to make the people aware of its utility, there is a need for some efforts from the side of social organisations. Yoga camps should be organised as awareness program. Continuity in yoga will also change the overall behaviour of people their priorities and the way they perceive things. So we can say that yoga is a perfect remedy for emotional imbalance.

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Yoga the driving force for life

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Abstract: A famous proverb says 'you only live once but if you do it right once is enough'. Yoga is helpful in nurturing a child's development on all levels – mind, body and spirit. It's a fun activity for children that promotes health, balance, concentration, and self esteem. Yoga is now recognized as one of the most effective ways to support focus and concentration, reduce stress and offer therapeutic benefits for all the children including those with special needs and learning disabilities. It has been proven that students who practiced yoga and relaxation for one year got higher grades and developed cooperation skills and more effective work habits comparatively. Yoga helps children improve their focus and concentration, as well as their motivation to learn. Yoga fosters self acceptance in children as they discover the connection between their bodies and minds. As they practice yoga poses, children experience a peaceful relaxed state and awareness of both their strengths and limitations. If implemented in school life it may bring about subtle attitudinal changes in life. If taught earlier on in life yoga can bring a revolutionary change in society, being able to harness ambition in a positive manner rather than through negativity. In this way yoga will help the students and human beings not only to excel but also make them a healthier and happier person for the country and community.

Stress is the major obstacle to academic achievement and Yoga's stress relief powers have been shown to boost student performance. A 2009 'International Journal of Yoga Study' of 300 students looked at Yoga's effect on the stress levels of adolescent students. After seven weeks of practicing asanas, breathing, exercises, and meditation the students registered lower stress levels and higher academic performance. Evidence based on 'Complimentary Medicine' of 95 high school students found that yoga was superior to regular physical education classes in improved memory, improved attention span. Yoga is a way of life characterized by peace and efficiency.

Yoga is gaining worldwide popularity as an accessible, acceptable and cost-effective practice for mind and body. People are turning to yoga for mental health improvement because of preferences for self treatment as opposed to clinical intervention; perceived greater efficiency than medication. Yoga has minimal side effects and is cost effective in comparison to pharmacological treatments and psychotherapy. Its added benefit is that it improves physical fitness and encourages self reliance. Yoga's greatest aim is to create compassion within and a deep sense of unity and oneness with all forms of life. And as said a healthy mind dwells in a healthy body only. So physical and mental health are complimentary to each other and yoga assists in healthy well being of whole body.

Keywords: Practice for mind, Greater efficiency, Psychotherapy, Self-Treatment.

1. INTRODUCTION:

A famous proverb says 'you only live once but if you do it right once is enough'. Yoga is helpful in nurturing a child's development on all levels – mind, body and spirit. It's a fun activity for children that promotes health, balance, concentration, and self esteem. Yoga is now recognized as one of the most effective ways to support focus and concentration, reduce stress and offer therapeutic benefits for all the children including those with special needs and learning disabilities. It has been proven that students who practiced yoga and relaxation for one year got higher grades and developed cooperation skills and more effective work habits comparatively. Yoga helps children improve their focus and concentration, as well as their motivation to learn. Yoga fosters self acceptance in children as they discover the connection between their bodies and minds. As they practice yoga poses, children experience a peaceful relaxed state and awareness of both their strengths and limitations. If implemented in school life it may bring about subtle attitudinal changes in life. If taught earlier on in life yoga can bring a revolutionary change in society, being able to harness ambition in a positive manner rather than through negativity. In this way yoga will help the students and human beings not only to excel but also make them a healthier and happier person for the country and community.

Yoga teacher and licensed psychotherapist Ashley Turner says yoga is the key to psychological and emotional healing as well as resolving issues with self-confidence, relationships, and more. Yoga is a practice of poses and breathing techniques designed to strengthen and balance the body and the mind. More than 90% of people start a yoga practice for stress relief or physical health benefits, but they stay with yoga for emotional or spiritual reasons.

2. YOGA FOR ANXIETY RELIEF:

All kinds of physical exercise reduce stress, but yoga may be one of the best.

Yoga modulates perceived stress and anxiety by slowing down rapid breathing and heart rates, lowering high blood pressure, and increasing heart rate variability. Exercise of all kinds increases “feel good” neurotransmitters but yoga stands out as a proven GABA booster. GABA (gamma-aminobutyric acid) is one of your main inhibitory neurotransmitters. It puts the brakes on brain activity, enabling you to relax. Just a single one-hour session of yoga can increase GABA levels by 27%. Yoga poses like Fire Log Pose, Cow Pose, Lotus Pose, Salutation seal, Upward salute are known for controlling stress and anxiety.

3. YOGA FOR DEPRESSION:

Yoga increases levels of brain-derived neurotrophic factor (BDNF), a protein that acts like fertilizer for the brain, stimulating the formation of new brain cells. BDNF has natural antidepressant effects. A study on young adults with mild depression found that biweekly yoga classes resulted in improved mood and reduced anxiety and fatigue.

4. YOGA FOR IMPROVE MEMORY AND CONCENTRATION:

Yoga can boost brain power even more than doing conventional exercise. Just one session of Hatha yoga was found to significantly improve working memory and concentration. The top yoga poses for better concentration include the prayer pose, the eagle, warrior 2, and alternate nostril breathing.

5. YOGA FOR PSYCHIATRIC DISORDERS:

Research published in *The Journal of Psychiatric Practice* suggests that yoga may help those with bipolar disorder manage their symptoms. Harvard Mental Health Newsletter reported some remarkable effects of yoga on a variety of psychiatric disorders. One study examined the effects of a single yoga class on psychiatric hospital inpatients with bipolar disorder, major depression, or schizophrenia.

After the class, average levels of anger, tension, hostility, fatigue, anxiety, and depression dropped significantly. When more than 100 bipolar patients were asked to rank how yoga impacted their lives, 20% called the practice “life changing.” Finally, a group of women suffering from severe emotional distress took twice weekly yoga classes. At the end of three months, these women reported significant improvements in depression, anxiety, energy, fatigue, perceived stress, sleep quality, and well-being. A yoga therapy program could help as an accompaniment to the standard treatment of psychiatric disorders. A pilot study in *The Journal of Alternative and Complementary Medicine* found an eight-week yoga therapy program, which included postures, breathing exercises, and relaxation, led to schizophrenic patients showing a vast improvement in symptoms and a decrease in negative thoughts. Overall, it was found to bring significant symptomatic improvements and enhance their quality of life.

"Many centers treating people suffering from psychosis and schizophrenia have organized yoga classes in their centers for the patients. These class are well received by the patients," says Wiley

6. YOGA FOR STRESS:

Stress is a major factor affecting the mental health of a person irrespective of age. Presentation of stress may vary from that of fight to flight phenomenon. Chronic stress is the major cause of many mental disorders. Yoga has been effectively used in the management of stress. It has been observed that the practice of yoga decreases verbal aggressiveness compared to physical exercise. It is also useful against physical stress, fatigue and diseases like epilepsy. Yoga has been found useful for mental disorders like depression .

7. YOGA FOR PTSD [POST TRAUMATIC STRESS DISORDERS]:

Yoga is known to benefit the mind and body, which means it can potentially help with PTSD. A study in the *Journal of Traumatic Stress* found yoga improved the lives of women with PTSD when they took a 12-session, Kripalu-based (the philosophy that you should practice just as how you should live your life), “trauma-sensitive” yoga intervention (either once per week for 12-weeks or twice per week for 6-weeks). The researchers noted classes included both asana (movement) and breath exercises.

Wiley believes this approach can help patients learn the how to calm themselves down when distressed. "This leads to lower incidence of drug and alcohol abuse, or other self-medicating behaviors," she says.

Yoga is increasingly becoming popular in India as well as western countries. Recently , Medical News Today have reported on a wealth of studies pointing towards many advantages of practicing Yoga especially in easing depression including countering cognitive decline, acting on genetic factors that predispose individuals to stress. Anew paper published in the journal *Frontiers in Human Neuroscience* now shows that yoga has positive impact on the central nervous system as well as the immune system and thereby it increases the individual’s overall sense of well being. According to a study conducted by Dr. B Rael Cahn, fro the department of psychiatry and behavioral sciences at the

University of Southern California in Los Angeles a 3 month yoga retreat was organized for over 200 participants where they were engaged in daily meditation n yoga practice. Participants were assessed both before and after participating in the yoga retreat. "The observed increased BDNF signaling [is] possibly related to enhanced neurogenesis and/or neuroplasticity, increased CAR likely related to enhanced alertness and readiness for mind-body engagement, and increased anti- and pro-inflammatory cytokines possibly indicating enhanced immunological readiness." All these factors contribute to the goodness of interrelated body systems thus enhancing positivity. Yoga offers the opportunity to release stress and tension by helping you shift your focus to the present and "connect to all of your holistic bodies, mind, body and soul," says Dr. Jodi Ashbrook, a teacher, author, and yoga instructor.

"By letting go of whatever negative energy is pulling you away from that intention, you can shift your perception that is typically feeling out of control to your ability to stay present and positive in the moment only to boost your mood," Ashbrook tells *Newsweek*. Stress is the major obstacle to academic achievement and Yoga's stress relief powers have been shown to boost student performance. A 2009 'International Journal Of Yoga Study' of 300 students looked at Yoga's effect on the stress levels of adolescent students. After seven weeks of practicing asanas, breathing, exercises, and meditation the students registered lower stress levels and higher academic performance. Evidence based on 'Complimentary Medicine' of 95 high school students found that yoga was superior to regular physical education classes in improved memory, improved attention span. Yoga is a way of life characterized by peace and efficiency.

8. CONCLUSION:

The practice of yoga shows promise for promoting better population mental health. It is acceptable, accessible, cost-effective and encourages self-reliance. In today's modern age of stress n tensions, mechanized life style, yoga is the holistic approach to achieve mental equilibrium, peace and refreshment towards overall well being wellness of human beings. Its best to introduce yoga at the school level for the students that can be continued further so that the children can learn to bear increasing pressure of studies n face the competitions more effectively with positive approach towards life. It's a high time when we should return to our roots for the wellness of mind and body. As our ancestors and ancient gurukulam system also used to follow rigorous all round training to children apart from studies, students were taught marshal arts, fighting skills, various sports , yoga and meditation . That's why India is known to b a land of mindful inventors as well as skilled warriors. In this modern age we should realize that howsoever we may progress, earn money but still top priority should be mental and physical health as that cannot be substituted with any thing nor can be purchased with money. Physical n mental well being requires self dedication , motivation and working on self body for healthy body and mind through regular practicing of yoga, the easiest possible way.

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Impact of yoga package on conflict of school students

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Abstract : *This study is focusing on the role of yoga in psychological and emotional balance. In this competitive world there are so many psychological, behavioral, emotional, health problems arising in the age of school. Conflict is one of them. There are so many situations in life where an individual feels he/she is in the condition of conflicts. Sometimes conflicts are deep rooted with individual's psychology and can't take any right decision at that time. Conflict is a component of stress. Now day's students have so many stress situations in their life and there is no proper guidance and solution for their problems. But practice of yoga gives clarity and tranquility to the mind. So that by the practice of yoga students can get a strong psychological background and keep calm their mind and get right decision in any situation. Present education system must include yoga in all levels of education not only in papers but at physical background. Because yoga keeps physical as well as so many psychological benefits also. How yoga works on any individual psychology and physiology it is must to know about it. Yoga develops respecting and listening to self and others, to grow positive thoughts and good humors, maintaining the health of the body and mind, to manage stress and regulate energy levels, to remove pressure from mind, to remove confusions, learning to relax and rest the body and mind, to improve silence and structured rest, to improve receptivity, to enhance learning, learning to concentrate, develop memory, attention and creativity, to raise the pleasure of learning, because of all these factors researcher selected this area to undergo and see the effect of yoga on students. For the study research made yoga package which includes practice of asanas, pranayama, mudra and kriya.*

Keywords: *Yoga, Conflicts, Yoga package etc.*

1. INTRODUCTION:

Education has a big role to play in the behavioral, emotional and all other developments of a student. Education to be complete must have five principal aspects relating to the five principal activities of the human being: the physical, the mental, the emotional, the intellectual and the spiritual. All these aspects are looked into in our ancient system of yoga. Yoga is the development of mental or physical powers; molding of (some aspect of) character. Yoga is a way of life. Yoga can be defined as Science of health, harmony and happiness.

Conflict is a situation or a type of behavior. Conflict is part of life. Conflict can occur within the family, with siblings with parents, with caregivers, with friends, in personal relationships, with partners, with work mates, with teachers and with society in general. Conflict refers to some form of friction, disagreement, strong disagreement between people, groups, etc. That result is often angry argument. Conflict can also happen within student when he/she learns something new that is different to what he/she always believed. The conflict inside student can make him want to hang on tightly to his/her old beliefs or it can lead him to change his/her beliefs. Conflict is a process, having developed from their past interactions.

Yoga develops respecting and listening to self and others, to grow positive thoughts and good humors, maintaining the health of the body and mind, to manage stress and regulate energy levels, to remove pressure from mind, to remove confusions, learning to relax and rest the body and mind, to improve silence and structured rest, to improve receptivity, to enhance learning, learning to concentrate, develop memory, attention and creativity, to raise the pleasure of learning etc.

2. DEFINITIONS OF YOGA:

Brudhyajnavalkasmruti says "Yoga teaches us to realize our own problems; our draw backs our wrong ideas & views our faulty attitude wrong concepts".

Yogavashishtha says "Yoga is a master key to solve problems of wrongly life". Yoga comes as calm down skilful method submit to the mind.

3. CONFLICT:

Conflict, in psychology, the arousal of two or more strong motives that cannot be solved together, Conflicts are not all equally severe. Conflict are between two desired gratifications (approach-approach conflicts), as when a youth has to choose between two attractive and practicable careers, may lead to some vacillation but rarely to great distress. A conflict between two dangers or threats (avoidance-avoidance conflict) is usually more disturbing. A man may dislike his job intensely but fear the threat of unemployment if he quits. A conflict between a need and a fear may also be intense. Conflict can be define as "Consideration of circumstance with confusion for opposition, optional option with a need, necessity with fear at the level of self confidence at the time" or "Conflict is a mental condition or confusion to option, for a, need to fulfill the level of self confidence at a time"

4. STATEMENT OF THE PROBLEM: Impact of yoga package on conflict of sr. sec. school students.

5.PURPOSE OF THE STUDY:

The purpose of the study was to examine the impact of yoga package on conflict of sr. sec school students. A secondary purpose of this study was to determine yoga as alternative therapy for conflicts. The study was to determine the use of yoga in school education would help children to manage their conflict and behavioral problems.

6.OBJECTIVES OF THE STUDY:

- To study the effect of yoga package on conflict.
- To study the effect of yoga package on sr. sec. school students.

7. HYPOTHESIS:

Hypothesis - 1.0 There is no significant effect of Yoga package on conflict of sr. secondary school students.

Hypothesis - 2.0 There is no significant effect of Yoga package on conflicts of C. B. S. E sr. secondary school students.

Hypothesis - 3.0 There is no significant effect of Yoga package on conflicts of M. P. Board sr. secondary school students.

8.DELIMITATION OF THE STUDY:

- All subjects were students of Sr. Sec. School Students.
- The researcher limited her study to the sr. sec. school students.
- Researcher limited her study to Bhopal city.
- In yoga package there was only practical aspect of yoga.
- There was no separate theory class for yoga.

9.VARIABLE OF STUDY 1. Yoga 2. Conflict

10. SAMPLE:

The sample of the study covered adolescence from C. B. S. E. and M. P. Board sr. sec schools of Bhopal in the age range 15 to 17 years. This sample had been collected from sr. sec. students before and after yoga practice.

12.TOOLS AND TECHNIQUES:

Bisht Battery of Stress Scales (BBSS) by Abha Rani Bisht (1987). In this battery there are thirteen scale of stress based on four components of stress viz. frustration, conflict, pressure, and anxiety. In this paper one component of stress viz. conflict were taken for all thirteen areas of stresses, Scale of existential stress (SES), Scale of achievement stress (SAchS), Scale of academic stress (SAS), Scale of self concept stress (SSCS), Scale of self actualization stress (SSAS), Scale of physical stress (SPS), Scale of social stress (SSS), Scale of role stress (SRS), Scale of institutional stress (SIS), Scale of family stress (SFS), Financial stress scale (FSS), Scale of vocational stress (SVS), Scale of superstition stress (SSUS). These scales were consisted of different items. Each item is of statement type (closed) to which students were to answer by ticking their option prescribed on the answer sheet. The students were assembled in a hall and made to sit in rows. Booklets containing statement items along with answer sheets were distributed to each student. Instructions were delivered by the investigator, statements were written in Hindi. Meaning of difficult words was also explained. The students were told to finish their test within given time. Statistical techniques as, mean and z test was used for data analysis.

13. INTERVENTION:

A yoga package (asana + pranayama + meditation + mudra + kriya) was given to students as an intervention.

Yoga Package

Movement Practice: Time - 10 minutes.

Sr. No.	Yogic practice	Turn/Rounds
1.	Joints loosing as toe, ankle, knee hip, shoulder, elbow, wrist, neck movements practice.	3 to 5 Rounds each
2.	Suryanamaskar	6 Rounds

Supine Posture: Time - 5 minutes.

Sr. No.	Yogic practice	Turn/Rounds
1.	Sarvangasana	2 Rounds
2.	Chakrasana	2 Rounds
3.	Naukasana	3 Rounds

Abdominal Postures: Time - 2 minutes.

Sr. No.	Yogic practice	Turn/Rounds
1.	Bhugangasana	2 Rounds
3.	Dhanurasana	2 Rounds

Sitting Posture: Time - 5 minutes.

Sr. No.	Yogic practice	Rounds/Rounds
1.	Pashcimottnaasana	3 Rounds
2.	Vajrasana	1 Rounds
3.	Ustrasana	2 Rounds
4.	Shashank asana	1 Round
5.	Gaumukhasana	2 Rounds
6.	Padmasana	1 Round
7.	Parvatasana	2 Rounds

Standing Posture: Time – 5 minutes.

Sr. No.	Yogic practice	Rounds/Rounds
1.	Tadasana	2 Rounds
2.	Vkrakshasana	3 Rounds
3.	Garudasana	2 Rounds
4.	Trikonasana	3 Rounds

Note: As much as students were practicing asanas, maintaining time of each asana had increased. As much as students had increased maintaining time for asanas rounds of asanas had less minimum one round. In a week one day practice of Shavasana. After practice of each asana few second relaxation was given.

Pranayama with Mudra and Kriyas: 10

Sr. No.	Yogic practice	Rounds/Rounds
1.	Kapalbhati	3 Rounds
2.	Anulom vilom pranayama	5 Rounds
3.	Ujjayi pranayama	2 Rounds
4.	Bhramri Pranayama	11 Rounds
5.	Om chanting	7 to 11 Round

Note: Practice of **Trataka** and **meditation in Gyan mudra** was given twice in a weak. The day students was getting practice of Trataka and meditation they were told to reduce practice of supine posture, abdominal posture and sitting posture.

14.ABOUT ASANAS:

Asana means the position in which an individual can feel comfort for a long time. It can be the posture related with body twisting, abdominal position, balancing, sitting etc. There are so many asanas in Hathyoga text from them few had been taken in yoga package in this research.

Pranayama

Pranayama word is the combination of two words Prana (life source) + Ayama (making it long) which means the technique for making life source long without any obstacle in life. Pranayama concentrates on the breathing with a focus on inhalation and exhalation. Pranayama is to make breath long. It's the purification technique for blood. There are so many different types of pranayama in traditional books but nadishodhan or anulom vilom is best for everyone.

Mudra

Mudra works on sukshma sharir of any individual and well as physical body too. It has a deep science related with Pancha Mahabhutas and Panch Koshas. With the help of mudra one can get so many benefits but precaution and guidance is needed.

Kriyas

There are so many Kriyas in hath yogic text for cleansing our body and to improve for higher practice. Here in this research Trataka Kriya had include in yoga intervention. Tratak is gazing on an object.

There are many types of Tratak but here Bindu tratak is preferred.

- Sit in Padmasana or sit erect in any comfortable posture keep spine erect.
- Place hands on respective knees in Gyana Mudra. Start gazing at an object (at a point) or a prolonged period without eye blinking.
- Breathe deeply and naturally and always stop before pain or strain while allowing the eyes to water and tear.
- After trataka bring cupped palms to the eyes and apply a soft inward motion around the eye (cupping them but not creating any pressure on the balls of the eye).
- At first you will feel like blinking, but you will soon get used to it after some practice.

Shavasana

Instructions to students

Gently come in sitting position and slowly slide down in supine position with support of elbows. Lay down in Savasana with legs apart, hands apart, palms facing the roof and whole body collapsed on the grounds with closing your eyes. Now you just observe your body with closing your eyes. And follow the instructions mentally.

Bring your awareness to the tip of the toes and relax. Sensitize the soles of your feet, loosen the ankle joints, relax the calf muscles and knees, relax your thigh muscles, buttocks, loosen the hip joints, and relax the pelvic region with waist region. Totally relax your lower part of the body from toe to thigh joint. Gently bring your awareness to the abdominal region and observe the abdominal movements for a while, relax your abdominal muscles and relax your chest muscles. Gently bring awareness to lower back, relax lower back, and loosen all the vertebral joints one by one. Relax the muscles and nerves around the backbones. Relax middle back, shoulder blades and upper back muscles, totally relax. Shift awareness to tip of fingers, gently move them a little and sensitize. Relax fingers one by one and thumb. Relax your palms, loosen the wrist joints, relax the forearms, loosen the elbow joints, relax the biceps and triceps and relax upper arm and your shoulders. Shift your awareness to neck, relax the muscles and nerves of the neck. Relax middle part of the body, totally relax. Now bring your awareness to your head region. Relax your chin, lower jaw and upper jaw, lower and upper gums, lower and upper teeth and relax your tongue. Relax your throat and vocal cords. Relax both the lips, observe nostrils. Feel the touch of air in your nostrils. Observe breathing for few seconds and relax nostrils. Relax cheek muscles, have a beautiful smile on cheeks. Relax eye lids, eye ball, eye brows and region between eye brows. Relax forehead, temple muscles, ears, sides of the head, back of the head and the crown of the head. Totally relax your entire head region. Observe whole body from toes to head and relax. Relax and collapse whole body on the ground. Slowly come out of the body consciousness. Bring your awareness out of the body and visualize body lying on the ground completely collapsed. And gently take awareness towards beautiful sky. Imagine the vast beautiful blue sky. The limitless blue sky. Expand awareness as vast as the blue sky. Merge into the blue sky. Enjoy the infinite bliss. Enjoy the blissful state of silence and all pervasive awareness. Gently come back to body consciousness. Feel the lightness, alternateness and movement of energy throughout body, body is filed up with energy. Feel energy in body. Slowly bring legs together, hands by side of the body, cross fingers of both hand, take hands upward direction and stretch body, as much as you can stretch now take two or three deep breath and rub your hands, feel warm in hand and put hands on eyes. Slowly turn to left side of the body and come up in sitting position.

Meditation

Meditation is a state of concentration of mind leading to higher states of awareness resulting in to heightened perceptions. To achieve this state one needs to still the mind, control the thoughts, balance the emotions. The process of meditation takes long preparations, one need to be comfortable for longer time duration. So the meditative postures should help the practitioner steady the body and mind. Here in this research for meditation students practiced observation of breathing pattern with closing their eyes how breath is coming and going out? Where, there is touch to skin near to nostrils or upper lip.

Hypothesis

Hypothesis -.1.0

There is no significant effect of yoga package on conflict of sr. sec. school students.

Table: 1.0

Variable		No of students	Mean score before yoga package	Mean score after yoga package	Z Value	Inference
Conflict	Frequency	200	219.26	210.58	6.44	significant
	Quantity		224.88	215.91	6.55	significant

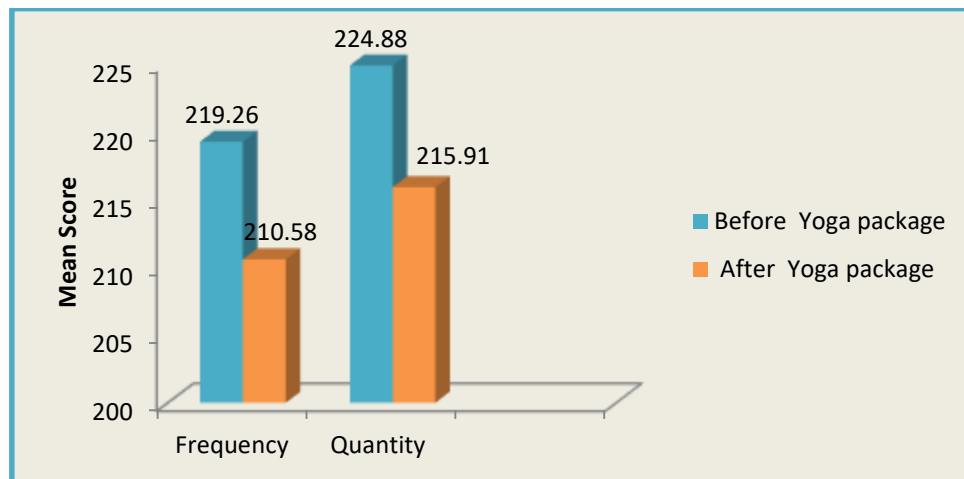


Figure-1.0

Table: 1.0 Reveals, that the mean scores of effect of yoga package on conflict of sr. sec. school students (N-200). Before and after yoga package mean scores of conflict frequency are (219.26 and 210.58), conflict quantity (224.88 and 215.91). This shows that the before yoga package students have more conflict (quantity, frequency) as compared to after yoga practice. Z-value obtained is 6.44 & 6.55 which is more than the critical value 1.96 and significant at $\alpha = 0.05$. There is significant effect ($p > 0.05$). The results indicate that the positive effect of yoga package on conflict of sr. sec. school students. Thus hypothesis 1.0 is rejected.

Hypothesis -.2.0

There is no significant effect of yoga package on conflicts of C. B. S. E. sr. sec school students.

Table: 2.0

Variable		No of students	Mean score before yoga package	Mean score after yoga package	Z Value	Inference
Conflicts	Frequency	100	206.34	201.08	5.35	significant
	Quantity		213.72	205.24	6.38	significant

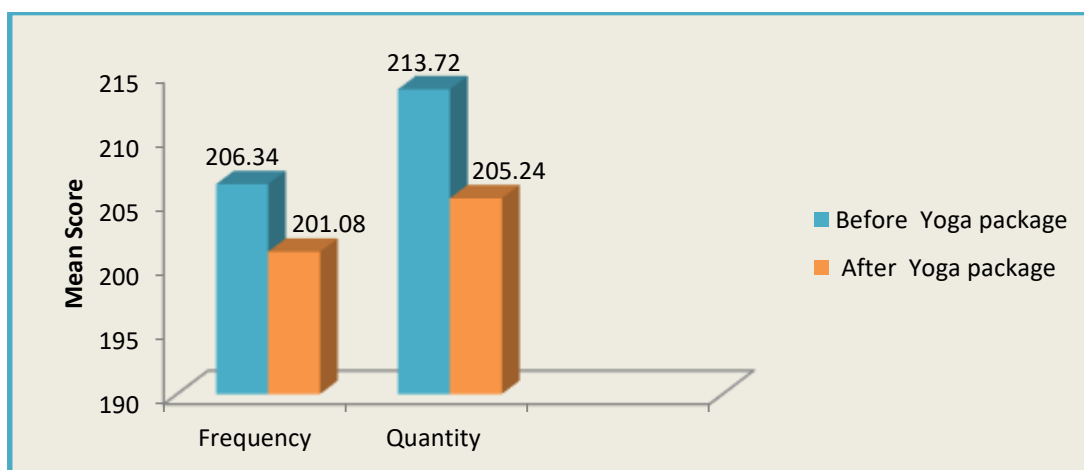


Figure-2.0

Table: 2.0. Reveals, that mean scores of effect of Yoga package on conflict of C. B. S. E. sr. sec. school students (N-100). Before and after yoga package mean scores of conflict frequency are (206.34 and 201.08), conflict quantity (213.72 and 205.24). This shows that the before yoga practice C. B. S. E. sr. sec. school students have more conflict (frequency quantity) as compared to after yoga package. Z-value obtained is 5.35 & 6.38 which is more than the critical value 1.96 and significant at $\alpha = 0.05$. There is significant effect ($p > 0.05$). The results indicate that the positive effect of Yoga package on conflict of C. B. S. E. sr. sec school students. Thus hypothesis 2.0 is rejected.

Hypothesis -.3.0

There is no significant effect of yoga package on conflicts of M. P. Board sr. sec. school student.

Table: 3.0

Variable		No of students	Mean score before yoga package	Mean score after yoga package	Z Value	Inference
Conflicts	Frequency	100	231.95	220.07	3.10	significant
	Quantity		237.75	226.11	3.30	significant

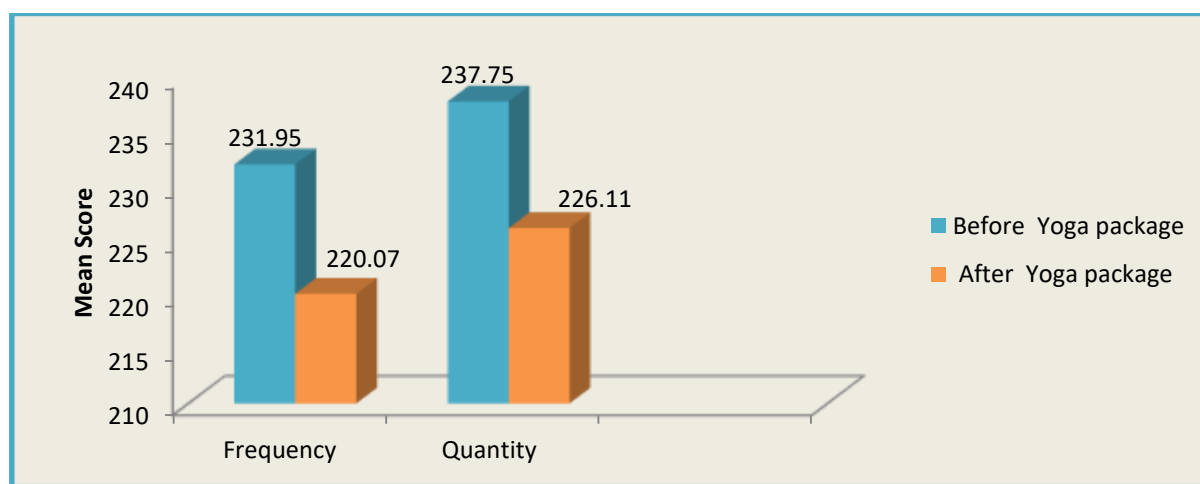


Figure-3.0

Table: 3.0 Reveals, that the mean scores of effect of yoga package on conflict of M. P. Board sr. sec. school students (N-100). Before and after yoga practice mean scores of conflict frequency are (231.95 and 220.07), conflict quantity (237.75 and 226.11). This shows that the Before yoga practice M. P. Board sr. sec. school students have more conflict (quantity, frequency) as compared to after yoga practice. Z-value obtained is 3.10 & 3.30 which is more than the critical value 1.96 and significant at $\alpha = 0.05$. There is significant effect ($p > 0.05$). The results indicate that the positive effect of Yoga package on conflict of M. P. Board sr. sec. school students. Thus hypothesis 3.0 is rejected.

15. CONCLUSION:

Findings: Study reveals that the positive impact of yoga package have found on students. The results are in tune with the earlier studies which found that yoga practice is helpful to manage conflict and its consequences. It can conclude from the findings of the study that yoga renders education to manage conflict. Yoga gives equilibrium situation between materiality and spiritually. When there is equilibrium situation, the balance is there. Where there is a balance there is the progress. Yoga is unity with work and not only unity, yoga is unity with skilled work. Yoga provides a total control over life. Geeta says samattvmyoga uchchayate, which means what ever the condition is coming face it with keeping your mind cool (keep your mind in equilibrium) because nothing is permanent the situation of today will change.

16. SUGGESTIONS

Present education system must include yoga in all levels of education not only in papers but at physical background. Because yoga keeps physical as well as so many psychological benefits also. How yoga works on any individual psychology and physiology it is must to know about it. Then only aim of yoga education can be achieved. Yoga education should be inculcated by experts, degree holders and masters of the field not by ordinary people because yoga is very vast as a subject in a few days practice one can not get expertise in yoga.

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Static & Dynamic yoga posture practice for fast bowlers in a physiological prespective

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Abstract: *A cricketer has to develop a lot of mental strength, stamina & flexibility because of the huge mental pressure they face from audience. To maintain a balance between internal & external world, Yogic techniques of Pranayama, Asana can be an ultimate instrument to maintain peace within. It can be a tremendous energy booster. Yoga compliments bowling by creating balance and strength in the muscles associated with the mechanics of bowling. A Fast bowler most often shows signs of backache (lumbago pain) and injury due to excessive side rotation of the torso backwards and forwards. It is an interesting fact that cricketers who involve themselves in yoga regularly with their daily physical fitness routine can hold themselves well as their vertebra stretches and becomes more flexible. Yoga involves using various ancient techniques combined with a scientific approach of sports training to move one's body, to improve one's strength, stability and flexibility, and to reduce the risk of injury thereby ensuring a prolonged career. Through yoga different yoga posture practice a bowler can improve his performance.*

Key words: Cricket, Yoga, Asana, Pranayama, Bowling, Posture.

1. INTRODUCTION:

Cricket is basically a bat and ball game played between two teams of eleven players. It is one of the oldest sports in the world and has its origin in 16th century in England. The expansion of the British Empire spread this once colonial recreational sport into aspirated game to all corners. Today cricket seems to be a virtual lifeline of many commonwealth nations. Cricket is a game in which each team has to bowl and bat according to certain rules and regulations. A team which scores greater number of runs will be the winner.¹

In present times, cricket has become a fast-paced game in all departments like batting, bowling, fielding and wicket keeping. In the game, a cricketer mostly used muscles are of ankle, knee, hips, quadriceps & hamstring, gluteus in running, shoulders, pectoralis, upper back during batting and bowling, and lower back for the wicket keeper and batsman. Due to the pace of the game frequent & general injuries that occur in the game of cricket are dependent upon the position playing. Fielders are often prone to hamstring injuries as their position is static and inactive for a long duration of time, and then suddenly requires the player to quickly move in an unpredictable fashion. The bowler most often shows signs of backache (lumbago pain) and injury due to excessive side rotation of the torso backwards and forwards.

It is an interesting fact that cricketers who involve themselves in yoga regularly with their daily physical fitness routine can hold themselves well as their vertebra stretches and becomes more flexible. There are numerous benefits which they get from Yoga and because of this fact, yoga has become one of the fastest growing activities in the world of sports. Yoga creates balance in the mind as well as in the body. It helps in developing flexibility and strength. Different poses of asana have different physical and mental benefits. It is a known fact that strong and well-maintained body is less prone to injuries and every cricketer must vie for it. There are numerous asana, and each gives amazing benefits to the cricketers. To get the maximum of yoga, one has to combine the practices of yogasana, pranayam and mediation. In physical workout, one tends to utilize only 10-15% of the body but during yoga practice sessions, all muscles, joints and organs of body are involved. In a gym, a cricketer can work out on only few or specific parts of his body but combining it with Yoga can provide all-round involvement of the body. In long period of play, the muscles are fatigued but yoga stretches and releases tension and stiffness of muscles. Cricketers find yoga the best activity after a long duration of cricket session. Yoga has a great sense of sports community attached to it. It allows for immense mental clarity and focus. After the practicing of yoga, cricketers who play for six-hour long duration of game can feel more grounded, less self-absorbed and more peaceful. They can understand that how their conscious and subconscious mind affects their body. Yoga not only realign cricketer's body but it can also help them to grow more fit.

Various yoga poses and workouts have been designed to specifically improve the strength and balance at the foul line and the focus throughout league or competition. They are meant for EVERYONE to do – youth, adults, competitive bowlers and seniors will all benefit from adding the yoga for bowling routines into your off-lane training twice per week!

Yoga compliments bowling by creating balance and strength in the muscles associated with the mechanics of bowling. In order to execute good shots, you need to have good balance at the foul line. Falling off your shot can cause inconsistency in your game. Yoga builds the muscles necessary to hold your position at the foul line comfortably. No more lifting, hopping, slipping or stepping off.

Another way yoga compliments bowling is keeping your body strength and flexibility balanced (right side vs. left side). The nature of bowling – repeatedly swinging a heavy weight on one side only, creates imbalance in your body. The muscles on one side of your body are used more than other side. These yoga poses balance any tightness or weakness from side to side and bring your body back into balance.

Both professional and amateur bowlers can benefit by participating in yoga. Strong arm and hand muscles are necessary when bowling, as well as fantastic focus. If you want to improve your muscle tone, flexibility, and balance to improve your performance, try the following yoga poses (asanas) to help you achieve your goals. Yoga poses to perform as a warm up to stretch the muscles before bowling

³Static yoga poses - Holding a pose for more than 15 to 20 sec

Cow Face Pose (Gomukhasana):-Since the cow face pose provides a superior stretch to the shoulders, it is an ideal pose for those who bowl so they can keep their shoulders and triceps limber. It will also loosen up the muscles of the ankles, armpits, chest, hips, and thighs; therefore, providing an overall excellent stretch to the entire body.

Head-to-Knee Forward Bend (Janu Sirsasana): -The head-to-knee forward bend is an ideal stretch to perform before bowling or any other physical activity. Not only will it stretch and warm up the groins, hamstrings, shoulders, and spine; it will also help ease any pre-game anxiety one may be experiencing. Yoga poses to strengthen bowlers muscular strength and thereby improve their balance.

Upward-Plank Pose (Purvottanasana):-It is important for bowlers to have strong arms and wrists, making the upward plank pose perfect since it provides the necessary strength to both of those body parts. In

addition, it strengthens the legs at the same time, giving the body balance. One should not perform this pose if they have a current injury to the wrist since it will need time to heal.

Plank-Pose: -The plank pose is beneficial for anyone, including bowlers, whose aim is to increase muscle mass in their arms and wrists. Plank will also make the abs firmer and strengthen the spine. When wanting to add to this asana, transition into the side plank pose. Remember to keep balance by performing this on one side, returning back to the middle, and ending with the other side. This sequence can be repeated numerous times if desired.

Tree-Pose (Vrksasana):-Focus and balance are both important for bowlers, and the tree pose is perfect for perfecting both of these skills. Improve focus by fixing your eyes on one focal point in order to achieve balance while performing this pose. Start by staring at the wall and slowly move your eyes and head upward, fixing your stare to the ceiling. Vrksana is not a difficult one to master, making it ideal for everyone, including beginners.

TBALE-1- PHYSIOLOGICAL EFFECTS OF STATIC POSES ON VARIOUS SYSTEMS OF THE BODY FOR BOWLERS⁴

SYSTEM'S	Effect of Static poses on various systems (For Bowler)
Nervous system	Focusing on a body part increases blood flow and nervous system activity in that area. Every asana, there are different areas where one needs to focus so by practicing asanas regularly; important parts of body are strengthened.
Muscular system	More activity of red muscle fiber's, which consume more of fats, carbohydrates and red muscle fiber's specialize in long-duration, low-intensity movement, increased endurance and a bowler can long spells during a match.
Respiratory system	Different static poses make the breathing more efficient, expand lungs, increase lung capacity, promote slow, deep and relaxed breathing.
Blood circulation and heart	Different static poses exert pressure on heart making it strong, impure blood is drained from various parts of body; entire circulatory system is affected positively.
Brain	Primary motor cortex involved in "Awareness of the posture". While holding the asana, one needs to focus on stressed areas, different joints and muscles

³Dynamic Yoga Practice –Dynamic practices includes Vinyasa, Sun Salutations, warm ups and flow which include holding of yoga pose for less than 10 second.

Surya Namaskar: - It involves the stretching and exercising of almost every part of the body. The idea is to activate all the playing muscles involved in the game of cricket with gradual intensity. This has the added advantage of getting one mentally ready to take action. One should start slow and build up. Surya Namaskar is helpful for warming up and it is practised before the game. This is a great idea if one is an opening bowler or batsman. Thus, one should make sure you to warm up to put in ones maximum effort in the game.

Vinyasa:- It involves sequential movements that interlink postures to for a continuous flow it create a movement meditation that revels all forms as being impermanent & for this reason are not held on to. This has the added advantage of getting one mentally ready to take action. As bowling consist of various phases. Performing Vinyasa could help to develop a greater strength at various phases.

TBALE-2- PHYSIOLOGICAL EFFECTS OF STATIC POSES ON VARIOUS SYSTEMS OF THE BODY FOR BOWLERS⁴

SYSTEMS	Effect of Dynamic poses on various systems (For Fast Bowler)
Nervous system	Rhythm is very important to these practices like in bowling, as rhythm is natural and inherent to our body systems; any rhythmic movements increase the neuromuscular coordination and efficient use of energy of all body organs such heart, brain, lungs, and other organs. Increased neuromuscular coordination. Slow and controlled movements have good effect on Joints; they also increase range of movements of joints, making them more flexible, while protecting joints by stopping excessive and fast movements.
Muscular system	More white muscle fibers used, more useful to increase strength and power, Burn more calories, consume large amount of ATP and glucose relatively little oxygen, protein and fat and produce large amount of lactic acid i.e Speed is increased for Run-up & Arm-Movement
Respiratory system	In Dynamic poses, breathing integrated with movements is very important, generally Ujjayi breathing is preferred, as Ujjayi breathing is relaxing and reduces stress. This breathing awareness promotes deep breathing which is bringing relaxed and peaceful state of body and mind. Breathing awareness brings down thoughts and emotions, resulting in stress free and anxiety free mind.
Brain	Higher brain and cerebral cortex is involved in controlling of body movements. Dynamic practices make mind calm and peaceful. These practices allow control of emotions and thoughts.

2. CONCLUSION:

The number of competitive matches increased day by day due to the different versions of the game. To stay in the international cricket arena, fitness for fast bowlers is very essential so that they can meet the high standards of the game. With the help of training in physical fitness, fast bowler can enhance their physical attributes and play to their optimum capacity. Yoga involves using ancient techniques combined with a scientific approach of sports training to move one's body, to improve one's strength, stability and flexibility, and to reduce (reduce knee, hip & back pain) the risk of injury thereby ensuring a prolonged career. Though it can be concluded static and dynamic yoga pose practice can improve bowler's physiological level performance in the game of cricket.

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Application of yoga to enhance academic performance

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Abstract : A systematic approach to processes of yoga were written by great Sage Patanjali in 500BC. His Yoga Sutras explained the process and systematic analysis of practical methods by which one could awaken and expand the higher faculties of mind, intellect, and consciousness. His path of Ashtanga yoga included yamas and niyamas, Asanas, Pranayama, Pratyahara, Dharana, Dhyan, Samadhi. Out of the various focus improvement options available today, yoga and pranayama are probably the best methods that can take us closer to our goal or aim in life. We often believe that yoga is more of a physical workout but it works both on the physical and on the mental level too. It makes the body more flexible and also improves the immunity level of the students. It is a good exercise as it also alleviates stress, soothes the nerves and relaxes the mind bringing peace and calm. Yoga is supposed to boost brain power even more than doing just conventional exercise. It significantly improves working memory and concentration among the students.

Keywords: Immunity Level, Conventional Exercise, Pratyahara.

Anyone who practices can obtain success in yoga but not one who is lazy. Constant practice alone is the secret of success.

—Hatha Yoga Pradipika

Yoga or science of yoga is found in the ancient texts of vedas in India being more than 10000 years old. The oldest copy of vedas found is about 7500 years old. Whether it is the Ramayana or Mahabharata, we find the Importance of Yoga in every sphere of life. The most important story we have heard since our childhood days is Mahabharata. It is the story of most important Yoga Master, Lord Krishna and the Pandavas and Kauravas, who lived about 5000 years ago. The Mahabharata written by the Sage Vyasa, includes the Bhagavad Gita, which is the most relevant ancient text for yoga. Bhagavad Gita is also known as Yoga Psychology, or Science of life. It contains almost all the solutions to the problems of human life. Bhagavad Gita has inspired many generations and great civilizations. In this modern world too it is one of the most sacred book from which we seek refuge.

A systematic approach to processes of yoga were written by great Sage Patanjali in 500BC. His Yoga Sutras explained the process and systematic analysis of practical methods by which one could awaken and expand the higher faculties of mind, intellect, and consciousness. His path of Ashtanga yoga included yamas and niyamas, Asanas, Pranayama, Pratyahara, Dharana, Dhyan, Samadhi.

It was through Swami Vivekananda that Yoga gained importance in the west. His famous lecture on Yoga in Chicago in 1897 revealed the true essence of Yogic science and influenced the intellectuals of the West. His various lectures on Bhagavad Gita, Karma Yoga, Bhakti Yoga, Ashtanga Yoga and Jnana Yoga are real inspirations to every follower of yoga.

A wavering focus of today's students is one of the major causes for percentage and grades at school and college level. Every one of us whether students, professionals, entrepreneurs and home-makers all have been trying to achieve and uplift the quality of their lives. According to me no student is weak or dumb but it is a lack of focus which I consider the mother of all follies, achieving better concentration is not really but one should find a better way and it is not difficult when one knows where to look for help.

Of course it is Yoga. Out of the various focus improvement options available today, yoga and pranayama are probably the best methods that can take us closer to our goal or aim in life. We often believe that yoga is more of a physical workout but it works both on the physical and on the mental level too. It makes the body more flexible and also improves the immunity level of the students. It is a good exercise as it also alleviates stress, soothes the nerves and relaxes the mind bringing peace and calm. Yoga is supposed to boost brain power even more than doing just conventional exercise. It significantly improves working memory and concentration among the students.

According to a study by Marshall Hagins and Andrew Rundle "Yoga Improves Academic Performance in Urban High School Students Compared to Physical Education: A Randomized Controlled Trial" we find that mechanisms linking yoga and potential benefits of increased academic performance are based on the demands of yoga practice, which

requires a control and sustained focus. The study which the did on a select batch of students was to find the way how yoga helps in regulation of behavior and awareness such that better performance and concentration can be achieved and can be applied within varied environments. Yoga helps to boost the self-confidence and self esteem. It also helps to manage our time. The top yoga poses for better concentration are the prayer pose, the eagle and alternate nostril breathing.

One of the best Yoga exercise is the Nadi Shodhan pranayama (Alternate Nostril breathing technique) which helps cleanse our 'nadi' or what we call subtle life force channel. This technique cleans all the vital energy channels and helps us paving the way for better focus. By releasing the accumulated stresses in the body it creates a soothing effect on the entire nervous system and the mind. It brings our fleeting mind to a stand-still composure and this calmness is the foundation for solid concentration which is much needed in a student.

Bhramari pranayama (Bee breath) helps to ward off unnecessary thoughts, feelings and emotions and thus drives oneself to the present moment. Being in the present helps us to focus on the job at hand instead of thinking about our past or future leading to better concentration.

The humming sound 'hmmm' is part 'Ohmmm' which is regarded as the basic healing sound of the universe. In a nutshell, the Bhramari breathing technique is one of the best reset buttons to stop chattering our mind. Through this Mantra "Om" we cross the world of change without pain.

Kapal Bhati pranayama (Skull Shining breathing technique) polishes our forehead area through the cleansing breath. It brings waves of freshness to the brain cells and energizes oneself which gives the body more potential to work or study. Also, Kapal Bhati pranayama clears all the blocks in our subtle life force channel. It is also called as one of the antidotes for laziness. To put a long story short, Kapal Bhati has got all ingredients to make you focus better.

On one occasion or the other we have all felt sleepy even when we wanted to stay awake and finish work or studies and mostly during our exams. Then it is Bhastrika pranayama which can help you ward off sleep for a while. This yoga exercise helps us to increase our awareness, and thus concentrate better.

Mudras are basically hand gestures that help you to make changes to the flow of life force in the body. Holding the hands still in a mudra or a seal creates stillness of the mind as well. This leads to better focus. With each mudra exercise the prana flows in a particular section of the body. Brahma mudra is yet another stress buster which the student can do and is known to relax the faculties of the mind. Although it is supposed to be a relaxation technique, but the effect of applying this seal is an improved concentration.

Thus coming to the conclusion we can say that lack of exercise, odd sleeping habits, fast food has become the pattern of today's students and world at large. Following a routine Yoga exercise will help us to get back on the track of high performance and a beneficial academic achievement.

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Effect of suryanamaskar on serum cholesterol in normal healthy volunteers

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Abstract: The objective of this study was to determine The Effect of Suryanamaskar on Serum Cholesterol in Normal Healthy Volunteers. The subjects for this study were Sedentary male from Jhansi. A total of 10 male subjects were selected and used as one experimental groups (05) and one control group (05). Suryanamaskar was considered the independent variable and Serum Cholesterol was considered the dependent variable. For Serum Cholesterol Lipoprotein 2 ml of blood in plain vial was taken as the criterion measures. Training was given up to one month. 5 days in week each session scheduled for 40 minutes. The Pre-Test Post-Test randomize group design was used for this study. Tests were administered before the training program and after the completion of the treatment again test were administered. ANCOVA was used to locate significance Effect of Suryanamaskar on Serum Cholesterol in Normal Healthy Volunteers at 0.05 levels of significance. In relation to Serum Cholesterol Lipoprotein, effect of Suryanamaskar was found insignificant.

Key Words: Suryanamaskar, Serum Cholesterol.

1. INTRODUCTION: -

Suryanamaskar is characterized by a focus on dynamic connecting posture that creates a flow between the more static traditional yoga postures. Suryanamaskar is translated as linking and the system also implies the linking of the movement to the breath. Essentially the breath dictates the movement and the length of time held in the postures.

Suryanamaskar involves all the three bodies (physical, subtle and causal) of a person. There is a series of various Asanas, which is done in a sequential manner. It involves different types of asana which can be performed easily. Cholesterol has become a much-feared word these days, and most people are trying to lower high cholesterol. Diets and Yogic exercises to reduce cholesterol are galore. It is essential to understand the function of cholesterol. So the research angle in the study is that, is there any effect of Suryanamaskar on Serum Cholesterol

2. METHODS:

3. Selection of Subjects ten Healthy Volunteer male individuals their age were ranged between 35-55 years from Jhansi, U.P. were selected at random as subject of the study and divided in to two groups of 5 subjects each. All subjects were almost from the same socio economic group and were found to be physically fit for the type of programme they were selected.

4. Selection of Variable on the basis of various literatures on physical variables finding out the related research study and keeping in mind the specific purpose of the study to find out the Effect of Suryanamaskar on Serum Cholesterol which was measured by 2 ml of blood in plain vial was taken as the criterion measures and Serum Cholesterol CHOD-PAP method (modified Roeschlau's method) was used. All the blood samples were collected by a specialized pathologist.

5. Experimental Design Pre-test and post-test randomized group design was employed in the study. The subjects were divided into one experimental group and one control group. The experimental group was imparted 5 days in week and each session scheduled for 45 minutes yogic training under the supervision and guidance of the scholar. There were no any yogic training given to control group.

6. Training and Practice of Suryanamaskar :- The training of experimental group given in the Yoga hall of M.D.I.P.E., Jhansi. The Subjects practiced Suryanamaskar barefoot on yoga mats. The practice session was conducted for a period of 45 minutes in the morning i.e. 7.00 A.M. to 07.45 AM on Monday to Friday for duration of one Month. **Statistical Procedure:-** To find out the significance of difference between different pair means, the ANCOVA was used. The level of significance was set at 0.05.

7. RESULTS:

Table – I

Adjusted Post Test Means of Experimental Group and Control Group in Relation to Serum Cholesterol.

Group	Mean	SD	N
Sun Salutation	178.42	3.798	5
Control Group	195.19	3.798	5

Table I revealed that there were five subjects in each group. The mean and standard deviation of Suryanamaskara group were 178.42 ± 3.798 and mean and standard deviation of control group in pre test and post test were 195.19 ± 3.798 respectively in Serum Cholesterol.

Table –II

Analysis of Co-Variance of Comparison of Adjusted Post Test Means of Experimental group and Control Group in Serum Cholesterol

	Sum of Squares	Df	Mean Square	F	p-value
Contrast	660.28	1	660.28	9.45	.018
Error	489.04	7	69.86		

F value required to be significant at 1, 7 df = 5.59
Table-II revealed that the obtained 'F' value of 9.45 was found to be significant at 0.05 level in case of Serum Cholesterol, since this value was found higher than the tabulated value 5.59 at 1, 7 df.

8. DISCUSSION:

The research scholar has made an attempt to present the discussion of findings. After collection of data, appropriate statistical analysis was conducted. The research scholar examined the Effect of Suryanamaskar on Serum Cholesterol in Normal Healthy Volunteers. The results in general support that Suryanamaskar poses Lower Serum Cholesterol in Normal Healthy Volunteers. It was found that the experimental group improved significantly. The rate of improvement was higher for the experimental groups in comparison to the control groups. Finally, results show that the participants who followed the treatment of Suryanamaskar Lower their Serum Cholesterol than participants in control group.

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Role of yoga in educational organisations

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Abstract : *The present education scenario has the absence of a holistic approach and an imbalanced growth of knowledge - dealing only with external world around us and not related to the inner-self of an individual. Our misdirected educational system instead of developing a person as a human being it is only directed towards surface level achievements. The individuals are designed purely for money making and not for man-making and only promote negative qualities like jealousy, hatred and rivalry instead of virtues like kindness, compassion and honesty. Education is to make successful, happier or better human being? Education is something more where a children potentials are been actualized it is the process of removing the ignorance that is covering our inner knowledge, which is absolute, which is perfect, which is eternal, which is supreme. Educational organization is the way an educational system operate **it is a process** which integrates different type of activities to achieve organizational goals and objectives, to achieve these goals there must be congenial environment and mental peace to perform their job efficiently and effectively. Organization is nothing but is a process of integrating and coordinating the efforts of everyone in the school the Principal, Teachers and the Students for the accomplishment of set objectives. Modern life has a hectic and unsystematic lifestyle. This combines all the erratic food habits, lack or improper sleep, long working hours, etc. Yoga is not a religion, it is a way of living that aims towards a 'HEALTHY MIND IN A HEALTHY BODY', it as a collective activity that promotes physical, mental, and psychological awareness, benefits the individual members of the educational organization. Introducing a yoga practice at the workplace correlates to the overall health of the organization as a function of the individual members' mental and physical health, and provides an important step in creating work environments hospitable to long-term success. If practiced regularly yoga and meditation can yield progressive results that are beneficial for the students', teachers' and head of the school. Yoga improves physical as well as mental health of an individual while meditation provides peace of mind and control over the body.*

Key Words – Yoga and Meditation Practices, Educational Organization, Physical, Mental, and Psychological Awareness

1. INTRODUCTION:

It is rightly stated “yoga is a journey of the self, through the self and to the self” (Bhagwat Gita). Yoga is a fantastic system to maintain physical, mental, emotional and spiritual health. It is a “science”, which provides a logical step-by-step process for a new understanding us and of the universe around. That is why our ancient seers and Gurus considered the practice of yoga including meditation as part of educational process to keep the child sound in all aspects physically, mentally and spiritually. All educative process started and practiced long back in Ashrams and Gurukuls with yogic practices by each and every disciple. To get the maximum benefits from yoga, one has to combine the practice of Yogasanas, Pranayams and Meditation. The regular practices of Yogasanas have an immense amount of therapeutic value. Besides various physiological benefits, they positively influence the mind, the life force energies as well as the creative intelligence. Yoga provides internal peace, happiness, develops positive thinking, self-confidence, positive approach to life, state of mind with emotional stability and strong willpower.

A healthy lifestyle is one which helps to keep and improve people's health and well-being. ... Healthy living is a lifelong effect. The ways to being healthy include healthy eating, physical activities, weight management, and stress management. Healthy doesn't mean just to go to the gym, play a sport, or eat healthy for a few days. It has 5 parts, these are: your physical, mental, emotional, social and spiritual health. Yoga is the most favorable method to connect to the nature by balancing the mind-body connection. It is a type of exercise which performed through the balanced body and need to get control over diet, breathing, and physical postures. For healthy bodily functions, both yoga and meditation

are of great importance. Yoga improves physical as well as mental health of an individual while meditation provides peace of mind and control over the body.

2. YOGA AND EDUCATIONAL ORGANISATION:

Human beings are made up of three components – body, mind and soul corresponding these there are three needs – health, knowledge and inner peace. Health is physical need, knowledge is our psychological needs and inner peace is spiritual need when all three are present then there is harmony. Yoga as a collective activity promotes physical, mental, and psychological awareness, benefits the individual members of the educational organization. Introducing a yoga practice at the workplace correlates to the overall health of the organization as a function of the individual members' mental and physical health, and provides an important step in creating work environments hospitable to long-term success. It is essential to look further into the possibility of developing a management strategy to help maintain the health of employees and to integrate this concept as part of management strategies that aim to maintain the well-being of employees, bring balance and harmony to the workplace, and foster the quality of individual contributions to the organization. The effectiveness of an organization depends on the ability of its managers to “meet the need of their followers” (Hersey & Blanchard, 1979) including, physical health, mental health, and a healthy work environment. The direct effect of practicing yoga is that it decreases the individuals' levels of stress while they are practicing yoga. The indirect effect of practicing yoga includes a much wider variety of influences, such as lifestyle choices, attitude, behavior, morale, and performance factors. It is a tool for managing stress. (Schein's 1992) theory provided a framework to explain how positive influences (such as stress reduction) can work to develop a shift in ideas, values, and “culture” in the workplace. His ideas suggested that changes such as the collective experience of yoga practice that brings possible mental and physical change to individuals can allow the culture of the workplace to evolve and make way for a paradigm shift to emerge. It is not merely group exercises that impact the overall health of an educational organization but rather a shift in culture—changes in the way of looking at one's own health and the welfare of the communal whole. Stress is perhaps the most important factor in occupational health, impacting both individuals and educational organizations as a whole.

3. BENEFITS OF YOGA IN STUDENT'S LIFE:

Yoga enhances self-awareness, self-management and self-efficacy, helping students to build essential life skills and draw connections to their everyday life in a way that team sports may not. In other words, yoga helps students develop concrete tools that empower them to take charge of their own health, not just to excel on the field. They learn to observe their needs and their environment, and get intentional about how they feed, move, and respect their bodies for the long-term. **Yoga gives them that control, and does even more to promote their wellness through the development of key social, emotional, cognitive and academic life skills, such as attention and focus, decision-making, cooperation, stress management and empathy.** Through Yoga students are given time to be introspective, to slow down and be quiet within their bodies, while simultaneously being challenged to ask big questions and take more ownership of their thoughts, feelings and actions. In the end, this means students that are not just healthier, but more prepared to face future challenges with confidence and resilience. Finding a way to encourage students to move and exercise their bodies, to sweat and struggle and grow without embarrassment, or fear of “losing”, is essential to forging a path to a healthier future. In the process, students also have the chance to experience the incredible strength and potential of their bodies, no matter how much they weigh or how they look. Yoga carves out the space for these young people to get to know themselves, and even better, to love themselves, as well as to appreciate and respect the many different forms and shapes of their peers. Yoga, a form of mind-body medicine, offers a potent method to manage and reduce stress, anxiety, and depression. It implies that pressure students experience more often extreme academic stress and research have addressed that are associated with psychopathological symptoms, suppressed cellular immunity and vulnerability to illness. The most obvious effect is on students' overall performance, high-stress students tend to perform worst (Kauts & Sharma, 2009). (Bennett 2003) reported that stress was a predictor of poor performance in academic settings.

4. YOGA AND PHYSICAL AWARENESS:

Physical and mental health therapy is the most important benefits of yoga. It has been reported that conducting yoga has succeeded in improving asthma. Asthma can be controlled by doing yoga regularly. Yoga practice also results in low level of anxiety. Yoga and meditation help in controlling high blood pressure, which keeps mind relax. Yoga has proved to be of great benefit to students suffering from hypertension. Strength is very important especially for young people who struggle between rigorous activities all round the day. Yoga and meditation helps in increasing muscle strength if practiced regularly. All yoga poses helps to build your deep abdominal muscles and core strength, which helps you in performing your daily activities quickly. Practicing yoga asana your muscles are also stretched thereby increasing the flexibility of your body. Uneasiness in breathing and obesity are some of the problems related to weight which is very common among the students. Due to high calories drinks and food intake, students have to face such types

of problems. With practicing yoga regularly they can help their weight management. Several healths related benefits of yoga have been reported in the literature e.g. (Kochar 1972) reported a significant reduction in anxiety and general hostility in a group of forty yoga performers. (Udupa 1985) reported to have treated 1007 cases of various stress disorders with a combination of the practice of asana, pranayam and meditation. (Michalsen et al. 2005) reported significant reduction in stress, anxiety, fatigue, depression, headache and backache in the yoga performers group as compared to the control group. (Verma 2007) in her article 'Yoga and Health' concluded that yoga is a live art that promote a long healthy life.

Meditation's discernible physical effects mostly target the cardiovascular system. Transcendental meditation -- a non spiritual practice of daily sitting, anchored by breathing patterns or the repetition of a personal "focus word" -- may greatly benefit the ailing heart. A 2009 study from the American Heart Association found that high-risk coronary patients cut their risk of heart attacks, strokes and even death in half by doing 20 minutes of daily meditation. The study also found a significant reduction in blood pressure among the one who regularly practice meditation. As meditation inhibits the stress-causing hormone cortisol, it also regulates conditions such as atherosclerosis.

According to behavioral health services and research it is found that a student who participated in yoga instead of physical education has more exhibited improvement in mood, perceived stress and anxiety. Yoga and its movement help in drawing focus away from the busy and hectic day and reflect calming effects on your body. Students will feel happier and have improved mental focus and concentration after practicing yoga and meditation. This will also help them to gain higher grades, as they would easily complete their academic assignments and homeworks.

5. YOGA AND MENTAL AWARENESS:

Yoga has proved to be of great importance in increasing concentration power and sharpness of brain. Movements of yoga offer time for mind and body to relax and include increased focus on long, deep, slow breaths as well as coordination of mental concentration. Yoga focuses on peace of mind. With meditation and yoga, you tend to get a great deal of strength and calmness of mind. Yoga helps students in increasing their focus which is mainly found lacking in most of the students; yoga has emerged as a powerful force to generate focus and attention among students. Yoga offers multiple benefits to a modern day student and helps in increasing stamina in their body to perform different activities actively. Whether its kids, students, teachers' anyone can avail benefits from yoga. Yoga has proved to be of great benefit in reducing mental health disorder among all. Students can leave these stress management based activities with the help of online assignments service provider helper. It is the important time for development of mental health of the students and teachers.

Yoga has also been shown to help with a variety of common psychiatric disorders. A meta-analysis of more than 100 studies looking at the effect of yoga on mental health found the practice to have a positive effect on:

- Mild depression
- Sleep problems
- Schizophrenia (among patients using medication)
- ADHD (among patients using medication)

Some of the studies suggest yoga can have a similar effect to antidepressants and psychotherapy, by influencing neurotransmitters and boosting serotonin. More recent research has also found that yoga reduces anxiety and aggression. After practicing yoga they feel less stressed, and also scored better on tests of executive control, indicating a higher degree of thoughtfulness and attention to their work.

Several studies have shown that yoga helps to improve symptoms of anxiety and depression in prisoners, and now a study at the University of Oxford has found that it also increases focus and, crucially, decreases impulsivity. Yoga and meditation when practiced together strengthen the mind body connection, improving overall fitness and well-being. Many styles of yoga combine meditation with the physical routines, which use controlled breathing throughout the yoga poses. You can meditate without practicing yoga by simply relaxing, clearing your mind and concentrating on controlled breathing. Both yoga and meditation, when used consistently, have proven health benefits.

6. YOGA AND PSYCHOLOGICAL AWARENESS:

Positive changes caused by meditation aren't exclusive to the ailing or at-risk; both transcendental and mindfulness meditation -- a form of meditation that focuses on experiencing the present moment while gently dismissing thoughts of the past or future -- demonstrate perceivable emotional effects for young and old people, as they cause an increase of positive patterns in the frontal portion of the brain. In 2009, a study from the "American Journal of Hypertension" noted that transcendental meditation improved the overall mood of healthy -- yet stressed -- college students, while a 2010 study by psychologist Britta K. Holzel and The Massachusetts General Hospital found that after eight weeks of mindfulness meditation showed positive effects in mental areas associated with emotional regulation and perspective taking.

When practitioners say that meditation can "reprogram" the brain, they're not speaking figuratively; regular practice causes concrete, discernible changes, in the areas of the brain may lead to improved learning and memorization,

increased attention spans and strengthened self-referential processing, the characteristic that affects how people subjectively perceive themselves versus how they perceive others. If practiced regularly yoga and meditation can yield progressive results that are beneficial for the students and other people in general. Some studies reveal that it essentially has a biochemical effect on a human that resembles the benefits of antidepressant and anti-anxiety meditation and thus relieves mental stress as well as tension.

For healthy bodily functions, both yoga and meditation are of great importance. Yoga improves physical as well as mental health of an individual while meditation provides peace of mind and control over the body. The ultimate goal of yoga is not just to achieve and maintain good health only rather the realization of the self. By realizing the true self, fear of death, mortal individual attains the highest fulfillment (**Adiswaranda, 2004**). Job burnout and organizational stress basically means environmental factors or stressors such as work overload, role conflict, role ambiguity, and poor working conditions associated with a particular job. Emotional exhaustion, depersonalization, and reduced personal accomplishment are operational definition of job burnout. Job burnout could be called job depression.

(**Singh and Singh 1992**), showed that high anxiety employees have positive relationship with role stress. A number of studies have shown that role stress and burnout often leads to a negative reaction towards job and organizations and low degree of organizational commitment. Occasional feelings of frustration, anger, depression, dissatisfaction, and anxiety are normal parts of living and working. But people caught in the burnout cycle usually experience these negative emotions more often until they become chronic. Job burnout symptoms are accompanied by declining performance, withdrawal and interpersonal problems.

7. YOGA FOR EVERYONE:

Education is a systematic process through which a child or an adult acquires knowledge, experience, skill and sound attitude. It makes an individual civilized, refined, cultured and educated. For a civilized and socialized society, education is the only means. Its goal is to make an individual perfect. Every society gives importance to education because it is a panacea for all evils. It is the key to solve the various problems of life. Yoga has a “global” impact in the sense that it helps improve the individual’s management of internal stress, stress in the office environment and stress in relationship in educational organization. *When you have inner peace, then you automatically succeed in what you do. The more silent you are from inside, the more powerful your thoughts and actions become.* Sri (**Aurobindo 1969**) described the aim of yoga as the conscious union with the divine in the super mind and transformation of nature. **The object of yoga is to transcend mind and enter into the divining truth of sachidananda which is not only static but dynamic and raise the whole being into the truth.** Yoga and meditation when practiced together strengthen the mind body connection, improving overall fitness and well-being. Many styles of yoga combine meditation with the physical routines, which use controlled breathing throughout the yoga poses. You can meditate without practicing yoga by simply relaxing, clearing your mind and concentrating on controlled breathing. Both yoga and meditation, when used consistently, have proven health benefits.

8. CONCLUSION:

Yoga is not a religion; it is a way of living that aims towards a ‘healthy mind in a healthy body’. Yoga helps in the balanced development of the human body. It is also very important for the youth of the country. Body, mind and spirit are like a tripod – even if one aspect isn’t functioning properly, our life will not be balanced and that will lead to ill health. Yoga is that link which creates a harmony by aligning all the three components (body, mind and spirit) into one. This harmony, in turn exists to support life. It removes the impurities from the level of mind and unites everything with the spirit.

When you have inner peace, then you automatically succeed in what you do. The more silent you are from inside, the more powerful your thoughts and actions become. Thus we can conclude Yoga is the art work of awareness on the canvas of body, mind, and soul. It helps in development of inner-self and physical growth. Thus, helps in inculcation of values essential for co-existence in a society. This way, you have a wider perception of your own mind, body, thoughts and emotions and there’s more clarity and you are able to guide your prana (life force) in a positive way to progress in life.

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Yoga and Positive Psychology

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Abstract : *In light of empirical studies, this paper sheds light on multifold benefits of yoga and how one can develop and improve positive emotions (being content with the present of being), positive individual traits (one's strengths and virtues) and positive institutions (are based on strengths to better a community of people). Yoga may play a unique role towards practical aspects of positive psychology to improve one's quality of life leading to pleasurable and satisfied life. This paper summarizes physical, mental, emotional and spiritual benefits of yoga and how it helps overall wellbeing of individuals.*

Key Words: *yoga, positive psychology, mental health.*

1. INTRODUCTION:

Yoga is a preventive as well as a healing system of theory and practice that originated in India more than 10,000 years ago and now it has become a worldwide trend. It is considered as one of the oldest and most effective systems ever to promote, develop and maintain health and wellbeing.

Positive psychology states that mental health is not solely comprised of a reduction of negative symptoms, such as stress or depression, but consists of positive experiences as well, such as wellbeing, happiness and meaningfulness. Yoga is directly in line with this view, in the sense that it practices key aspects of positive psychology. It has been shown to be a viable technique for improving the performance of the mind and the body. The beneficial effects could be due to the combined effects of practicing yoga postures (which work the muscles), breathing (which can bring more oxygen into the body and reduce blood pressure), and relaxation and meditation (which calm the sympathetic nervous system, which is responsible for the body's fight-or-flight response to stress). Yoga is not just exercise and asanas, it is the emotional integration and spiritual elevation with a touch of mystic element, which gives us a glimpse of something beyond all imagination.

Positive Psychology places focus on the innate talents, gifts, and skills of that particular individual- what makes individuals happy and how communities thrive. Seligman (2000) states that positive psychology is concerned with three issues: (1) positive emotions (being content with the present of being), (2) positive individual traits (one's strengths and virtues) and (3) positive institutions (are based on strengths to better a community of people). According to Seligman, PERMA makes up five important building blocks of wellbeing and happiness:

Positive emotions – feeling good

Engagement – being completely absorbed in activities

Relationships – being authentically connected to others

Meaning – purposeful existence

Achievement – a sense of accomplishment and success.

The PERMA model equates engagement with the state of flow and that refers to a very rewarding and enjoyable psychological state in which an individual is completely immersed in an activity such that no attention or “psychic energy” is left for any distractions. Wellbeing could be described as how you feel about yourself and your life. Wellbeing is not just the absence of disease or illness. Rather than concentrating on pathology such as depression, anxiety, or mental illness, positive psychology is the scientific study of human flourishing—focusing on what makes a person thrive and lead a more fulfilling life. Overall wellbeing is a broader term, which consists of a complex combination of a person's physical, mental, emotional and social health factors. In a contemporary world of globalization, competitiveness and over exposure of media, attaining an overall sense of wellbeing is becoming more and more difficult for individuals.

Prior research provides many examples that discuss the direct relationship between yoga and subjective wellbeing. (Jadhav&Havalappanavar, 2009; Lee, 2004; Noggle et al., 2012) Yoga is one of the methods by which the goal of positive mental health can be achieved (Verma, 1984). In the last few decades, the philosophy and practice of

yoga has assumed importance in improving the quality of life and the treatment of number of psychiatric and psychosomatic disorders (Vahia, 1973;Balkrishna, 1977). The philosophy of yoga has been also inculcated in the practice of psychotherapy in India (Neki, 1975,77;Venkoba, 1978). Practice of yoga has become increasingly popular in India as well as in Western countries as a method for coping with stress and improving quality of life.

As Yoga practitioners, we often have the opportunity to witness the negativity in our own minds as we practice Yoga asanas, pranayama exercises, and meditation techniques. Yoga practices allow us to slow down and give us the time and space to witness our own thoughts. It is often the case that we Yoga practitioners become aware that we are hard on ourselves. We can be negative, critical, and judgmental, when we analyze our own tendencies and perceived limitations. According to the tenets of Positive Psychology, engaging in negative thinking about ourselves only undermines our own sense of wellbeing and happiness, in addition to the cumulative effect on our self esteem and self confidence.

2. SOME RESEARCHES RELATED TO YOGA AND POSITIVE PSYCHOLOGY:

Studies conducted by Pedro (1987) and Bhushan (1998) found significant reduction in the State Trait Anxiety of the subjects due to regular practice of yoga. Malathi et al. (1998); Srivastava et al. (2004); Kumar (2004) also found significant reduction in students Anxiety level as a result of yoga practice. Delmonte (1987) suggests that meditation helps in increase of psychological wellbeing. Malathi et al. (2000); Mahendran (2001); Kumar (2004);Gopukumar and Ali (2002) reported that yoga and meditation practice brought a significant positive change in the subjective wellbeing. Gupta et al. (2006) noted that Naturopathy and yoga practices promote quality of life. Setterlind (1983); Seward (1999) who reported that habitual yogic meditation increases mental homeostasis characterized by increased concentration and awareness which helps in achieving a greater sense of wellbeing. Pilkington, Kirkwood, Rampes & Richardson (2005) found that yoga can increase muscular strength, range of motion, flexibility and sleep quality. Long, Huntley & Ernst (2001) found that yoga could also relieve stress and conditions of anxiety that impact physical and mental health conditions, primarily depression. Cramer, Lange, Klose, Paul & Dobos (2012); ten Damme (2013); Mehta & Sharma (2010) show the positive effects of yoga on depression through systematic reviews. Carson et al. (2010); Dhruva et al. (2012); Raghavendra et al. (2009); Rao et al. (2009) found yoga to positively affect anxiety and fear conditions.

What makes these findings so exciting is that they suggest that a regular yoga practice can improve multiple areas of life at once, creating positive feedback loops that can further promote health. For example, yoga can help improve one's sleep, which in turn gives more energy and focus during day. When one feel better physically and mentally, have the energy to adopt better habits, including a healthier diet and more physical activity. These changes in turn can lead to better weight control, which helps with a host of physical problems. More exercise—not to mention fewer aches and pains—can improve your sleep, and so the cycle continues. Modern educational institutions are giving more importance to yoga education. The yogic perspective of health is holistic in which body; mind and spirit are integral and interdependent parts. Yoga claims to endow perfect physical, mental and social well being under stressful conditions. Thus the yogic meaning of wellbeing is more than just psychological. It means physical fitness; mental agility and spiritual verve (Bhusan, 1998).

3. BENEFITS OF PRACTICING YOGA:

Yoga is constantly gaining popularity amongst people who want to relax, increase their flexibility and maintain their weight as it can develop strength, balance and co-ordination. Yoga has been shown to help people psychologically with anxiety, stress and depression.

Yoga can make people feel better about themselves, which may help recovery and help to provide the confidence and motivation to maintain regular yoga practice and to make other beneficial lifestyle changes, such as other forms of exercise, developing healthy eating habits or quitting smoking. Yoga also results into brightness of spirit and heightened sense of control of one's body and mind.

4. PHYSICAL BODY BENEFITS:

- Improved Digestion
- Weight loss
- Improved posture
- Increased flexibility & strength
- Improved circulation
- Normalized blood pressure
- Release muscle tension
- Reduction of symptoms from old illnesses and injuries
- Deeper sleep
- Balanced hormones

- Increased energy and vitality

5. MENTAL BENEFITS:

- Reduced stress
- Improved concentration and focus
- Better memory and learning ability
- Greater creativity
- Increased ability to be present in the moment
- More positive view of self/others
- Less anxiety and depression
- Greater mental clarity
- More positive outlook on life

6. EMOTIONAL BENEFITS:

- Increased emotional stability
- Increased self-confidence
- Increased enjoyment of emotions
- Increased freedom of expression
- More peace of mind
- More feelings of empathy & love
- Decline in self-destructive patterns
- Increased self-awareness
- Increased body awareness and acceptance
- Improved reaction time

7. SPIRITUAL BENEFITS:

- Connection with the purpose of life
- Increased feelings of calm and wellbeing
- Experiencing more joy
- Brightness of spirit
- Increased optimism
- Increased creativity
- More presence on your life
- Heightened sense of control of one's body and mind
- Thus, yoga may contribute to healthy development and good mental health.

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Concept and Relevance of Yoga in Teacher Education

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Abstract : *Yoga is neither a religion nor a cult or a sect. Yoga is not a definite form of faith and belief nor is it worshiped a person special like the God. In India, yoga has been in existence for centuries, but the way in which the modern world emphasized yoga and made humble practice while coordinating it in its culture, it is commendable. In this context yoga education has also been included in the new two year curriculum of current teacher education, so that teachers and learners can get rid of their physical and mental health problems and makes their unique contribution to nation building. Because of the increasing importance of yoga, yoga education has been made mandatory at every level of education. Therefore, teachers too have become very essential to understand the real meaning of Yoga. Therefore, the main purpose of the research paper presented is to analyze the significance of yoga in the education world, while clarifying the conception of yoga in teacher education. Since the process of yoga passes through the interaction of a disciple, therefore the qualitative method will be used for the analysis in this paper.*

Key Words: *Teacher Education, Concept of Yoga, Relevance of Yoga.*

1. INTRODUCTION:

"Yoga is an integrated way of life, which includes moral standards-traditionally called 'virtues' - that any reasonable human being will find in principle acceptable" (Feuerstein, 2003, p.26) Like yoga, good leadership requires adherence to ethics and morality standards "There is an ethical dimension to leadership that neither leaders nor constituents should take lightly. Today, modern yoga emphasizes both physical and mental wellbeing. "It will be fair to say that in the west and, indeed, in much of modern India, a yoga class Physical movement, stretching and breathing first and with meditation, philosophy and spirituality only second. While yoga is concerned with self-awareness and enlightenment, Yoga in its original sence was devised as a method of spiritual awakening but of late it is being accepted as science of health. It not only prevents and cures the disease but also helps in maintenance of positive health. The aim of yoga education is also the attainment of physical, mental, social and spiritual health -Yoga influence Physical health of teenager because yoga build strength, increases flexibility, increases coordination and balance and builds core stability also. Yoga's health benefits include its popularity and attracted people to the practice. In fact most people initially come to yoga for physical healing, applying yoga postures to improve their health and energy, or to counter the disease or injury.

2. OBJECTIVES: -

- To clarify the concept of Yoga.
- To analyse the problems of teachers during imparting of Yoga education.
- To provide appropriate suggestions for effective implication of Yoga education.

3. RESEARCH QUESTION: -

- What is the meaning of Yoga?
- What kind of problems a teacher faces during imparting of Yoga education?
- Which types of activities can be done for the effective implementation of Yoga education?

4. RESEARCH METHOD: -

Present research problem is behaviourable in nature so an analytical method of qualitative research has been used in the research paper presented.

5. DATA COLLECTION:

In the research paper presented, some teachers and students of secondary level were interviewed to get the data.

6. DATA ANALYSIS:-

The facts were analyzed according to various textbooks, pedagogical teaching methods and talks with teachers and students.

7.FINDINGS:-

Major health problems in school's students like under performance, Emotional problems as depression, excess worry, low self esteem, violence, suicide etc. and behavioural problems like smoking, sexual offences, alcohol and drugs etc. So, Yoga as a agent to reduce health problems of adolescents. Yoga can help adolescents mentally refocus on the task at hand. They can more fully concentrate on the present moment of the mat. So yoga is more important in educational process at the stage of adolescence. Yoga will Able adolscents to connect with duper layers and understand more fully what they are feeling. In addition to Connecting you with your emotions, yoga encourages self love and self acceptance. Importance of yoga mental process teenager who practice yoga show more positive moods, less anxiety, and depression and greatly enjoy asana practice.

8.Ethical Guidelines for Yoga Teachers:-

- Yoga teachers understand and appreciate that teaching is a noble and ennobling endeavor that people with a long line of honorable teachers.
- Yoga teachers are committed to practicing Yoga as a way of life, which includes adopting the fundamental ethical principles of Yoga and making their lifestyle environmentally sustainable ("Green Yoga").
- Yoga teachers are committed to maintaining impeccable standards of professional competence and integrity.
- Yoga teachers dedicate themselves to a thorough and continuing study and practice Yoga, in particular the theoretical and practical aspects of the branch of Yoga that they teach.
- Yoga teachers are committed to avoiding substance abuse, and if for some reason they succumb to chemical dependency and or alcohol abuse. Yoga teachers specially embrace the ideal of truthfulness in dealing with students and Others, including accuracy of their learning of Yoga.
- Yoga teachers are committed to promoting the physical, emotional, mental, and spiritual wellbeing of their students.
- Yoga teachers, specially those teaching Hatha-Yoga, will abstain from giving medical advice or advice that can be construed as such, unless they have the necessary medical qualifications.
- Yoga teachers are open to instructing all students regardless of race, nationality, gender, sexual orientation, and social or financial status.
- Yoga teachers are willing to accept students with physical disabilities, providing they have the skills to teach those students properly.
- Yoga teachers will never force their own opinions on students but rather would appreciate the fact that every person is entitled to his or her worldview, ideas, and beliefs. At the same time, Yoga teachers should communicate to their students Level transformation of the human personality, including attitudes and ideas. If a student is not open to change, or if a student's views are seriously impeded yogic teachings to him or her, then Yoga teachers are free to decline individual and, if possible, find an amicable way of dissolving the teaching relationship.
- Yoga Teachers wishing to enter a consensual sexual relationship with a present or former student should seek the immediate counsel of their peers before taking any action. This is to make sure that the teacher in question is sufficiently clear about his or her motives.
- Yoga teachers will make every effort to avoid the exploitation of students and their potential dependency, and instead encourage students to find greater inner freedom.
- Yoga Teachers to avoid teaching in a casual way, which includes observing proper decorum inside and outside of the classroom.
- Yoga teachers to practice perseverance toward other Yoga teachers, schools, and traditions. When criticism has to be brought, this should be done with fairness and with focus.

9. The significance and use of Yoga education in the class room, they are follows:-

- It helps students and teachers to relax their body.
- It helps to provide effective treatment of a wide range of health problems or disorders.
- It helps students and teachers to develop their imagination power.
- It creates a healthy atmosphere for teaching - learning process.

- It helps to improve muscle tone, energy, stamina, strength and flexibility of teacher and students.
- It helps to burn up body's extra fat and provide a much improved body shape or figure
- It helps students and teachers to develop their decision making competency.

10. SUGGESTIONS:-

The aim of Yoga education is the comprehensive development of human personality and also to make human child, free from bodily, mental and supernatural miseries. This implies that education must core for the physical, mental, intellectual and spiritual growth of the pupil. So the suggestions are Teacher should do moral preparation of the pupil through Yoga. Spiritual attainment the development of scientific attitude and logical and intellectual faculties. It further means is to evolve a society of person who is noblest in their thoughts and actions. The teacher is not only a theoretician but also a demonstrator in a scientific notation, power of knowledge, power of will and power of action. The method of education believes in discriminative method in acquiring knowledge in terms of concentration. The disciplining of body and mind is the core of educational process and modern education must know the inevitability of this factor in any kind of education.

11. CONCLUSION:-

The system is therefore a challenge to a theoretical teacher of today who simply transmits knowledge from books to students. This the difference between the most of the modern teacher and the teacher well versed with the implications of yogic discipline is that the former is only the transmitter of information about truth itself. This concept of the yoga system should not be lost sight of by the modern educationists if they want to the crisis, which has eclipsed our education today. In all philosophical and religious system of India teacher has been given the highest place because he guides his discipline towards the ultimate goal but in the yoga system without the teacher nothing can be obtained by the students, hence the place of the teacher is inevitable. Without fulfilled realization of Yama and Niyama philosophical concept, we won't get realization of Adana in Astanga Yoga. So as a student or teacher we should realize the concept of systematic procedure of Yama, Niyama and Asana etc.

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The impact of multimedia on the enhancement of yoga education

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Abstract: Yoga is very good practice that makes us physically and mentally fit in daily life. It helps to live a healthy lifestyle and better life forever, besides telling the benefits of Yoga, We should practice Yoga on a regular basis. Yoga is an ancient art that was born in India about 6000 years ago. Yoga is the safest medium for connecting nature with body and mind. It is a type of exercise, in which it is essential to control the body's balance and diet, as well as the action of respiration, and also the shape of the body.

Multimedia application is an application which uses a collection of multiple media source e.g. text, graphics, images, sound/audio, animation and video. In the field of Yoga education multimedia is anything and everything that we watch and listen in a form of text, photograph, audio, video and many. This is usually recorded and played, displayed or accessed by information contents processing devices such as computerized and electronic device. Multimedia is greatest source to gain new knowledge and information related to Yoga. With the use of Multimedia everyone understands and learn various kinds of Yoga.

Key Words: Yoga, Multimedia, Knowledge, Mind etc.

1. INTRODUCTION:

Yoga and Multimedia both are very important in every person's life, because Yoga helps to maintain balance between body and mind while multimedia maintain balance between individual and society. In general multimedia is the combination of visual and audio representation. In the field of Yoga education these representations could include the element of Yoga with texts, graphics, arts, audio Yoga sounds, Yoga animation clips and videos. However, multimedia is restricted in such systems where information is digitalized and is processed by a computer. Multimedia shares various information related to Yoga Education by its various applications in a more active way. Yoga is very beneficial to get rid from various diseases like high and low blood pressure, depression, Anxiety etc. Yoga is a cure, if it is practiced daily, then it gradually helps in getting rid of diseases. Multimedia in these cases is very important because multimedia is the greatest source to become aware from the new and upcoming methods of doing Yoga. People all over the world become aware every important information, Video, audio clips of Yoga with the use of multimedia. Yoga originated in India by Yogi in ancient times. Yoga is derived from the Sanskrit word, meaning 'Adding' or 'Means'. In the initial development of Yoga people were not so much familiar about its benefits and importance in human life but with the development of multimedia technology people become friendly with Yoga rapidly. In Now a day they can watch and do Yoga through T.V. or Computer etc.

2. IMPACT OF MULTIMEDIA ON YOGA EDUCATION:

In 2017-18, it is difficult to find aspects of Yoga that are not touched by the internet and digital technology. Many Yoga practitioner openly wonder about the consequence of classes becoming as common online as in brick and mortar studios, or when the number of Instagram followers a teacher has become almost as important as their accreditation. It is easy to find historical precedents to many unsettling features of Yoga in the world of smartphones and constant connectivity, though such as unavoidable posing and Yoga selfies, or the relentless marketing and branding of teachers. Photography was central to modern Yoga. Yoga has both survived and thrived as it has adopted to the postal mail, the phonography, television and video, and yet, the speed and power of digital media today also feels without precedent. Many researches done in the impact of social media on Yogic practice, shown that the internet as offering mixed possibilities. Multimedia is allowing for an unparalleled exchange of knowledge and best practices among teachers across tradition and around the world. Through the implication of multimedia Yoga Education become familiar to everyone.

3. IMPORTANCE OF YOGA EDUCATION IN PRESENT SCENARIO:

Yoga is the, safest, easy and healthy way to stay healthy throughout life without any problems. Yoga education is very important in present school life. Yoga helps in yielding some positive results that can be quite beneficial for students. Yoga brings out plenty of potential positive outcomes in students. and many other people.

Family pressure, academic performance standards, financial fear and peer groups are some of the reasons which may take a student's success in school one of the primary benefits of Yoga education is to eliminate stress from young students. Yoga has to be proved great importance in increasing concentration power and sharpness of brain. Movements of Yoga offer time for mind and body to relax and include increased focus on long, deep, slow breaths as well as coordination of mental concentration. Yoga focuses on peace of mind. Yoga and meditation helps in increasing muscle strength if practiced regularly. With the regularity of Yoga and meditation, we tend to get a great deal of strength and calmness of mind. Yoga has the power which will help students to stay relaxed and handle stress levels. As per several researches it has been proved that Yoga helps students in improving their grades and improve their brain activities, as per the 2009 international journal of Yoga which studied the role of Yoga in improving stress level of 300 adolescent students, proved that students used Yoga in their daily practice achieved higher score and had lower stress level as compared to the other students who do not practice Yoga. So Yoga education played a crucial role in physical and mental development of the students.

4. RESULTS :

Now with the reference to above discussion it is fair to say that Yoga in all over the world has constantly embraced new forms of media and technology. Those forms of media have also dramatically changed how Yoga has been practiced. How Yoga will be shaped by current forms of media and technology will depend on how they are understood and used, and those changes will themselves inevitably be change by whatever what will come next. Media helps to provide Yoga everyone in everywhere within the shortest time duration. Today everyone take advantage of Yoga and improve his body and mind.

5. CONCLUSION :

Overall we may conclude that multimedia is very important in present Scenario because it is very hard to imagine life without it. In the field of Yoga Education Multimedia is one of the greatest source for gaining new knowledge and information in this field. With the utilization of Multimedia millions of people access to Yoga despite being separated from direct contact with a teacher because of geographical distance, circumstance, or cost what follows are a few of the forms of media that have helped to shape the practice of Yoga in world over the course of its history.

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The Relevance of Pranayama for Mental and Physical Health

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Abstract : Human life is a combination of both matter and spirit, while the human body is a marvel in engineering and design; it is the spirit, the life energy that keeps it alive. Health is a state of where the spirit finds a complete and uninhibited expression in the body. When this not happen it leads to disease. Today man is too busy, but not aware about health. Human body is not merely physical, it has non-physical aspects also like consciousness and mind that all depend on the vital force Prana; life cannot exist without it. God has provided prana, the supreme source of power free of cost to all human beings. Proper utilisation of this free source of energy can make remarkable changes to our health, vitality and self-confidence. Prana is synonymous with breathing which requires oxygen and in that sense oxygen and Prana can be considered equivalent. Through different pranayamas oxygen intake into the body is manipulated, serious diseases such as heart ailments, rheumatism and many others can be successfully treated. This process also helps in maintaining excellent overall health. Pranayama yoga is not just doing some exercise, it is much more. It is to expend your awareness, sharpen your intellect and enhance your intuitive ability. Mind is the biggest problem and also the solution to all problems.

A famous proverb is that -

“A Healthy Mind in a Healthy Body”

Hence, in this paper it can be concluded that the exercise of pranayama puts a positive effect on Mental and Physical Health. The study has its implications for students, teachers and policy makers.

Key Words: Pranayama, Mental & Physical Health, Utility of yoga education.

1. INTRODUCTION :

The word "yoga" literally means "to unite", and people interpret this unity in different ways. Some say it is the uniting of individual consciousness with higher consciousness. Others believe it to be a state of realisation. However, practically speaking it is a state of unity, balance and equilibrium between body and brain, brain and mind, mind and spirit. When all the aspects of personality are in balance our personality expresses itself in a different way. Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be in yoga, and is termed as a yogi, having attained to a state of freedom referred to as mukti, nirvana or moksha. Thus the aim of Yoga is Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or 'freedom' (Kaivalya). Living with freedom in all walks of life, health and harmony shall be the main objectives of Yoga practice. "Yoga" also refers to an inner science comprising of a variety of methods through which human beings can realize this union and achieve mastery over their destiny. Yoga, being widely considered as an 'immortal cultural outcome' of Indus Saraswati Valley civilization – dating back to 2700 B.C., has proved itself catering to both material and spiritual upliftment of humanity. Basic humane values are the very identity of Yoga Sadhana. Yoga works on the level of one's body, mind, emotion and energy. This has given rise to four broad classifications of Yoga: karma yoga, where we utilize the body; bhakti yoga, where we utilize the emotions; gyana yoga, where we utilize the mind and intellect; and kriya yoga, where we utilize the energy. Yoga is the greatest Indian concept annunciated to the world.

Yoga is a philosophy which first developed in India, in which spiritual, physical exercises and meditation are believed to help people to become calmer and united in spirit with God. at present time Yoga is a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation. Yoga Education, on the other hand, aims at taking care of the individual, the 'Being'. It is presumed that a good, balanced, integrated, truthful, clean, transparent person will be more useful to oneself, family, society, nation, nature and humanity at large. Yoga education is 'Being oriented'. Details of working with 'being oriented' aspect have been outlined in various living traditions and texts and the method contributing to this important Field is known as 'yoga'. Present days, Yoga Education is being imparted by many eminent Yoga Institutions, Yoga Colleges, Yoga Universities, Yoga Departments in the Universities, Naturopathy colleges and Private trusts & societies. Many Yoga Clinics, Yoga Therapy and Training Centers, Preventive Health Care Units of Yoga, Yoga Research Centers etc.

2. FLUCTUATING THE MIND :

Mind is the biggest problem and also the solution to all problems. We hear a lot about altered states of consciousness, but have we really thought about what this means? Any change in the normal behaviour of the mind can be said to be an altered state. When we get angry it is an altered state of consciousness, when we go to sleep it is another altered state, and when we express ourselves we create altered states. There are some experiences which bring the mind down towards the gross, instinctive and rational plane, and other experiences that go beyond the instinctive and rational level, which are probably best expressed by the term "intuitive states of mind." Yoga helps us with the different situations and experiences with which we are confronted. Some are very pleasing and we feel elated, but when we are confronted with depressing situations we let them get us down. During our whole life from birth till death, our mind fluctuates between these two extremes. One such extreme is of happiness, satisfaction, joy. On the other hand the extreme is of sadness and frustration- Our thoughts, emotions, feelings, behaviour and attitudes are always fluctuating, moving from one side of the scale to the other, and during these fluctuations our energies become unbalanced. By saying "unbalanced" I do not mean that we lose control over ourselves, but that we are unable to harness the potential of our personality, and our mind stays in a state of dissipation, unable to concentrate, unable to become one-pointed or focussed. It is at this time that, by practising yoga we are able to gain a better control over our intellect, emotion and behaviour.

3. CONCEPT OF ASANA :

"Asana" is the Sanskrit word for a physical posture. When we practise asana, Asana means posture, by stretching the body in different directions we are also relaxing the muscular Structure, tissues, bones and nervous system, and massaging the internal organs like the liver, kidneys, intestines, stomach. It is a gentle toning. In this way the whole body is brought into a state of balance. When we feel balanced, inside, physically free from tension and stress, free from stiffness and tightness, then that physical harmony influences the activity of the brain. "Asana", a Sanskrit word roughly translated as "posture" does not literally mean "exercise" or "posture", but "at ease and relaxed". You could be standing totally upside down on one arm, in a state void of tension or stress. If you are able to achieve that then you can say, "I am doing an asana". So what the whole thing ultimately boils down to, is knowing one's body.

4. CONCEPT OF PRANAYAMA :

Pranayama yoga is not just doing some exercise, it is much more. It is to expand your awareness, sharpen your intellect and enhance your intuitive ability. Yogic exercise gives activeness to all muscles, limbs and other external organs. Conscious control and regulation of breath results in determination and increase of all will-power; control on the autonomic nervous system is reached. Concentration on each part of the body for perceiving the subtle vibrations and sensations taking place even on the cellular level. Apart from asana there are practices of pranayama, breathing techniques. The breath is intimately related with the states of emotion and intellect. We take our breath for granted and fail to understand that by harmonising the breathing pattern we can also influence and alter the pattern of our emotions, mind and intellect. When you have felt afraid or angry you must have seen how your breath becomes, but when you are relaxed, tension-free, how do you breathe? Slowly and deeply. The breath definitely controls certain aspects of the nervous system, the activity of the brain, and emotional and intellectual expression. The practice of pranayama gives us voluntary control over our intellectual and emotional activities. Asana and Pranayama is more useful for Mental and Physical Health.

5. PERCEPTION OF BREATHING :

Breath is intimately associated with Prana, the word prana means vital energy. Breathing exercise is not a mere but much more than that. As a Breathing exercise, it does improve the physical well-being. Improvement of physical health or treatment of serious illness, though valuable contribution, is not the only or even the chief objective of meditational practice. Breath is very precious and one must undervalue it as a pretty thing. If one becomes competent to control this valuable phenomenon, one will reach greater heights in due course.

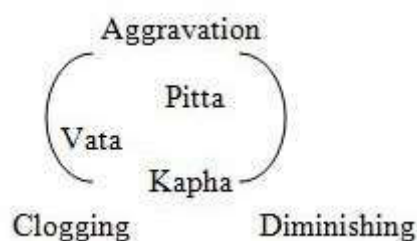
God has provided prana, the supreme source of power free of cost to all human beings. Proper utilisation of this free source of energy can make remarkable changes to our health, vitality and self-confidence. Prana is synonymous with breathing which requires oxygen and in that sense oxygen and Prana can be considered equivalent. Through different pranayamas oxygen intake into the body is manipulated, serious diseases such as heart ailments, rheumatism and many others can be successfully treated. This process also helps in maintaining excellent overall health. Pranayama yoga is not just doing some exercise, it is much more. It is to expand your awareness, sharpen your intellect and enhance your intuitive ability. Continuously the mind and breath should accompany each other. While you are breathing in, let your attention follow the breath inside. While you are breathing out, let your attention follow it outside. Regulate your breathing; make it slow, deep and rhythmic. Let the vibrations of each breath reach your navel. Allow your abdominal muscles to expand during inhalation and contract during exhalation. Now concentrate your mind fully on your navel. Practice deep, slow and rhythmic breathing, by allowing each breath to take the same time. Perceive each inhalation and exhalation through the expansion and contraction of the abdominal muscles accompanying each inhalation and exhalation respectively. Continuing the slow, deep and rhythmic breathing, now shift your attention from the navel and focus it inside the nostrils at the junction of both the nostrils. Perceive each incoming and outgoing breath. Remain fully aware of each and every breath. Continuously practice slow, long and rhythmic breathing--inhale and exhale each breath while remaining fully aware of it. Fully occupy your mind in perception of breathing. If you are distracted by any thought, do not try to stop it forcefully, but also perceive it, and then again start perceiving your breath. If the distraction is frequent, you may hold your breath for a few seconds without causing any discomfort. Maintain the continuity of the awareness of breathing. Merely perceive it without like and dislike.

6. CONCEPT OF HEALTH :

A famous proverb is that -

"A Healthy Mind in the Healthy Body"

Health is a state of where the spirit finds a complete and uninhibited expression in the body. When this not happen it leads to disease. Today man is too busy, but not aware about health. Health According to Ayurveda the purpose of Ayurveda is to tell us and help understand how our lives can be influenced, shaped, extended and managed according to changing seasons, biological age etc. The entire health revolves around how one manages three physiological factors Vata Pitta and Kapha, before they become pathological.



Vata-Pitta-Kapha constantly change according to season, age, how one eats, drinks etc. One who is able to keep above in balance enjoys health.

A verse from Sushruta Samhita :

Samdoshah Samagnishch Sadhatumalkriyah

Prasannatmendriyamanah Svastha Ityabhidhiyate

(Sushruta Samhita – 15.48)

According to Ayurveda, the Doshas Vata-Pitta-Kapha, when are perfectly balanced, Agni properly works (13 types of Agnis), wastes are properly excreted, all the senses are blissful, that is when it is called Perfect Health. Health is of utmost importance according to Ayurveda, every human or animal kingdom activity is governed by good health. Ayurveda tells us about every aspect of health, including Mental Health and experience of Bliss. Balanced health rests upon various factors, including diet, sleep, celibacy, panchkarma, yoga and meditation, intake of rasayanas and spiritual healing, which includes chanting hymns, yagya etc. Diet plays a very important role, in fact, Diet in itself is a 'Medicine'. It determines the state of mind as well as of the body. As per Charaka, a learned person having control over senses should always eat healthy foods in moderate quantity in all seasons.

When diet is proper, they medicine is of no need. When diet is improper, then medicine is of no use.

Our physical and mental health is very much dependent on having a good night's sleep. Improper sleep leads to many diseases, especially aggravates Vata. Patterns of sleep also vary from person to person and season to season, depending upon their Prakriti or body type and the current condition of their physiology, e.g. sleeping during the daytime is alright during summers and afternoon sleep for a diabetic person is very unhealthy. Panchkarma is also very important to balance doshas and prevent diseases. Once the disease has set in, even then Panchkarma is useful as it helps the body clean itself and get rid of toxins. A famous proverb is that -

"Health is wealth."

It means that there is nothing in our life that is more valuable than good health. Without health there is no happiness, no peace and no success. A person with bad health cannot enjoy the pleasure of being wealthy. Health is more valuable than money. Money cannot buy health and happiness.

7. MENTAL ASPECT OF YOGA :

Mind is the biggest problem and also the solution to all problems. Mental disorder effects to physical body. Concentration process starts from physical body, Concentration is not meditation. Concentration is just focussing the dissipated energies of mind, and when these dissipated energies are focused the resulting concentrated awareness becomes will-power. The concentrated mind becomes the experience of self-confidence, and a new vista, a new perspective of life and work opens up. Up to now we have only been talking about the physical side of yoga. Then comes the mental and possibly the most important area of yoga. Because when we study yogic literature we find that yoga is a form of psychotherapy. The whole process of yoga eventually deals with knowing, understanding and realising the mind. Another type of stress is emotional. Emotional stress plays a very important role in our life. Intellectual stress plays a very important role also. Both types of stress deal with the feeling of security, inhibition, inferiority or superiority complexes and our ability to express ourselves. Many things are involved here, not just one. Through various practices of relaxation and concentration which aim to focus the attention at one point, we are able to overcome the state of emotional stress. Relaxation is definitely something which we all require.

We cannot avoid it. Sleep is a form of relaxation, but what type of relaxation is it? Yoga says that in order to relax one should have the ability to disassociate from one's thoughts, feelings, emotions and expressions. When we go to bed at night do we go to sleep alone? Think about it. Are we alone when we go to bed at night? I am not talking about one's wife or other people, or the dog who sleeps in the same bed with us. When we go to bed we carry our problems with us. We carry our thoughts, frustrations, anxieties, and stress. So, when sleep comes we do not know, and if the level of stress is high we pass a very restless night. If the level of stress is low we are not even aware of how we passed the night - all the lights are out.

Yoga says that in order to relax totally one should be able to go to bed alone. Before you go to bed put your thoughts aside on your bedside table. Just like you take off your glasses and watch, remove your thoughts and keep them aside- Remove the stress and keep it beside you. Just go to bed by yourself- By doing this we become more aware of our mental requirements and of what is needed for proper physical and psychological relaxation. Remember one item which is needed, the ability to observe our state of mind - I am having this type of thought, I am undergoing this type of physical experience, I am passing through this emotional experience, I am undergoing this conflict, this tension - full awareness of body and mind. As you throw off the day in preparation for sleep, become aware of the different parts of the body (for example, the breath) and acknowledge that they exist. Become aware of the mental activity in terms of thoughts - what types of thoughts are coming? How are they affecting me? It is a process of becoming awake to our inner mind, watching the mind, observing the mind. This is the mental aspect of yoga.

8. PHYSICAL ASPECT OF YOGA :

Of course, there are three aspects of yoga. One is the physical aspect where we try to harmonise the body and become aware of the different types of imbalance within the physical structure which cause various types of stress and tension. Due to muscular and physical stress, a state of imbalance occurs which becomes the cause of different aches and pains, psychosomatic and somopsychic disorders, where the harmony of the body is distorted.

For example, how many types of physical movements do we go through during the day? Just try to imagine. We sit in a chair; our body is bent. We sit on the door; our body is bent. We sit on the bed; our body is bent. Most of the movements that the body experiences in the hours of our waking state create a lot of physical tension. How many times do we actually stretch our body? How many times do we actually provide traction to the body during the day? Very few. How many times do we twist our body in a controlled way without any jerk? Very few. How many times do we make a conscious effort to curve the body backward? Very rarely. We can say that, apart from sleeping flat in bed, most of the time we spend in a forward bend posture. Right now you are bending forward. Your spine may be straight and upright but your legs are bent. This type of posture creates some type of tension. This imbalance creates a definite distortion in the functioning of the internal organs and systems. The digestive system is affected without doubt, unless we have a very powerful digestive tract. The physical aspect of yoga aims to eliminate this imbalance by prescribing various postures or asana. Asana are smooth, controlled movements which are done slowly and with awareness, to provide the maximum stretch to the body in every direction.

When we begin yoga we do not start with difficult practices like the head stand, but with very simple practices like moving the fingers and toes, the hands, wrists and arms, just to gain a deeper understanding about the state of our body, about our muscular, nervous and skeletal systems. Thus we become aware of where we are stiff, where we are tight and how best we can remove that stiffness and tightness. It is this gradual working with the body that leads to the discovery of the body, which is the main object in the physical aspect of yoga. Here we are not talking about any specific

yoga, such as Hatha or Raja yoga, but the physical aspect of Yoga in general. Apart from the physical structure, within our body we experience levels of energy.

When we wake up we feel fresh, energetic but by the end of the day we are feeling down, low in energy, tired. If we again relax for some time and the body is able to recuperate, again the level of energy rises and we feel okay. The state of tiredness decreases. The level of energy also increases with the state of physical relaxation and decreases when the body is in a state of tension.

9. EFFECTS OF PRANAYAMAS :

Mental Effects -

- Elimination of stress, nervousness and depression
- Quietening of thoughts and emotions
- Inner balance
- Release of energy blockages etc.

Physical Effects -

- Preservation of the body's health
- Purification of the blood
- Improvement in the absorption of oxygen
- Strengthening the lungs and heart
- Regulation of blood pressure
- Regulation of the nervous system
- Supporting the healing process and healing therapies
- Increasing resistance to infection etc.

In the end a formula of happiness given by Lord Buddha :

$$\text{HAPPINESS} = \frac{\text{No. of Desires fulfilled}}{\text{Desired harboured}}$$

10. CONCLUSION:

Patanjali has specified Pranayam that is useful mainly for people not only spiritual aspirations but also fitness for Mental and Physical. Other yoga texts and classics describe Pranayam that can strengthen the body and cure disease. The Almighty has gifted us with this physical body, which is a wonderful work of art, Science and efficient organization. Now-a-days, millions and millions of people across the globe have benefitted by the practice of Yoga which has been preserved and promoted by the great eminent Yoga Masters from ancient time to this date. The practice of Yoga is blossoming, and growing more vibrant every day for human being.

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**International Seminar on
Relevance and Utility of Yoga Education in Present Scenario
17th & 18th February-2018 at Bundelkhand Degree College, Jhansi, Uttar Pradesh, India.**

Yoga, mental health and patanjali yog sutra

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Abstract: Yoga can be rightly described as Science of Mind as can be analysed by a shloka “*Yogasch Chitt Vritti Nirodh*” given by Maharishi Patanjali in Yog Sutra Chapter 1:2. It refers to the Mastery over modification of mind, when our thoughts are calm and our mind in its natural state of tranquility, we can move toward Self-realization. The practices prescribed in Yogic texts if done sincerely and religiously can not only prevent and cure mental disorders but can also bring mental peace, higher intellectual and spiritual attainments. Maharishi Vyas over two thousand years ago, in Vyas Bhasya of Patanjali's Yoga Sutra. He described the concept of Chitt (mind) in detail in five categories Kshipta(a completely distracted mind), Mudha(a dull, lethargic state of mind), Vikshipth(not fully concentrated, a distracted state of mind, with the opportunity to train the mind to go to a concentrated mind), Ekagra(concentrated, one pointed state of mind) and Nirudh(a state in which the mind is mastered). Every individual can be categorized under this category and counselled accordingly for better mental health and well being. The paper reports findings based on a study demonstrated the psycho-therapeutic use of Yoga over 165 students at Sophia Girls' College, Ajmer for mental health based upon Maharishi Patanjali in Yog Sutra. If such texts and practices are added in the syllabi at different levels of education it would bring a drastic positive change in an individual and society.

Key Words: Yog Sutra, Education, Self Realization, Patanjali, Tranquility.

1. INTRODUCTION:

Chitt Vritti (Modification of mind) is a common phenomenon in Human life. Mind mostly exist in past or in future and very rarely stays in present. Existence of mind either in past or future is an unstable mind. An Experiment has been conducted to see the level of modification of mind in college going girls.

2. OBJECTIVES:

- To understand the modification of mind in students in age group of 18-21.
- To know the impact of modification of mind on physical, mental and behavioural health of students.
- To understand the result of practice and counselling through Patanjali yog sutra on students.

3. METHODOLOGY:

This research is based on interventional study, Primary data has been collected from 181 students at Sophia Girls' College, Ajmer of 18-21 age group who adopted yoga as Add-on course, Course structure was of forty hours. This course was designed keeping the base of Patanjali's Ashtang Yog, practice consists of vigorous, rigorous stretching of the body, Asana, Pranayam, Dhyan and counseling at different levels. Maximum concentration was given to the counselling of the students. Study has been put up to understand the result of Ashtang Yog of Patanjali on Mental Health of college going students.

Young girls have been focused in this study as they will be later turn into a dignified woman, responsible mother and the maker of society. Their energy and ambitions need to be channelized and directed properly.

4. STUDY REGION:

Sophia Girls' College, Ajmer, the institution was founded in 1919 as a small primary school to educate and empower girls. It is located on N.H. 8 (Jaipur Road). Sophia College owes its genesis to the Mission Sisters of Ajmer, a congregation of Sisters whose prime aim is to liberate and empower young women to live with dignity and society. Two French visionaries, Rt. Rev. Msgr. Fortunatus Caumont, First Bishop of Ajmer and his sister Rev. Mother Matilda founded the Sophian Institutions. Sophia College was raised to the status of a Degree College in Arts and Science in

Sophia emphasizes on over all development of a girl child and hence along with academics enforce students to opt for curricular and extra curricular activities. Through curricular and extra curricular activities students come to know and understand their interest and talents and most importantly they are able to release their stress.



181 students were asked to fill General Health Questionnaire on the first day of 40 hours yoga course. Questionnaire consists of the questions related to Physical, Mental and Behavioural health. These were the common problems students were suffering with when they had come for the yoga course-

- Rejection
- Vulnerability
- Anxiety and fear
- Worried for safety of self and others
- Anger
- Agitation
- Unrest
- Sadness
- Guilt
- Depression
- Mood swings
- Excessive dreams
- Disturbed Sleep
- Feeling hopeless
- Feeling isolated, lost or abandoned
- Apathy



Behavioural Issues

- Frequent change in activity
- Decreased efficiency and effectiveness
- Difficulty in communicating
- Outbursts of anger
- Frequent arguments
- Unable to rest
- Change in eating habits
- Sleeping late at night
- Change in academic performance
- Feel like to cry alot
- Increased use of alcohol, tobacco, or drugs
- Don't like social interaction
- Love Silence or high noise
- See negativity every where
- Avoidance of activities or places that trigger bad memories
- Lack of concentration

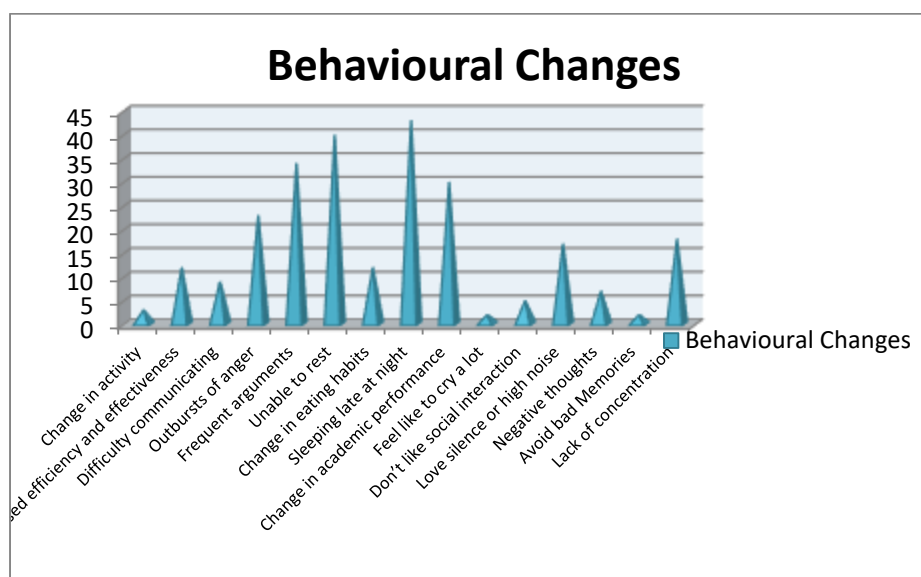


Fig. 2: Graph representing Behavioural problems

Physical Problems

Psychological problems when aggravated they appeared on body level in forms of

- Increased Heart Palpitation,
- High respiration rate
- Upset stomach
- High or low appetite
- Weight loss or gain
- Sweating or chill spans
- Numbness
- Cramps
- Hearing problem
- Black outs
- Loose body and mind coordination
- Headaches
- Stiffness in muscles
- Back pain
- Vision problem
- Knee pain
- Soreness in throat
- Fatigue
- Menstrual cycle disorder

- Sexual desires
- Low immunity
- Prone to allergies
- Arthritis
- Hair loss

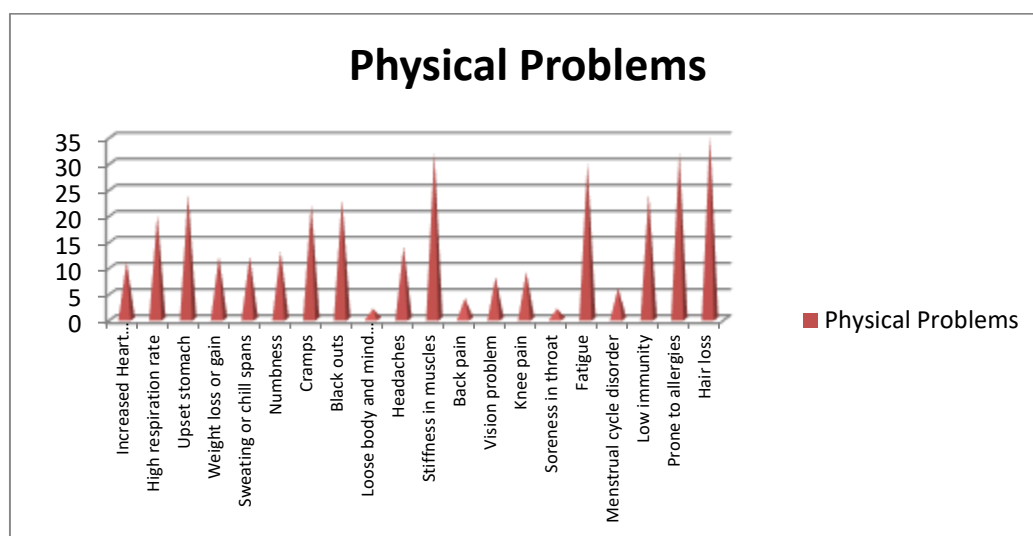


Fig. 3 Graph representing Physical problems

6. CONCLUSION:

The interventional study which was designed keeping the base of Ashtang Yog has shown changes in life of the students. The one hour session comprised of set of Aasnas, particular Pranayams and Meditation and Counselling (in group and personally) certainly became an effective instruments to bring vigour in young girls life. Rigorous Physical activities helped them to consume more oxygen Pranayam balanced their breath and Meditation was found to be an effective tool after yogic practices for the relaxation and improving physical and mental health.

Asana

Traditional yoga postures have been taught and practised in the class

When we are in a constant state of unrest, our mind is unstable, our body is tense and our sympathetic nervous system is heightened. Specific yoga poses can induce the relaxation response in the body.

Calming and restorative poses along with controlled breathing activate the parasympathetic nervous system, bring the mind and body to a calm and relaxed state. Tadasana, Trikonasana, Ardha Chakrasana, Shashank Asana, Paschimotthanasana, Ushtrasana, Suptavajrasana, Janusirasana, Makarasana, Bhujangasana, Salabhasana, Dhanurasana, Suryanamaskar helped students to stimulate organs and endocrine system resulted in the supply of endorphins which brings enthusiasm and spark in daily life reduces the feel of pain.

Pranayama

To make students practice Rranayam, techniques have been picked up from Hath Yog Texts.

1) Anulom Vilom

- It induces calmness and balance of mind by regulating the flow of prana in the body.
- The whole body receives extra supply of oxygen, and more carbon dioxide is eliminated.
- This pranayama purifies the blood and is helpful to enhance the overall health.
- Activates the immunity system of the body.
- Effectively eliminates all respiratory disorders like asthma and bronchitis.
- Increases concentration, helps to get sound sleep.

Due to its overall benefit, Anulom Vilom is considered as basic pranayama, hence one has to do this regularly for maintaining good physical and mental health.

2) Sheetal (cooling breath)

This practice cools the body and affects the important brain centres associated with biological drives and temperature regulation. It cools and reduces mental and emotional excitement, and encourages the free flow of prana throughout the body. It induces muscular relaxation, mental calmness. It gives control over hunger and thirst, maintains body temperature and generates a feeling of satisfaction.

3) Bhramari (humming bee breath)

Bhramari relieves stress and cerebral tension, so helps in alleviating anger, anxiety and insomnia, increasing the healing capacity of the body. It strengthens and improves the voice. Bhramari directs the awareness inward helps one to reach in meditative stage. The vibration of the humming sound creates a soothing effect on the mind and nervous system

Antarag Yog (Dharna, dhayan and Samadhi)

Meditation has proven extremely beneficial in reducing stress and anxiety, balancing blood pressure, improving concentration and creativity. Meditation has therapeutic benefits. Meditation is helpful in combating stress at all levels, physical, mental and emotional.

After practicing postures with proper breathing patterns alleviated the physical stimulation, which helped students to release and excrete uric acid from the body through sweat. Physical exertion of 45 minutes resulted into good mental rest. Having good blood and oxygen circulation in very important parts of the body like-brain, heart, lungs revitalized the body and allowed them to be more focused and concentrated.

Suppressed emotions and worrying unnecessarily also cause stress. Students were counseled to express their feelings instead of suppressing them, help had been given to them to gain a better understanding of them, by meditating and focusing on their breath. They were also counseled for worries they have about the future, as worries do not produce a favourable outcome and in fact reduce potential and performance. Worrying causes shortness of breath, creating stress and tension which are harmful for both mind and body. Students were trained to focus on the present moment because that's the key of happiness according to Yoga.

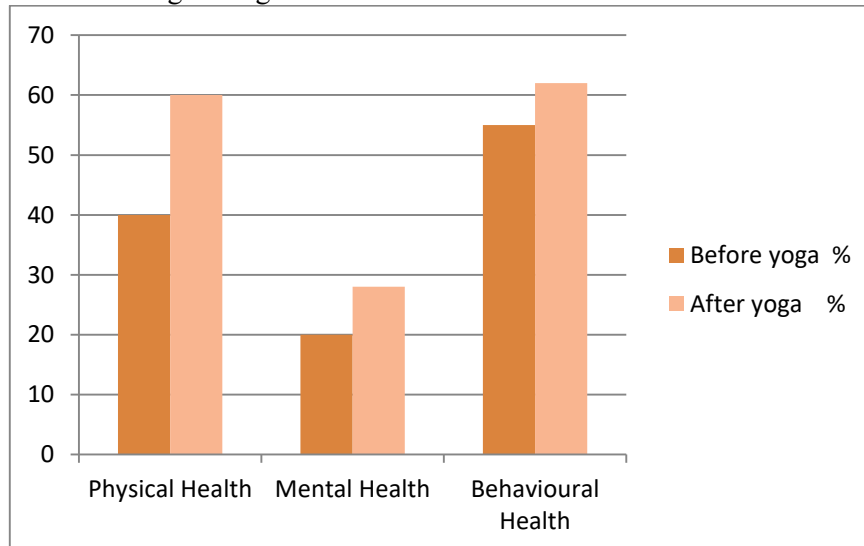


Fig. 4: Graph representing improvement in Physical, Mental and Behavioural health of students

Patanjali Yog Darshan can be said as a psychological text which is helpful to counsel human beings to bring balance in life. The proper study and practice can reduce modifications of mind. The end results of this interventional study was good around 60% students reported positive outcome of this course. They could actually able to see changes in their behaviour. If students practice these techniques on regular basis they can not only alleviate the problems they encounter daily, but can revitalize and nourish the mind, body, and spirit over a extended period of time, enable them to live long and healthy lives.

yogena cittasya padenā vācām
malam śarīrasya ca vaidyakena |
yopākarottam pravaram muninām
patañjalim prāñjali rānato'smi ||

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**International Seminar on
Relevance and Utility of Yoga Education in Present Scenario
17th & 18th February-2018 at Bundelkhand Degree College, Jhansi, Uttar Pradesh, India.**

**Academic achievement, Parental expectation and Effect of Yoga on
Adolescences**

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Abstract: Presently we are living in that worlds which is full of stress, and if we are talking about adolescence this is the critical period of human life. Lots of changes occurs in this time (Physical, emotional, mental changes). these changes create stress and pressure on their life. They are moving towards new responsibility of life. Parents, teachers, friends, family every one has some expectation to them. One side parental expectation another side academic pressure create stress on them. Everyone expects good mark, higher grade on school, these types of expectation increase stress on them. To get rid of these type stress they are using many technique yoga is one of them. Yoga derived from the Sanskrit word "yuj" which means "to unite or integrate"; yoga is a 5,000+ year old Indian body of knowledge. Yoga is all about harmonizing the body with the mind and breath through the means of various breathing exercises, yoga poses (asanas) and meditation.

This is conceptual paper based on various study which showing how adolescences come up with stress causes by parental expectation and pressure of academic with the help of yoga, its also showing how the practice of yoga enhance the quality of life of adolescences, and how they cope with stress with the help of yoga. Through this paper we also come to know what is yoga and how its creates happiness in adolescences life.

Key Words: Academic Achievement, Expectation, Stress, Coping Strategy, and Quality of life.

1. INTRODUCTION:

The modern world, which is said to be a world of achievements, is also a world of stress. One finds stress everywhere, whether it be within the family, school, business organization/enterprise or any other social or economic activity. Stress is a subject which is hard to avoid. The term is discussed not only in our conversations but has become enough of a public issue to attract widespread media attention. Stress is defined as burdens, pressures, anxieties and worries.

Academic stress is mental distress with respect to some anticipated frustration associated with academic failure or even unawareness to the possibility of such failure. In today's highly competitive world, students face various academic problems including exam stress, disinterest in attending classes and inability to understand the subject, many academic demands, for example, school examination, answering questions in the class, showing progress in school subjects. stress

has become an important topic of research in psychology. As a consequence, they can be under stress, since the demand is related to achievement of an academic goal. Bisht 1989 has defined academic stress as a demand related to academics that tax or exceed the available resources (internal or external) as cognitively appeared by the student involved. Stress makes a significant contribution to the prediction of subsequent school performance and act as a negative predictor of academic performance in school children (Ender et al. 1994) As is conform on worldwide scenario that parents and adolescences relationship is play a very important role to decide adolescences future and goals.... if everything goes in normal way they find success in life else they get stressed and lose their goals and hope. In this way, parental expectation plays a very critical role in their life.

As its conform that in current scenario student faces lots of stress either is related to academic or parental expectation which is directly or indirectly also related to academic area. To get rid of this type of stress student are using lots of techniques which help them to cope with stress. Some are involved with friends and social activities other side some adolescences are tend to do some different activity like Yoga and mediation which enhance their strength to come out with stress, improve the quality of life and effect their well-being. There are two main factor which is causes of the stress in adolescences.

1. Parental Expectation which is related to the academic success (Academic achievement motivation).
2. Adolescence self-perception of academic success

2. DEFINING PARENTS' ACADEMIC EXPECTATIONS:

A review of the parents' expectations research indicates that academic expectations are defined in various ways. Most of the investigators reviewed define parents' academic expectations in terms of future educational attainment expected for their children, while others define it as expectations for their children's current academic performance. In addition, investigators vary in their emphasis of the realistic or idealistic aspects of these expectations. Researchers may also include an estimate of children's ability when assessing parents' academic expectations, as an additional measure. Researchers who define parents' academic expectations in terms of children's current academic performance typically ask parents about their expectations for their children's grades on a report card. (e.g. Dandy & Nettelbeck, 2002; Entwisle & Alexander, 1996.)

Researchers defining parents' academic expectations as expectations for their children's future educational attainment typically ask parents how far they expect their child to go in school (Castro, Lubker, Bryant, & Skinner, 2002.)

In defining expectations, researchers also vary on whether they emphasize the realistic or idealistic aspects of expectations. Realistic expectations are typically defined as the "predictions made by parents that their child will attain a certain level of academic performance," while idealistic expectations are "the dreams, wishes, and hopeful anticipations that parents hold for their child in the academic realm" (Seginer, 1983, p. 6).

3. Parental Expectation and Adolescence:

Parental expectations are considered as one of the important cultural factors affecting the achievement of adolescence in the Indian context. Most of the daily newspapers carry information on how students struggle with parental expectation in India during their annual examinations. In addition, adolescent students also tend to face more problems and challenges in the society, getting admission into reputed colleges, competition between schools, competing with different sectors of community, high levels of competition for professional courses driven by societal trends to name a few (Shashikala and Karunanidhi, 2011). The nature and structure of the Indian parents not only encourage parents to have investment and expectations for their offspring's; children have also been educated to obey and fulfil their parental expectations and needs. Many parents believe that transmitting a sense of high expectations to children is one way to infuse them with confidence, self-esteem, and personal standards of merit and value. But most of the time these expectations are unrealistic and unattainable. High expectations to succeed can be crushing; in some cases, it can be detrimental too. Parents often clamp down and put more pressure on the adolescent to conform to parental standards.

4. Academic achievement Motivation:

Academic achievement or academic performance is the outcome of education — the extent to which a student, teacher or institution has achieved their educational goals or made the best of their academic aptitude. In other words Academic achievement motivation is the aspect of achievement motivation, the motivation to achieve in education settings. Academic motivation is crucial to a student's academic success at any age. Because students form self-concepts, values, and beliefs about their abilities at a young age, the development of early academic motivation has significant implications for later academic careers. A great deal of research has found that students high in academic motivation are more likely to have increased levels of academic achievement and have lower dropout rates (Blank, 1997). different types of academic motivation have different implications for academic achievement. If a student has high levels of academic motivation, knowing whether that student is extrinsically or intrinsically motivated may be important in making predictions about that students' academic career. individuals who are intrinsically motivated to learn do so for the pleasure of learning, rather than for external rewards, In contrast, those who are extrinsically motivated to learn, are motivated to learn for external rewards that learning will bring.

AAM is affected by lots of factor like Teachers Expectations, Parents expectations, Peers expectations and various environmental factor like parent's academic status, their economic status, etc. Parent's academic socialization is a term describing the way parents influence students' academic achievement by shaping students' skills, behaviors and attitudes towards school. Parent influence students through the environment and discourse parents have with their children. Academic socialization can be influenced by parents' socio-economic status. Highly educate parents tend to have more stimulating learning environments.

5. What is Yoga?

Yoga is derived from the Sanskrit word "yuj" which means "to unite or integrate"; yoga is a 5,000+ year old Indian body of knowledge. Yoga is all about harmonizing the body with the mind and breath through the means of various breathing exercises, yoga poses (asanas) and meditation.

The Indian sage Patanjali is believed to have collated the practice of yoga into the Yoga Sutra an estimated 2,000 years ago. The Sutra is a collection of 195 statements that serves as a philosophical guidebook for most of the yoga that is practiced today. It also outlines eight limbs of yoga: the *yamas* (restraints), *niyamas* (observances), *asana* (postures), *pranayama* (breathing), *pratyahara* (withdrawal of senses), *dharana* (concentration), *dhyani* (meditation),

and samadhi (absorption). As we explore these eight limbs, we begin by refining our behavior in the outer world, and then we focus inwardly until we reach samadhi (liberation, enlightenment). Today most people practicing yoga are engaged in the third limb, asana, which is a program of physical postures designed to purify the body and provide the physical strength and stamina required for long periods of meditation.

Yoga is a simple process of reversing the ordinary outward flow of energy and consciousness so that the mind becomes a dynamic center of direct perception no longer dependent upon the fallible senses but capable of actually experiencing Truth. The word yoga itself means "union": of the individual consciousness or soul with the Universal Consciousness or Spirit. Though many people think of yoga only as physical exercises — the asanas or postures that have gained widespread popularity in recent decades — these are actually only the most superficial aspect of this profound science of unfolding the infinite potentials of the human mind and soul.

6. Yoga and academic Achievement Motivation:

By practicing yoga, a person is supposed to reach a state of mental equanimity, where responses to favorable or unfavorable external events are well under the individual's control, and responses are moderate in intensity. The science of yoga is a powerful stream of knowledge, which enables the practitioners to achieve radiant physical health, serene mind, continues spiritual uplift, and creates the ability for harmonious social living.

Hatha yoga practices, like asanas (i.e., postures), pranayama (i.e., breathing practice intended to influence vital forces), kriyas (cleaning processes), mudras (i.e., certain interval attitudes), and bandhans (i.e., neuromuscular locks) are mostly taught as physical practices. While various meditational techniques work at the mental level, all these practices are intended to develop a certain type of awareness within oneself, which in turn brings about a change in emotional and visceral functions, and through them, a change in intellectual and somatic functions of the individual takes place.

Yoga through its techniques of meditation, asanas, and pranayama yields a positive effect in the management of stress in adolescents. Mahesh Yogi, who founded a new technique of meditation, popularly known as transcendental meditation. Transcendental meditation reduces stress and improves academic performance. Chanting "Om" mentally causes increased alertness, and the practice of yoga brings improvement in competitive performance. The research done by Mind/Body Institute, Harvard Medical School, and Bruce D' Hara and his team at the University of Kentucky in Lexington, U.S., revealed a positive influence of meditation on brain functioning and performance. In one study, it is found that a 4-week program of yogasanas and meditation lowers the aggressive behavior of students. Another study has reported that meditation (a) reduced problems related to maladaptive behaviors, (b) increased emotional and physical health and psychological well-being, (c) reduced the frequency of thought, (d) reduced substance abuse, and (e) generally improved the quality of life.

7. How Yoga Enhance the Quality of life of Adolescents?

Adolescents face lots of biological, cognitive and emotional changes and yoga may support young people as they are transition through the potentially rocky adolescences years. Scientific Research studies, all over the world, have revealed that disciplined yoga practices can play important role by way of improving our physiological, psychological and mental functioning. It can help young people in developing and integrating their cognitive, affective and psychomotor abilities. And thereby they can develop healthy social interaction with others and the environment.

According to a 2012 study published in The Journal of Behavioral Health Services & Research, middle-school students taking yoga reported positive mood and attitude changes, increased energy and improved ability to relax, as well as improved posture. Prating yoga has been associated with numerous benefits. Anecdotal reports speak to its transformative power, and its ability to impact mood, self-awareness and self-acceptance, mental health and cognition. Yoga postures not only help to strengthen bones and muscles, but when one reaches the adolescence stage, the execution of the postures is done with more time and awareness than when one is younger and the body is still developing. Physical movements from one posture to another provide strength, flexibility and health in general to the bones and muscles; maintaining the positions for a period of time brings about internal, hormonal and cellular changes. Most sequences, e.g. Surya namaskara, Ardha Chandra namaskara, poorna Chandra namaskara, Chandra namaskara sequence, warrior sequences influence the pineal gland and hypothalamus, helping to prevent pineal degeneration and calcification. This balances the transition period between childhood and adolescence in growing children. When one performs, these practices synchronizing the physical movements with the breath, all the muscles, joints and major internal organs are stimulated and balanced. The value of the sequences is that they are well-rounded sets of Asanas that have been put together to bring about the maximum state of health with minimum effort. The breath and concentration that accompanies the postures makes them a complete Sadhana (practice).

Probably the most important question for the adolescent is how to develop the ability to focus the mind. The primary aim of Yoga is to develop consciousness. Yoga nidra (relaxed alertness), Trataka (the practice of fixed gazing at a point), Nada Yoga and Mantra are such Yogic techniques which can help the child to develop Dharana and Dhyana (concentration and absorption).



8. Ability to Focus the Mind:

Yoga nidra: Yoga nidra or relaxed alertness is a great way to learn and prepare for exams, especially if the child has been working hard or actively engaged in sports, and is physically tired. After some time he can bring about the same state of relaxation as while sitting with this practice. It has been shown that we are capable of absorbing more information if we are relaxed.

Trataka: Trataka is used to improve memory and concentration. With this practice you are not only able to watch your concentration, but also intensify it. Trataka is also especially good for tackling insomnia.

The Nada Yoga: The Nada Yoga not only brings about a very deep state of relaxation but can also help facilitate one of the fundamental behaviors necessary for learning to read, that is, listening.

Mantra: Relaxing the brain through Mantra is one of the methods of increasing perception. The superficial aspects of thoughts, emotions or desires which are not needed within the mind and which need to be expressed will be swept away by the Mantra.

9. Benefits of Yoga in Adolescence Life:

Diagram 1: showing the benefits of Yoga in Life

Develops Mind-Body Awareness

By training students how to pay attention to the relationship between their mind and body, school-based yoga helps children notice the impact of stress on their well-being. For example, a student might start to notice that their stomach gets tight when they're worried about a test, or that they tend to gravitate toward unhealthy food when they're feeling down. This awareness (also known as mindfulness) may lead to changes in behavior by, for example, choosing to do 5 minutes of breathing exercises to relax a tight stomach or opting for an apple instead of chips.

Preliminary studies of yoga for youth (Benavides & Caballero, 2009; Wang & Hagins, 2016) and young adults (Eastman-Mueller et al., 2013) are starting to support these ideas.

Improves Self-Regulation

At a very broad level, self-regulation refers to our ability to manage our stress, emotions, and behaviors. Psychological and neuroscientific research (MLERN, 2012) is starting to show that yoga and meditation may help youth manage their stress and mood and behave more positively.

The basic idea is that yoga helps calm the fight or flight response, and induce the relaxation response, thus helping children calm themselves down and be less reactive in difficult situations.

So instead of lashing out in anger on the playground, a student might take a deep breath and walk away.

Cultivates Physical Fitness

An important difference between yoga and mindfulness meditation is that yoga includes physical postures. In essence, yoga is a practice of "mindfulness in motion" that uses the body to promote awareness of the present moment. Given that more than one-third of American children and adolescents are considered overweight or obese (Ogden, Carroll, Kit, & Flegal, 2012), schoolbased interventions that encourage the development of physical fitness are sorely needed.

Research suggests that yoga may improve physical fitness in adolescents (Purohit et al., 2016) as well as benefit several aspects of physical health, such as improved respiratory function.

(Liu et al., 2014), increased exercise adherence (Bryan, Pinto, & Parasher, 2011), and reduced obesity risk factors (Cramer, Lauche, Haller, et al., 2014).

Enhances Student Behavior, Mental State, Health, and Performance

According to the Collaborative for Academic, Social, and Emotional Learning (CASEL), socialemotional learning involves developing 5 core competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making (CASEL, 2015). Research strongly suggests that school-based programs that enhance these competencies help students succeed not only academically, but personally as well. Early evidence is also beginning to show that yoga and meditation might help students be more self-aware (Monshat et al., 2013), manage their emotions (Noggle, Steiner, Minami, & Khalsa, 2012), enhance their relationships, and make better decisions.

Research also suggests that school-based yoga may improve academic achievement (Butzer et al., 2015; Kauts & Sharma, 2009; Singh et al., 2016; Wang & Hagins, 2016) and classroom behavior. In addition, yoga-based physical

fitness may result in numerous positive outcomes including improved mood, reduced risk of psychological disorders, and enhanced cognitive.

In summary, a growing number of scientific studies suggest that yoga may enhance students' mind-body awareness, self-regulation, and physical fitness which may, in turn, promote improved behavior, mental state, health, and performance).

10. Need For the study:

Expectation (Parental and Self) develops lots of stress in adolescences. Stress is an unpleasant psychological and physiological state caused due to some internal or external demands that go beyond our capacity. Everyone experiences stress at times – adults, teens, and even kids. Adolescents are experiencing enormous amount of stress, emotional and psychological problems which affect their health. This period can be called as crucial stage of human life with various problems. The onset of psychological disorders may be fast. Stress mainly comes from academic test, interpersonal relations, relationship problems, life changes, family factor, and career exploration. Such stress may usually cause psychological, physical, and behavioral problems. So here its necessary provide them some solution through which they are able to cope with the stress. As its world wide clear that Yoga is the best way to cope with this type of stress. Through this paper they come to know how the practice of yoga in daily life make them to able to copewith stress and provide them relaxation, concentration on their work etc.

11. Limitation of the Study:

This is theoretical paper which is showing the lots of benefits of yoga. Though this paper we come to know out how the yoga decrease the stress and anxiety of life and how its enhance the quality of life, through which we are able to stabilized our self in these competitive worlds. There is no empirical data is available for this study.

12. Concluding remark:

In conclusion it can be said that Adolescence is a growing age and if proper understanding, guidance (in the form of road map) is provided to young people in the initial stage they can be saved from various psychosomatic diseases like stress, depression, anxiety etc. and they can grow in an integrated manner. They can achieve various aspect of success either its related to academic success or the success related to the happiness of the life. This, in turn, may give them a sense of responsibility of their role towards family, society, nation and the world. It is an established fact all over the world that Yoga has potential to develop this sense of responsibility and a person can live a meaningful, healthy and happy life when both aspects of yoga (practical & theoretical) are adopted not as a 'view of life' but as a 'self-disciplined way of life'. When adolescences practicing the yoga in their life their mind is free from stress and anxiety they are able to concentrate on work, their physical, emotional, and cognitive development is also going in correct way.

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Impact of yoga in education and among the student community

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Abstract : *Yoga is the only science which takes care of the all-round development of three essential elements- body, mind and soul together. Yoga, not only improves physical and mental health and intellectual ability, but also improves character and behaviour of students. This provides a strong moral foundation to student's life on which they build their physical, mental, intellectual and spiritual super-structure and prove themselves to be a man or a woman in the real sense of the term.*

In today's competitive world the children also have the pressure of multitasking. They are no more confined only to their studies; they are also engaged in many extracurricular activities. Yoga helps them to focus on their studies and other activities in a better way as it enhances their stamina and concentration.

A piece of Yoga practice everyday will definitely make student community gain more physical strength and get rid of all physical difficulties and diseases. With this mental strength student community can come out and fight against all discrepancies with increasing self-confidence.

Keywords: *Self-confidence, Physical Strength, All-round Development.*

1. INTRODUCTION:

The word 'Yoga' means "to join or yoke together". It brings the body and mind together to become a harmonious experience. Yoga is a method of learning that aims at balancing "Mind, Body and Spirit". The ancient practice of Yoga offers a multitude of benefits to modern day students at almost every grade level. Students may be young, but they aren't immune to stress. Yoga helps to promote a balanced, healthy and confident life.

Meaning - Yoga is the movement of the body through different position, postures and poses.

"Yoga is skill in actions." - Lord Krishna

2. ROLE OF YOGA IN EDUCATION:

As Mahatma says Education means 'drawing out of the best in child and man-body, mind and spirit.' This concept of Education is practicable through yoga Education. Yoga education has got a impetus throughout the world with different of the peace.

Today mankind is leading life with stress and no slandered of life. The present education system is totally failed to initiate human activities and positive values of life. The only alternative before us is to promote yoga in Education system which brings the desired goals of the society. Yoga is nothing but the education of self-awareness.

3. YOGA IN THE CLASSROOM:

The system of education children has to be different. It has to be combined with certain practices which can remove their psychological blocks, which can make them aware of the psychological changes that happens in their body and brain, which can make them aware of their own distractions and which can give them the ability to focus on the theme of the subject they are studying. One of Yoga's primary benefits of adults is the alleviation of stress. Family pressure, fears, academic performance, standards and peer groups can all take a toll on a student's psyche and success in school. By practicing Yoga and participating in meditation, it reduces student's stress level, which in turn is translated into better academic performance.

The Ministry of Human Resource Development through the National Institute of Education, NCERT has further informed that the affiliated schools of the Central Board of Secondary Education (CBSE), have already been advised to provide per week. (90-120 minutes/week). The board offers yoga for secondary schools as a compulsory part of its curriculum which include 80% practical and 20% theory.

4. AIMS AND OBJECTIVE OF YOGA EDUCATION:

Yoga Education can supplement school and university education. It can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the society and of the nation.

Yoga education can enhance all the activities of the students, be it academic or sport or social. Yoga techniques provide improved attention in studies, better stamina and co-ordination for sports. Yoga education helps in self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness.

Briefly the aims and objectives of Yoga education are :-

1. To enable the students to have good health.
2. To practice mental hygiene.
3. To possess emotional stability.
4. To integrate moral values.
5. To attain higher level of consciousness.

5. IMPORTANCE OF YOGA FOR STUDENTS -

There are variety of positive outcomes of yoga for learners and various other peoples. Some of the benefits of Yoga to students –

1. DE- STRESS STUDENTS -

Student faces a lot of depression and stress due to a variety of reasons such as family pressure financial pressure or any other depression. Yoga is one of the best way to eliminate all your pressure. Yoga keeps all your depression away and keeps your mind fresh.

2. CONCENTRATION AND SHARPNESS-

Yoga helps in increasing the sharpness of your brain and your concentration power. It helps you in relaxing your mind and provide you more peace of mind.

3. STRENGTH-

Strength is required by your body to fulfill all the day activities appropriately. Especially young students need a lot of strength as they are overloaded with lots of tasks. Therefore, Yoga helps in building your strength and gives you power.

4. HEALTH BENEFITS-

Medically proved yoga have various medical benefits. A lot of disease can be improved by doing yoga daily. It helps to reduce a great hypertension among students.

5. ADVANCEMENT OF EDUCATIONAL BRAIN-

Doing Yoga regularly helps in advancing your brain muscles and helps students to score highest grades. Hence Yoga helps learners to stay relaxed and stress free from all the depress and academic tensions which is beneficial in academic advancement.

6. ENHANCES POWER AND MEMORY-

Yoga is the power for all the students that helps in enhancing their memory and provides them more energy and power.

7. INCREASES FOCUS-

Student can enhance their focus and concentration with the help of yoga. A student can receive multiples benefits with the help of yoga.

8. REDUCES CONFLICT-

Yoga may also help students get along better with one another, which fosters a more positive learning environment. Yoga may teach students to better manage their emotions and reactions as well as to respect the feelings and emotions of others.

6. YOGA AS A SCIENCE AND ART:

Basically speaking, creativity is a fact of an imaginative mind. Creativity is dormant in every human being and it is possible for all aspirants to unfold develop and channelize this creative faculty effectively.

Yoga, a conscious and systematic process to accelerate the growth of human mind, is now emerging as a new tool in this search. The foundation of arts and science are now being found in deeper states of our consciousness, hence, yoga has brought a breakthrough in unraveling the hidden dimensions of mind.

The art of practicing yoga helps in controlling an individual mind body and soul. It improves respiration, energy and vitality. Practicing yoga might seem like just stretching, but it can do much more for your body from the way you feel. look and move importance of yoga for students.

7. CONCLUSION:

Yoga is a scientific discipline of removing or eradicating stress and tension at its source. It is a continuous process and the concept is undergoing profound change as the transformation in the world pose a greater challenge to the student community. The training programmes on yoga in schools improve the behaviour and the quality of the students.

Yoga offers the simple, safe and practical techniques for the students to quickly reduce tension and stress at any time and place. Yoga and meditation, as a path to self-understanding, take the awareness from the external to the internal and brings about a realization that the only this existence in through being at peace with oneself.

Yoga reduces the effects of calm and peacefulness, combat depression and anxiety, counteracts helplessness and weakness, and thus increases self-esteem and internalized locus of control.

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International Seminar on
Relevance and Utility of Yoga Education in Present Scenario
17th & 18th February-2018 at Bundelkhand Degree College, Jhansi, Uttar Pradesh, India.

Relevance and Utility of Yoga Education in Present Scenario

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Abstract: Yoga is thoroughly globalized phenomenon. It suggests no. of ways to achieve calm, peaceful mind and Healthy physique the aim of yoga is attainment of physical, mental and spiritual health. There is complete absence of term peace these days due to hectic life style. Yoga is the science of Health, Happiness and Harmony. "Yoga is a methodized effort towards self perfection by the expression of potentialities latent in human being." Education are those wings which steers the man upward towards the progress and incorporating 'Yoga Education' with regular educational course, we can accelerate the process in real and better sense, achieving the actual goal. In this era of rapid modernization, we are falling victim of many diseases, mental ailments unknowingly and knowingly. 'Yoga' has been felt after thorough research for few decades utterly significant and worthwhile in getting rid of all these times borne problems. Realizing the utility and importance of Yoga Education for sound Health and overall development of personality our National Institutes has laid emphasis on introducing Yoga Education to the curriculum at all levels of Education. In present paper role of Yoga Education for the attainment of mental physical and social health besides academic achievements are discussed in short.

Key Words: Yoga Education, Concept of Yoga Education, Need and Goals of Yoga Education, Benefits and Implication of Yoga Education & Remedial and Therapeutic purpose of Yoga Education.

1. INTRODUCTION:

According to popular maxim "Healthy Brain abides in Healthy Body" Healthy brain and Healthy Body are prime requirement for perceiving any kind of knowledge or skill in proper and due way. We can't justify ourselves in any field like work, family, academics, society without sound physical and mental, health all achievements, wealth, possessions are meaningless. In the era of cut throat competition where everybody is in the race of surpassing, subjugating each other survival is too tough and a big challenge today in order to prove oneself in this materialistic world of rapidly changing demands and trends almost everyone is passing through stage of mental, physical, emotional and psychological stress. Of course, we can't get rid of these stresses completely but upto greater extent we can learn to combat it, balance it and mitigate it by some means and that means in 'Yoga'.

'Yoga' is an ancient, comprehensive form of spiritual self discovery. The aim of yoga is attainment of physical, mental and Spiritual Health. It is a science of Health, Happiness and Harmony. The word 'Yoga' is derived from Sanskrit word 'Yug' means to bind, to unite or to join. 'Yoga' aims at attaining integrity of body, mind and spirit through a system of Asana, PRANAYAMA and Meditation. It brings about union of 'Atma' (soul) with 'Paramatma' (God). It brings body, mind, soul and conscious into balance or harmony.

According to world Health Organization, "Health is the state of well being at physical, mental, social and spiritual level" and in accordance with 'Patanjali' yoga is a complete control of the Chitta (mind). Yoga is an all aspects people are getting attracted towards yoga as a holistic complete care system. Holistic approach of health care includes (1) Preventive Health (2) Promotive Health and (3) Curative Health.

2. HISTORY OF YOGA:

India is the land of Rishis and Sages Yoga Education. It's quite evident from Vedic Education System much emphasis had laid on observing simplicity celibacy and purity and it has been most important practice or qualification for the spiritual aspirants and ultimate method for remaining healthy and fit both bodily and mentally. Since from Vedic age to medieval age almost all the philosophers advocated the importance of yoga or physical education for the at all levels of education.

As per Bhagwad Gita- "One who controls his mind intellect and Ego being absorbed in the spirit within him find fulfillment and internal bliss which is beyond the pale lenses and reasoning."

In words of Swami Vivekananda, "Yog Education removes all ignorance which makes us able to apprehend our self and understand the abilities."

Shri Aurbindo Ghose says "Yoga is methodized efforts towards self perfection by the expression of the potentialities latent in the human being and a union of human individual with the universal and transcendent existence are seen partially expressed in man and in the cosmos. According to him yoga education is very beneficial for overall development. Yoga is a remedy for the purification of mind and soul. In words of John Dewey - "Yoga in the best way to go towards the reality or truth" for attaining the truth there is a need of yoga education. Jnana yoga, karma yoga, bhakti yoga, raj yoga, hath yoga are the various systems of yoga. Yoga helps in harmonious development, physically mentally, morally, emotionally, socially and spiritually.

3. CONCEPT OF YOGA:

Yoga is termed as the integration of mind and body activities. "Yoga Sutra" of patanjali says yoga is graded development of man. It teaches man to live in divine Harmony. Yoga provides a purposeful, aimful life by attaining mental and physical equanimity.

4. NEED OF YOGA:

Yoga Education is more relevant in modern stressful life by way of it we can fit and sound body without any equipment. Medicine or a trainer. It is remedy for the purification of wind and soul. The ancient yoga is more relevant and a prime need in modern stressful life. Yoga can be used as medication for the cure of various ailments and problems arising due to indiscipline life style daily changing demands and degrading environment.

In present life everybody is hankering after money fame and power everybody is in the blind chase we are mad after hollow development, accumulating money and consider thus we have fulfill aim of our life successfully. In this chase we neglect our mental and physical peace and health and fall victim of incurable, fatal disease like asthma, diabetes, cardiac problems, pulmonary problems, arthritis means all diseases of old age in very early age.

5. SUPPORT FOR YOGA EDUCATION:

Now question arises why, how come? Why not earlier such cases came across us so oftenly. The reason in my opinion is rapid modernization, drastically changed life styles, challenges and polluted environment. Modern children have different challenges compared to previous generations. Today Darwin's (Jungle) Theory - "Survival of the Fittest" is apparently visualized in Human Society. Children are prone to spending much time in front of TV, Computer, Mobile Operating various Electronic gadgets. Even in the schools in the name of smart classes, digital classes round the clock they are surrounded by gadgets thus spending less time on physical games which makes them physically inactive or lethargic Junk and processed food adds to the problem moreover pressure of performing well in academics, Illogical comparisons has made their life hell and stressful. They suffer in early age insomnia, eating disorders ADHD (Attention Deficit Hyper Activity Disorders). Depression, Amnesia aggression, Churlishness and lot more. Bill Gates and Steve Jobs advocate that children aging below 13 years should not be allowed to use electronic gadgets as their harmful radiation and electromagnet rays badly effect their tender bone marrow and nervous system causing various fetal diseases in later ages. Gadgets are part parcel of daily life we can't rescue ourselves but yes we can look for some concrete long lasting solution. Youths, professionals, businessman are also not spared. They have to suffer these Time-Borne ailments to meet bottle neck competition neglecting their health and falling prey to many disorders. I.T. field people has to use brain for hours heavily due to which tension exhaustion increases and sedentary work modes result in back pain, joint pain, anxiety. For immediate relief person switch over to medicine and suffer side effects in longer run, tycoons, businessman, professional, scientist, low class worker take help of alcohol to overcome fatigue and stress. Which drifts them into many other problems.

6. HOW YOGA IS HELPFUL AND BENEFICIAL :

Those who have embraced yoga are Calmer, more alert, active creative more focused and oriented and physically strong. They are more capable to channelise their potential, energy, speed, caliber, abilities thus improving the performance in every field.

Many physicians have widely recommended yoga to cure many ailments because of its scientifically proven benefits. By practicing few 'Asanas' or 'Postures' we can get rid of joint and back pain. Increase concentration, Reduce coronary and pulmonary problem, Helps in weight reduction, Decreases the amount of harmful hormones and Increase immunity.

Yoga in daily life in a holistic preventive system and is taught worldwide in Fitness Sports Club, Rehabilitation centers, Health Institution, Adult Education Centre, Sanatoriums. Even physically challenged and convalescent patients can practice yoga.

7. GOALS OF YOGA EDUCATION: The main goals of yoga in daily life is to achieve.

- Sound physical & mental health
- Sound social and emotional health

- Spiritual health
- Self realization

8. EDUCATIONAL IMPLICATION:

Today National and International Channels are telecasting 'Yog Science' programmes of "Baba Ramdevji regularly, Media has played an importance role in changing the outlook of people and realizing the usefulness of yoga for leading healthy life in every ways. "Yoga' the great mission taken by Swamiji for public welfare around 50,000 teachers have been trained with an objective of fulfilling the dream of "Healthy India Healthy World" under the guidance of Swamiji. For implementation of yoga education different universities are offering various yoga program and courses. The major courses are Diploma in yoga therapy, diploma in yoga education and Certificate Course in Yoga Therapy or B.A./M.A./M.Sc. in Yoga therapy.

- Yoga Education helps to understand the mental & physical problems of students.
- Yoga Education will develop the moral, spiritual and alchemic qualities in individuals.
- It will help students by increasing their concentration and improve learning abilities besides physical development.
- Yoga education helps in solving various problems and diseases including psycho-somatic disorders, drug addiction and social problems.
- Yoga is a holistic science and art of living.
- The science of living is evaluation such a way that everyone who would learn and master it will be able to accept the challenges met within his individual and social life national or international officer.

9. CONCLUSION:

The present education suffers the holistic approach and balanced growth of knowledge. It teacher dealing only with extrinsic world and not about intrinsic self and actualization. Present education designs man purely for money making not man making. We are working like machines not living and understanding the actual aim of life. Yoga has been the subject of research in the past few decades for therapeutic purposes for modern endemic ailments like stress, obesity, diabetes, depression, blood pressure, pulmonary or respiratory diseases, coronary or cardiac diseases, arthritis and many more chronic and fatal diseases yoga helps by harmonizing body soul and mind possessing correct body alignment, breathing techniques and relaxation enhancing flexibility, immunity, forbearance and strength.

Realizing the utter significance and utility of yoga education for health and overall development of personality in current scenario NCTE, NCERT and other teacher education national institution has laid emphasis on introducing and incorporating yoga education to the curriculum at all levels of education.

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Analysing the effect of two types of recovery protocol on lactate level in sub-maximal intensity cycling

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Abstract: In present scenario there are lots of post workout recovery protocols used by sportspersons. The current study aims to analyze the effect of yoga nidra and reiki on the recovery after sub-maximal intensity cycling through the lactic acid removal. For the purpose of the study five male (N=5) students from B.P.Ed 1st year from were randomly selected from LNIPE Gwalior. Before treatment 20 minutes sub-maximal intensity cycling was performed by subjects and tested blood lactate level after giving 20 minutes of yoga nidra, reiki and simple rest. Repeated One way ANOVA was applied to compare the effect. The result showed statistically significant differences in the mean among lactate level. Thus it can be concluded that yoga nidra has significant effect on recovery process more than reiki.

Key Words: recovery, reiki, yoga nidra, lactic acid, sub-maximal intensity.

1. INTRODUCTION:

Rest and recovery play a vital role in any athletic training or fitness programme, no matter if you are an elite athlete or a fitness enthusiast. In today's stressful and hectic lifestyle, it has become utmost important to ensure our bodies are getting the required attention to muscle repair as well as techniques that includes chemical and hormonal balance, nervous system repair, mental state and much more. Proper knowledge of various recovery protocols and its implementation should be known by every athlete and athletic professional to develop balance in the body/mind. The emergence of recovery science is new and evolving.

Yoga Nidra is a state of dynamic sleep. It is a systematic guided method of inducing complete physical, mental and emotional relaxation done for 35 to 40 minutes at a time. It is an ancient yogic practice that's becoming increasingly popular as forms of meditation and a mind-body therapy. Its been proven that it brings immediate physical benefits such as reduced stress and better sleep and that it has the potential to heal psychological wounds.

Reiki is an energy healing treatment that works holistically, on the body, mind and spirit. Not a system of religious beliefs, Reiki is simply a relaxing treatment whereas natural healing vibrations are transmitted through the hands of reiki practitioners to the body of the recipients. The purpose of reiki treatment is to relieve stress and pain, induce relaxation, release hormonal blockages, accelerate natural healing, balance subtle bodies energies and support other medical modalities including traditional therapies.

This study was focused on the powerful effects of utilizing yoga nidra and reiki within recovery strategies.

2. METHODOLOGY:

The rate of recovery after any training or workout can be analyzed with the rate of lactic acid clearance from the blood. Five National Level Cyclists were purposely selected from the Lakshmi Bai National Institute of Physical Education Gwalior in the age range of 18-24 years as a sample for the study. The design was repeated measure design. The blood lactic acid level was recorded using the Blood Lactate Analyzer Pro2. For determining the sub-maximal intensity, heart rate monitor was used. A trial of twenty minutes cycling at the sub-maximal intensity between 50-70 was conducted after which the first treatment Yoga Nidra for twenty minutes was given and then recorded the lactic acid level. Similarly same trial was conducted for reiki and the data was taken just after twenty minutes of treatment. Lastly data was taken after twenty minutes of rest in which the athletes were just sitting after the trial without giving any treatment. There was a gap of two days between the trials.

3. RESULTS OF FINDINGS:

The repeated measure ANOVA was applied for analyzing the result using SPSS 16.

Table 1 Mauchly's Test of Sphericity

After applying the Greenhouse Geisser correction, the F value is significant because associated p value is 0.000 which

]	Mauchly's W	Approx. Chi-Square	df	Sig.	Epsilon ^a		
					Greenhouse-Geisser	Huynh-Feldt	Lower-bound
recovery	.736	.921	2	.631	.791	1.000	.500

Table 2 Tests of Within-Subjects Effects

Source		Type III Sum of Squares	Df	Mean Square	F	Sig.	Partial Eta Squared
recovery	Sphericity Assumed	2.597	2	1.299	36.755	.000	.902
	Greenhouse-Geisser	2.597	1.582	1.642	36.755	.000	.902
	Huynh-Feldt	2.597	2.000	1.299	36.755	.000	.902
	Lower-bound	2.597	1.000	2.597	36.755	.004	.902
Error(recovery)	Sphericity Assumed	.283	8	.035			
	Greenhouse-Geisser	.283	6.327	.045			
	Huynh-Feldt	.283	8.000	.035			
	Lower-bound	.283	4.000	.071			

Mauchly's test is insignificant because the p value associated with the chi-square statistic is 0.631 which is more than 0.05. Since Mauchly's test is insignificant, sphericity assumption is fulfilled.

Table 3 Pairwise Comparisons

(I)	(J)	Mean Difference (I-J)	Std. Error	Sig. ^a	95% Confidence Interval for Difference ^a	
					Lower Bound	Upper Bound
1	2	-.920*	.102	.003	-1.324	-.516
	3	-.840*	.103	.004	-1.248	-.432
2	1	.920*	.102	.003	.516	1.324
	3	.080	.146	1.000	-.499	.659
3	1	.840*	.103	.004	.432	1.248
	2	-.080	.146	1.000	-.659	.499

Based on estimated marginal means

*. The mean difference is significant at the .05 level.

a. Adjustment for multiple comparisons: Bonferroni.

is less than 0.05.

In repeated measures design, post hoc test cannot be used and therefore there is no option available for such test in SPSS. If F value is found to be significant, the paired t tests are applied to compare each pair of the group means. To compensate this error the Bonferroni correction has been used. It automatically adjusts p value for testing the significance of F statistic.

Significance of difference between group means shall be tested as usual at the 0.05 level because the Bonferroni correction enhances the p value accordingly. It can be seen from Table 3 that the difference between 1 and 2, 1 and 3 are significant because the significance values associated with these values are 0.003 and 0.004 respectively. The difference between 2 and 3 is insignificant as it is more than that of 0.05. Here by the treatments 1, 2 and 3 we meant yoga nidra, reiki and control group respectively.

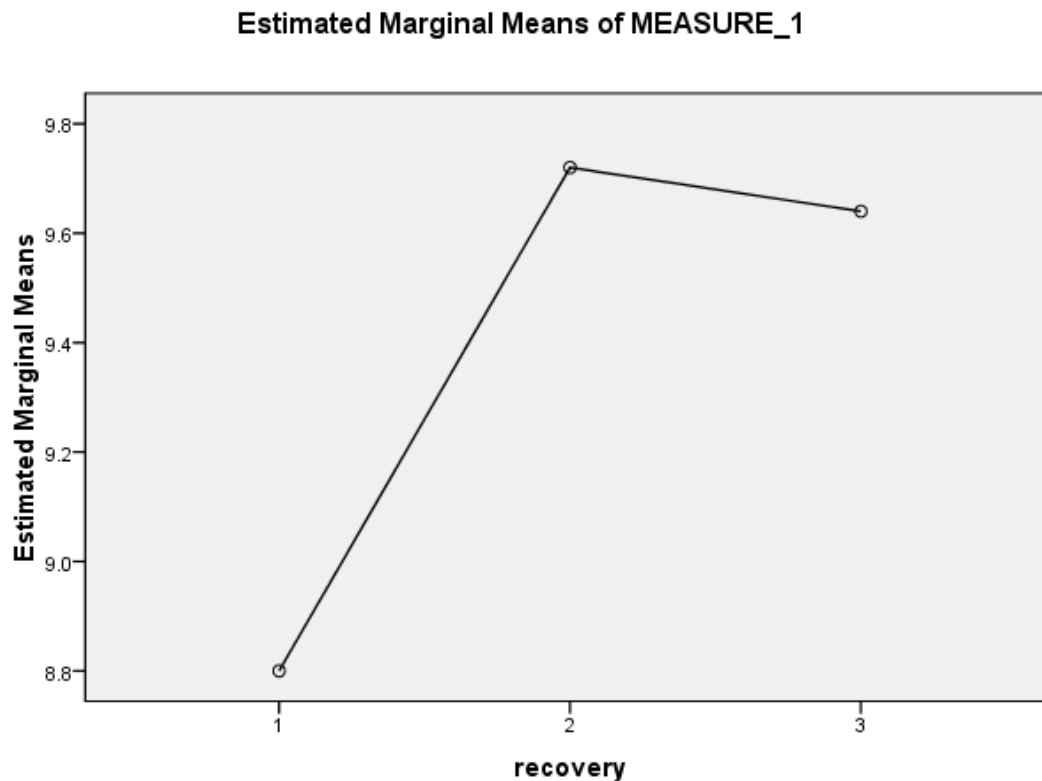


Fig.1 Marginal means plot

The marginal means of pre-treatment, reiki and yoga nidra can be shown graphically in the above figure. The output is generated by the SPSS. It can be seen from the figure that the blood lactate clearance decreases only during yoga nidra treatment. Thus based on the sampled data it may be concluded from this figure that the significant decrease in the blood lactate clearance is observed only in yoga nidra and reiki shows no significant development in lactic acid removal process rather it seems to increase.

4. DISCUSSION OF FINDINGS

It can be concluded from this study that in the whole recovery process yoga nidra plays a significant role in enhancing the removal of blood lactate which was accumulated during the course of exercise. The peaceful and ecstatic state removing every form of tension plays an important role in repairing the wear and tear and relaxing the sportsman. For absolute relaxation and recovery from physical and mental strain, one must undergo yoga nidra, the state of dynamic sleep¹². So we can say that if Yoga Nidra is implemented into a training routine, it will create longevity and consistency over the long-term and it is essential during recovery days over the short-term¹³. In the case of reiki the effect seems to be opposite. In spite of reducing lactic acid from the blood reiki as post workout treatment increases the blood lactate level. So the reiki as a post workout treatment is not good or advisable. The reason may be that somehow the reiki influence the muscular lactate level which seems to be efflux to the subject's blood, it may be because that reiki has a very deep cleansing effect on body as well as mind.

5. RECOMMENDATION:

1. More researches can be conducted with more samples in various population.
2. Effect of yoga nidra can be studied at different durations.
3. More researches can be done in reiki in relation to healing in sports.

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Yoga and its Benefits for Higher Educational Achievement

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Abstract: *Yoga Education is necessary and should be compulsory. There can be various reasons to this. One of which is just because it has to be adopted as a developing trend in the modern societies all round the globe or because there is really a need in the society for the kind of education. It is generally indicated in the research papers that Yoga has been practised since ages and there are certain positive effects of yoga on one's mind and health. These influential effects indicated in the research are of importance only when they are practically taught inside or outside the classrooms as a part of the curriculum. Curriculum here is important to mention because educator or learner spends most of the time in school or college framework only. Hence, easily and gradually firms the activities learnt in the college.*

Policy framers and Educationists, Research Scholars, Educators, when talk about the importance and incorporation of Yoga Education and Physical Education in the curriculum at different levels of learning should lay emphasis on the application and practical part of yoga practices.

Yoga since its existence has proved its contribution in releasing stress and enhancement of Educational Achievement of students who practise several forms of it. The practitioners of Yoga in one of the study conducted in (2008-USA) cited gaining strength, flexibility, decreasing stress as reasons for practising yoga. "Yoga as an anxiety releasing technique with Elementary students was a chapter by Brooks in which he explained overview of previous research on stress in children. Yoga for students should be started as a regular routine specially in school arena where the child spends its most of the time because direct analysis of Educational Achievement without studying deeply the associated factors such as health of learner, family background, family environment, interest of the learner as well as attitude of the learner.

Thus, this paper focuses more on the application part of the yoga practices both mentally and physically to understand its benefits for the education of the learners.

Keywords: *Framework, Practical and Application.*

1. INTRODUCTION:

Nowadays Yoga is being accepted as a science not only in Indian scenario but also in the western culture. The origin yoga has been explained in many texts such as Bhakti Yoga, Jnana Yoga, Raja Yoga, and Karma yoga. The different base of these schools of yoga provides a different methodology to learn and understand yoga. However, the common aim of these different schools in understanding oneself and focussing on his or her development. There is no doubt that yoga serves as that yoga serves as one of the best instrument for mental, physical as well as spiritual development. But Yoga which has been introduced in the school curriculum lay emphasis more on physical & mental development which is indeed essential.

Yoga can be basically defined as the collection of techniques and various practices which yield educational, mental as well as all -round personality development for the students/learners.

2. AIMS OF YOGA PRACTICES FOR THE LEARNERS:

- To understand what yoga is?
- To accept yoga as a part of the healthy life-style.
- To develop values related to humanity in children.
- To grow learner emotionally, physically, mentally through various kinds of yoga practices.

3. REQUIREMENT AND WAYS OF YOGA TO BE INTRODUCED IN THE SCHOOL FOR CONVINCING THE LEARNERS:

It is the duty of the educator or the teacher in the school and parents at home to make students understand the role and value of yoga in changing lifestyle. Both normal children as well as children with special needs should be mentally prepared for practising yoga with the help of the experts.

- Yoga practice can be initiated with a short prayer just to create a platform.
- A bit of physical activities is required such as rotation of hands, finger movements, eye movements etc which will act as a start-up for the students.
- Yoga and its practices require belief and perseverance in yoga as well as the doer. So patience will be the key for succeeding.
- It is important to choose an ideal time for yoga practice.
- Breathing postures should be given special attention while practising yoga.
- Yoga practices should be done gradually that is from simple to complex or easy to difficult.
- Yoga should be practised for attaining moral and ethical feel in life.

Personality Refinement: An Inevitable function of Yoga

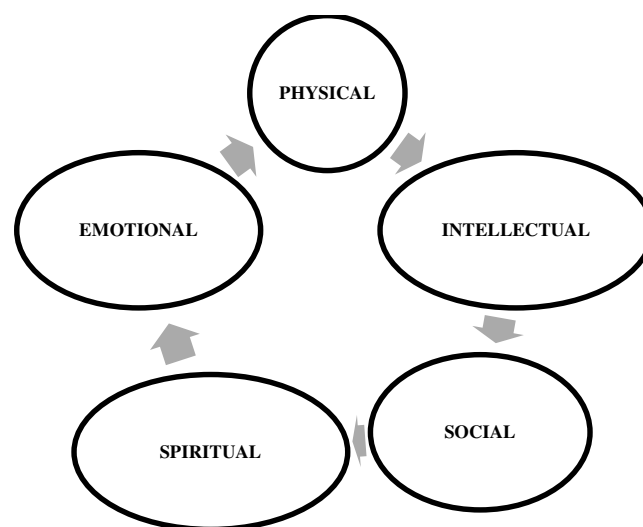


Fig No.1: DIFFERENT DIMENSIONS OF PERSONALITY

Yoga certainly helps in reorganisation of disrupted personality. There are certain asana, pranayama which support physical personality development.

- ❖ Emotions have always played an crucial role in balancing the personality of the individual. Practices like yama, niyama, asana, pranayama, meditation& pratayahara play an important role in emotional growth. Regular practices of the yogic exercises help in management of emotions.
- ❖ **Social Development of Personality via Yoga:** It is a well understood and accepted fact that man is a social animal and cannot live in isolation. Socialisation starts at a very early stage in any individual's life but continues longer. Thus, yama and its practices help in strengthening relationships with others as it contains elements which are important for one's social development.
- ❖ **Intellectual or mental development through Yoga:** Yoga and its different forms helps in increasing concentration. Thus, helps in gaining mental and intellectual power. Educational empowerment and achievement and learning and acquiring new skills are a part of mental as well as intellectual development.
- ❖ **Spiritual Development via Yoga:** Spiritual development means relating ones 'self to ultimate power the All Mighty as well as knowing the potential of one say recognising oneself
Further, spiritual development also means creating values for oneself as well as also for others.



4. YOGA ESSENTIAL FOR ACADEMIC OR EDUCATIONAL PERFORMANCE:

Academic or educational performance is considered as the learning and the experience gained after a long period of instruction. However, stress is one factor which is responsible for hampering and distracting the student's

performance. Yoga and studies on yoga has revealed that improvement in academic performance and alertness can be achieved. In educational system educational achievement is generally taken as the ability or degree of achievement in school, colleges, universities or any other academic tasks which is generally measured through teacher made or standardized tests. On the other hand yoga which can be used for the personal or professional benefit both should be made an inevitable part of the lifestyle for coping up with stress and gaining benefits in academic or educational success. Meditational techniques also help in reducing stress. Transdental meditation is also very effective in managing stress.

It has been found that the science of yoga is very effective in gaining physical health for the practitioners. It also helps in achieving spiritual uplift, serene mind and harmonious social living. Mental techniques work best at the mental level. While techniques such as asanas, pranayama, kriyas, mudras develop awareness, emotional strength, intellectual change, also takes place inside the individual. There are studies which reveal that the Transdental meditation reduces stress and improves academic performance. Competitive spirit and performance can also be enhanced by practising different forms of yogic exercises. Brain functioning and performance is positively influenced by meditation has been reported in the research done by Mind/Body Institute, Harvard Medical School and Bruce D' Hara at the University of Kenchuk in Lenington, US.

Beside this research on school based yoga and meditation practices which are focussed on whole child development approach thus, maximizing academic, physical, emotional, social development in addition to benefit for educators and classroom climate.

- **Academic:**
 - Yoga accelerates functions such as process required to select, organise, and properly initiate goals directed actions.
 - Promotes relaxed state of teaching and learning.
 - Yoga has a positive effect on student's academic performance.
- **Social Behaviour:**
 - Creates platform for different opportunities such as reflection, patience, insight.
 - Is beneficial for outcomes for classroom teachers. Increases calmness, mindfulness, decreases stress, improves classroom management.
 - Supports emotional or social learning.
- **Physical:**
 - Provides more flexibility, strength and physical well-being.
 - Improves mind, body and self-awareness.
- **Resilience:**
 - Yoga helps in coping from negative life events.
- **Psychological and Emotional Benefit:**
 - Releases anxiety and tension
 - Stress, Anger, frustration is reduced

Day by day increasing number of teachers believes that yoga has got positive influence on learner performance and work style. Moreover, mental health and well being is also balanced for the learning environment.

5. CONCLUSION:

We all know that yoga in Indian Scenario is an age-old practice. But the important point is that the yoga should not remain part of the syllabus or the curriculum in official records only. But within schools it should be made an compulsory part to be followed in daily life and activities With the combination of essential factors which need to be incorporated in daily life and also those which are required not to be incorporated one can enhance his or her educational personal or professional experience.

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International Seminar on
Relevance and Utility of Yoga Education in Present Scenario
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Importance of yoga and meditation in improving lifestyle

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Abstract: *Yoga and meditation in Lifestyle is a system of practice of consisting of eight levels of development in the areas of physical, mental, social, psychological, intellectual and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationship. When you are healthy you are in touch with your inner self, with other and your surroundings on a much deeper levels., Which adds to your spiritual health. The word “Yoga” originates from Sanskrit and means “Unification of Atma with Pramatta” Yoga exercise have a holistic effect and bring body, Mind, consciousness and soul into balance. The main of goals of “Yoga and Meditation in Lifestyle” are Physical Health, Mental health, Social Health, Physiological Health, Psychological Health, Intellectual Health and spiritual Health, Self-Realization or realization of the Divine within us. These goals are attained by Love an help for all living beings, Respect for Life, protection of nature and the environment, A peaceful state of mind, Full vegetarian diet, Pure thoughts and positive lifestyle, Physical, mental and spiritual practices, Tolerance for all nations, cultures and religions. Yogic techniques are known to improve ones over all performance. Meditation is an important, yet little known part of Yoga. Meditation is dhyana is the prior stage of Samadhi. Dhyana is a Process of Complete Constancy of mind. The stage when perception starts directly is called real Dhanavastha. “To clarify the subtle perception into the sight of mind” if this stage is clarified, the stage of dhyana is clarified itself.*

Keywords: *Self-Realization, Dhanavastha, Samadhi.*

1. INTRODUCTION :

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| “Checking the impulse of mind is yoga” | - | Patanjali. |
| “Yoga is attaining the pose” | - | Ved Vyas. |
| “Skill in actions or efficiency alone is yoga” | - | Lord Krishna. |

To live in harmony with oneself and the environment is the wish of every human. However, in modern times greater physical and emotional demands are constantly placed upon many areas of life. The result: more and more people suffer from physical and mental tension such as stress, anxiety, insomnia, and there is an imbalance in physical activity and proper exercise. This is why methods and techniques for the attainment and improvement of health, as well as physical, mental and spiritual harmony, are of great importance, and it is exactly in this respect that “Yoga and Meditation in Lifestyle” comprehensively offers an aid to help one’s self.

Throughout the many years that I have been active in western countries, I have become familiar with the modern lifestyle and the physical and psychological problems faced by the people of today. The knowledge and experience I gained led me to develop the system of “Yoga and Meditation in Lifestyle”. It is systematic and graduated, integrating all areas of life and offering something valuable for each phase of life. Regardless of age or physical constitution, this system opens the classical path of Yoga to all. In developing this system to accommodate the needs of today’s people, much consideration was given to the conditions within modern society, without losing the originality and effect of the ancient teachings.

The word “Yoga” originates from Sanskrit and means “To Unification of Atma with Parmatma”. Yoga exercises have a holistic effect and bring body, mind, consciousness and soul into balance. In this way Yoga assists us in coping with everyday demands, problems and worries. Yoga helps to develop a greater understanding of our self, the purpose of life and our relationship to God. On the spiritual path, Yoga leads us to supreme knowledge and eternal bliss in the union of the individual Self with the universal Self. Yoga is that supreme, cosmic principle. It is the light of life, the universal creative consciousness that is always awake and never sleeps; that always was, always is, and always will be.

Many thousands of years ago in India, Rishis (wise men and saints) explored nature and the cosmos in their meditations. They discovered the laws of the material and spiritual realms and gained an insight into the connections

within the universe. They investigated the cosmic laws, the laws of nature and the elements, life on earth and the powers and energies at work in the universe - both in the external world as well as on a spiritual level. The unity of matter and energy, the origin of the universe and the effects of the elementary powers have been described and explained in the Vedas. Much of this knowledge has been rediscovered and confirmed by modern science.

From these experiences and insights a far-reaching and comprehensive system known as Yoga originated and gave us valuable, practical instructions for the body, breath, concentration, relaxation and meditation. The practices that this book offers have therefore already proven themselves over thousands of years and have been found to be helpful by millions of people.

The system "Yoga and Meditation in Lifestyle" is taught worldwide in Yoga Centres, Adult Education Centres, Health Institutions, Fitness and Sports Clubs, Rehabilitation Centres and Health Resorts. It is suitable for all age groups - it requires no "acrobatic" skills and also provides the unfit, as well as handicapped, ill and convalescent people, the possibility of practicing Yoga. The name itself indicates that Yoga can be and should be used "in Daily Life".

The exercise levels were worked out in consultation with doctors and physiotherapists and can therefore - with observation of the stated rules and precautions - be practiced independently at home by anyone. "Yoga and Meditation in Lifestyle" is a holistic system, which means it takes into consideration not only the physical, but also the mental and spiritual aspects. Positive thinking, perseverance, discipline, orientation towards the Supreme, prayer as well as kindness and understanding, form the way to Self-Knowledge and Self-Realisation.

2.THE MAIN GOALS OF "YOGA AND MEDITATION IN LIFESTYLE" ARE:

- Physical Health
- Mental Health
- Social Health
- Spiritual Health
- Self-Realisation or realisation of the Divine within us

3.THESE GOALS ARE ATTAINED BY:

- Love and help for all living beings
- Respect for life, protection of nature and the environment
- A peaceful state of mind
- Full vegetarian diet
- Pure thoughts and positive lifestyle
- Physical, mental and spiritual practices
- Tolerance for all nations, cultures and religions

3.1 Physical Health:

The health of the body is of fundamental importance in life. As the Swiss-born Physician, Paracelsus, very correctly said: "Health isn't everything, but without health everything is nothing". To preserve and restore health there are physical exercises (Asanas), breath exercises (Pranayama) and relaxation techniques.

Within "Yoga and Meditation in Lifestyle" the classic Asanas and Pranayamas are divided into an eight-level system, beginning with "Sarva Hita Asanas" (meaning, "Exercises that are good for everyone"). Seven other parts follow this preparatory level and lead progressively through the practice of Asanas and Pranayamas. Several special programs have been developed from the basic exercises: "Yoga for Back Pain", "Yoga for Joints", "Yoga for Seniors", "Yoga for Managers" and "Yoga for Children". To maintain good health, other valuable exercises within "Yoga and Meditation in Lifestyle" are the purification techniques of Hatha Yoga. These involve Deep Relaxation (Yoga Nidra), Concentration Exercises (e.g. Trataka) as well as Mudras and Bandhas (special Yoga techniques).

An even greater factor in the maintenance of good health is the food we eat. What we eat influences both our body and psyche - our habits and qualities. In short, the food we eat has an effect upon our whole being. Food is the source of our physical energy and vitality. Balanced and healthy foods include: grains, vegetables, pulses, fruit, nuts, milk and milk products, as well as honey, sprouts, salads, seeds, herbs and spices - either raw or freshly cooked. Foods to be avoided are old, reheated or denatured foods, meat (including all meat products and fish) and eggs. It is also best to avoid alcohol, nicotine and drugs as these rapidly destroy our health.

3.2 Mental Health:

In general, we are led through life by the mind and senses, rather than having these under our control. However, to gain control of the mind, we must first place it under inner analysis and purify it. Negative thoughts and fears create an imbalance in our nervous system and through this our physical function. This is the cause of many illnesses and sorrows. Clarity of thought, inner freedom, contentment and a healthy self confidence, are the basis for mental wellbeing. That is why we strive to gradually overcome our negative qualities and thoughts and aim to develop positive thoughts and behaviour.

“Yoga and Meditation in Lifestyle” offers numerous methods to attain mental wellbeing: Mantra practice, the observance of ethical principles, the keeping of good company and the study of inspiring texts to purify and free the mind. An important tool in self-investigation and self-knowledge is the technique of “Self-Inquiry Meditation”, a step-by-step meditation technique of Self-Analysis. In this meditation practice we come into contact with our subconscious, the source of our desires, complexes, behavioural patterns and prejudices. The practice guides us to become acquainted with our own nature - as we are and why we are so - and then beyond self-acceptance to Self-Realisation. This technique enables us to overcome negative qualities and habits and helps us to better manage life’s problems.

3.3 Social Health :

Social health is the ability to be happy within oneself and to be able to make others happy. It means to nurture genuine contact and communication with other people, to assume responsibility within society and to work for the community. Social health is also the ability to relax and experience life in all its beauty.

One of the growing problems of our times is drug addiction. It is a clear sign of social illness. The system of “Yoga and Meditation in Lifestyle” can assist in overcoming this illness and grant people a new, positive aim and purpose in life. The importance of keeping good, positive company has a great influence upon our psyche, as such companionship moulds and forms our personality and character. Positive company is of great importance in spiritual development.

Living “Yoga and Meditation in Lifestyle” means to work for ourselves and for the benefit of others. To do valuable and constructive work for our neighbours and the community, to preserve nature and the environment and work for peace in the world. To practice Yoga means to be active in the most positive sense and to work for the welfare of all of mankind.

3.4 Spiritual Health : The main principle of spiritual life and the highest precept of mankind is:

4. AHIMSA - PARAMO DHARMA:

Non-injury is the supreme principle

This precept embraces the principle of non-violence, in thought, word, feeling and action. Prayer, meditation, Mantra, positive thinking and tolerance, lead to spiritual health.

Humans should be protectors, not destroyers. Those qualities that really make us human are the ability to give, understand and forgive. To protect life and respect the individuality and independence of all forms of life is a primary practice of the Yoga teachings. By following this precept greater tolerance, understanding, mutual love, help and compassion develops - not only between individuals, but between all humans, nations, races, and religious faiths.

A fundamental principle of “Yoga and Meditation in Lifestyle” is religious freedom. Yoga is not a religion - it is the source of spirituality and wisdom, the root of all religions. Yoga transcends religious boundaries and reveals the way to unity.

“Yoga and Meditation in Lifestyle” offers the spiritual aspirant guidance on life’s path through the practices of Mantra Yoga and Kriya Yoga. As the most highly developed beings upon earth, humans are capable of realising their real nature and inner Self, God. The spiritual goal of Yoga is God-Realisation, the union of the individual soul with God. The realisation that we are all one in our common root and connection to God is the first step.

5. MEDITATION AND YOGA TECHNIQUE:

It is not necessary that you have to attend long yoga and meditation sessions for hours every day. Being a student you may not be able to spare a long time for such recreational activity but, as little as 10-15 minutes, 2 times per day was the amount of meditation or yoga practiced by the students is certainly worth the time, given the enormous benefits one gets. Simple meditation to quiet the mind is all that is needed to make some great changes. Students may even start with normal and simple techniques by watching videos but it is more advisable that you perform all these under some supervision or expert guidance to yield maximum benefits out of it. Finally, it is most important to remember that meditation ultimately leads you to self-realization awakens you to your divine, infinite nature. And yoga is something that takes you even closer to natural techniques of staying fit.

6. CONCLUSIONS:

To conclude the fundamental principle of “Yoga and Meditation in Lifestyle” is religious freedom. Yoga is not a religion - it is the source of spirituality and wisdom, the root of all religions. Yoga transcends religious boundaries and reveals the way to unity.

“Yoga and Meditation in Lifestyle” offers the spiritual aspirant guidance on life’s path through the practices of Mantra Yoga and Kriya Yoga. As the most highly developed beings upon earth, humans are capable of realising their real nature and inner Self, God. The spiritual goal of Yoga is God-Realisation, the union of the individual soul with God. The realisation that we are all one in our common root and connection to God is the first step.

Decisions regarding your health and wellbeing and a free, happy life, are in your hands. Practice regularly with firm determination and success will be certain.

I wish all Yoga practitioners and those still to become practitioners much happiness, success, health, harmony, joy in life and God's blessing.

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Yoga Education: An Initiative in Two-Year B.Ed. Programme

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Abstract: Yoga is an artistic effort towards self-perfection by the development of potentialities already latent in the individual. Sri Aurobindo considered it as a process by which the limitations and imperfections can be washed away, resulting in a Super Human Race. Teaching is a task full of challenges as they are the agents of promoting changes in existing practices, improving the quality of education of children and responsive to the needs of community which sometimes results high stress, depression, anxiety and burnout feeling in them. So, Yoga Education should be an essential curricular part to maintain sound mind in sound body out of the hectic and overburdened schedule in present scenario, especially for teachers and trainees. Therefore, NCTE revamped the teacher-education curriculum and introduced Yoga Education as a compulsory area of study through theoretical and practical inputs. Sustainable quality of Two-Year B.Ed. Programme lies on the teacher trainees' mastery over the mind, creativity, high state of conscious, emotional stability, stress relief, sound mind and sound body and this can be achieved only through yogic activities as it activates our body, mind and action.

KeyWords: Yoga Education, Two-Year B.Ed Programme, Personality Development..

‘Yoga is the journey of the self, through the self, to the self.’

-The Bhagavad Gita

1. INTRODUCTION-

Yoga is an artistic and scientific association of 3Hs i.e. Health, Harmony and Happiness for absolute, holistic and worthy living. As an ancient system of self-perfection, it develops a great potential to teach to be more conceptual, intellectual, sensitive, accurate, healthy and improve for total well-being. It is considered as a current physical activity because it emphasizes or polishes individual's abilities rather than competition through healthy activities and mindful exercises. In 21st century we are rapidly constricting ourselves as a sitting inactive puppet within the hand of modern science and technology which resultantly invites health issues, maladjustment, unsocial attitude, far from the blessing of Nature, depression, anxiety and over competitions. Thus, there is an urgent need to bring a positive change in our life style by realizing our SELF, connecting with the positive vibes through yogic practices. Research reveal that yogic practices lead to improvements in one's life in all the areas, reduces anxiety, enhances attention and emotional control.

It is essential to introduce Yoga as an integral part of curriculum at all the levels, especially for the prospective teachers who are being trained to design the future of our nation. Therefore, NCTE revamped the teacher-education curriculum and introduced Yoga Education in Two-Year B.Ed. Programme as a compulsory area of study through theoretical and practical inputs. Yoga will be significant for the overall personality development of prospective teachers, but it requires a serious and sincere effort not only by the learners but also by the teacher educators, teacher education institutions and the other facilitators.

2. YOGA: CONCEPT AND SIGNIFICANCE:

It is an ancient physical and spiritual discipline that originated in India more than 5000 years ago. Yoga is derived from a Sanskrit word 'Yuj' means joining (Yujyate anena iti yogah). The practice of yoga not only joints our body, mind and soul but also with the Universal SELF and realizes each of us as an essential part of cosmic system and thus, our role on earth is significant.

Yoga can be traced back to the Rigveda itself, the oldest Vedic text. According to the ancient beliefs, Shiva is considered as the father of Yoga. A number of seals and fossils remains in Indus Valley civilization, dating back to 2700 BC indicate that Yoga was relevant in Ancient India. About 4000 years ago Patanjali described the principles and features of yoga as 'Sutras' and considered it as a conscious process of gaining mastery over the mind. In Ashtanga, the

purpose of yoga is to burn the six poisons of heart- desire, anger, delusion, greed, envy and sloth. A comprehensive description of Yoga is well mentioned in the Bhagvadgita and Upanisads. Sri Aurbindo viewed that, "Yoga is a methodical effort towards self-perfection by the development of the potentialities latent in the individual. It is a process by which the limitations and imperfections can be washed away resulting in a Super Human Race".

Thus, Yoga contributes in the physical, mental, intellectual, emotional, spiritual and all-round personality development with unconditional stress management in an individual through Bhakti Yoga, Jnana Yoga, Raj Yoga and Karma Yoga. The goal of Yoga is purely psychological.

Therefore, Yoga Education in Two-Year B.Ed. Programme is to transform prospective teachers' strains into true realization of self which fully develops their innate potentialities for an absolute personality. As a spiritual scientific practice it carries a number of features which develops mastery over the mind, emotional stability, intellectual ability, creative power, high consciousness, tolerance, stress relief and healthy human body in prospective teachers. It is a practice of cleanliness of body, calmness of mind and purity of soul. Further yogic practices as Yama (universal ethics), niyama (individual ethics), asana (physical postures), pranayama (breath control), pratyahara (control of the senses), dharana (concentration), dhyana (meditation) and samadhi (bliss) help in emotional management in prospective teachers. Stress and anxiety have an adverse effect on personality which changes into many disorders as panic, obsessive-compulsive, phobias, social-anxiety, generalized anxiety disorder etc. Yoga Education prepares prospective teachers to overcome stressful situations and enable to shoulder the responsibility productively. Yoga develops a state of consciousness to promote productive tasks and resolve destructive actions around. A teacher requires to be healthy and energetic for better professional performance. Thus, introduction of Yoga Education in Two-Year B.Ed. Programme is an attempt to effectively work on the weak aspects of teacher education programme to maintain an absolute personality in prospective teachers.

3.YOGA EDUCATION IN TWO-YEAR B.ED. PROGRAMME-

Teaching is a task full of challenges as teachers the agent of promoting changes in existing practices, improving the quality of education of children and responsive to the needs of community which sometimes results high depression, anxiety and burnout feeling in them. So, it is the demand of time to train prospective teachers to practice yoga as an essential part for quality oriented teacher training. Therefore, NCERT introduced Two-Year B.Ed. Programme in its four RIEs from 1999-2000, later NCTE redesigned teacher education with New Regulation 2014 and Yoga Education has been made a compulsory part for all the teacher-educators and prospective teachers. Yoga Education in Two-Year B.Ed. Programme carries 2 credits. It is further divided into theory and practicum of equal weightage. But, since the practicum part takes more learning hours, it involves a total study time of 48 hours (16 for theory and 32 for practicum) where one credit is defined as 16 hours of study. The practicum includes time spend on practicing the Yoga like the Asanas, Pranayamas, Bandhas and Mudras (NCTE,2015).

In Two-Year B.Ed. Programme the modules for Yoga Education comprises total 4 units (3 theory and 1 practicum) with the objectives to understand the history of yoga, its importance, principles, types, Astanga Yoga of Patanjali and Hath Yoga, and demonstration of Asanas and Pranayama of Yoga Education. The 4 units under Yoga Education are described as-

- **Introduction to Yoga and Yoga Practices-** It contains scientific, spiritual and artistic concept of yoga from ancient to modern India with its chief principles. It also describes Patanjali's classical approach of Astanga and Hath Yoga which includes Kriyas, Asana, Pranayama, Bandha and Mudra, Dharana and Dhayana for the overall enlightenment of body, mind and soul. Further, it discusses the five entities for healthy human body- the prana, the apana, the vyana, the samana and the udyan.
- **Introduction to Yogic Texts-** It explains the significance of classical yogic texts. The Astanga Yoga (yama, niyama, asana, prnayama, pratyahara, dharana, dhyana and samadhi) is discussed with reference to Patanjali Yoga, which has four padas- the Smadhi, the Sadhana, the Vibhuti and the Kaivalya pada. It further contains Kriya Yoga of Patanjali and Hath Yogic, which carries various Hatha Yogic practices. Some texts are also focused related to Hatha Yogic practices like Hatha pradipika, Gheranda Samhita, Hath Rantavali, Siva Sumhita etc. for theoretical knowledge.
- **Yoga and Health-** This part explains a relation between yoga as a preventive and curative health care and health as scientifically defined by WHO. The unit also highlights the Panca Kosa and its role in obtaining positive health for prospective teachers.
- **Practicum-** Yoga Education is not limited to the theoretical aspects but practice is the main aim of Yoga. This unit contains the practical aspects of all the forms of yogic practices for healthy living and absolute self. Several types of yogic practices and precautions for practice and highlights the guidelines of do's and don'ts before doing it.

Thus, Yoga Education in Two-Year B.Ed. Programme is an initiative for resolving the problems of stress, anxiety, burnout due to the overburdened tasks and developing total personality of prospective teachers to transform their potentialities into action and thereby realizing the self.

4. ROLE OF YOGA EDUCATION FOR PROSPECTIVE TEACHERS:

Teachers are the reformer of society and prospective-teachers are the futurist leader being trained to promote changes in existing practices, bring improvement in the quality of education, responsive to the social and communal needs, having positive attitude towards profession, and the acquisition all is possible only with the association of yogic practices. NCTE viewed that yoga is a scientific system of providing excellence of a total human personality. The initiative of Yoga Education in Two-Year B.Ed. Programme plays a significant role for overall development of today's prospective teachers and tomorrow's nation builder. Some of the major roles of Yoga Education for prospective are for-

- **Intellectual Development-** In Teacher Education Programme prospective teachers learn various new theories and practical aspects which requires critical thinking, memory, observation, decision making, imagination and creative applications. Yogic practices such as Asana, Pranayama, Dharana, Dhyana help to develop concentration, memory and rational ability and help in intellectual ability.
- **Emotional Stability-** To handle and gain control over mental agitations, we use yoga technique for emotional stability. An emotionally stable prospective teacher will respect personal and others' emotions and work accordingly for the benefit of all.
- **Higher State of Consciousness-** A conscious person ever remains aware to promote productive tasks and resolve destructive actions around him/her. Yoga prepares prospective teachers to be fully conscious for the demand of students, society and nation and work productively for them.
- **Stress Relief-** Yoga is preventive and curative in nature. It prevents and cures the stress, tension, depression, unhealthy psychophysics and an incomplete human personality for a well developed personality in prospective teachers. So, Two-Year B.Ed. Programme prepares prospective teachers to come out from the stressful situations and enables to shoulder the responsibilities productively.
- **Creativity-** A creative mind is the engineer of innovative practices which promotes creativity in teaching and learning. Creativity in behavior and activity can be developed through yogic practices and meditation. Prospective teachers are instructed to be regular practitioner of yoga for thinking creative, teach creative and develop creativity in students.
- **Balanced Personality-** Personality is what we overall are. A teacher needs to have an attractive and attentive personality through his/her knowledge and their maximum application on himself/herself and others. Yoga activates our body, mind and soul to associate one's internal and external potentialities productively. Yoga Education in Two-Year B.Ed. Programme activates the personality of prospective teacher professionally.

Studies reveal that regular practice of Yoga brings a feeling of well-being, increases vital capacity, metabolic stability, acceleration in endocrinal functions, improvement in memory and excels academic performance. Thus, Yoga Education in Two-Year B.Ed. Programme places a significant role to prepare a teacher for the challenges of tomorrow.

5. SUGGESTIONS FOR EFFECTIVE IMPLEMENTATION:

A scholar rightly said that true Yoga is not just to shape our body but to shape or life, it is not to be performed but to be lived, it doesn't care about what you have been but cares about what you are becoming, it designed for a vast and profound purpose and for its essence must be embodied. Only the realization of the significance of yogic practices can change a lot. Yoga should be a regular and integral part at all the levels of education. NCTE put a foundation of Yoga Education in Two-Year B.Ed. Programme with a number of instruction, purpose and expectations which requires a sincere implementation with additional effort for better exposition. In this regard some suggestions are-

- Yoga Education in Teacher Education Programme should be sincerely regulated.
- Open discussion, conferences and workshops should be organized time to time for its significance and effective implementations.
- It is recommended that Teacher Education Institutions should be responsible for prospective teachers to get attached with any Yoga Institution for a certain period of time.
- More emphasis should be given on the practice of yogic activities rather than theoretical aspect, as it cannot be learnt through books.
- The units of practicum should be increased from one to two out of total four units with equal weightage in revamped B.Ed. Programme.
- Yoga teaching should also be included in the internship of prospective teachers during 16 weeks in III semester as other activities like community living camp and field works, and a proper supervision and profile maintenance of Yoga Teaching should also be done.
- The transformation of Yoga Education through trainer to prospective teachers and from prospective teachers to the students of designated school should be effectively imparted.
- Yoga camps should be organized time to time with the help of Teacher Education Institutions, Yoga trainer, teacher educator and prospective teachers at their nearby locality.

- It should be a regular task for prospective teachers as well as for the students of interned-schools during morning assembly.

6.CONCLUSION-

Yoga is not a work-out but a work-in to aware us to know what we already have and to be who we already are. Yoga Education in Two-Year B.Ed. Programme is for quality output in prospective teachers by reducing the resultant negative aspects related to teacher training programmes. It should be considered as a mile stone in the formation of successive teachers for tomorrow's challenges. Thus, plays a significant role in their overall social, emotional, person and education transformation. It should not be treated as a course to be completed, but a new dimension for life to be lived. Therefore, the initiation of Yoga Education in Two-Year B.Ed. Programme should be hearty welcomed as an effective practice for the union of body, mind and soul to empower prospective teachers for resolving their daily hurdles through scientific and spiritual ways. This is the reason, it is stated that 'Yoga is just inhale the future and exhale the past'.

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Importance of Meditation and yoga in Improving Life Style

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Abstract: Human being are made up of three components-

Body mind and soul corresponding these there are three needs-health, knowledge and inner peace. Health is physical needs knowledge is our psychological needs and inner peace is spiritual need when all three are present then there is harmony.

Yoga gives us relief from countless ailments at the physical level. The practice of the postures (asanas) strengthens the body and creates a feeling of well being from the psychological view point yoga sharpens the intellect and aid in concentration. The practice of breathing techniques (pranayam) calms the mind. In the realm of the spiritual yoga brings awareness and the ability to be still through meditation inner peace is experienced. Thus, yoga is a practical philosophy involving every aspect of a person's being. Yoga helps to discipline our sense of power with the power of own.

Today's health problems are mostly related to life style cardiovascular, heart disease, stroke and lung disease diabetes cirrhosis of liver, suicide and several forms of cancer are all related to unhealthy life style and behavior. Meditation and yoga when practiced together strengthen the mind body connection improving overall fitness and well being.

Keywords: Practical philosophy, Cardiovascular, Pranayam.

1. INTRODUCTION :

IMPORTANCE OF MEDITATION AND YOGA IN IMPROVING LIFE STYLE

: - Human being are made up of three components-

Body mind and soul corresponding these there are three needs-health, knowledge and inner peace. Health is physical needs knowledge is our psychological needs and inner peace is spiritual need when all three are present then there is harmony.

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Today's health problems are mostly related to life style cardiovascular, heart disease, stroke and lung disease diabetes cirrhosis of liver, suicide and several forms of cancer are all related to unhealthy life style and behavior.

Meditation and yoga when practiced together strengthen the mind body connection improving overall fitness and well being . Many styles of yoga combine meditation with the physical routines which use controlled breathing through out the yoga poses. Meditation and yoga when used consistently have proven health benefits. Tradition of teaching has a history of thousands years in India, established by rishis and munis, the gurukul were centre of learning, Where yoga and meditation was method of learning. Some definitions are quoted here about yoga. According to Holy Book Geeta : ;ksx% deZlq dkS"kye~A That is to say skillful work is yoga.

According to Patanjali: योगः चित्तवृत्ति निरोधः।

That is to say withstand mind towards world is yoga.

Meditation and yoga can contribute directly to improved mental focus and concentration among persons. Both yoga and most forms of meditation involves long deep slow breath as well as coordination of mental concentration with some kind of structured activity.

2. AIM OF THE STUDY: - The study emphasize mainly on the physical and mental health of youth of Ambedkar Nagar district in U.P.

3. METHODOLOGY :- SAMPLE: The Sample of the study consisted of 70 urban and 70 rural Locale of the age range 20-25 years, who were related from the city and village of Ambedkar Nagar at the state of Uttar Pradesh in India. Whom they care his health by doing meditation and yoga. These samples were related by the interview sampling technique. A normal group of 70 urban and 70 rural was also included in the study those were of the same age, Same education and same location but not caring health as controlled person.

4. ASSESSMENT TECHNIQUE :- Following tools was administrated to the 70 urban and 70 rural locale. Who was doing mediation and yoga also as well as 70 urban and 70 rural normal persons individually establishing adequate rapport with them.

5. TOOL :- Interview inventory Test

P.V. young says about interview “ A scientific method through which a person enters into the life of stranger”. Its is a process of social interaction between interviewer and interviewee.

6. DATA COLLECTION :- Data Collected by contact to each rural and urban individual on the basice of interview technique, after establishing the adequate rapport with each subject was administrated individually.

7. RESULT :- It was found that controlled group is better than normal group comparatively in physical and mental health.

8. CONCLUSION :- It was found that who did not pay heed on meditation and yoga, they could not improve their life style.

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Changing attitudes of college girls in society and role of yoga

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Abstract: *Present Indian society is undergoing changes, with the escalating role of women, increased individualism, and rising national self-importance. Indian Women are having a deep impact on their families and society. This paper attempts to understand the change in attitudes among students, especially college girls. It analytically features the changing trends among college students, particularly their attendance, commitment and persistence for the goals. It further discusses their inability to see the troubles they are experiencing—work pressure, time consumption and peer pressure - things that millions of others are experiencing simultaneously. More specifically, it advocates the need to transform the attitudes, of our youngsters in a direction that would facilitate appropriate development of personality. It critically presents rising necessity to address the attitude of young adults for healthy and peaceful living, thus these attempts give way to voice for the role of yoga for the college going girls, the subject of the present study. It advocates the importance of yoga to help them to alleviate from the commotion of modern life and to keep them mentally sound for effectively contributing to social and national development, as well as global understanding.*

Key Words:- Attitudes, College Girls, Yoga, Attitudinal Changes.

1. INTRODUCTION:

“I am no bird: and no net ensnares me: I am a free human being with an independent will.”

Charlotte Bronte

A human infant is born without any concept of him/her self, any attitude or value or value system. His/her self-concept and attitude towards other objects develops with his/her growth and interaction with role models in the environment. These role models can be the grandparents, parents, the peers or teachers among others. They are those who shape and tune a child's or an individual's character and personality in a particular way. If a parent appreciates the aged in the way she/he talks about them, and how they treat them, the children will also appreciate the elderly. Mead's (1934) - Interaction Theory.

In Indian society even in this age of space science and technology the impact of the patriarchal structure can be seen in rural and urban India, although in rural India it is much less visible than in urban areas. This is of particular concern, since much of India is rural despite the high rate of urbanization and expansion of cities.

Today Women have to increase their power not in terms of domination over others, but in terms of gain over their self-esteem and internal force. This means to have control over her life, experience a sense of self-confidence and self-worth. With the entry of mass media social structure is highly influenced with it as well as its dwellers. The **year 2014** saw a major national change with the digitalization and entry of 3G, new era of information emerged. The **advancement of technology** has helped build these movements into significant social and political forces and have influenced their internal strategies, organization, and leadership. This gave view of western women about their ideas, values, regard in society and thoughts. Also the women here who are confined by variety of social chains came to see it and thus were left to thought and reflect on it.

Knowledge of one's own society has been enhanced, often at the expense of traditional religious interpretations. As India is culturally very different from the west, it is vital that global models be customized to the Indian milieu and external influence may be given a right direction to create positive and favorable impact.

Today our young females too are growing up in a world of technological advancement, taking part in a development process that is simultaneously bringing people closer together and widening the gulfs between them. These young college girls are highly influenced by recent social changes and thus their behavior, priorities, values and attitudes are changing.

When we talk about attitudes, it means view, belief of an individual. All attitudes include beliefs, but not all beliefs are attitudes. The intensity of an attitude refers to the strength of the affective component – feeling for or against something or somebody. When specific attitudes are organized into a hierarchical structure, they comprise value systems. In the most general terms it can be said that an attitude is formed by the excitation of a *need* in the individual. This need may arise within the individual or be triggered by a relevant cue in the environment.

Kerlinger (1973) defines attitudes as an enduring structure of beliefs that predispose the individual to behave selectively toward attitude inferences. The intensity of an attitude refers to the strength of the affective component – feeling for and against something or somebody.

John f. Jones says that to effect the modification of behavior one must bring about a change in attitudes.

The change in the attitudes of these young college going girls was not all of a sudden. Various social modifications are responsible for this.

2. VARIOUS SOCIAL MODIFICATIONS RESPONSIBLE FOR ATTITUDE CHANGES AMONG COLLEGE GIRLS:

2.1 CONTINUOUS URBANIZATION: development work in cities and towns with more new buildings, complexes, job opportunities. This is impacting specially the life style of the young girls.

2.2 FAMILY STRUCTURES: more nuclear than joint.- nuclear family structure is more prevailing everywhere now. This too has deeply impacted the thought process of young girls of today.

2.3 MASS MEDIA: The new mass media have helped "create" the new social movements. The mass media Coverage and the instant attention gained through modern communications technologies are the enormous and showy.

2.4 COMPUTERS AND NEW TELECOMMUNICATIONS TECHNOLOGIES: They became the means of increasing indirect relationships and also contributes to a shift in balancing between two qualitative kinds of indirect relationships.

2.5 MOBILE, INTERNET: Cell phone access and use has alleviated time and mobility constraints for college going girls as well as for women from all walks of life by increasing the ability to coordinate their family and work lives, reducing the cost of money transfers, and cutting down the physical labor.

New informational technologies are used to organize more of social life through indirect relationships, to extend the power of various actors, to coordinate social action on a larger scale, or to intensify control within specific relationships. This broad set of potential can indeed be socially transformative; the technologies are, powerful. To name a few like: 1 social media, social software, chat groups, social groups, and e-governance.

2.6 TELEVISION: The daily sops and the high class life has impacted their outlook. It has highly impacted the young minds of girls. It has influenced their everyday life deeply. Popular game shows like Kaon Banega Crorepati actually made it seem possible that your fortunes could turn over a few games. The attires of daily sops are searched even in the rural markets.

2.7 GLOBAL CULTURAL CHANGE: International cultural diffusion is manifesting today itself as a kind of "culture of modernity," that visualizes economic development, political participation, cultural pluralism, and other values as cultural ideals.

2.8 NEW GOVERNMENTAL POLICIES: Such as education for all, sukanya yojana, Suvacch Bharat Abhiyaan, skill India , digital India etc has helped the regional females to an extend that they are skilled, literate, and could perform many activities digitally now than ever before.

2.9 RISING INCOMES. Girls are now in forefront of employment bench. This has enabled the college going young girls to plan their future prospects accordingly. : With the availability of jobs for woman the family as well as their personal income has risen.

2.10 HEALTH CARE: Various kind of governmental schemes for females have provided them a better life. Thus raising their will power and confidence to achieve bigger in life. such as Janani Suraksha Yojana, Ladli Yojana.

2.11 EDUCATIONAL OPPORTUNITY:- The literacy drives are a part of the governmental effort to improve the quality of life of the people, taken up in the wake of development. The course is meant to give girls the experience of evaluating new and current knowledge.

2.12 JOB OPPORTUNITIES: The demand for female workers in the export and ICT-enabled sectors has increased new jobs, employment across various sectors and across countries. services like banking, insurance, printing, and publishing—are mainly taken up by women. In the past 15 years, the spread of ICTs has expanded these trades.

3. CHARACTERISTICS OF ATTITUDINAL CHANGES: Unpredictable and gap creator are its basic features.

4. OBSERVATIONS AND DISCUSSION:

It has been observed that present day college girls are highly influenced by the modern technology and are dependent on it. They tend to devote lot of time to it. Therefore they learnt to enhance their knowledge through it. So present day college going girls are confident, observant, quick receiptants and responsible too, if assigned a task.

When it came to styling and latest trends they seemed to be highly interested as well as possessed keen knowledge of it irrespective of the geographical boundaries. The study also shows that the charm of online shopping is increasing among the girls. They do not hesitate in shopping online things for themselves. Impact of media has changed their views towards latest dances and songs.

A further hallmark of modern societies is the high degree of individualism and the desire for self-realization on the part of their citizens. This too is outstandingly visible among the subjects.

This increased individualism has given rise to anxieties about future prospects for life. Individualism is accompanied by a loss of community commitment and loneliness on the part of the youngsters. The attitudes towards life by the youth determine the way they value it. With changing attitudes among young females of today, mental pressure has increased. They take their attendance, future prospects more lightly than their commitment with peer members. The effects of new technology, most prominently computers and related information technologies is indeed powerful, such accounts of a qualitative break with the previous two hundred years of modernity are misleading. Their time consumption in mobile and internet, peer- pressure and harsh hardships of everyday life has made them short tempered, egoistic and indifferent towards others. The High mental pressure, Multitasking need of the time, caused an inner conflict of Attitudes, values, thus impacting their opinions. The negative impact cannot be ignored. It is straying the young folk from its cultural roots. They are also unable to protect themselves from the cyber-crime now getting its roots deeper. This must be taken care of so that a healthy mental growth may take place.

Once underlying factors causing negative attitudes towards something or somebody are unearthed, addressed or removed, the negative attitude is most likely changed to positive attitude. This could be attained by motivating these young girls to make yoga a part of their daily life.

A way has been found! A way out of all this darkness!" That way is Yoga!

Yoga is as old as the Universe, for it is both the Path and the Goal. Yoga has many physiological and psychological benefits. Numerous studies have asserted that yoga practice improves flexibility and strength (Cowen & Adams, 2005; Schure, Christopher & Christopher, 2008).

5.IMPORTANCE OF YOGA FOR COLLEGE GOING GIRLS

Yoga is an ancient Indian Science and way of life, which includes the practice of specific postures, regulated breathing, and meditation (Taimini, 1961).

Yoga is the science of right living and, is intended to be incorporated in daily life. It works on all facets of the person: the physical, mental, emotional, psychic and spiritual. The word *yoga* means 'unity' or 'oneness' and is derived from the Sanskrit word *yuj* which means 'to join'. This unity or joining is described in spiritual terms as the union of the individual consciousness with the universal consciousness.

The world that we perceive and experience (around and within us) is one reflected by our own minds. While moving along this path one gets benefits such as good physical health, a peaceful mind, balanced emotions and in consequence harmonious relations with others and greater efficiency in action. Hence the popularity and awareness about yoga is growing.

A restless mind is like a lake, constantly stressed by the storms of desires, creating thought –waves of varied intensities. Because of this continual agitation, our true self at the bottom of the lake cannot be seen. When the mind is in meditation it takes the form of this single thought - wave.

The five characteristic features of meditation (*dhyāna*) are (i) single thought, (ii) effortlessness, (iii) awareness, (iv) slowness and (v) expansiveness.

Whether our problem is physical or mental, it does not matter, for yoga can help us. If it is mental peace we want or improved concentration or willpower, then definitely yoga can help, for the very core of yoga is knotted up with these abilities. Many people have unacceptable relationships friends or colleagues. The practice of yoga will help to put these connections on a sure, positive basis. Remember, a bond improves in depth of understanding according to the level of self-awareness. Yoga aims at empowering us to know ourselves and to see our shortcomings and nature in others. In this way, accepting arises and through this our personal relationships will improve.

It was Shakespeare who said: "There are more things in heaven and earth . . . than are dreamt of in your philosophy." We must keep our minds open to new possibilities. It is yoga that shows us a way.

What is most needed is to alter the personality, especially the attitudes, of our young females in a course that would facilitate apt development of persona and attitude for healthy and serene living, and for efficiently contributing to social and national advance, and global understanding. This also involves development of domain-specific awareness and competencies and social/life skills in tomorrow's responsible young ladies. Yoga is the single most area of learning, which is capable for effecting total development of human persona. Yoga has its roots in Indian culture and civilizations, and it is scientific in method, content like any other academic discipline. Its claims are provable in the same way as those of physics or medicine.

The basis of Yoga is search for happiness. But we search happiness in the objects of senses. The happiness is right within us. It is in silencing the mind. It is the state devoid of thoughts. It is a state of *Bliss, Freedom, Knowledge*

and *Creativity*. The Upaniṣads also propound that this original state of *Silence* is also the causal state of the entire creation. All those who are in search of greater and permanent happiness and bliss, those who seek knowledge, those who want to be totally free and who aspire to become more and more creative will have one single aim to reach, that is *Silence*, a state with no thoughts! This happens when we tune ourselves to that blissful inner awareness.

"Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of today and the culture of tomorrow." Swami Satyananda Saraswati

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Yoga Education for mental health and peace

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Abstract: *Yoga practice helps develop the body and mind bringing a lot of **health benefits** yet is not a substitute for medicine. Weight loss, a strong and flexible body, glowing beautiful skin, peaceful mind, good health – whatever you may be looking for, yoga has it on offer. However, very often, yoga is only partially understood as being limited to Asanas (yoga poses). As such, its benefits are only perceived to be at the body level and we fail to realize the immense **benefits yoga** offers in uniting the body, mind and breath. When you are in harmony, the journey through life is calmer, happier and more fulfilling- All-round fitness, Stress relief, and Inner peace, improved immunity, living with greater awareness, Better relationships, increased energy, better flexibility & posture. With all this and much more to offer, the benefits of yoga are felt in a profound yet subtle manner. **Yoga for all-round fitness** - As Sri Sri Ravi Shankar puts it, “Health is not a mere absence of disease. It is a dynamic expression of life – in terms of how joyful, loving and enthusiastic you are.” This is where yoga helps: postures, pranayama (breathing techniques) and meditation are a holistic fitness package. The benefits accrued by being a regular practitioner are numerous. Some very discernible ones are: Improves health, Gives mental strength, Improves physical strength, Protection from injury, Detoxifies the body. A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily - in both the body and mind. Yoga postures, pranayama and meditation are effective techniques to release stress. We all love to visit peaceful, serene spots, rich in natural beauty. Little do we realize that peace can be found right within us and we can take a mini-vacation to experience this any time of the day! Benefit from a small holiday every day with yoga and meditation. Yoga is also one of the best ways to calm a disturbed mind.*

Keywords: *Stress, Pranayama, Detoxifies.*

1. INTRODUCTION:

Mental peace and stability are the major attributes of sound mental health. When one becomes mentally disturbed, the heart over functions. Stress and strain are the number one risk factor for emotional disturbances. Worry of modern life directly affects man's mental health. Sound and positive mental health are possible only in the absence of tension, stress and strain of life. Positive mental health is a treasure. It is characterized by calmness, cheerfulness, and happiness. Most of us do not qualify in all attributes of total positive mental health. The practice of yoga-meditation is the strongest foundation for building the base of one's positive mental health.

2. YOGA-MEDITATION:

The 20th century is observed as the age of stress and anxiety. Scientific studies have shown that there are many factors which predispose to many physical and mental diseases. Furthermore, there are definite factors for the formation of negative attitudes and health. The report of an expert committee convened by WHO indicated lifestyle and behaviour as important catalysts in causing and preventing mental and heart disorders. Stress and strain of life is one of the chief mental factors for poor mental health and happiness. Anxiety, unwanted tensions, and negative thoughts are also major factors for the development of negative mental health. Many factors are man-made factors which are preventable, mental tension, emotional disturbances, and anxiety is risk factors for so many heart disorders as well as mental disorders.

Yoga-meditation is the latest technique to ensure a healthy mind. The practice of yoga discards waste thought leads to harmony between mind, intellect and desires. The experience of this peaceful state brings a natural power of concentration. Yoga is the art and science of living. The evolution of the human mind and body is its concern, and therefore, incorporates a system of disciplines for furthering an integrated development of all aspects of a human individual. Due to modern education productivity, creativity and resources are increasing, but on the other hand, the man is on the verge of losing moral, religious, cultural and social values which are the most important integral parts of education system. Due to modernization, man is not getting peace of mind, becoming violent, aggressive as well as physical and mental disorders are increasing. The reason behind these events is the man's disturbed awareness created

due to the disintegration of physique, mind, intellect and spirit. In this context yoga is to be integrated in modern education because yoga has the complete message for humanity, human body, and human mind and for human spirit. The meaning of integration of yoga in modern education is the harmonization of aims and objectives of traditional and spiritual values with the values of science and technology to recognize man as a “whole man,” gives the power of self-expression and self-realization.

That's why modern educationists are taking interest in improving the quality of education with the help of yoga system. The education system, not only in India but the modern globalizing world also really is in great need of taking the help of yoga system. It is seriously being felt that besides the development of national strength and scientific mentality among the students, the aim of education should be the liberation of mind and soul as well. Yoga education has been referred to as the training and teaching process of yoga, though it should also be seen as the application of yoga techniques to bestow better support to the education process. The target of both the disciplines is the same and that is an enhancement of socially useful potentials of human personality. To achieve this target, the system of yoga lays foundation stones whereupon the education system may flourish in all areas. Modern educationists are taking interest in improving the quality of education with the help of the yoga system. Therefore, it is a high time to think seriously on inclusion of yoga and yogic values in the education system. Yoga in education should lead to the development of harmonious personality and behaviour at all the levels.

The aim of health education is to help people achieve health by their own actions and efforts. Health education begins therefore with the interest of people in improving their condition of living and aims at developing a sense of responsibility of their own health betterment as individuals and as members of families, communities or governments says World Health Organisation. Good Health is a prerequisite to human productivity and the development process. A healthy community is the infrastructure upon which to build an economically viable society. The progress of society greatly depends on the quality of its people. Health is man's greatest possession for it lays a solid foundation for his happiness. Charaka, the renowned physician said 'Health is vital for ethical, artistic, material spiritual development of man'.

It has been rightly said that health mind is in healthy body. Therefore, the student of higher education must be made aware of importance of health and so health education must be imparted to students the unhealthy practices like smoking drinking taking of drugs etc., would make the life of youth miserable.

The concept of positive health and lifelong learning are relatively new concepts, which need to be promoted. Yoga helps in the overall development of the personality of an individual is achieved through higher education using an affective domain in addition to cognitive skills.

Health education aims at promoting the greater possible fulfilment of inherited powers of the body and the mind and the happy adjustment of individuals to society. It is educational approach to health problems and as such is concerned with practical measures for the promotion of health and the control and treatment of disease. —WHO.

It has been rightly said that healthy mind is in healthy body. For this health education must be imparted to students otherwise the unhealthy practices like smoking, drinking, taking of drugs, etc. would make the life of youth miserable.

Health Education is the sum of experiences that favorably influence habits, attitudes and knowledge relating to individual, community and racial health. Health Education has been an integral part of the functions of health personnel since time immemorial to educate the people pertaining to factors that influence their health.

3.IMPORTANCE OF HEALTH

Good Health is a prerequisite to human productivity and the —development process. It is essential to economic and technological development. A healthy community is the infrastructure upon which to build an economically viable society. The progress of society greatly depends on the quality of its people. Unhealthy people can hardly be expected to make any valid contribution towards developmental programmes. Health is man's greatest possession, for it lays a solid foundation for his happiness.

Health is fundamental to the national progress in any sphere. In terms of resources for economic development, nothing can be considered of higher importance than the health of the people that is a measure of their energy and capacity as well as of the potential person-hours for productive work in relation to the total number of persons maintained by the nation.

As such good health must be a primary objective of national development programmes. World Health Organisation also said, —The aim of health education is to help people achieve health by their own actions and efforts. Health education begins therefore with the interest of people in improving their condition of living and aims at developing a sense of responsibility of their own health betterment as individuals and as members of families, communities or governments. —

The World Health Organisation defined as —a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity. —

Thus, good health is a synthesis of physical, mental and social well-being. As stated in First Five Year Plan – Health is a positive state of well-being in which harmonious development of mental and physical capacities of the individuals lead to the enjoyment of a rich and full life. . . . It implies adjustment of the individuals to his total environment—physical and social

4.SIGNIFICANCE OF YOGA EDUCATION:

Yoga education must be imparted keeping in mind latest developments in the field of health. Life is changing fast and the individuals must be educated in the new technology. Effective yoga education, therefore, requires a continuous stream of knowledge, development of the people's ability to absorb it, and decisions taken based on a constantly changing body of information.

Health education helps to

- ☐ Provide a person with appropriate knowledge to enjoy decent health
- ☐ Create in him an interest in his own health and well-being and also health of his family members and those living in his surrounding
- ☐ Provide knowledge about the occurrence and spread of disease and also preventive measures
- ☐ Create in him a desire to support health education programmes in his area
- ☐ Have change in his habits and attitudes
- ☐ Inculcate positive values to improve his health
- ☐ Modify his customs and behavior
- ☐ Enjoy personal hygiene and nutrition
- ☐ Impart knowledge of modern medicine and use of health services
- ☐ Educate about mental health
- ☐ Educate about human physiology, communicable diseases, alcohol and drugs
- ☐ Provide knowledge of environmental sanitation.

Making a change in knowledge, habits, attitude and customs is not easy. It is a difficult process. Health education programmes must involve a lot of motivation to break the person's habit and attitudes etc and bring him into a desired practice. In this aspect, spiritual dimension is highly influential to have desired behavioural change. Here comes the Yoga education, a holistic value for health education as one of the method of health education.

5.YOGA EDUCATION:

Yoga helps in the overall development of the personality of people. The concept of positive health and lifelong are relatively new concepts which need to be promoted. An overall development of the individual is intended to be achieved through higher education using an affective domain in addition to cognitive skills.

India, known for its wisdom, has given us the Upanishads, the quintessence of the Vedas, and a saga of knowledge. From these books of knowledge – Vedas, Upanishads, Yoga texts – are emerging new rays of hopes that are essential to face the new revolution. The two major challenges of this era of science and technology – viz. stress and pollution have become the true triggers for the new revolution. If pollution is working at the material front to direct man towards better ecological and appropriate technology, the challenge of stress is shaking the very foundations of the matter- based objective approach of science. As we glide through the decades of transition, our understanding is bound to encompass a greater spectrum of the universe – life, mind, psyche, etc.

The following are the problems of the students of higher education

- ☐ Aimless life.
- ☐ Lack of interest in studies.
- ☐ Lack of enthusiasm and eagerness.
- ☐ Affluent environment leading to alcoholism, smoking, gambling, etc.
- ☐ Irregular food habits.
- ☐ Lack of exercise and games.
- ☐ Lack of reading habits.
- ☐ Lack of peace.

6.BENEFITS OF YOGA:

At the physical level, yoga and its cleansing practices have proven to be extremely effective for various disorders. More importantly, yoga is extremely effective in:

- Increasing flexibility
- Increasing lubrication of the joints, ligaments and tendons, weight reduction
- Massaging of all organs of the body • The maintenance of balanced metabolism
- Complete detoxification
- Cardio and circulatory health
- Excellent toning of the muscles
- Improved respiration, energy and vitality protection from injury
- Yoga through meditation works remarkably to achieve this harmony and helps the mind work in sync with the body.

In fact yoga-meditation, because both work together in achieving the common goal of unity of mind, body and spirit a state of external bliss. The meditative practices through yoga help in achieving an emotional balance through detachment. What it means is that meditation creates conditions where you are not affected by the happenings around

you. This, in turn, creates a remarkable calmness and a positive outlook, which also has tremendous benefits on the physical health of the body.

Having seen this, it is educative to note why the ancient yogis performed yoga and the interdependence of yoga-meditation. The ultimate goal of the yoga of the yogis was “self-realization” or enlightenment, a concept which perhaps is quite esoteric. But what is interesting is that of this they had to meditate for extensive spells of time days, weeks and much more. This required tremendous physical fitness, energy and the capacity to subsist on next to nothing. Yoga positions or asanas provided them the fullest fitness. With the least metabolism or stress and meditation to turn provided them the strength and will be perform these asanas effectively a virtuous cycle of cause and effect. The mutually symbolic relationship helped them in their path. Aside from the array of physical benefits, one of the best benefits of yoga is how it helps a person manage stress, which has been known to have devastating effects on the body and mind. Stress can reveal itself in many ways including back or neck pain, sleeping problems headaches, drug abuse, and an inability to concentrate. Says Dr. Nevins “yoga can be very effective in developing coping skills and reaching a more positive outlook on life.” Unlike more traditional forms of exercise, yoga incorporation of meditation and breathing help a person improve his/her mental well-being. Dating back to ancient times, the meditation has long been used as a method of tackling stress, achieving clarity and improving health. The Buddha is one of the most popular meditative icons and the practice helps people to achieve balance physically, mentally, and emotionally.

There is a huge amount of evidence to show that meditation has wide-ranging benefits and it is regularly used as a tool to treat depression, anxiety and stress. When things are getting on top of you, spending a few minutes meditating can calm you down ease headaches and also boost your immune system. Meditation can seem quite daunting to beginning without rather than being a complicated process, it is simply matter of taking some time away from the demands of everyday life and clearing your mind. There are many different ways to approach meditation but the “quiet mind” method is a good place to start.

- Find a quiet space; one of the best things about meditation is that you can do it anywhere, whether it’s a 5 minute session before a big work meeting or a confidence boost ahead of a big date. It can also be used when trying to make an important decision as it clears the mind and helps achieve clarity.
- Relax into a comfortable position; again this is down to personal preference. Sitting cross-legged on the floor is a popular choice as it is said that by aligning the spine and opening the channels that run through the center of the body, upright sitting encourages an unimpeded circulation of energy. Once you have found your position, let the tension leave your body and try to clear the noise in your head. It is easy to get distracted at the beginning but if thoughts start creeping in, just concentrate on your breathing and start again. Some may find it easier to focus on something while they meditate. If this is the case, try looking at a candle or repeating a mantra to calm the mind and drown out the surrounding sounds.
- Focus; once you have found a relaxed, meditative state, take some time to enjoy the peace, and let your mind subconsciously work through the issues that may be bothering you. Meditation can help to put problems and worries into perspective and give you an inner calm. It appears that scientific evidence of meditation’s powers continues to add up. Meditation, in a way, is like exercise for our brains: It’s been shown to assist in mental health maintenance, improve our memory, empathy, and sense of self-similar to how exercise boosts our residence, muscle strength, cardiovascular health, and blood presser/cholesterol. “Although the practice of meditation is associated with a sense of peacefulness and physical relaxation, practitioners have long claimed that meditation also provides cognitive and psychological benefits that persist throughout the day.” Dr. Britta Halzel reported that it was fascinating to see the brains plasticity and that, by practicing meditation we can play an active role in changing the brain and can increase our well-being and quality of life. Another recent study examining the health benefits of positive thinking found that mindfulness exercises like meditation or yoga actually changed the length of telomeres in breast cancer patients which works to prevent chromosomes from declining. And in the past, researchers have found that people who practiced meditation or yoga actually had different brain structures than people who didn’t. Indeed, the notion that meditation can foster improved sense of self, compassion, happiness and focus is thousands of years old, but it’s only now that science has begun backing it. These can be practiced and experienced by every person individually. So that they reap the benefits of yoga.

The concept of positive health and lifelong learning are relatively new concepts, which need to be promoted. Yoga helps in the overall development of the personality of an individual is achieved through higher education using an affective domain in addition to cognitive skills. Yoga deals with the problems of human nature and human psychology through a vast repertory of practical methods that aim towards purification, regulation and awakening of human potential. At present, yoga is passing through a momentous period of growth consolidation and expansion with its rapid integration into modern society.

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**International Seminar on
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Importance of yogic life style to attain state of wellbeing

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Abstract: Spiritual knowledge and its applications is necessary in our day-to-day life. All the yogic literature is the applicative part of spiritual practices. In Indian subcontinent many scholarly philosophies evolved with time and Yoga is one of them. Four major types of Mahayoga described in ancient and contemporary yogic texts are Hathayoga, Rajayoga, Mantra yoga and Laya yoga.

मंत्रयोगो लयश्चैव राजयोगश्चतीयकः ।

हठयोगश्चतुर्थः स्यात्प्राणिनां मोक्षदायकः ॥ (Hatharatnavali 1/8)

“Mantra yoga, Laya yoga, Rajayoga and Hath yoga gives liberation to all beings.” (1)

Yogic life style can be divided into four segments to include four types of Mahayoga in day to day life. Whole mankind is suffering from plethora of illness because of imbalance in their food habits, sleep cycle and quality and so called modern life style. In this age of growing technology a holistic yogic life style is the need of hour. A lifestyle which can give overall excellence to human (physical, mental, emotional, intellectual, social and spiritual) capabilities to the fullest extent. Our ancient seers, sages and scholars have done extraordinary work for the wellbeing of mankind. For holistic wellbeing our food, sleep, body, mind, emotions and thoughts need to be in sync and harmony with nature. In the yoga food becomes prasadam, sleep becomes yoga Nidra and body, mind and emotions become instruments of divine connection.

Elements of yogic lifestyle

1. Yogic exercise (physical fitness, health)
2. Yoga Sadhana (mental and emotional purification)
3. Yogic life (holistic living)
4. Yogic impressions (cultivating Yogic Samskar and spiritual living)

In this article a model of yogic life style has been proposed to achieve a state of complete wellbeing, and to prepare body to realise our true self (Brahma) for everyone irrespective of religion, nationality, caste, creed, sexual discrimination and belief systems.

Keywords: Yoga, Yogic Life Style, Food, Yoga Nidra. Mahayoga.

1. INTRODUCTION:

Now a days yoga has become the safest means of achieving and maintaining good health. It is not hyperbole to say that in the coming time yoga will be the most dominating culture around the world for seeking solutions of all problems of human health. To prevent and cure all types of ailment and illness, Hatha yoga proposes most scientific techniques to attain absolute balance of body and mind.

हकारेणोच्यते सुर्यश्चंद्रसंयुक्तः । चंद्रसूर्ये समीभूते हठश्च परमार्थदः ॥

युवा भवति ब्रह्मो अपि व्याधितो दुर्बलो अपि वा । अभ्यासात् सिद्धिमाप्नोति सर्वयोगेश्वरतन्द्रियः ॥ (Hatharatnavali 1/22,23)

‘Ha’ stands for surya (Sun), while ‘Tha’ stands for Chandra (Moon). When through Hatha (practices) Chandra and Surya are unified, it yields to liberation. Through a diligent practice, one attains success in all the yogic practices, irrespective of one’s being young, old, diseased or decrepit. (1)

From the above verse we understand one simple thing that hatha yoga is very right approach of gaining physical and mental health.

Shiva Samhita states clearly:

अरोगित्वमदीनत्वयोगिनस्तत्त्वदर्शिनि: 44/3||

The yogi (who has mastered the practices of 'Kumbhaka') acquires a disease-free and sorrow-free states. (2)
But yoga is not limited only to make your body healthy. It is the greatest tool for spiritual transformation.

योगश्चित्तवृत्तिनिरोधः (Patanjali Yoga Sutra 1 / 2)

“Yoga is the restriction of the fluctuations of consciousness.” (3)

Yoga is a journey from body experience to infinite Brahma. There are several types of Yoga such as Gyana, Bhakti, Karma, Kundalini, Naad, Laya, Siddhayoga, Tantra Yoga etc. To reach such state much more systematic efforts, persistent practice and right attitude is required. Yoga should be the way of living. Since we cannot adopt the ancient way of living to achieve benefits of Yoga but we surely can adopt a kind of life style which is conducive and practical for modern life circumstances. In our daily living we can inculcate 4 types of practices to gain all benefits of yoga. Today yoga is rightly recognised as life style medicine or integrated medicine. So integrated yogic practice is our need of the hour to move from disease to wellbeing and body to Brahma.

Four elements of proposed yogic lifestyle are

1. Yogic exercise (physical fitness, health)
2. Yoga Sadhana (mental and emotional purification)
3. Yogic life (holistic living)
4. Yogic impressions (cultivating Yogic Samskar and spiritual living)

i. **YOGIC EXERCISES (ASANA, SHATKARMA, SURYA NAMASKAR):**

Benefits of doing asana (poses) and surya Namaskar are known to the whole world. To gain optimum health benefits few asana must be practiced daily- Tadasana (10 times), Tiryak Tadasana (side stretching-10:10 times), katichakrasana (spinal twisting 10:10 times), Hastotthanasanapadhasana (backward forward bending 10 to 20 times with special care of lower spinal problems). Surya namaskara 6 to 12 rounds per day. After this Shavasana must be practiced for at least 10 minutes.

These practices are highly beneficial for heart, lungs, kidney, body muscles and hormones. A study was done in Australia about yoga and asthma by Rosalba Courtney and results were significant. (4)

In Australia, US and in many countries around the world yogic life style and yoga is considered as life style and Integrated medicine. These countries and their main stream health experts are very enthusiastic in yogic sciences. They are doing remarkable research producing authentic evidences. There are countless evidences that have come to notice that Yoga helps to overcome almost every psychophysiological problem.

ii. **YOGA SADHANA (MENTAL AND EMOTIONAL PURIFICATION)**

Yogic scriptures describe that Yoga is related to human's behaviour. In Patanjali Yoga Sutra it is stated that. (5)

अहिंसासत्यास्तेयब्रह्मचर्यापरिग्रहयमाः 2/33

अहिंसाप्रतिष्ठायामतत्सन्निधौ वैरत्यागः 2/35

If a yogi is firmly established in Ahimsa then other living beings should or abandon the hostility in his vicinity. (6)

मैत्रीकरुणामुदितोपेक्षाणामसुखदुःखपुण्यापुण्यविषयाणामभावनातश्चित्तप्रसादनम्

Patanjali Yog Sutra 1/33

Attitude of being friendly for happy, compassionate for grieved, welcoming for righteous and avoidance for ignorant people, leads to purity of mind (chitta). (7)

So yoga is not only the physical exercise but a holistic way of living. This yogic life includes care for environment and surrounding, compassion for every being, emotional intelligence, positive thinking and right attitude for self. Yoga leads human mind into higher awareness, and this higher awareness gives better experience of living.

Srimadbhagwat Gita states:

योगस्थः कुरु कर्माणि सङ्गत्य क्त्वा धनं जय

सिद्धयसिद्धयोः समो भूत्वा समत्वं योग उच्यते 2/48

By being established in Yoga, O Dhananjaya (Arjuna), undertake actions, casting off attachment and remaining detached in success and failure. Equanimity is called Yoga. (8) (9) Yoga sadhana is daily practice of maintaining balance of body mind and breath to realize the true self. The word sadhana means to gain balance. The practices of asana and pranayama gives enhanced capacity to lungs and calm and concentrated mind. (10) (11)

To understand the true nature of mind and yogic Sadhana Sri madbhagwat Gita is a standard text book of yoga and most probably the first book of psychological counselling for confused mind. (12) (13)

Mind is the product of conditioning with the surrounding and environment. Early rishis, munis and yogis found the ways of living the life to fulfil the gaps of ignorance with wisdom. Meditation and pranayama are the most powerful tools to tackle monkey mind. To gain deep meditative states persistent practice is the only key of success.(14)

Early morning prayers and meditation: our mind has different levels for different work patterns. Mind has three layers of depth; conscious mind, sub-conscious mind and unconscious mind. When we wake up from sleep in the morning time, in that time for initial few minutes mind remains in sub-conscious state. This state is very potent to make our mind conditioned with anything. So morning mantra chanting or prayers or meditation is very powerful process to awaken inner energies at this time.(15)

On the path of yoga many people understand that God realisation or self realisation is the only aim of Yoga, it is like that a blind man desires to see the sun. This is not right approach. Actually that blind man needs vision or eyesight which is his basic need. After that he is free to see the sun, moon, stars,. So the right practice of yoga gives us the vision. With this vision we are free to see and learn within self or around infinite universe. When mind works very little of its total capacity through the conscious mind. Subconscious mind is very powerful. If it is trained and conditioned properly, it creates tremendous positive change in life. So the morning prayers, meditation is a great beginning of the day.(16)

iii. YOGIC LIVING: Bhagwat Gita says.

युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु

युक्तस्वप्नावबोधस्य योगो भवति दुःखहा॥6/17

He who is regulated in his habits of eating, sleeping, recreation and work can mitigate all material pains by practicing the yoga system. (17)

So yoga is complete life style, it includes behaviour, food habits, balanced actions and activity, balanced sleep and awakening, so Yoga is 24/7 process of life. But one has to develop a higher sense of awareness to remain in this way of living. Patanjali yoga sutra states that:

On being firmly established in honesty all gems present themselves. (2/37)(18)

On being firmly established in brahmacharya, capability is gained. (2/38)(19)

So being established into honesty needs a higher sense of awareness. Now we come next and most important point of life that is food. Yoga has its own concept of food. In yogic text it is written that body and mind is made of food. In Bhagwat Gita three types of foods or diets have been discussed. These are Satvik, Rajsik and Tamsik. Satvik(almost boiled and minimum spices) food is considered as Yogic diet. Whereas rajsik(fried and spicy) food is for hardworking people like farmers, labourers, sportsperson etc. and tamsik diet is for no one because it has no health benefits. More rajsik food causes obesity and most of psychophysiological disorders.(20)

आहारस्त्वपि सर्वस्य त्रिविधो भवति प्रियः। यज्ञस्तपस्तथा दानं तेषां भेदमिमं शृणु॥ Bhagwat Gita 17.7:

The food persons prefer is according to their dispositions. The same is true for the sacrifice, austerity, and charity they incline toward. (21)

आयुः सत्त्वबलारोग्यसुखप्रीतिविवर्धनाः। स्याः स्निग्धाः स्थिरा हृद्या आहाराः सात्त्विकप्रियाः॥ BG 17.8: Persons in the mode of goodness prefer foods that promote the life span, and increase virtue, strength, health, happiness, and satisfaction. Such foods are juicy, succulent, nourishing, and naturally tasteful. (22)

Yogic sleep(yoganidra) : the concept of yoga nidra is very ancient in India. It is said in Bhagwatpuran that Lord Vishnu is always or most of the time in yoga nidra. Yoga nidra is also mentioned in sridurgasaptashati

उत्पन्ने तितदालोके सान्त्वित्यभिधीयते। योगनिद्राय द्वाविष्णुर्जगत्येकार्णवीकृते॥ श्रीदुर्गासप्तशती 66/1

When this whole creation was merging into source then Lord Vishnu was taking Yogic sleep on bed of Sheshanaag 2)3(

या देवी सर्वभूतेषु निद्रारूपेण संस्थिता। नमस्तस्ये नमस्तस्ये नमस्तस्ये नमो नमः॥ श्रीदुर्गासप्तशती 23 /5

The Divine Goddess who resides in all beings in form of sleep. I bow to that infinite power.(24)

Swami satyananda describes the benefits of yoga nidra in detail in his great work YOGA NIDRA (25) and this practice must be done daily in the evening time after coming from office, work. In the history many great people practiced yoga nidra like – Mahatma Gandhi, Napoleon, former president of Colombia.(27)

It is well known to almost every yoga practioner that Swami Niranjanananda Saraswati of Bihar school of yoga never went formal schools or institutions but he is one of the most knowledgeable yoga Guru of world. This is because of his Guru's teaching of Yoga nidra.(27)

Meditation before sleep: after spending whole day in different works we face many positive and negative moods, and we accumulate different mental blockages.(28) So pre bed meditation is very powerful tool to shred all the influences of mind. In this meditation mind enters into deep relaxed state. This gives deep sleep and great health. Regular practice of late evening meditation changes responses and reflexes.

So in short awareness has to be developed over time even during eating, walking and in all different phases.(29)

iv. YOGIC IMPRESSIONS(CULTIVATING YOGIC SAMSKAR AND SPIRITUAL LIVING)

The term yogic impression simply indicates that yoga and yogic life style become easy continuous and ongoing effortless process. In this state yogic impressions become permanent memory of body and brain activity. This is the excellence of human potential.

2.CONCLUSION:

To conclude this article is about the promotion of health and wellbeing through the practice of Yogic life style in our day to day living. In this very simple manner we can inculcate the Yoga practices in all aspects of living and be able reap the all benefits of Yoga and will be able to move from diseases to wellbeing and from body experience to Brahma.

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Benefits of yoga for educators and learners at different level of education

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Abstract: ॐ सहनाववतु। सहनौ भुनक्तु।

सहवीर्यकरवावहै। तेजस्विनावधितमस्तु।

माविद्विषावहै। ॐ शान्तिः शान्तिः शान्तिः ॥

Today's time whether you're a Child, college student or an office worker is frenetic. There are no other ways about it. Everything we do requires us to be in a constant state of rushing around. Time is of essence more often than not and we tell ourselves that we would do a certain thing only if we had more time. Yoga, on the other hand, handed down through thousands of years when time had a completely different meaning, can teach us about how to deal with the monster called time. As Sri Sri Ravi Shankar puts it, "Health is not a mere absence of disease. It is a dynamic expression of life – in terms of how joyful, loving and enthusiastic you are." This is where yoga helps: postures, pranayama (breathing techniques) and meditation are a holistic fitness package. The benefits accrued by being a regular practitioner are numerous. To live in harmony with oneself and the environment is the wish of every human. However, in modern times greater physical and emotional demands are constantly placed upon many areas of life.

Keywords: Rushing, Emotional, Enthusiastic.

1. IMPORTANCE OF YOGA AND MEDITATION IN IMPROVING LIFESTYLE:

Yoga and meditation play a very important role in every individual's life. Yoga and meditation have been used as an alternative form of exercise to keep the mind, body healthy, happy in improving lifestyle. Practicing yoga improves endurance, balance, strength, and flexibility. Meditation relieves stress and anxiety. Yoga and meditation help mentally, physically and spiritually in improving people's lifestyle. Yoga and meditation can contribute directly to concentration in our lifestyle and improve mental focus. Yoga and meditation have proved to be of great importance in the sharpness of brain and increasing concentration. Yoga balanced arthritis, blood pressure, and asthma. yoga meditation keeps to sharp our brain and we keep free from stress.

Yoga and meditation have been linked to emotional health boots. Yoga and meditation help improve cognitive – behavioral performance as well as aid with mood swings, menopause, schizophrenia, insomnia, depression and anxiety. Yoga and meditation also help lower heart rate and improve blood circulation. Meditating one time a day for ten minutes can help you relax to reduce stress hormones, lower your blood pressure, and allow for better blood flow. While yoga and meditation can help with chronic back pain. The deep breathing in yoga and meditation increase oxygen intake within human body cells. Including fat cells which can increase fat cell burn up. Fat metabolism is also increased which causes increased calorie burn and increased energy.

Regularly yoga is the flexibility of the body. Yoga helps stretch our muscles with time and meditation we tend to get deal of strength and calmness of mind. The main purpose of meditation and yoga is the place of mind. After practicing yoga and meditation, we shell feel happier. Yoga and meditation should be practiced two times daily in morning and evening at least 10 to 15 minutes. We can improve our life style. To get the maximum benefits of yoga and meditation. We have to combine the practices of yoga asanas and pranayama. Now doctors also believe that yoga and meditation keep away of the patient from all diseases. So medically proved yoga and meditation have various medical benefits. A lot of diseases can be

improved by doing yoga and meditation daily. Yoga and meditation help to reduce great hypertension in improving our life style.

Research by the university of Washington shows that many menopausal symptoms can be improved with regular yoga and meditation practice. Health benefits from regular yoga and meditation practice include but is not limited to improved immune function; reduced risk for migraines, improved sexual performance, better sleep and reduced food cravings. Yoga and meditation appear to have a positive effect on the central nervous system in improving life style. Yoga and meditation may improve the individuals overall sense of well- being. So yoga and meditation can help us to improve concentration leading to better grades, balance blood pressure, decrease absenteeism, improve interpersonal relationships, enhance confidence level, sound sleep, relief from a headache, improve calmness and increase sharp brain in our life style at present time.

2. BENEFITS OF YOGA FOR EDUCATORS AND LEARNERS:

Yoga is one path to a classroom where educators and learners can relax in the face of stress and loves themselves each other and their work a little more. Educators and Learners can receive the benefits of yoga for themselves improvements in strength flexibility balance blood pressure equanimity calmness and relaxation. yoga is also one of the best ways to calm a disturbed mind for educators and Learners. in several schools, colleges and universities around the world several programs and courses have been made compulsory for Educators and learners. yoga helps educators and learners learn to direct their gaze withdraw from distractions and develop their stamina in maintaining one - pointed focus. yoga helps Educators and learners explore their ability to control their responses to stressful situations. Educators and learners make better choices feel empowered and take clear action through yoga. Educators and learners move from feeling hurt and victimized to feeling more capable and confident and using breath through yoga. Yoga helps Learners to make high scorer in the class. yoga brings a positive vibe among the Educators and Learners.

Educators and Learners face a lot of depression and stress deal to a variety of reasons such as family pressure, financial pressure or any other depression. yoga is one of the best way to eliminate all their pressure. yoga keeps away Educators and Learners are their depression and keeps their mind fresh. Especially Educators and Learners need a lot of strength as they are over loaded with lots of work. so yoga helps educators and learners in making their strength and gives their power. Yoga helps Educators and learners in increasing the sharpness of their brain and their concentration power. yoga helps them in relaxing their mind and provide them more peace of mind. Yoga helps Educators and Learners to reduce a great hypertension so a lot of diseases can be improved by doing yoga daily. When Educators and Learners take high calories drinks and food intake, Educators and Learners have to face such types of problems. With practicing yoga regularly, they can help their help weight management. There are multiple benefits of yoga for the Educators and Learners.

Yoga is the way of life educators and learners through mental spiritual and physical health. Yoga gives to achieve stillness and to tap into the consciousness of inner self. Yoga also helps Educators and Learners in learning how to rise above the pull of mind, emotions and lower bodily needs and face challenges of day to day life. Yoga works on the level of one's body mind and energy for Educators and Learners. regularly yoga helps to bring positive changes strong muscles, flexibility, patience and good health in Educators and Learners.

They should have patience towards yoga. Usually prefer shortcuts like the use of medicines steroids or surgery to reduce weight that obviously have ill effects over the period of time. Yoga helps Educators and Learners in curing heart related problems helps skin glow, keeps mind calm by overcoming anxiety, helps in mind and thought control, helps in blood circulation and muscles relaxation, helps better digestive system, cures asthma, cures diabetes, improve concentration develops strength and stamina helps in releasing tension, weight reduction, tones internal organs and reduce stress and depression. These are the numerous benefits of yoga for them. Yoga focuses on their natural tendency towards health.

Due to stress Educators and Learners develop serious problems like sleeping disorder, neck pain, back pain, headaches, repia heart rate, dissatisfy action, anger, insomania and inability to concentrate. So yoga is known to be really effective in curing these kinds of problems over a period of time. Yoga helps them in managing stress. Regular practice of yoga creates them mental clarity and calmness thereby relaxing the mind. Yoga is a very useful practice for Educators and Learners so yoga is very safe, easy and healthy way to get whole life without any problems for Educators and Learners. Yoga is important that the learners are comfortable with the educators, notably; liking their teachers are also true of learning and practicing meditation. Yoga style are becoming very popular all over the world. The first International Day of Yoga was observed all over the world on 21 June 2015. The day devoted to yoga was observed by millions across the world. NCC cadets entered the Limca Book of Records for the "largest yoga performance simultaneously by a single uniformed youth organization" by performing at multiple venues

There is no doubt that we experience quantifiable physical and numerous clear and mental effects when you practice yoga. The original purpose of all types of traditional yoga was fundamentally about consciousness. The most important

aspect of yoga practice is to learn to listen inwardly to our body and mind. This is partly a matter of developing awareness of our body, inner tensions and patterns of behavior, and partly about reaching a deeper spiritual insight into the true nature of reality. In so doing, you help become fully aware as a person and achieve your full potential. Shorty, yoga is a technique for achieving total consciousness. Various types of yoga karma yoga, Jnana yoga, Raja yoga, Bhakti yoga, Hatha yoga should be used of Educators and Learners in daily life. Yoga is a therapy which helps getting rid of illness for Educators and Learners. Yoga makes some positive changes in the internal body organs functioning of Educators and Learners. Yoga is a systematic effort done by Educators and Learners to attain the perfection by getting control over all different nature elements enter in the body. It is very safe for educators and learners and regular practice to get benefited all the asanas of yoga. Educators and Learners cannot count the benefits of yoga; they can understand it only a miracle which has been gifted to the human fraternity by god. As the Bhagavad Gita says a person is said to have achieved yoga the union with the self, when the perfectly disciplined mind get freedom from all desires and becomes absorbed in the self alone. Yoga is an invaluable gift of India's ancient culture. This culture is 5000 years old.

Yoga embodies unity of mind and body, restraint and fulfilment, thought and action, harmony between man and nature. The day is divided into four parts in the yogic science for Educators and Learners. They are the Brahma Muhurta, sunrise, noon and sunset. It Educators and Learners want to practice yoga as a means to elevate their spiritual being. Brahma Muhurta would be the best time to practice yoga for Educators and Learners. Therefore, according to expert's sunrise time is ideal and practical for yoga. The fresh air in the morning is ideal and helps them prepare for the challenges of the day ahead. Yoga practice in the morning will keep them balanced and not let matters like busy work schedules, traffic jams and house hold chores bother them. Practicing yoga early in the morning is an excellent way to refresh their mind and spirit and get ready to take on the challenges of the day. Choose a place that is clean and peaceful for yoga. It could be in their home or outdoors like in a park or even a yoga place. Make sure they are comfortable in the space and can completely focus on their practice. Avoid practicing yoga in direct sun light and cold wind of Educators and Learners. Make sure they wear medium fit and comfortable clothing that does not restrict their movement and them twist and turn easily.

Remove any accessories at yoga time from their body like spectacles, heavy jewelry and watches and keep them aside. Do not practice yoga under the influence of drugs, alcohol or any other intoxicating material. Those with physical or mental issues or illness must first consult their doctor. And work with a yoga instructor to avoid any complication. Yoga poses after dinner are said to help their digest the food better, making it less heavy for the stomach. It empowers their body's digestion and improves the health of their organs. According to Zubin Atre "there are a bunch of micro asanas, they can do when it comes to their lower body because after dinner. The food of still there in their torso."

The practice of yoga does not only deal with developing the body but also covers all the aspects of Educators and Learners life as stated in the eight limbs of yoga. Real practice of their light principles leads to duper self-knowledge, love and respect towards other people and cleaner. Environment, healthy diet and union with the divine yoga is the science of modern living in improving life style. Yoga has technical systems to help the calm the mind, maintain resilience, mental energies and harness physical and to develop an integrated personality. The modern day life style is as such where Educators and Learners struggle with physical and physiological stress in their lives. This is yoga that comes as a resource to alleviate the physical and mental stress.

Yoga is simple posture leave a powerful impact against busy life style demands yoga is not only a great solution to stayfit but has also emerged as an alternative form of therapy. Educators and Learners have realized upto the therapeutic benefits of this life science and now are making it a part of their life. Modern age is of science and technology. But yoga has been much popular in modern days. Educators and Learners are attractive towards yoga as a holistic care system. Swami Vivekananda said "Each soul is potentially. Divine. The goal is to manifest this divinity within, by controlling." Nature external and internal. So in the modern world yoga is more relevant for Educators and Learners.

Modern educators and learners have different challenges compared to previous generation. They are proving to spending time in front of T.V. or Computer or playing video games and listening to their iPod's and as a result, they spend less time on physical activity. But yoga can solve all the problems in the present time. Yoga has become subject to be studied like any other subjects; English, biology, chemistry and history etc. for educators and learners. Yoga is totally identified with Asanas and is looked upon as a type of physical education. Major developments in recent times have been the extensive scientific and academic research done in the field yoga by educators and learners. Yoga education came from the Gurukula and college and university oriented yoga. Yoga is most important achievement goal of human spiritual truth because yogic practices give direct and benefit to everyone of their aim. Yoga has potential to solve lifestyle problems and psychosomatic diseases. The beneficial effects of yoga for prevention of diseases, particularly those related psychosomatic ailments, promotion of health, physiological, biochemical clinical variables have been studied in controlled experiments to assess the beneficial health effects of yoga.

The benefits of yoga can be thought of at the three levels; first at the level of body, it delivers good health, second at the level of mind, it increases focus relieve Stress and enhances productivity and at the level of the spirit, it elevates human values and brings peace, yoga through its effects on the automatic nervous system and endocrine system and influences cellular and molecular aspects of health in yoga practitioner's yoga. yoga's scope has increased in the modern life of the twenty-first century. It is obvious that yoga is a boon for the modern educators and learners of the twenty-first century. This is the main theme of yoga -how educators and learners can realise and manage their mind, body and emotion. The main theme of yoga is awakening of the faculties of head heart and hands in educators and learners. Yoga has always been important part of Indian educators and learners. Yoga is a metaphysical doctrine or a philosophy. Yoga life style is about two action: cleaning the mirror and spreading the light in life of educators and learners. Physical labour can be reduced of educators and learners by yoga. Yoga provides the best solution of this problem to which modern educators and learners are the sufferer. No other exercise, expect yoga can deal with this problem.

3. CONCLUSION:

It is obvious that yoga is a boon for the modern educators and learners of twenty-first century. Yoga has achieved wonderful popularity in the last prefer years. The mains goals of yoga "yoga in daily life" are the physical health, social health, self-realization, mental health and spiritual health within educators and learners. Educators and learners face a lot of depression and stress due to family pressure and financial pressure. Yoga is one of the best way to eliminate all their pressure. Yoga keeps mind fresh of educators and learners.

Medically proved that a lot of diseases can be improved of educators and learners by doing yoga daily. Yoga is a medicine every problem for educators and learners. Practicing yoga has many benefits in improving educators and learner's health because yoga keeps them away from diseases like headache, fever, flu and asthma etc. and helps in making of educators and learners fit, flexible and fresh for the whole day. There are many health benefits of yoga studies have shown that you can help educators and learners many common and life threatening illness such as arthritis, diabetes, high blood pressure, weight reduction, common cold, chorionic fatigue, AIDS, asthma back pain, epilepsy and skin problems. Doctors also have suggested that yoga can enhance congestive performance.

As the most highly developed beings upon earth, humans are capable of realizing their real nature and inner Self, God. The realization that we are all one in our common root and connection to God is the first step. Decisions regarding your health and Wellbeing and a free, happy life, are in your hands. Practice regularly with firm determination and success will be certain. I wish all Yoga practitioners and those still to become practitioners much happiness, success, health, harmony, joy in life and God's blessing.

"Knowledge does not become true wisdom until you experience it, with your heart and your entire being, when it becomes part of your personal experience."

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International Seminar on
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Need and Importance of Yoga practices for teachers

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Abstract: *The aim of education is considered as the all round development of the personality and innate powers of the learners. Education brings the desired change in the behaviour of the learners in such a manner that the learners will be the responsible citizens of our society and nation. But today the aims of education are changing. We are getting more and more modern. Advancement in science and technology helped us in development of our physical world. We are using modern facilities to make our life comfortable and luxurious.*

Today education is the process of money making rather than man making. The parameters of the success of a man are the amount of money he earns. The expectations of the society from the education are changing. Education should provide a job full of money. There is cut-throat competition in every aspect of life. We are pushing our children in this competition and want them to succeed anyhow. Our expectations from our children are more than that of their capabilities. Our children are suffering from stress, depression, anxiety, mental illness.

Teachers are a basis of a successful education system. It is the duty of the teachers to get the students out of this stress and depression. But today teachers are also suffering from depression, stress, anxiety and mental illness. So, how can they help the students if they are mentally and physically fit?

Yoga is the remedy for all these problems. By, using Yoga practices regularly, a teacher may remain mentally and physically fit and can help his or her students to remain physically and mentally fit to realise their goal and success. So, it is the high time we should introduce the yoga practices in schools, colleges and universities at all levels of study.

Keywords: *Depression, Anxiety, Mental Illness.*

1. INTRODUCTION:

The aim of Education is considered all round development of the personality and innate powers of the learners. Education brings the desired change in the behaviour of learners in such a manner that the learners will be responsible citizen of the society and nation. But today the aims of education are changing. We are getting more and more modern. Advancement in science and technology helped us in development of our physical world. We are using modern facilities to make our life comfortable and luxurious.

Today education is the process of money making rather than man making. The parameter of the success of a man is the money he earns. So everyone is trying best to earn a large amount of money by any means. The expectations of the society from the education are changing. Education should provide a job full of money. We are running after the physical pleasure. We think physical pleasure is real pleasure. Our priorities are changing. In this manner we are forgetting our values, ethics, cultural heritage and duties towards society and nation. Any school, college, university, is considered the best which gives 100 percent placement to the students. No one wants to develop in students the ethics, values, principles which are the core aspects of our Indian culture and desired to make a student a responsible citizen of the society and country. All we want is economic development and advancement. Money is prime concern.

There is a cut-throat competition in every aspect of life today. Each of us wants to succeed in this competition anyhow. We are pushing our children in this competition and want them to succeed. We even forget the capabilities and potential of our ward. We make expectations on the basis of other successful students of our neighbourhood. We snatch the childhood of our children and left them under a burden. The cut-throat competition of the modern education system has ruined the life of our children. Parents have high aspirations and expectations from their children. Children are suffered from stress, depression, anxiety, tension and mental illness. Lack of opportunities and increasing competition in every aspect of life has given birth to the tension and stress among students. More than 20 percent of youth population in our country has suffered from mental illness. They use drugs to overcome their stress, depression and failure.

All these aspects of education are deeply concerned with the teachers. In today's situation the responsibility and accountability of the teachers has increased. Teachers have to take pain to handle the situation, because the school is a miniature of the society and the teacher is a bridge between the education and the society. It's really very challenging for a teacher today to perform his/her duty to save the students from the stress and make them successful according to the expectations of the society. Only a teacher has the capabilities to guide the students to a right path to the success. A dedicated teacher knows each of his/her student's capabilities, interest, intelligence, mental and physical fitness, level of aspiration etc and guides them in such a way that they can get success in their desired field and can serve the society as well in a desired manner. Today, the responsibility of the teachers is increasing, because their students have pressure to perform and succeed, but the resources and opportunities are less. Expectations of the society from the teachers are increasing day by day. Each parent wants his ward to be successful according to his/her will. If a student doesn't get success up to the expectations of the parents, the teacher is also considered as failed. A teacher plays different roles in the life of students and helps them in developing harmoniously.

In today's challenging circumstances, a teacher has to fight with the situation. He has to prove himself according to the expectations of the society, administration, management and government. He has to play the role of a teacher, counsellor, evaluator, psychiatrist, psychologist etc. So for performing all the duties a teacher has to be ready at all the times and to remain fit physically and mentally.

In this situation a teacher gets stress, depression, anxiety, fatigue, high B.P., mental disbalance and other mental disorders. He sometimes can't handle the situation and quits the job. So if a teacher is stressed or depressed how can he or she help the students to get out of the stress or depression.

Only Yoga is the remedy for all these problems. By practicing yoga on a regular basis, a teacher can remain mentally and physically fit and can help the students to remain physically and mentally fit so that they can achieve their dream success. Yoga has proved its utility and relevance in today's scenario in every aspect of our life. By using yoga practices, a teacher will be able to control his/her stress and depression and can get success in duty and responsibilities.

It is proved fact that yoga practices are helpful in curing mental illness more effectively than the medications. By adopting yoga practices a teacher or student can learn life skills such as discipline, self control, time management etc, which will help them in achieving their goal. If a teacher knows various practices and aspects of yoga, he or she can teach them to students. Yoga is the control over the modifications and operations of the mind field. Yoga is a process of gaining control over the mind. Control involves two aspects, a power to concentrate on any desired subject or object and a capacity to remain quiet for quite some time. Yoga mainly emphasizes on the other aspect. Yoga is a skillful technique to calm down the mind. Yoga is a complete system or better a science. It is a way of life. Yoga being a way of life can be applied irrespective of age, gender, profession, condition, problems, and sufferings. It provides a sense of peacefulness and wellbeing while energizing you at the same time.

2.CONCLUSION:

The National Policy Of Education 1986-1992 and National Curriculum Framework -2005 has considered yoga education beneficial for the harmonious development of the students, and recommended yoga education to introduce in the curriculum at school level. Various practices and methods of yoga help a lot in the development of physical structure and muscles and in maintaining mental health. Yoga is helpful in creating reading habits, increasing memory, increasing learning abilities, increasing attention and to remove stress, tension, depression etc. Today it is highly emphasized that yoga should be introduced in education at various levels. Various schools and universities have made it a part of the curriculum.

So it is very much needed that the teacher should be not only well aware of yoga practices but also they use them regularly. By using yoga practices our students can use their capabilities and energy in a positive and creative direction.

It is high time, we should make yoga a habit of our children at early stage so that the yoga practices and yoga culture may enter to their mind and soul. These children are the future and carrier of the culture of the nation, so we have to help them in development as responsible citizen of the country. By yoga practices we can develop a sound mind in a sound body.

So we have to introduce the yoga education and practices in school curriculum timely at all levels of the study.

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Speed profile of different playing positions of male netball players

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Abstract: To assess the Speed profile of District level male Netball players of different playing positions i. e. Goal Shooter (G.S.), Goal Attack (G.A.), Wing Attack (W.A.), Centre (C.), Wing Defence (W.D.), Goal Defence (G.D.) and Goal Keeper (G.K.). The subjects for this study were selected from District Level. A total of 70 Netball Players were selected from District Level and Different Playing Position i. e., 10 Players from each Playing Position. The age of the subjects were ranged from 17 to 28 years. In this study Speed was selected as variable and speed measured with the help of 40 meters sprint test and score was recorded in seconds. For analysis purposes, descriptive statistics, Values of Anderson-Darling Normality test, Confidence Intervals along with graphical representation were used. To assess the Speed profile of District level male Netball players. Traditionally, we follow the same nature of training programme at different playing positions of netball players. Speed mean value 6.10 of District level Netball Players pertaining to Goal Shooter. Speed mean value 5.68 of District level Netball Players pertaining to Goal Attack. Speed mean value 5.74 of District level Netball Players pertaining to Wing Attack. Speed mean value 5.64 of District level Netball Players pertaining to Centre. Speed mean value 5.38 of District level Netball Players pertaining to Wing Defence. Speed mean value 6.06 of District level Netball Players pertaining to Goal Defence. Speed mean value 6.28 of District level Netball Players pertaining to Goal Keeper.

Keywords: Goal Defense, Anderson-Darling Normality Test.

1. INTRODUCTION:

Netball is the world popular team game, played practically over twenty million people, more than eighty countries, with seventy four national Netball associations affiliated with the worldwide governing body (Netball, n.d.).

The Beauty of Netball is in the intrinsic way seven players interact and function as one on the court. Every playing position is specific in netball and different teams have slightly different job specifications for each position. Coaches and players should be clear as to that each position's individual objectives are. Each positional patch dictates the fundamental objectives for the player, identifies her direct opponent and defines her playing area boundaries. To maintain team flexibility and be able to counteract opposition positional permutations, players need to be adaptable to cover another position in their area, but the mechanics of their assigned position should first be sound. Genetic make-up like extreme height or speed predisposes many players to certain positions, as does natural attacking or defensive inclinations. As each position has markedly different demands and movement patterns, to be outstanding in a position, a player should specialize in one and be strong in another. Players need to balance time spent developing general game skills with time honing the specifics of their position (Woodlands, J., 2006).

There are seven individual Netball positions on a playing court and each of these positions plays a specific task in the function, there are three attacking positions- Wing Attack (W. A.), Goal Attack (G. A.), and Goal Shooter (G. S.). Three defensive positions - Goalkeeper (G. K.), Goal Defence (G. D.), Wing Defence (W. D.) and the last one player occupies the centre of the court that is Centre (C.) (Netball Position, n.d.).

Speed is basically a result of rapid application of force to a mass. In human movements, the body or segments of it represent the mass; the force is caused by muscle contractions. If the force is greater than the resistance, then movement occurs, and as the force becomes proportionately greater, the speed with which the mass moves increases (Jensen, C. R., & Fisher, A. G., 1977).

2.OBJECTIVE OF THE STUDY:

To assess the Speed profile of District level male Netball players of different playing positions.

3. METHODOLOGY:

3.1 Selection of Subjects

The subjects for this study were selected from District Level. A total of 70 Netball Players were selected from District Level and Different Playing Position i. e., 10 Players from each Playing Position.. The age of the subjects were ranged from 17 to 28 years.

Levels	Playing Positions						
	G.S.	G.A.	W.A.	C.	W.D.	G.D.	G.K.
DISTRICT	10	10	10	10	10	10	10
							Total
							70

3.2 Selection of Variables and Criterion Measures

In this study Speed was selected as variable and speed measured with the help of 40 meters sprint test and score was recorded in seconds.

4. STATISTICAL TECHNIQUE FOR ANALYSIS OF DATA:

For analysis purposes, descriptive statistics, Values of Anderson-Darling Normality test, Confidence Intervals along with graphical representation were used. To assess the Speed profile of District level male Netball players.

5.RESULT AND DISCUSSION:

Figure: 1– Descriptive Statistics, Values of Anderson-Darling Normality test, Confidence Intervals along with graphical representation in relation to Speed of District level Netball Players pertaining to Goal Shooter.

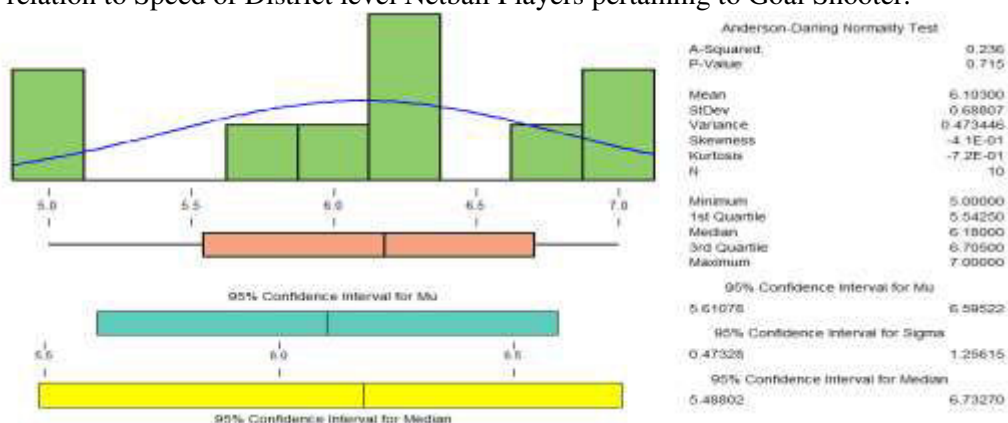


Figure-1 shows that Anderson-Darling Normality test was found insignificant ($p=0.71$) at .05 level of significance. The level of Skewness was found -0.41 and the value of Kurtosis was found -0.71. Both the values (Skewness and Kurtosis) were found in the required range. The confidence interval of mean was found 5.61 to 6.59.

Figure: 2– Descriptive Statistics, Values of Anderson-Darling Normality test, Confidence Intervals along with graphical representation in relation to Speed of District level Netball Players pertaining to Goal Attack.

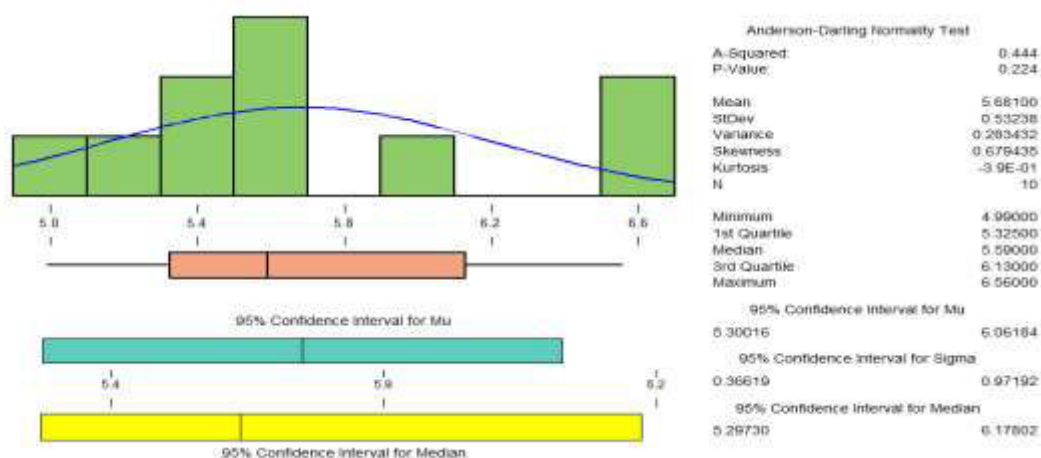


Figure-2 shows that Anderson-Darling Normality test was found insignificant ($p=0.22$) at .05 level of significance. The level of Skewness was found 0.67 and the value of Kurtosis was found -0.38. Both the values (Skewness and Kurtosis) were found in the required range. The confidence interval of mean was found 5.30 to 6.06.

Figure: 3– Descriptive Statistics, Values of Anderson-Darling Normality test, Confidence Intervals along with graphical representation in relation to Speed of District level Netball Players pertaining to Wing Attack.

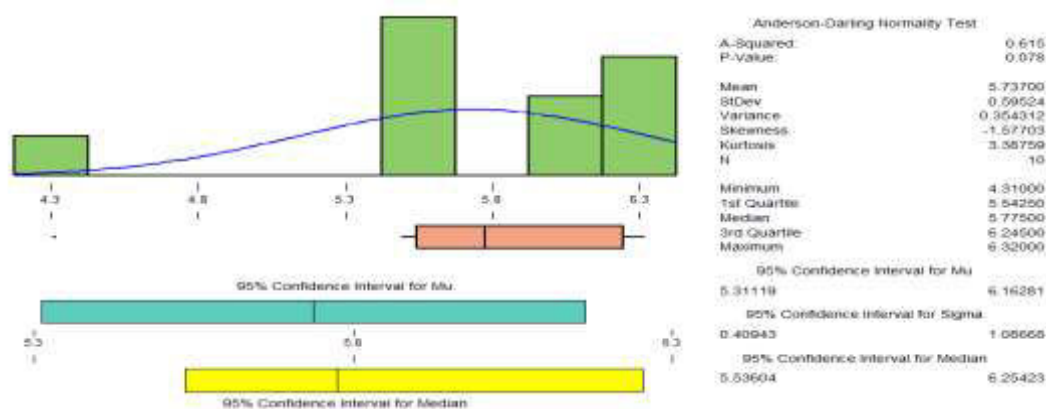


Figure-3 shows that Anderson-Darling Normality test was found insignificant ($p=0.07$) at .05 level of significance. The level of Skewness was found -1.57 and the value of Kurtosis was found 3.38. Both the values (Skewness and Kurtosis) were not found in the required range. The confidence interval of mean was found 5.31 to 6.16.

Figure: 4– Descriptive Statistics, Values of Anderson-Darling Normality test, Confidence Intervals along with graphical representation in relation to Speed of District level Netball Players pertaining to Centre.

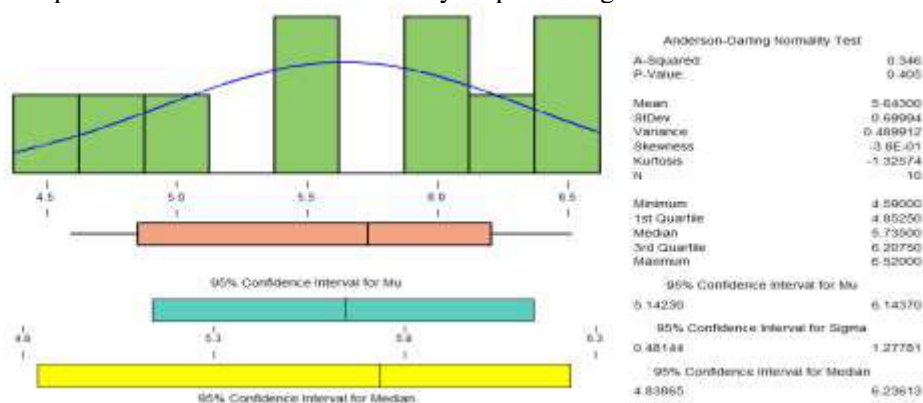


Figure-4 shows that Anderson-Darling Normality test was found insignificant ($p=0.40$) at .05 level of significance. The level of Skewness was found -0.37 and the value of Kurtosis was found -1.32. The value of Skewness was found in the required range. The value of Kurtosis was not found in the required range. The confidence interval of mean was found 5.14 to 6.14.

Figure: 5– Descriptive Statistics, Values of Anderson-Darling Normality test, Confidence Intervals along with graphical representation in relation to Speed of District level Netball Players pertaining to Wing Defence.

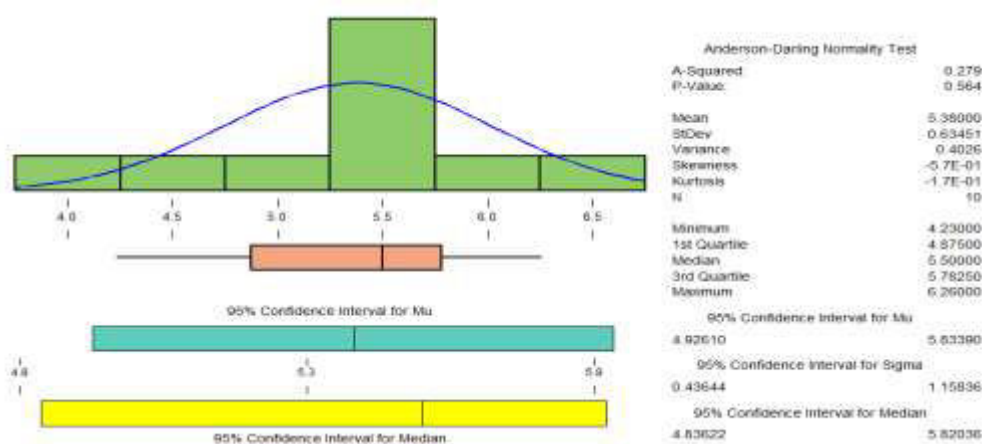


Figure-5 shows that Anderson-Darling Normality test was found insignificant ($p=0.56$) at .05 level of significance. The level of Skewness was found -0.56 and the value of Kurtosis was found -0.17. Both the values (Skewness and Kurtosis) were found in the required range. The confidence interval of mean was found 4.92 to 5.83.

Figure: 6 – Descriptive Statistics, Values of Anderson-Darling Normality test, Confidence Intervals along with graphical representation in relation to Speed of District level Netball Players pertaining to Goal Defence.

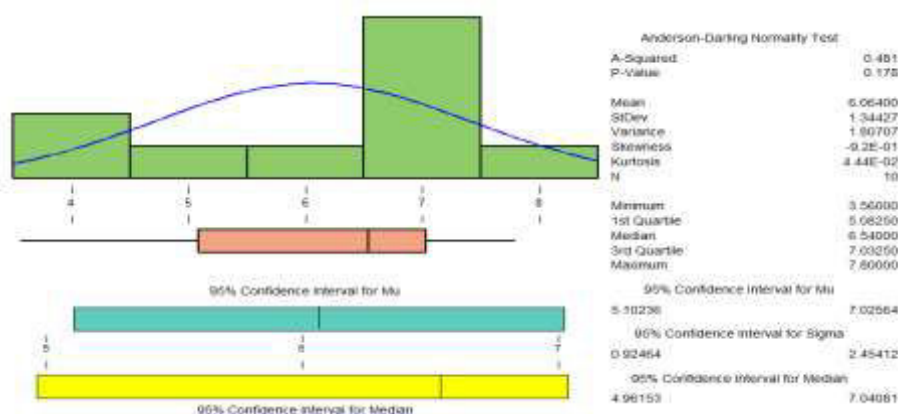


Figure-6 shows that Anderson-Darling Normality test was found insignificant ($p=0.17$) at .05 level of significance. The level of Skewness was found -0.91 and the value of Kurtosis was found -0.04. Both the values (Skewness and Kurtosis) were found in the required range. The confidence interval of mean was found 5.10 to 7.02.

Figure: 7 – Descriptive Statistics, Values of Anderson-Darling Normality test, Confidence Intervals along with graphical representation in relation to Speed of District level Netball Players pertaining to Goal Keeper.

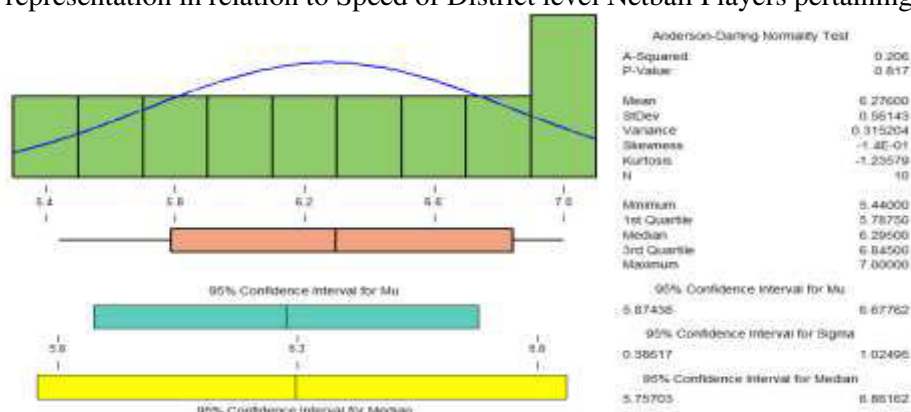


Figure-7 shows that Anderson-Darling Normality test was found insignificant ($p=0.81$) at .05 level of significance. The level of Skewness was found -0.14 and the value of Kurtosis was found -1.23. The value of Skewness was found in the required range. The value of Kurtosis was not found in the required range. The confidence interval of mean was found 5.87 to 6.67.

5.CONCLUSIONS:

Traditionally, we follow the same nature of training programme at different playing positions of netball players.

1. Speed mean value 6.10 of District level Netball Players pertaining to Goal Shooter.
2. Speed mean value 5.68 of District level Netball Players pertaining to Goal Attack.
3. Speed mean value 5.74 of District level Netball Players pertaining to Wing Attack.
4. Speed mean value 5.64 of District level Netball Players pertaining to Centre.
5. Speed mean value 5.38 of District level Netball Players pertaining to Wing Defence.
6. Speed mean value 6.06 of District level Netball Players pertaining to Goal Defence.
7. Speed mean value 6.28 of District level Netball Players pertaining to Goal Keeper.

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An analysis of reaction ability among football, volleyball and cricket players

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Abstract: *In today's ever advancing and professionally competitive world best performances in sports can only be achieved through a meticulously planned, executed and controlled training system based on scientific knowledge, theoretical and methodical fundamentals of sports training. Reaction ability permits the sportsman to perform affective actions quickly and purposefully according to a signal and/or sudden change of situation. The present study was undertaken to analyse the reaction ability among football, volleyball and cricket players. In present study it is hypothesized that there will not be any significant difference among football, volleyball and cricket players in their reaction abilities. For this purpose, 36 players who had either represented the college or university were randomly selected for this study. 12 players each were selected from Football, Volleyball and Cricket disciplines from the students of B.P.Ed and M.P.Ed classes of Lucknow Christian P.G. College, Lucknow. Their age ranged from 19 to 25 years. Reaction ability has been assessed using "Ball reaction exercise test". In the processing of the data ANOVA and Scheffe's Post Hoc test was applied. The level of significance was fixed at 0.05 level. The result of the study indicates that significant differences exist between football & cricket players, and volleyball & cricket players. There was no significant difference between football and volleyball players. Thus the hypothesis is rejected. The findings of this study showed that Cricket players were found to be significantly better than Football and Volleyball players in their Reaction ability.*

Keywords: Reaction Ability, Sports Training.

1.INTRODUCTION:

The developing tendencies in the international sport, especially in the team games, are identified as the increase in game tempo, together body game and greater variability in technique and tactics. In today's ever advancing and professionally competitive world best performances in sports can only be achieved through a meticulously planned, executed and controlled training system based on scientific knowledge, theoretical and methodical fundamentals of sports training. Sports scientists and physiologists have been of the view that human capacity of performance among athletes had its limits in the matter of standards of efficiency. But this belief has been proved false and the barriers of performance have been surpassed by the athletes as a result of continued improvement in the techniques, method of training and coaching.

Reaction ability permits the sportsman to perform affective actions quickly and purposefully according to a signal and/or sudden change of situation. According to Hardayal Singh, it is the ability to react quickly and effectively to a signal. Each game has its own performance requirements, which depend upon the nature, movement patterns, duration of game, size of the playground and many other factors related to that game. Football, Volleyball and Cricket are among the most popular games, which also have their own different specific performance requirements. In the present study the scholar has made sincere efforts to find the differences among Football, Volleyball and Cricket players in their reaction ability.

2.REVIEW OF RELATED LITERATURE:

Westerlund and Turtle undertook an investigation to determine whether there is a difference between the reaction time of those running short long distance and those running the long distance events and to see if there is any correlation between speed in running and reaction time. It was observed by them that there exists a high degree of relationship between reaction time and speed in running a short distance.

3.HYPOTHESIS:

It is hypothesized that there will not be significant difference among the players of Football, Volleyball and cricket players in their reaction ability.

4.SIGNIFICANCE OF THE STUDY:

- The study will help Coaches in the selection of team for specific sports.
- The study will help administrators to identify the talent for specific game.
- The study will help Coaches in framing specific training program for selected sports.
- The study will help Coaches and Administrators in making judgment, while guiding the sportsman for choosing appropriate sports discipline.

5.METHODOLOGY:

The purpose of the study was the analysis of reaction abilities among football, volleyball and cricket players. For this purpose, 36 players who had either represented the college or university were randomly selected for this study. 12 players each were selected from Football, Volleyball and Cricket disciplines from the students of B.P.Ed and M.P.Ed classes of Lucknow Christian P.G. College, Lucknow. Their age ranged from 19 to 25 years.

6.CRITERION MEASURE:

'Ball reaction exercise test' was conducted to assess the reaction ability of the subject. Two wooden planks each of four meter length, one inflated volleyball, a supporting stand, pencil, paper and pad were used to conduct this test. Two wooden planks of four meter were kept inclined by a supporting stand having a height of one meter and twenty centimeters. So that it could enable a volleyball to roll freely. The lower end's of the wooden planks were kept at the distance of 1.50 meter away from the starting line. Outer sides of planks were graduated in centimeters. A volleyball was held by the tester at the top of the planks. The subjects were asked to stand behind the starting line, facing towards the opposite direction. On clapping the subjects took a turn and ran towards the planks and stopped the ball with both the hands which was rolled with a signal. Each subject was given a practice trial before actual commencement of the test. The score was taken by measuring the distance where the ball was stopped from the top of the plank. The ball should be stopped with both the hands and the ball should not be pushed upwards while stopping. In this test two trials were given to the subjects and the best one was recorded as the score.

7. ANALYSIS AND INTERPRETATION:

In the processing of the data mean, sum of squares, degree of freedom, and mean squares were computed in order to estimate the differences among the groups using one way analysis of variance (ANOVA). In order to locate the pairs where significant differences exist the Scheffe's Post Hoc test has been applied. The level of significance was fixed at 0.05 level.

8. FINDINGS:

Table - 1

ANOVA results of Reaction ability

Source of Variation	Sum of Squares	Degree of Freedom	Mean Squares	F
Between	0.30	2	0.150	5.17*
Error	0.98	33	0.029	
Total	1.28	35		

*Significant at 0.05 level of confidence (3.28)

An observation of the table-1 reveals that obtained 'F' value is 5.17 which are statistically significant as it is more than tabulated value of 3.28. Thus the hypothesis has been rejected. In order to locate the pairs where significant differences exist Scheffe's Post Hoc test has been applied. The results are presented in Table- 2.

Table -2

Scheffe's Post Hoc Test analysis of Reaction ability

Football	Volleyball	Cricket	Mean Difference	Confidence interval at 0.05 level
1.18	1.17	0.98	0.01	0.18
1.18	1.17	0.98	0.20	0.18*
1.18	1.17	0.98	0.19	0.18*

*** Significant at 0.05 level of confidence**

An observation of the table-2 reveals that the significant differences exist between football and cricket players and volleyball and cricket players. Whereas the football and Volleyball players was not found to be significantly related. The comparisons for the mean value among different groups are also graphically presented in figure-1.

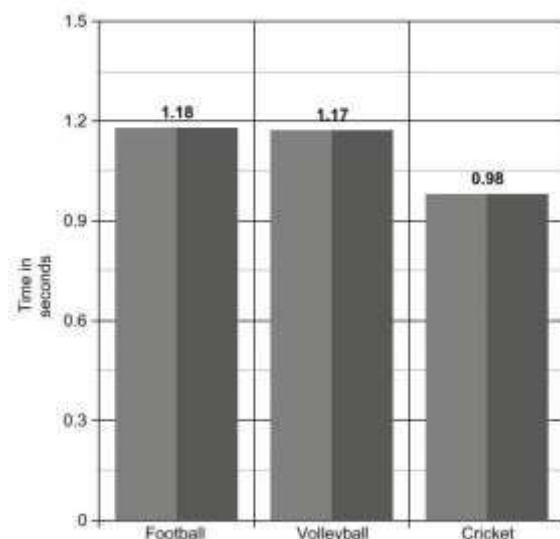


Figure-1: Mean value of Reaction ability for different groups

9.DISCUSSION:

The study reveals that the significant differences exist between football and cricket players and volleyball and cricket players. Whereas the football and Volleyball players was not found to be significantly related. The reason for this may be that, in cricket all the players are required to do batting. They face the ball which varies in its speed, bounce, swing and nature of movement by observing the position of bowler, his arm and wrist action etc. the batsman is required to read the ball correctly and differentiates immediately if there is any variation from expected nature. Before making a stroke, batsman has to keep in mind the positions of the fielders on the ground along with the nature of the ball which it is approaching him. If the ball has changed the expected nature after pitching. As the batsman gets very little time to modify the stroke after the changed situation. He is required to react very quickly, close in fielders especially slip fielders too get very little time to execute their movements for fielding or catching the ball. Hence they are also required to react quickly. All these situations are special to cricket game and these types of situation do not exist in such complex manner in Football and Volleyball game. Hence this may be the reason as to why Cricketers are superior to Football and Volleyball players in the reaction ability whereas the Football and Volleyball players do not differ significantly in the reaction ability.

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Relationship of shooter's Personality & Triguna

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Abstract: The Rigveda is one of the oldest and most sacred books in human history, having been written 8-10 thousand years ago. Yoga is an ancient practice; it has been associated with cultural, religious and physical activity for more than 2,000 years.^[1] Yoga is discussed in the ancient foundational Sutra of Hindu philosophy and is perhaps most elaborately mentioned in Patanjali Yogasutra. Patanjali defines yoga in his second sutra as: योगः चित्त-वृत्ति निरोधः (yogaḥ citta-vṛtti-nirodhaḥ) -Yoga Sutra 1.2. The Indian perspective of personality deals with the tri-dimensional classification of Gunas (Sattva, Rajas, and Tamas) entailing physical, mental, and spiritual elements of personality. Gun shooting sports are shot with either firearms or air guns, which can be either handguns, rifles and/or shotguns. Handguns are handheld small arms designed to be shot off-hand without needing a shoulder stock. A rifle is a long gun with a rifled barrel, and requires the use of both hands to hold and brace against the shoulder via a stock in order to shoot steadily.^[2] Competitions are usually shot from permanent shooting ranges and with the same target arrangement and distance from match to match. The present study aims to examine the relationship between Gunas and shooting athletes, such as psychological capital, personality, and subjective emotions. Based on the review of the literature, we will hypothesize that Sattva would be positively correlated with shooting, while Rajas and Tamas would be negatively correlated with shooting practice and competition.

Key Words: Rigveda, Tamas, Sattva, Bullseye, Guna.

1.INTRODUCTION:

Yoga is a path towards total harmony of body, mind, and spirit. The word Yoga comes from the Sanskrit word yuj, which means union. Union of the individual consciousness with the universal consciousness. Yoga is not merely a form of exercise for the body. It is an ancient wisdom - for a healthier, happier, and more peaceful way of living - which ultimately leads to union with the Self. It is an inherent desire in humans to be happy. The ancient sages, through inquiry about life, were able to reach a state of consciousness in which the secrets of healthier, happier, and meaningful living were revealed to them. Though yoga comes from Hinduism, the knowledge of yoga transcends any religion or culture. Its application is universal! Shooting sports is a collective group of competitive and recreational sporting activities involving proficiency tests of accuracy, precision and speed in using various types of ranged weapons, mainly referring to man-portable guns (firearms and airguns, in forms such as handguns, rifles and shotguns) and bows/crossbows. Yoga and Ayurveda, and the Samkya philosophy from which they both sprang, identify three general states of mind, called gunas. The Guna theory originates from the Sankhya school of Indian philosophy which states that the entire physical universe or "prakriti" is made up of three constituents – Sattva, Rajas, and Tamas.^[3] The three gunas are tamas, rajas, and sattva. Tamas is the state of heaviness or lack of movement; metaphorically, being stuck. The kind of depression in which a person sleeps excessively would be considered tamasic. Rajas implies movement, and a rajasic mental state is characterized by restlessness, agitation, and even panic. Sattva is the state of clarity, peace, and balance. The three gunas, satva, rajas and tamas are intertwined in Prakriti and none in this creation can escape their impact. Even the Supreme Brahman, whose fundamental form is believed to be Nirguna — that is, without attributes and qualities — manifests as Vishnu, Brahma and Siva to indicate satva, rajas and tamas respectively, said Swami Omkarananda .

The wonder of creation is the fact that the atma, which is divine in nature and the essence of eternal bliss and consciousness, is bound by three gunas when it takes a body and is placed in this material world. The Gita teaches that "one should be aware of the forms of these gunas and the manner in which they manifest in individuals". Satva stands for all that is pure and fine, and expresses as tranquillity, purity and calmness; rajas is the active principle, and is seen as passion, restlessness, aggressive activity; and tamas, the principle of solidity and resistance, finds expression as inertia, stupidity, laziness, etc. One should constantly retrospect on which guna is to be consolidated and how to

transcend this guna as well. It is shown that satvaguna, recognised by its purity, without the influence of rajas and tamas, is the ideal to be aimed. It is bright and motivates one to do more good. Each guna has negative and positive aspects. For instance, one in satva is able to consolidate his mind and energies into accomplishing tasks with perfection and precision. But what happens when all this energy is directed to a negative purpose such as indulging in unethical and harmful acts like robbery, murder, etc. Conversely, satva helps in the control of senses and mind, inducing one to do good deeds and practise virtues such as justice, temperance, prudence and fortitude. This will ultimately confer peace of mind.

Rajas: Activity - "Rajas is marked by passion born of craving and attachment; it binds the embodied Self to never-ending activity." As positive energy: Rajas presents such qualities as enthusiasm, excitement, ambition, alertness, accomplishment, passion and an ability to get things done. Vitality encourages work and creativity. In excess: Too much rajas heightens emotion and develops hyperactivity, anger, anxiety, aggression, agitation, struggle or fear. Thought processes turn off and obsessions arise from desire and an overactive mind and body¹. *From the Bhagavad Gita (14.7)*^[4]

Tamas: Inertia - "Tamas, ignorance-born, deludes all embodied beings; it binds them by means of dullness, indolence and sleep." As positive energy: Tamas presents qualities such as ease, loyalty, patience, stability and being grounded. Shutting down or coming to rest brings forgetfulness and possibility of renewal. In excess: Too much tamas leads to laziness, apathy, insensitivity, depression, and feelings of darkness, grief, helplessness or loneliness. Sluggishness overcomes the mind and a sense of avoidance prevails. *From the Bhagavad Gita (14.8)*^[4]

Sattva: Knowledge, Luminosity - "Of these three, sattva, untainted, luminous, free from sorrow, binds by means of attachment to knowledge and joy." As positive energy: Sattva presents qualities such as goodness, clarity, illumination, appropriateness, being in the present and pure consciousness. Virtue brings wisdom and peace. In excess: One pitfall of sattva is the delusion of the ego, which generates smugness, complacency and self-satisfaction. Another pitfall is attachment. The ancient yogic texts warn against settling into worldly happiness and urge you to wrest yourself away from the material and experience the spiritual nature of the universe. In the physical world: In nature, light, clear and constant weather is sattvic. But the harmony of sattva can prevail regardless of external conditions. *From the Bhagavad Gita (14.6)*^[4]

TABLE-1- QUALITIES OF DIFFERENT GUNNAS WHICH A PARTICULAR PERSONALITY POSES.

RAJAS	TAMAS	SATTVA
Activity	Inertia	Being-ness
Fire	Darkness	Light
Passion	Dullness	Serenity
Over-Active Mind	Ignorance	Understanding
Desire, Wanting	No Wanting, Pushing away, Blocked	Acceptance
Excessiveness	Lack	Harmony
Staying in the same place	Downward	Upward

2.EFFECT OF THE TAMAS GUNA IN MIND AND SHOOTING- A Tamasic mind is one which is lazy, depressed and demotivated. The literal translation of the word Tamas in Sanskrit is 'darkness':-

- Tamasic people might indulge in a very unhealthy diet, have unhealthy thoughts and live a lifestyle that is destructive in nature, and it also effects on the athletes performance so much.
- These are the people who overeat, and indulge in alcohol and drugs too much, despite knowing that it's bad for them for shooting.
- They also crave too much sex, which we know is bad for the body, and definitely for the shooting sports.
- All these things only work at aggravating the TamasGuna more. Too much anger and too much violence are also linked to TamasGuna in the mind and sports both.
- Tamasic people don't care about themselves or anyone else for that matter. That is the reason why they are disconnected and confused everytime in their lifestyles and sports.
- Their mind feels heavy all the time, so they might not be able to express themselves properly to others, and have trouble understanding their own selves as well - they won't be self-confident or shy away from being in a group, that's why they never give their better performance in shooting.
- People who have excess of TamasGuna in their mind need help - they will not be able to determine what's good and what's harmful for them.
- They might not be able to make good judgements for themselves and are not reliable at all. Their mind might spin out of their own control due to their actions and during the matches.
- For shooter athletes the Tamasguna is very dangerous for it.
- Because shooting is for that athletes who can control their anger and have patience.
- Those who have the problem of Tamasguna they never become a good athlete.

- xii. If they want to be a good athlete so they have to take the therapeutic help to release their tamasguna.

3. EFFECT OF THE RAJAS GUNA IN MIND AND SHOOTING- We need movement in nearly every sphere of life, and all movement and activities are influenced by Rajas. That is the reason why excessive Rajas brings with it hyperactivity and restlessness. This means that a mind that has too much Rajas or is predominantly Rajasic, is never resting - it is anxious, fearful and agitated.

- i. When Rajas is aggravated or is much more than Sattva in the mind, it means that the person will be competitive, will be too egoistic or have too much pride and definitely sometimes he gives good performance and sometimes bad in shooting sports.
- ii. Such people can be very aggressive and have temper issues as well. During shooting matches also they get temper if the shot is not perfect or their performance is going low.
- iii. Selfish and jealous, Rajasic people crave power and success, but in the wrong sense. And this will be for only very short period.
- iv. These are the people who will go to any lengths to get what they want - whether through good means or bad, as long as it gets them what they desire. They don't care during matches that other athletes is disturbing because of them. They just focus themselves and breaks the rhythm of all other shooters.
- v. A Rajasic mind is very impulsive, which means that these people might make impulsive decisions or take impulsive actions, which they might regret later. This can lead to a lot of tension and even disrupt the mind during the practice sessions. Rajasic people are stubborn - they think what they do is right, and are usually not very understanding. Not only do they hold their beliefs very strongly, but also tend to try other athletes, but they never get success on it.
- vi. Rajasic people also tend to be very materialistic. A change time and again, is what a mind like this craves. These are also people who cannot stay happy on their own - they need others around and materialistic things to make themselves feel satisfied in life. But the problem is that a Rajasic athlete does not get satisfied with anything, it wants more and more and gets bored with other athletes and acquisitions very soon. That is the reason why these people find it hard to maintain long for getting their performance better in shooting sports.
- vii. These are the people who just cannot forgive and forget when it comes down to it, as they are very good at holding a grudge. So not only does the Rajas Guna cause problems between people, but it leads to hatred and a disturbed mind as well.

TABLE-2- Antidotes To Decrease Rajas (Hyperactivity) or Tamas (Inertia) Gunna's:

	Antidotes to Rajas	Antidotes to Tamas
Physically	Slow down, Rest	Get up and do something
Mentally	Change your focus from the sensory experiences of the outer world or the chatter of your mind to the inner world of your heart.	Look outward into the physical universe and participate in it.
Emotionally	Stop dwelling on your highly charged emotional state; if you are talkative, be silent	Change your focus from negative emotions to activity
Food	Avoid spicy foods	Avoid heavy carbohydrates
Yoga Postures	Hold yoga postures for a long time; do postures that get you out of your mind and into your body: lionpose, cobra, upward dog/downward dog	Increase energy by yoga sequences such as sun salutations: warrior pose, bow, triangle, also balancing poses, such as the tree.
Breath	Practice alternate nostril breathing to burn out the excess of energy or take slow, deep breaths until you calm down	Energise yourself with bhastrika, deep quick breathing from the diaphragm; or slow, deep breaths to help you come into your body
Environment	Seek serenity, a place with calming music; or get outside into nature	Go anywhere else than your bed, couch or other favourite hideaway; seek the company of others
Meditation	Repeat the mantra or listen to recordings of the mantra; if you have an established practice, meditation is a brilliant method to slow down and become centred	Use recordings of guided meditations; if you can concentrate, read yoga philosophy or scriptures; use the mantra to energise your meditation

5.EFFECT OF THE SATTVA GUNA IN MIND AND SHOOTING:

Out of the three Gunas, Sattva is the one which is the purest and the most harmonious - One that is the closest to being an ideal state of mind as well as health. This is a state of joy and balance between the body and the mind. A person can be called Sattvik if he/she has predominantly Sattvik tendencies instead of Rajasic or Tamasic. An increase in Sattva means that there is a dwindling effect on Rajas and Tamas. This means that the mind becomes steadier as the disturbances due to Rajas and Tamas are reduced, and their influence becomes lesser.^[5] A mind which is Sattvik in nature doesn't need much to be happy - it can find happiness within.

- i. People who have a Sattvik mind are able to stay loyal with their games and all the athletes regularly.
- ii. These are the people who don't need materialistic things to find delight in life - they are satisfied and content with whatever they have and they always try to improve their performance.
- iii. They are not greedy, selfish or manipulative, do not pollute the minds of others or have evil intentions.
- iv. They are also able to concentrate well on the competitions and the practice sessions for the shooting, and work without expecting to gain from the end-result.
- v. Basically, these are the people who are just content with their lives, and have risen above materialism. And just focus on their work.
- vi. A person who is primarily Sattvik in nature also does not have any bad habits like smoking, drinking alcohol or use of drugs, because it is very harmful for the shooters. Because of this all the shooters never concentrate on one thing which is very harmful for them.

6. CONCLUSION:

Yoga can take on meanings such as "connection", "contact", "union", "method", "application", "addition" and "performance". In simpler words, Yoga also means "**combined**". The ultimate goal of Yoga is *moksha* (liberation). Yoga and Ayurveda, and the Samkya philosophy from which they both sprang, identify three general states of mind, called gunas. Sattva is the state of clarity, peace, and balance. Gun shooting sports are shot with either firearms or air guns, which can be either handguns, rifles and/or shotguns. The two main subtypes of handguns are pistols and revolvers. They are much more convenient to carry in general, but usually have a shorter effective range and less accuracy compared to long guns such as rifles. Shooting is the game of all alertness, consciousness and meditation. As much we can do the meditation and focus for the sattva guna then only we should control our emotions and negative effects which comes under us and we focus on our practice and performance. Shooting is directly proportional to yoga, because without proper meditation we never score a maximum score. We had studied and mention that if we have to give the better performance in shooting sports, so we have to reach at the level of Sattva Guna. Hence, it can be concluded that Sattva would be positively correlated with shooting, while Rajas and Tamas would be negatively correlated with shooting practice and competition.

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International Seminar on
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The role of yoga in psychological and emotional balance

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Abstract: Yoga is dexterity in action. The dexterity is in maintaining relaxation and awareness in action. Yoga for children is quickly gaining popularity in education and has become part of the classroom in many schools throughout the country. Yoga is now recognized as one of the most effective ways to support focus and concentration, reduce stress and offer therapeutic benefits for all children. A study conducted by Braunstein – Bercovitz. There seems to be a clear correlation between stress and yoga. In a study by Cowen and Adams (2005), Participants took 75 – minute yoga classes twice a week for six weeks and reported lower perceived stress on the General well-being schedule after the yoga intervention. **Objective of the yoga.** 1. To attain your goal yoga is the only thing to accomplish in your life. 2. Through yoga mind and body can be disciplined and regularized. 3. You can achieve success in your education through yoga. 4. You can maintain mental equilibrium through yoga. 5. Yoga as a name of one of the schools or system of Philosophy (Darshan). 6. Yoga as the Goal of Yoga Practice

Benefits of yoga in education :- (1) Improves Academic Performances, A 2015 study in the journal evidence based and complementary medicine of 95 high set school students found that yoga was superior to regular physical education classes in protecting against a slide in GPA as the school year wore on. (2) Good for relaxation (3) Improves Concentration (4) Stimulate open-minded thinking (5) Improved memory. (6) Boost determination (7) Beneficial for relationship (8) Increases self-confidence.

Nowadays, yoga becomes very popular among adults and teenagers because it will bring them a lot of health benefits, reduce stress and high performances.

Key Words: Yoga, education, Psychological and emotional Balance.

1. INTRODUCTION:

The word yoga has been derived from the ancient language 'sanskrit' of India which is considered to be the language of the Gods and saint. It is derivative from the 'sanskrit' word 'yug' which means taking yourself to the highest pinnacle of the world. Trying to understand what you are and for why you are born in this world. It is a matter of pity that at present none of us try to grasp its actual meaning and involve themselves in worldly competition. It is a matter of great pity that they fail to analyze themselves. But self-analysis is quite possible by resorting to yoga. According to Patanjali yoga means to exercise control over mind and senses. It is said in Patanjali that through yoga can develop Personality and can achieve success in your life. It is very difficult to control your mind and senses but yoga has answer for it. Dr Sigmund Freud has rightly said in Psycho-analytical theory. It is essential for Personality development to keep the balance between the Id, ego and super ego. If your Id increases too much (which only sees enjoyment and happiness) in this condition person is induced or attracted to commit or do bad or immoral deeds. Just contrary to it if somebody's super ego increases he is all the time filled with fear and dread due to which he fails to adjust himself to the environment and atmosphere around him. Through yoga it is possible to maintain balance between Id, ego super ego.

In the 'Gita' Shri Krishna has said 'योगः कर्मकौशलम्' (yoga can bring about work efficiency in person) yoga has concern with any concern with any religion or sect. It does not surmount about any religion. It has got no concern with any religion teaching yoga teacher all religion minded people if the world how to maintain peace of mind and remain happy in your life.

I am confident enough that with the passage of time yoga will be universally accepted in all nooks and corners.

2.OBJECTIVE OF YOGA :

- To attain your goal yoga is the only thing to accomplish in your life.
- Through yoga mind and body can be discipline and regularized
- You can achieve success in your education through yoga
- You can maintain mental equilibrium through yoga
- Yoga as a name of one of the schools or system of Philosophy (Darshan).
- Yoga as the Goal of Yoga Practice

3.BENEFITS OF THE YOGA IN EDUCATION:

3.1Improves Academic Performances

Yoga will teach you on how to focus and concentrate on your job and thus, it will improve your concentration while doing your tasks in school. Yoga will also teach you how to relax and take a deep breath. This thing would be beneficial for dealing with exam pressure . A 2015 study in the Journal evidence based and complementary medicine of 95 high school students found that Yoga was superior to regular physical education classes in protecting against a slide in GPA as the school year wore on.

3.2Good for relaxation

Many research studies have already shown that yoga would be very beneficial to lower the blood pressure, as well as stimulate the regulation of good hormones. Those things would directly affect our body, which will make your body become relaxed, motivate and maintained for study.

3.3Improves Concentration

Meditation and Yoga would be very beneficial because it would improve your ability to concentrate on things and not to get distracted easily. Whenever you apply it in your school's life, then it would boost your academic performance.

- Stimulate open minded thinking

Yoga helps students to avoid overthinking about a problem and thus, they could make a rational decision over their problems.

4.Improve Memory:

Yoga has been shown to improve memory in both adults and children, a benefit that would seem certain to improve academic performance, in a 2003 study in the Indian journal of physiology and pharmacology, 30 children were divided into three groups: yoga camp, fine arts camp or control group. The yoga group trained in asana, breathing exercise, meditation and cleansing for 10 days, the result was a 43 percent improvement in spatial memory test score in the yoga group.

In another study by the journal pediatric physical therapy, 108 school children were divided in 4 groups, each of whom practiced a different style of pranayama. (Breathing exercises) Each of the four groups saw spatial memory scores improve by an average of 84 percent.

5.Boost Determination

There are a lot of students in this world. Who are having a problem related to their fighting spirit. For example, whenever they have a difficult homework, they will give up very quickly without even try to do it by their own. By regular practicing connection with each other which increases self determination and will power.

6.Beneficial for Relationship

There is no about that all of the students would feel a little bit motivated whenever they have a good relationship with someone else Regular Practice would develop compassion and friendliness. Also yoga will teach you on how to tell the truth and treat people nicely.

7. Increase self – Confidence

Yoga would also Increase your self –Confidence which is highly required by every student to tackle every challenge during their study.

9. CONCLUSION:

In modern Era, yoga becomes very popular among adults and teenagers because it will bring them a lot of health benefits, reduce stress and high performance.

Yoga is now recognized as one if the most effective ways to support focus and concentration, reduce stress and offer therapeutic benefits for all children, including those with special needs and securing disabilities.

We can achieve Physical mental and emotion by Practicing yoga in our day today life in real since yoga is the nectar of our life. Yoga is the only alternative of all the ills in our life.

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Yoga for Mental health and Stressed Relaxation

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Abstract: Yoga is a old practice that has evolved into a holistic approach to general wellness and healing. The word “yoga” comes from the Sanskrit word “yuj”, which means to “yoke” or join in union Modern yoga in the Western world typically consists of asana (movement), pranayama (controlled breathing), and dhyana (meditation). When this combined yoga practices are used together they are aimed at attaining “enlightenment” or “self-awareness”. The goal is to join together the body, mind, and spirit for overall well-being. Were Yoga is a 3,000 year-old practice that has evolved into a holistic approach to general wellness and healing. Yoga is beginning to be recognized by researchers and clinicians as a complementary therapy that encompasses multiple components of healing that are being singled out or used in pieces as parts of traditional treatment methods. The purpose is been performed using yoga or yoga therapy to alleviate symptoms of mental depression, anxiety disorders. In Healthy life style Stress is the key to “wear and tear” our bodies experience as we adjust to our continually changing environment. It has physical and emotional effects on us and can create positive or negative feelings.

Key Words: Yoga, Mental depression, Yoga therapy.

1. INTRODUCTION:

Yoga is a 3,000-year-old practice that has evolved into a holistic approach to general wellness and healing. Yoga is beginning to be recognized by researchers and clinicians as a complementary therapy that encompasses multiple components of healing that are being singled out or used in pieces as parts of traditional treatment methods. The purpose is been performed using yoga or yoga therapy to alleviate symptoms of mental depression, anxiety disorders. In Healthy life style Stress is the key to “wear and tear” our bodies experience as we adjust to our continually changing environment. It has physical and emotional effects on us and can create positive or negative feelings. As a positive influence, stress can compel us to action. As a negative influence, it can result in feelings of disruption, rejection, anger, and depression which in turn can lead to health problems such as headache, upset stomach, Rashes, insomnia, ulcers, high blood pressure, heart disease, and stroke.

Stressed are characterized by experiences of depressive symptoms including: difficulties with sleep, decreased ability to function at home or at work; loss of interest; changes in appetite; and decreased pleasure in life. There are many circumstances when people experience these symptoms on a mild level where their functioning is impaired but they do not seek treatment, or necessarily meet criteria for Major Depressive Disorder. In fact, only 50.9% of people diagnosed with mood disorders receive any type of treatment for their symptoms (National Institute of Mental Health, 2015). Untreated depressive symptoms may lead individuals to struggle to lead emotionally fulfilling lives, and may often lead to increased symptoms or even decline in functioning.

Many forms of psychotherapy help individuals identify negative behaviors and thought patterns that contribute to stress depression and anxiety. One of the most recognized forms of psychotherapy is cognitive behavioral therapy, a therapy where individuals learn to replace negative thought patterns with more helpful and productive ways of thinking. It also works to create positive behavioral changes in depressed and anxious clients (Anxiety and Depression Association of America, 2014).

Some researchers have pointed out similarities between yoga and these types of therapies. Much like psychotherapy, yoga is a behavioral intervention that can be tailored to specific needs of individuals and can also be used to decrease rumination and activate behavioral change. There are also practices of yoga where “observances” are analyzed by the individual to create deeper awareness into one’s wellbeing. This awareness is encouraged to be reflected upon in all areas of one’s life and can be developed and utilized at home. This is one of the distinguishing characteristics of yoga.

that sets it apart from traditional therapies. It is an intervention that can be self-administered at home as often as needed. Yoga's availability makes it a unique therapy with potentially endless possibilities.

2. YOGA AND YOGA THERAPY:

Yoga is a old practice that has evolved into a holistic approach to general wellness and healing. The word "yoga" comes from the Sanskrit word "yuj", which means to "yoke" or join in union. Modern yoga in the Western world typically consists of *asana* (movement), *pranayama* (controlled breathing), and *dhyana* (meditation). When this combined yoga practices are used together they are aimed at attaining "enlightenment" or "self-awareness". The goal is to join together the body, mind, and spirit for overall well-being. Although many core pieces are consistent, there are also many types of yoga (Hatha, Bikrim, Ashtanga, Iyengar, etc) that build on the core principles and have slightly different variations of practice. As an increasing number of individuals have discovered the therapeutic benefits of these practices, the field of Yoga Therapy has recently emerged. This field consists of health professionals who are also yoga instructors. They have been working to change the way yoga is practiced as therapy through the creation of the theory and practice of "Yoga Therapy".

This definition may give health practitioners, yoga instructors, and individuals seeking to use yoga for healing, a deeper understanding of what Yoga Therapy is intended to do. It is not strictly meant to treat mental illness like depression and anxiety, but rather to alleviate symptoms and connect with the 'whole being'. In other words, yoga can be seen as a complementary therapy that targets specific areas of healing that are currently overlooked by traditional treatment modalities. One difference between typical modern yoga and yoga therapy, is that the latter identifies

The *Eight Limbs of Yoga* to improve awareness of all aspects of life. The eight limbs of yoga are yamas (restraints), niyamas (observances), asana (mind-body postures), pranayama (breath control), pratyahara (sensory withdrawal), dharana (concentration), dhyana (meditation), and Samadhi (pure awareness). In yoga therapy, it is the job of the yoga therapist to use the eight limbs of yoga to help individuals increase their awareness into what is causing them suffering. Through this awareness individuals may see how specific lifestyle choices add to their suffering, and consequently, awareness of what lifestyle choices would be helpful in their recovery. Overall, yoga is a tool that offers awareness, introspection, and a sense of wholeness.

Many people are turning to yoga, not only to attain physical fitness, but also for its therapeutic healing properties including stress management. The word 'yoga' 'yoke' or 'join', and the ultimate goal of yoga to unite body, mind and spirit. Regular practice has a holistic impact on the body and mind. While toning the body, the mind becomes calm and tranquil, resulting in a sense of inner and outer balance. In total contrast to mindless repetition of exercises, yoga requires involvement of the mind, and whereas many forms of exercise strain muscles and bones, yoga gently rejuvenates and restores.

A healthier lifestyle has become a priority for many, necessitating a mindful approach to life, a balanced diet and of course regular exercise as an effective way to reduce stress. Yoga has been proven to be one of the best ways to release stress and to promote peaceful sleep.

Yoga is not a 'quick fix' it requires application and dedication, however the rewards of a healthy body and mind are immeasurable.

Yoga Lifestyle is about two actions: "*cleaning the mirror*" and "*spreading the Light*".

The mirror is the mind and body. They have to be clean and pure to catch the light in the first place. Yoga lifestyle is therefore about purifying the mind and keeping the body healthy.

Yoga lifestyle includes certain principles and values, some of which refer to the 5 rules of social conduct, the YAMAS:

AHIMSA	= non-violence
SATYA	= truthfulness
ASTEYA	= non-stealing
BRAHMACHARYA	= faithfulness
APARIGRAHA	= non-greed

3. Yoga for Healthy Aging: How Yoga Helps You Change Habits:

Not a day seems to go by that I don't realize there is some habit I have that I'd love to change. I'm sure that happens to you, too. Fortunately, we have yoga as a great tool for when we want to get serious about really changing old, dysfunctional habits. So, what kind of patterns or habits are we talking about? Some examples are:

Physical Habits: Perhaps you discover that the way you hold your posture habitually is resulting in pain, stiffness in your body, or difficulty in doing activities you need or want to do.

Time Management: Perhaps you find yourself habitually late for meetings or gatherings, putting your work and relationships at risk.

Cognitive Ability: Perhaps you are becoming more aware of how your recall of names is worsening as you get busier in your daily life, and then notice while on vacation that name recall seems subtly but noticeably better.

Stress and Emotions: Perhaps you are told by your best friend that he or she is noticing you becoming more emotionally labile and more socially withdrawn as you grapple with some unexpected family crisis.

Spiritual: Perhaps you become aware of a nagging existential crisis as you grapple with the relentless negative news cycles that you are exposed to and see it tied into your new insomnia.

But in order to change a habit, you first need to start by personally recognizing an undesirable pattern. This may happen to you while the habit is occurring, upon reflection after the fact, or after an outside observer (friend, family member, coworker, etc.) informs you about it. Meditation and yoga practice can help you observe such habits and understand the harm they are doing to you, and come to the realization that you are ready to change. This desire to change is the first step in enlisting the tools of yoga towards that goal.

Your practice can also support you while you are changing your habit. The yogic concept of samskaras points to unconscious habits that are particularly embedded in our way of dealing with a whole plethora of situations we encounter both regularly and infrequently. Because of their apparent intractability, changing these kinds of reactive habits seems almost impossible. And yet the experience of many regular yoga practitioners has proven otherwise, and modern research into yoga and meditation has begun to explain how the tools of these traditions can do just that.

On a structural level, we have learned that the human brain has “plasticity,” which allows for new learning and brain growth up until our deaths, replacing the early 20th-century belief that the brain did not change much after our early adult years. The establishment of new samskaras, or habits that yoga can create, takes advantage of this fact. But how

Yoga practices can affect the balance of the autonomic nervous system, gradually shifting us from the more reactive sympathetic branch (fight, flight or freeze) to the calmer parasympathetic branch (rest and digest) of our background operating system. This shift can give us a much-needed pause in our tendency to react quickly with fear and anxiety in stressful moments, so that we can choose our newer habit over our old habitual reactions. A great deal of recent brain research is giving us more and more clues as to how yoga may be doing this.

On the level of form and function, it has been shown that a variety of structural and functional changes occur in the brain as a result of regular yoga and meditation practices that support changing your habits. Certain areas of the brain, such as the prefrontal cortex, become thicker, other areas, such as the insula, develop deeper depressions in the folds of the brain. The brain's stem cells are stimulated to differentiate into supportive types of glial cells that increase the insulation of neurons, allowing them to process information more quickly and efficiently. If we just look at the first example of the thickened prefrontal cortex of the brain, the implication is that having more front brain equals a better capacity to inhibit your unwanted behavior, thoughts, and actions.

In other studies, it has been shown that while people are meditating, the brain wave patterns shift to more alpha waves, which assist in filtering out distracting information coming into your brain, thereby improving focus on your task at hand and maybe your memory. Follow-up studies showed long-term retention of these effects. It has also been demonstrated that an area of the brain that is involved in fear and anxiety, the amygdale, can be down-regulated with regular practice of yoga and meditation.

A study, Potential self-regulatory mechanisms of yoga for psychological health, developed a fairly comprehensive theory as to how yoga affects the neurobiology of depression, anxiety, trauma and addiction, and concluded that it improves “self-regulation” in several ways. There is a top-down mechanism of the brain affecting the body, and a bottom-up mechanism of the body affecting the brain. The authors concluded that yoga promotes self-regulation (which supports changing habits) on the cognitive, emotional, and behavioral levels we introduced above. The changes to the brain I discussed above would seem to support these theories. And yoga improves tone, which supports the bottom-up regulation.

Finally, evidence is mounting that your yoga confers both immediate benefits of self-regulatory effects on cognition, emotions and behavior, and that there is sustained change even when you are not on the mat practicing. In other words, you get the goods in real life situations as a benefit of your regular yoga practice.

Stress Relief

For effective stress relief, all you really need is a couple of days. A weekend. Not to worry about anything. Just be in the moment with nature, with your Self, and with the people you love.

Spend a few minutes in Yogic Deep Relaxation every day.

Deep Relaxation, or Yoga Nidra, is one of the most powerful methods of stress relief. It reduces deep seated mental and emotional tensions.

Barefoot Yoga

This is one of my personal favorite ways to reduce stress. Actually, it doesn't have to be 'yoga'. It could be anything 'barefoot': 'barefoot picnic', 'barefoot walk on the beach', 'barefoot Frisbee', 'barefoot gardening', and so on. The key is to connect to the Earth. Not asphalt. Take off your shoes. Press your body against the Earth.

How does it help relieve stress?

We are made of the Earth elements. When we connect to the Earth, like a loving mother, IT heals us, restores our energies, and makes us feel grounded. The Earth 'pulls' your stress and negative energy out of you.

Scientific Explanation for Barefoot Stress Relief

There is a layer of negative ions a few inches over the ground. These negative ions neutralize inflammation in the body. Much the same way that antioxidants in our food reduce inflammation by neutralizing free radicals. This anti-inflammatory ionic layer is responsible for the quick healing of animals that are in contact with the ground. Have you noticed that dogs, cows, horses, and wild animals heal quickly from any cuts and bruises, and rarely get an inflammatory reaction around their wounds

Chant or Hum "Omm".

Let the vibration of the sound of the hum reverberate through your whole body. Feel the resonance in the chest and the head. Om-ing is incredibly effective as a stress relief method. Try it in the car next time you are driving.

Try it right now as you are reading this sentence. Take a deep breath and ... Ommmm ...

Practice slow breathing.

Animals who breathe more slowly, live longer. Tortoises and elephants, known for their longevity, have a particularly slow breath rate: 2-3 breaths a minute. Dogs and cats, on the other hand, breathing rapidly, don't square off as well.

Since we are able to control our breath voluntarily, it makes sense to practice slowing down the breath.

The Pranayam and Alom – Vilom or other yogic exercise help in control the breathing

Certain yogic techniques to combat stress

1. Breathing Techniques helps relax train the respiratory organs to cope-up with technique of Pranayam breathing.

- (a) Abdominal
- (b) Thoracic
- (c) Cavicular

Procedure : Either in lying or sitting posture, close the eyes, place one palm on abdomen, absorb the rhythmic breathing the abdomen should raise (bloat) when you breath & suck in where you breath out 3-5 rounds. And same 3-5 rounds the placing the palm on chest & at throat.

2. AUM chanting-mentally & loudly

3. Relaxing joint exercises - slow breath awareness do the all round joint movements from neck, shoulders, elbow, wrist, fingers, spinal stretching, knee movements, ankle movements/stretchches.

4. Instant relaxation technique - lie down comfortably on a carpet bring legs together, hands by the side of thighs. Now tighten one by one consciously & quickly the ankle, calf muscles, knee joints, thighs, buttocks, low back, abdomen, chest, neck, back of neck, facial muscles, hold the breath, tighten the whole body & let loose the whole body at a stretch and relax and deep breath

- 1. Shavasan
- 2. Makarasan
- 3. Bhujangasan
- 4. Shalabhasan
- 5. Suptavasan
- 6. Vakrasan
- 7. Ptnayan : Naadi Shudhi,Ujjayee, Bramharee
- 8. Meditation

4. CONCLUSION:

The practice of yoga is not exam for result but it based on regular practice for daily life skill stressed periods can be based on daily life progression of wear and tear. Regular practice of the yoga provides outer and inner relief by keeping away from the countless ailments at the physical and mental level. Practicing postures or asanas strengthens the body and mind as well as creates the feeling of well being. It sharpens the human mind, improves intelligence and help in high level of concentration by steadying the emotions and feelings. The feeling of well being creates helping nature within us and thus enhances the social well being. Improved concentration level helps in meditating and provides calming effect and inner peace to the mind. Yoga affects daily habits and also the neurobiology of depression, anxiety, trauma and addiction, and concluded that it improves "self-regulation" in several ways. There is a top-down mechanism of the brain affecting the body, and a bottom-up mechanism of the body affecting the brain Yoga is like a practical philosophy which develops self-discipline and self awareness within us through regular practice.

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IMPORTANCE OF YOGA AND SPORTS NUTRITION

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Abstract: *Yoga and Balanced diet help in attaining very high performance with elite body structure or high level of athlete's fitness to occupy the attainment of performance goal for the competition at all level. Unlike many other forms of training, the practice of yoga unfolds over time to reveal many layers of physical benefits and personal revelations. Now, more and more people are discovering the myriad ways that yoga can be used to improve athletic performance—from increasing mental concentration and improving flexibility and balance to preventing common injuries and honing skills in a particular sport. Diet plays a very important role in this cycle. A good diet can maximize an athlete's potential and support high training loads, conversely a poor diet has repeatedly been shown to have negative effects on training quality, recovery, and adaptation following competition training. Whether by creating an entire training program for elite athletes or by simply integrating a few yoga poses into an existing group fitness class, fitness professionals at all levels can use yoga as an effective cross-training tool for their own athlete clients with benefits of proper balanced supplied of nutrition's for participation or maintain the athlete posture.*

Keywords: *Athlete Posture, Competition Training, Training Quality.*

1. INTRODUCTION:

Yoga an ancient discipline has become the latest cross-training tool to enhance athletic performance and reduce the risk of injury. Just a few years ago, fitness enthusiasts had few options if they wanted to try out a yoga class. Today, yoga is a mainstay on the program schedules of most health clubs, personal training studios, YMCAs and corporate fitness centres. Muscle strength and power are essential determinants of performance in short maximal exercise requiring high muscle force production, such as weight lifting, throwing and jumping, or sprinting. A majority of the athletes involve in power sports ingest nutritional supplements with the express purpose of enhancing muscle strength. Muscle strength can be defined as “the maximal amount of torque or force that a muscle or muscle group can voluntarily exert in one short maximal effort, when type of muscle contraction, movement velocity and joint angle are specified”. Similarly muscle power can be defined as “the maximal amount of work per unit of time that can be performed in one short dynamic effort”. The energy for exercise comes mainly from carbohydrates stored in muscle as glycogen. A diet high in carbohydrates is essential, with as much as 60-65 per cent of the calories are supplied through this source.

Yoga is powerful tools that can help athletes develop better body awareness. Listening to the body and responding to its messages is a way to honor the body and not push it over the edge.

“Yoga not only stretches my body but also helps me with better balance and overall strength,” we say. “At first, I thought yoga was a way to have a less strenuous workout, but now I find it is often harder than my competition training. After class, I feel much more focused and grounded, and this helps me in my training. If I'm tired, I can pull my senses inward and continue my practice without causing harm to my body. During competition, I can focus on the integration of small core muscles to give me better overall stability.”

Like runners, tennis players experience a tremendous amount of pounding, shortening and tightening of their muscles. When players do not restore, elongate and stretch these muscles, imbalances and injuries frequently occur. Competitive athletes who perform repetitive motions—swinging a tennis racket over and over, for example—end up with tight overused muscles that just keep getting tighter and weak underused muscles that just keep getting weaker. Tight muscles are hard, inflexible and brittle; their lack of elasticity contributes to joint instability and decreases resiliency. The tension in tight muscles hinders blood supply and creates scar tissue, which renders the muscles less elastic. Therefore, an athlete with tight muscles has to work harder, which in turn creates even more stress. This classic overuse syndrome is experienced by many athletes.

Extreme (anaerobic) exercise has no health benefit, but has considerable performance benefits. Exercise at extreme levels leads to accumulation of lactate and formation of fatigue immediately. Moreover, potential exercise benefits (such as lowering heart attack risk, regulating blood pressure and cholesterol levels as well as reducing diabetes risk) do not apply to short periods of extreme exercise.

Some of the misconceptions regarding nutrition commonly between the groups on important aspects of nutrition knowledge are elaborated below:

* A large number of the sportsmen believed that food could not provide enough nutrients and that vitamin pills were necessary for good health. A healthy diet that includes a variety of foods does not require vitamin and mineral supplements. Beitz et al found that the people using dietary supplements in their food intakes do not have much difference in daily performance compared non-users.

* The sportsmen are tended to think that sweets would provide quick energy just before competition. This prejudice may lead to rely on candy to provide the energy that should come from complex carbohydrates. The underlying goal of eating candies before exercise is to boost energy minimizes insulin surge that transports sugar out of the bloodstream and into the muscles. Simple sugars induce high insulin, when used before exercise this can lower the blood sugar and elicit the fatigue as well as light headedness associated with hypoglycaemia.

* Excessive intake of highly concentrated sugars, such as candy and soft drinks in a short period of time can result in cramps and bloating.

* Some sportsmen believe that carbohydrate-rich foods such as potatoes, bread, and rice provide few nutrients other than calories. However, these complex carbohydrates, as well as those provided by fruits and vegetables, are excellent sources of vitamins, minerals, and fiber.

Some sportsmen believe that protein is the primary source of muscular energy for sports. While protein is necessary for muscle growth and repair, it is not a primary source of energy. It is more efficient for the body to get energy from carbohydrates, but if carbohydrate intake is low, then the body must use protein. Extra metabolic processes are necessary to use protein for energy, and once protein is used for energy it is no longer available for growth and repair.

The aim of any training session is to increase the demands (overload) on an athlete during their training session so that following a period of recovery, the processes of repair, growth and adaptation can occur to make that individual stronger and fitter for their event. In terms of high level sports people, the majority are able to train harder, recover faster, and adapt their bodies to the training stimulus

2. BALANCED DIET:

All sports people require a balanced diet with an appropriate intake of carbohydrate, protein and fat (these nutrients are termed macronutrients). Historically, sedentary or athletic diets have expressed each of these as a percentage of the total calorific intake.

CARBOHYDRATE INTAKE

Carbohydrate provides energy for vigorous activity and is digested and absorbed more rapidly than the other macronutrients. Foods rich in carbohydrate build up the carbohydrate (glycogen) stores in the muscle and in the liver of the sports person.

Guidelines for carbohydrate intake:

10-12g per kg each day = 5-6 hours moderate intensity exercise, high total energy requirements.

7-10g per kg each day = maximise muscle carbohydrate stores, enhancement of daily training (1-3hours), or to load prior to competition.

5-7g per kg each day = less than one hour moderate intensity exercise, aim to reach general nutritional goals.

The athlete should understand that where intensity and duration are key determinants of preparation and performance:

- 1) High carbohydrate intake allows you to train for longer, sustaining higher exercise intensity
- 2) Longer / more intense training means a greater overload upon the body
- 3) Greater overload leads to enhanced adaptation
- 4) Enhanced adaptation makes you a fitter athlete

Protein intake

One of the main parts of muscle is protein. It is therefore important to eat an adequate amount of protein daily in order to maintain muscle health and function. As a guide the sedentary individual should consume in the region of 0.83g per kg each day, whereas the sports person should consume between 1.3g and 1.8g per kg each day. For accelerated recovery following training or competition, it is advised that the sports person consumes 0.5g per kg of protein in conjunction with a high carbohydrate snack within 20 minutes of the training session or event.

Implications of inadequate protein intake

Protein is not a stored nutrient and all protein exists in the human body in a functional form. Protein is involved in tissue building, and forms part of key enzymes and hormones that carry out functions at rest and during exercise. Protein is also a key component of antibodies that are associated with our protective immune system.

Fat intake

For most sports people, foods high in fat, particularly saturated fat, should be avoided or, at the very most, eaten in moderation. If foods containing fat are consumed, the majority of the fat content should come from unsaturated fat. Dietary fat should never be totally excluded as it plays. The sportsmen believed that certain foods burn fat—a persistent fallacy. The only way fat is used is in normal metabolic processes of living and moving. Fat is ‘burned’ when the energy used by the body exceeds the amount consumed in food. The sportsmen believed that a diet with little or no fat is the best diet for sportsmen. However, fat does have a role in a healthy functioning body. Fat provides protection and is an important component of the nervous system. Dietary fat provides sportsmen with essential fatty acids and carries the fat soluble vitamins A, D, E, and K.

Fluid intake

Losing as little as 2% of your body weight by dehydration can adversely affect performance and should that percentage rise to 5% there can be some very serious health implications. Dehydration reduces your blood volume, which leads to a rise in body temperature, and can lead to cramping and heat exhaustion.

- Before training: Drink plenty of fluid (1 liter per hour in the two hours prior to training).
- During training: Drink before you feel thirsty, thirst is a delayed response to dehydration.
- Following training: Fluid intake is vital for recovery, so 1 liter per hour following training is advised.

Sports drinks – Are they necessary?

Sports drinks are very useful for events/training that lasts greater than 30 minutes. Many of them contain carbohydrates (energy source) and electrolytes (salts that are lost in sweat). In events that are shorter than 30 minutes, no performance benefits have been noted, however, if the taste encourages you to drink more fluid then these drinks are going to help your training and recovery. Preparing for activity

3. LIMBS OF YOGA:

Yoga is composed of many layers, all of which can enhance athletic performance. These layers are referred to as the eightfold disciplines, or the eight “limbs” of yoga. These eight limbs form the main principles of yoga, as follows:

Yama refers to universal ethics.

Niyama refers to personal ethics.

Asana refers to posture.

Pranayama refers to breath.

Pratyahara refers to withdrawal or quieting of the senses.

Dharana refers to inner focus or concentration.

Dhyana refers to meditation, reflection or observation.

Samadhi refers to absorption with the whole being, or absolute enlightenment.

While athletes can benefit from all these principles, and they are all equally important to enhancing athletic performance, fitness professionals teaching yoga should focus on the limbs that fall within their area of expertise—for example, *asana* (posture), *pranayama* (breath), *dharana* (inner focus) and *dhyana* (meditation).

Athletes can benefit from these limbs just as they benefit from other tools they use to optimize their performance. For example, a tennis player intent on making contact with the ball and returning it to an exact spot on his opponent’s side of the court is exhibiting inner focus, or *dharana*. Now imagine that at the crucial moment of play, a gale-force gust of wind picks up, a fan screams words of encouragement and a car crashes in the parking lot. If the tennis player can completely withdraw his attention from these potential distractions and remain steadfast in play, he will be revealing *pratyahara*.

4. YOGA FOR SPORTS PERFORMANCE:

RUNNING

Runners pound and hammer their bodies on different hard surfaces, resulting in injury or overuse to the muscles and tendons of the legs, feet, hips and low back. One of the best yoga poses for runners is *EkaPadaRajakapotasana Prep* (pigeon pose prep), which stretches many muscles, including the hip flexors, the gluteals and the piriformis, psoas, low-back and groin muscles. Also good for runners are any lunging poses that lengthen the Achilles tendons and soleus muscles—for example, *Virabhadrasana 1* (warrior pose). To deeply stretch the hamstrings, the best choices are *Parsvottanasana* (extended sideways pose) and *SuptaPadangusthasana Prep* (supine hand-to-big-toe pose prep), the last of which is described below. (Note: The photo shows the full pose, without the strap.)

SWIMMING

Swimming is mother of all exercise every posture of yoga help to strengthen the body and help in do synchronized moment of entire body

GOLF

Golfers need to repeatedly twist their body in one direction to swing a golf club. Mastering the sport of golf requires tremendous strength in the entire torso. To strengthen and flex the spine, try *UtthitaTrikonasana* (triangle pose) and *Bhujangasana* (cobra pose) (shown below). Golfers can also gain strength, flexibility and stability by doing twisting poses, such as *ArdhaMatsyendrasana* (pretzel pose)

SKIING

Skiers often incur injuries in their low back and knees. Skiers also tend to have overdeveloped quadriceps and weak/tight hamstrings. These conditions can be improved by doing poses that strengthen the joints and muscles of the low back, knees and posterior legs. Examples to try with skiers include *UtthitaTrikonasana* (triangle pose) *ModifiedVirabhadrasana 3* (modified warrior pose with hands on hips or bent 90 degrees at sides), *Paschimottanasana* (seated forward fold pose), *SuptaPadangusthasana Prep* (supine hand-to-big-toe pose prep) and *Bhujangasana* (cobra pose)

TENNIS

Because of the demands of tennis, players often lose their suppleness in the back and torso and deplete the strength in their shoulders, elbows and wrists. *PrasaritaPadottanasana* (legs spread wide, forward bend while standing) is excellent for opening the shoulders; it also deeply stretches the hamstrings and adductors. Other good choices for tennis players are *Utkatasana* (chair pose), which strengthens the abdominal muscles and stretches the Achilles tendons, calves and spinal column, and *Virabhadrasana 2* (warrior 2 pose), which builds strength and balance, especially in the lower body. Another excellent pose for strengthening and lengthening muscles of concern for tennis players is *Setubandha Sarvangasana* (bridge pose), which can be done with or without a strap

CYCLING

Due to the nature of their sport, cyclists tend to have very tight hips and hamstrings. Due to kyphosis of the low back, these athletes also need to stretch in ways that flex the spine; poses that address this spinal curvature help increase circulation around the lower vertebrae. Like swimmers, cyclists benefit most from poses that stretch the back and open the chest. Examples are *Bhujangasana* (cobra pose), *Dhanurasana Prep* (bow pose prep, with hands reaching toward the feet) and *Ustrasana Prep* (camel pose prep, with hands on the sacrum rather than reaching to the heels). An optimal pose to stretch tight hips and hamstrings is *EkaPadaRajakapotasana Prep* (pigeon pose prep).

Deciding on the Right Yoga Style for Physical Fitness

Hatha yoga is the umbrella term for many different styles of yoga, such as Anusara, Ashtangavinyasa (sometimes called “power yoga”) and Iyengar. These styles are all powerful, dynamic, alignment-oriented types of yoga that are well suited for fitness and sport adaptation.

Depending on their goals and personalities, athletes may prefer one form of yoga over another. For example, some athletes may prefer a style of yoga that emphasizes holding postures for longer durations, while others may prefer a format that emphasizes optimal alignment. Certain individuals may gravitate toward a style that accentuates the spiritual aspects of yoga, whereas others may relate more to a style that emphasizes the physical component. Some will be seeking a gentler therapeutic yoga style that focuses on stretching poses, while others will want to increase their strength and stamina. Finally, some will be keen to touch on all of these elements in one class.

Here’s a brief description of some of the more popular forms of hatha yoga:

Anusara. A modern style of yoga that focuses on optimal body alignment, this form is practiced by using the body’s strength to keep the muscles engaged while stretching.

AshtangaVinyasa. Sometimes referred to as “power yoga,” this is probably the most physically demanding style of yoga. It emphasizes strength, flexibility and stamina by combining breath work with a series of poses often done in quick succession.

Iyengar. Considered one of the more therapeutic types of yoga, this style emphasizes alignment through the use of props such as chairs, blankets, blocks, straps and pillows. This style is especially good for novices.

Bikram. Bikram yoga is also referred to as “hot yoga.” The focus here is on the repetition of 26 poses, each performed twice. It is typically done in a very hot room, to warm the joints for movement.

Kripalu. This gentle form of yoga focuses on the mind-body connection through the practice of meditation during poses.

Kundalini. Also well suited to beginners, this style merges stretching, breathing and meditation.

Viniyoga. This style is usually taught one-on-one. Students are encouraged to work at their own pace, integrating movement with breathing and awareness.

5. RECOMMENDATIONS:

A good Yogic exercise as per the nature of activities or forthcoming performance and food plan for young sportsmen is a well-balanced, nutrient-dense diet. This plan will provide adequate amounts of most nutrients. Sportsmen need to obtain at least 60 percent of their total calories from a variety of complex carbohydrates such as grain products, fruits, and vegetables. These carbohydrates provide energy plus vitamins, minerals, and fiber to keep all systems functioning at peak efficiency. Adolescent sportsmen need two to three servings from the dairy group and two servings from the meat group daily. Water and liquids such as juices are vital for proper hydration, a necessary component of athletic excellence. Foods to avoid are ones full of calories with no other nutrients. Soft drinks or deep fried foods such as doughnuts are full of sugar and/or fat. These foods supply calories but little or no vitamins and minerals to keep the body running well. Coaches can help enhance the performances of their sportsmen by promoting good yogic posture to maintain the flexibility and tuned posture to perform high skilled work and nutrition help to maintain the physiology of food habits to overcome the nutritional need for competition. Because sportsmen seek and follow their advice, coaches should find ways to supply useful information. They can schedule a lesson on training and eating, perhaps calling in a guest expert such as a sports nutritionist. Coaches can provide written guidelines for training meals, display informative posters, and talk about healthy eating.

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The role of yoga for coping anxiety and stress in parents with disabled children

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Abstract: Yoga is a very ancient physical mental and spiritual practice that is known to have emerged from India. Yoga is becoming more popular every day. It can provide relief from the hustle and bustle of modern life. Yoga is not just for adults but for children well. Perhaps more important, for special needs children. A routine of yoga exercise for the handicapped can be therapeutic in many ways.

A main concept in our article is that yoga may help special needs children and their parents to cope with stress and anxiety and helps increase concentration, flexibility and strength. We cannot forget the value of yoga can help to child become more aware of their body. There are a lot of benefits of yoga for special needs children and it is important to consider them all before deciding if yoga is the right fit for the child. Yoga therapy for the mentally handicapped also has similar calming and soothing benefits which helps them become more independent.

Yoga can also reduce parents stress and anxiety. A lot of breathing exercise and different poses like-meditation, that come with in yoga and they can be done daily routine life that helps to develop attention and concentration and stimulate the creative ability that are latent with in human body. When a child learns how to use this technique, they can apply it when feeling anxious and therefore make it is coping mechanisms.

Letting a special needs child practice yoga open the door to a number of benefits and could become a regular part of his or her therapy regiment. Children will not only have the opportunity to learn about different part of the body, but they may also develop on understanding of how their own body works. The great benefit of increase body awareness can help a child truly understand their body and know how to accommodate for it.

So yoga education is not only beneficial for normal and healthy people but it is also beneficial for special needs person.

Keywords: Disability, Stress, Anxiety, coping strategy.

1. INTRODUCTION:

In India yoga is very famous an ancient period. Area of yoga is very wide. So we can not define as a one word. Yoga is the world of Sanskrit which made yajur dhatu. Maharishi Patanjali rightly known as the "father of yoga". Some still associate yoga with "religion" some of the original Indian language of Sanskrit is still used to name the postures and breathing exercises. Over time yoga developed as a science, philosophy and psychology. Yoga provides training of mind and body to bring emotional balance. Yoga is spiritual practice that utilizes mind (meditation) and body (exercise) to balance our systems.

Most of the research shows that the parents of disabled children got more stress and anxiety. It is common knowledge that stress can have serious health consequences a high stress level could become a chronic condition which could result in a range of health problems, including anxiety insomnia muscle pain, high blood pressure and a weakened immune system. Research indicates that stress can even contribute to the development of major illness, and obesity or exacerbate existing health issues.

Reflecting the benefits of yoga for disabled children and parents, before we discuss the disability, stress, and anxiety.

2. DISABILITY: The world health organization defines disability as "not being able to perform an activity considered normal for a human being (Worach, 1995). On the other hand it could be considered to be a loss or limitation of opportunities to take part in the normal life of the community or an equal level with others, due to physical and social barriers.

Stress – Stress is a general term applied to various psychologic (mental) and physiologic (bodily) pressures experienced or felt by people throughout lives. Stress is defined as “a state of psychological and physiological imbalance resulting from the disparity between situational demand and the individual’s ability and motivation to meet those needs.”(Akroni Gurab, 2011)

ANXIETY – Anxiety is a general term for several disorders that cause nervousness, fear, apprehension, and worrying. (MNT Editorial team, 2016)

COPING STRATEGIES – “Coping strategies refer to the specific efforts, both behavioural and psychological, that people employ to master, tolerate, reduce or minimize stressful events.....An additional distinction that is often made in the coping literature is between active and avoidant coping strategies.” (S.Folkman, 2013)

In my paper we focus how yoga is beneficial for disabled children and their parents. Every parent has dreamed a normal and healthy child. But any parent whose child has special needs, then he experiences depression and anxiety. He consults a doctor and more money is spent. In many researches it is suggested that yoga may help parents cope with stress and anxiety, contribute positively to balance in life, well-being and health. Yoga, as it was originally practiced, includes the physical discipline of breathing and body postures designed to strengthen and cleanse the body as part of a spiritual philosophy. Yoga instruction for disabled children and parents is increasingly in popularity. Special needs experts agree that yoga activities make a positive impact on individuals with special needs. These activities improve mobility, strength and digestion for individuals with disabilities like cerebral palsy.

Yoga is a slow and meditative process so it helps these individuals relax and increases attention and focus. Yoga is improving because it meets the individuals at their current level of functioning and moves forward towards meeting achievable goals: the limits of individuals are accepted and with the help of the instructors. Some awesome yoga poses for children with special needs are powerful tools to help kids become aware of triggers like: Child’s pose, triangle pose, giraffe pose, seesaw pose, tree pose, mountain pose.

Yoga may help special needs children and their parents to cope with stress and anxiety and help increase concentration, flexibility and strength. We cannot forget the value of yoga can help a child become more aware of their body. There are a lot of benefits of yoga for special needs children and it is important to consider them all before deciding if yoga is the right fit for the child. Yoga therapy for the mentally handicapped also has similar calming and soothing benefits which help them become more independent. Many yoga poses, breathing strategies, and visualization strategies support increased focus and concentration. Specific yoga poses involving movement toward the midline of the body, or crossing the midline of the body, can support communication and integration of the left and right hemispheres of the brain which support brain/body.

One of the great benefits of yoga for children with special needs is increased body awareness. Coordinating breathing and movement together becomes the first level of work. For example, lifting an arm on the inhaled and lowering on the exhaled not only helps with motor control and planning, and provides an inner sense of rhythm.

Yoga can also reduce parents’ stress and anxiety. A lot of breathing exercises and different poses like meditation, that come with in yoga and they can be done daily routine life that helps to develop attention and concentration and stimulate the creative ability that are latent within the human body. When a child learns how to use this technique, they can apply it when feeling anxious and therefore make it a coping mechanism. Many studies focus on yoga benefits in different ways. Some are under the given:-

Karen Pilgrington(2005): to say yoga is the treatment of depression, the initial indications of potentially beneficial effects of yoga interventions on depressive disorders vary in intervention, severity and reporting of trial methodology suggest the findings must be interpreted with caution. Several of the interventions may not be feasible in those with reduced or impaired mobility. Nevertheless, further investigation of yoga as a therapeutic intervention is warranted.

Ronghua Fong RN et al (2015): to examine that regular yoga can improve sleeping quality and reduce work stress in staff nurses.

Paul Posadzki et al (2014) : to examine that the effectiveness of yoga as a treatment of hypertension is encouraging but inclusive. Eleven RCTs suggested that yoga leads to a significantly greater reduction in systolic blood pressure compared to various forms of pharmacotherapy, breath awareness or reading, health education. No treatment or usual care.

R.Ramadas, B.Boss et al (2010): studied demonstrate that a comprehensive multimodal intervention of transformative life skill consisting of yoga poses, breathing techniques and meditation(Dayan) can reduce perceived stress and increase self control and self awareness in at risk and incarcerated youth.

Letting a special needs child practice yoga opens the door to a number of benefits and could become a regular part of his or her therapy regimen. Children will not only have the opportunity to learn about different parts of the body, but they may also develop an understanding of how their own body works. The great benefit of increased body awareness can help a child truly understand their body and know how to accommodate for it.

Different poses help to find a healthy body and mind and to release stress in the body. Different poses are like:

1. Fish pose

2. One leg forwarded bend
3. Breach pose
4. Cates stretch
5. Two forward bend.
6. Standing forward bend
7. Downward facing dog
8. Head stand
9. Copses pose etc.

Note: - After yogasana to take yoga sleep is important to reduce harmful chemical in body. Which is the main region of the stress.

Breathe right with pranayamasto relieve anxiety. like: skill shinning breathing technique, alter net nostriribal breathing, bee breath etc. Meditate to enjoy the gift of relax of a mind.

3. CONCLUSION:

In the conclusion it can be said that yoga in not beneficial for normally and adult people .but is healthy for all groups and all peoples. Like children's, adult, special needs children and their parents. If yoga exercise doing daily routine way and regular practice it is easy to doing and make people healthy and fit. To reduce stress and anxiety. Increasing body flexibility and body moment. In the Studies review study we say yoga is very important for our daily routine life. In the present time life styles focus yoga's benefits and aware people to yoga education .

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Yoga for Therapeutic Rehabilitation

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Abstract: *Mind-Body interventions, such as yoga, that teach stress management with physical activity may be well suited for investigation in both osteoarthritis and rheumatoid arthritis. There is a growing body of evidence to support the use of yoga for a wide range of medical conditions; helping people to attain emotional balance, to heal after illness and for symptom relief with chronic disease. Multiple studies have found that asana (yoga - postures or poses) combined with breathing practices reduces pain in many pain-related conditions such as arthritis, low back pain and cancer.*

Evidence from clinical trials shows that yoga can help to achieve desired outcomes in a variety of health conditions, rehabilitation has diverse applications has benefitted mentally handicapped subjects by improving their mental ability, also the motor coordination and social skills.

Focusing our attention on our breath and body sensations provides, a sense of grounding and mental balance. Essentially this is a form of mindfulness, which has widely reported beneficial effects of our mental health, which eventually leads to mental resolve and decreasing the anxiety. This helped in rehabilitation of socially disadvantaged children and those who were circumscribed by the drugs abuse.

Keywords: *Drug Abuse, Body Sensations, Mental balance.*

1. INTRODUCTION:

Yoga, Physical Therapy and Rehabilitation is an open access journal covering various aspects on meditation and physical exercise, exploration and various developments in field of Yoga, Physical Therapy and Rehabilitation. This provides a unique platform that helps to collect and disseminate state-of-the-art scientific understanding on all the aspects of yoga and physical exercise.

2. AIM AND SCOPE:

The main objective of the journal is to maintain and develop science and related research at an international level. In order to achieve this it is important to bring into light disseminate outstanding research and development results to the world instantaneously the latest advances in the domain of Yoga, Physical Therapy and Rehabilitation. The journal aims to collect precise data in the fields of Exercise physiology, Physiotherapy, Yoga Practice, Rehabilitation and Physical Therapy in the field of Medicine etc.

There is a need for improvement in the design of research on integrative interventions for arthritis. The purpose of this article is to share the experience of collaboration with physical rehabilitation medicine in designing and implementing a pilot feasibility study of yoga as an integrative approach to the self-care and functional capacity issues associated with arthritis. The pilot study also obtains information regarding the acceptability of yoga for a community sample of urban, bilingual minority patients who typically have not been identified as practicing yoga or participating in yoga research. This study attempts to fill some of the gaps cited within critiques of other published yoga research. Information regarding the methodology, literature review and creation of the pilot study are detailed in our original article

The ongoing study follows minority adults diagnosed with either osteoarthritis (OA) or rheumatoid arthritis (RA) as they undergo an 8-week program of yoga classes twice a week for 60-minute sessions. The yoga series focuses on the branch of Hatha yoga that uses postures (asanas), breathing techniques (pranayama) and meditation. Classes are bilingual (English/Spanish), and taught by racially concordant yoga teachers. Classes are kept to five participants to allow for detailed modifications and use of props, as needed to tailor the yoga poses to the needs and limitations of every individual.

The interdisciplinary approach to this study brings together yoga practitioners and clinicians with expertise in research, nursing, physical rehabilitation medicine, and rheumatology to create and implement a study that includes quantitative measures related to physical ability and psychosocial patient reported outcome measures. Physical

measures are assessed at two time points in an attempt to quantify changes related to participation in an 8-week yoga series

3. BACKGROUND:

When reviewing the literature to create the study, it was observed that yoga interventions have been shown to produce improvements in physiological and quality-of-life measures related to sense of wellbeing, energy, and fatigue; as well as beneficially impacting mood, depression and anxiety disorders. Studies were found related to measuring the effect of yoga on specific joints (knees and hands). Global physical measures testing the impact of practicing yoga were not readily available; therefore, the expertise of physical rehabilitation medicine was enlisted.

It is not apparent if this type of collaboration has previously been attempted, a review of the literature revealed a dearth of information. An article was found which explored the application of modified yoga techniques, as an adjunct to voice therapy, by a speech pathologist who is also a yoga teacher. A randomized control pilot study was conducted in the neurological rehabilitation unit of a university research hospital, to study the effects of pranayama and meditation in rehabilitation of patients with Guillain-Barre syndrome. An Australian based article reported on the first study about the attitudes and behavior of Australian rehabilitation physicians to complementary and alternative medicine (CAM). The article reported knowledge about and referrals to CAM therapies and their perceived effectiveness, with yoga among the most commonly prescribed therapies

According to a 2012 article, forty percent of International Association of Yoga Therapists' members were professionals within specializations in one or more fields of Western medicine. As yoga therapy grows in popularity, an increasing number of practitioners, including physical and occupational therapy are integrating therapeutic yoga into their practice. According to the therapists on our team, there has been an increase in continuing education options for occupational and physical therapists, which combine yoga and physical rehabilitation therapy. There appears to be a trend towards using the integrative modalities, such as yoga, as modifications for use within a therapeutic practice.

4. COLLABORATION & MEASURES:

During the development of this study, it was not clear which specific measures would best evaluate the physical benefits of regular yoga practice. In an attempt to include relevant physical measures pre- and post-intervention, the Rehabilitation Medicine Department (RMD) at the National Institutes of Health (NIH) Clinical Center was consulted to collaborate on the creation and implementation of the study. Their expertise was sought in order to determine the most appropriate measures related to strength, motion, endurance, and balance, as potential outcome measures for this population and the yoga intervention. Previous experience in the clinical setting between rheumatology, nursing, and rehabilitation medicine suggested this would be an ideal collaboration in order to obtain a more empirical and clinical perspective when evaluating changes over time.

It was necessary to talk through concerns expressed by the physical medicine rehabilitation clinicians in terms of the safety and appropriateness of yoga poses for this population. The team attended a presentation and later a demonstration yoga class, a researcher and yoga therapist, who designed the series of yoga poses. Her previous research tested the efficacy of the series of yoga in a population with arthritis at Johns Hopkins University. As this research study took shape, interdisciplinary members met to exchange ideas and experience of working with the target population. Once clinicians interested in serving as Associate Investigators were identified, their input was solicited to write sections of the study and to determine the patient flow through the rehabilitation assessment phase of the study.

Clinical measures were selected to evaluate domains of balance and functional mobility that may be responsive to change with an exercise intervention. For this pilot study, the physiatrist completes a history and physical, which includes manual muscle testing as part of the neurological and musculoskeletal examination (range of motion, strength, and flexibility). This examination gives a clinical picture of the participant's strength in all major muscle groups and identifies potential concerns about functional ability and balance prior to participating in the study. The physiatrist also completes the single leg stance (SLS), functional reach test and the timed "Up and Go" test (TUG) measures therapist after 200 hours of yoga teacher training, which might include basic training in anatomy, breathing, meditation and giving adjustments.

"Anybody can hang their shingle and say they are a yoga therapist," said J a physical therapist, "Just as certain conditions can be helped by extension, flexion, twisting or side bending, they can also be aggravated," said Robert Forster, a physical therapist in Santa Monica. Some doctors advocate its use, however. "I deeply believe in yoga and know the therapeutic value of yoga for health care,".

There is some evidence that certain yoga poses help alleviate chronic back pain. A randomized, controlled study published in the Annals of Internal Medicine in 2005 found that participants who followed a pose sequence designed by a yoga therapist improved function more than those given a self-care book or sent to exercise class. (The 101 participants did not include patients with sciatica, previous back surgery or pregnant women.) Now, the National Institutes of Health has allocated \$1.2 million for a second study to see, in part, if the results can be replicated on a larger scale.

There has recently been a surge in popularity of a type of rehabilitation service that some of us Physical Therapists are offering. The surge was a result of an article that was posted in “Yahoo! Shine” about how actress Kim Cattrall claimed “Fizzy Yoga” saved her life. She was referring to “PhysiYoga”, a term that her Physical Therapist, Diana Zotos Florio, uses to describe her brilliantly combined skills and services of physical therapy and yoga. Since I also offer the same type of therapy services, which I label as “PhysioYoga Therapy” (a combination of physical therapy and therapeutic yoga), the reporter contacted me and included a quote from our interview. This has led to an influx of inquiries that has been nearly impossible for me to keep up with the replies, so I thought I would answer the most common questions here in this month’s blog!

5. WHAT IS PHYSIYOGA?

PhysiYoga, PhysioYoga, Yoga Physio, YogaPhysical Therapy, medical therapeutic yoga, medical yoga therapy... are just a few of the titles you may come across when physical therapists define and label the art and science of combining their physical therapy skills as licensed health care professionals with their years of training in yoga or yoga therapy and ongoing self yoga practise. All of these titles can be interpreted as offering similar services; however, each physical therapist may slightly differ in their approach depending on the type of yoga or yoga therapy training they have received and experienced.

5.1 So what is PhysioYoga?

As a collective group, we haven’t come up with a formal definition (or ever discussed or agreed upon what to even name it!) However, this is how I try to describe and define what we do: **PhysioYoga Therapy** is a type of rehabilitation therapy that combines two professions: (1) **Physiotherapy** (synonymous with ‘**Physical Therapy**’) and (2) **Yoga Therapy**. The combination of these two professions results in a more holistic approach to your rehabilitation experience. **Physical Therapy** is a well respected health care profession that uses evidence-informed treatment methods to help clients restore and maintain optimal movement and function, reduce and manage pain, as well as provide education on health maintenance, wellness and injury prevention.

Yoga is an ancient system of health that encourages you to ‘balance’ your body, mind, breath and spirit as ‘one’ (much too simplistic of a definition of an ancient wisdom tradition and practice; but will have to do for this short blog). Yoga offers a framework for a holistic approach that promotes a balanced lifestyle of health and well-being. **Yoga therapy** applies yoga philosophy and practices (including breathing practices, awareness practices, mindful movement, focus/concentration methods, meditation and more) to individuals with specific acute or chronic illnesses or states of imbalance. For more information about the proposed mechanisms underlying how yoga works?

PhysioYoga Therapy *differs* from yoga or yoga therapy, because it is delivered by licensed physical therapists. As physical therapists, we have extensive training, knowledge, and clinical experience to have the competency to assess, diagnose and create treatment plans for people who suffer from a variety of injuries, dysfunctions, disease symptoms, disabilities and imbalances. We also have training and the license to use specialized manual skills in addition to a variety of other methods as part of treatment intervention. PhysioYoga Therapy *differs* from traditional physical therapy intervention, because it uses yoga (as described above) to guide the treatment approach, which can result in a more holistic approach to healing. The focus is placed more on patient self empowerment and self healing.

One of the main reasons that PhysioYoga Therapy has been effective for my clients, I believe, is because it empowers my client to take an active approach to create their own health, instead of the passive ‘fix it’ approach that our current health care system has a tendency to promote.

6. WHAT ARE THE BENEFITS OF PHYSIOYOGA THERAPY?

Yes, there are a plethora of benefits that can be experienced and enjoyed with this type of approach. However, my hope is that we all can appreciate that there are many factors that influence whether or not any form of treatment intervention has certain benefits associated with it. Therapeutic results can vary from person to person and can depend on pre-existing and current conditions, mind-body awareness, dedication to one’s practise, mindset, personality, current lifestyle situation, personal choices, and of course, the type of guidance being received from the therapist and the relationship between the therapist and patient. Remember this is a journey of self-discovery and wellness; not a one or two session ‘cookie cutter’ exercise program or series of yoga poses as a prescription for your specific condition!

Some of the benefits that PhysioYoga therapy can offer are: Physically, it can improve muscular strength, endurance, flexibility, postural body and breath awareness, circulation, digestion, hormonal balance, respiration, immune function, bone strength, normalization of blood pressure and normalization of body weight. Mentally, it can improve your alertness, concentration, sleep patterns; reduce stress and anxiety and improve your ability to relax. It may even help with self-regulation which may result in improved resiliency and more healthy responses to stress. There may also be social and spiritual (meaning, purpose, sense of peace) benefits that have been shown to be important determinants of overall health and well-being. This is just a small list of many more benefits that physioyoga, physiyoga, yoga therapy may offer. The key benefit is an overall state of health and well-being.

6.1 Some of the common conditions addressed are:

****It is important to note that PhysioYoga Therapy is NOT treating a condition, rather, it is addressing the PERSON that is experiencing symptoms and has a certain condition. There is a big difference between the two. We are facilitating the journey to health and well-being of PEOPLE, rather than ‘treating a diagnosis.’ It is “**PhysioYoga for the person, not the diagnosis.**”**

That said, people who experience back and neck pain, other musculoskeletal injuries (shoulders, hips, knees, etc), chronic or persistent pain, osteoarthritis, osteoporosis, pelvic pain disorders, rheumatoid arthritis, diabetes, fibromyalgia, high blood pressure, Irritable Bowel Syndrome, migraines/headaches, pregnancy, anxiety, rheumatoid arthritis, scoliosis, urinary stress or urge incontinence, may benefit from PhysioYoga Therapy.

If you currently do not have a ‘PhysioYoga’ therapist in your area, stay tuned, because more and more physical therapists are integrating yoga or yoga therapy into their rehabilitation approach around the world!

7.YOGA’S ROLE IN REHABILITATION:

Yoga is fundamentally different from conventional medicine in its approach to injury. Rather than attempt to isolate the cause of an injury to a single factor and to correct it using a specific cure, yoga aims to treat injury by working with the body’s natural healing systems and improving health on all levels. Asanas, or yoga movements, relax and strengthen muscles and massage internal organs; pranayama, or focused breathing, delivers oxygenated blood to injured areas; and relaxation and meditation calm the mind and reduce pain in the form of tension.

7.1 Yoga’s Role in Rehabilitation:

With professional instruction and a commitment to an ongoing practice, yoga has been shown to rehabilitate torn muscles, broken bones and a variety of other bodily injuries. But keep in mind that yoga can sometimes make injuries worse. Always talk to your doctor to be sure you understand the nature and extent of the damage — and discuss rehabilitation methods and treatments, including how yoga can be applied in concert with other rehab approaches. Yoga should only be used only under the guidance of a yoga instructor trained specifically in the process of injury rehabilitation.

An Extension of Your Body’s Natural Healing Process Our body has intrinsic methods of healing itself after an injury. It rushes nurturing blood to injured areas, it produces antibodies to fight infection, and it produces pain-relieving endorphins, to name just a few.

One important way yoga helps heal the body after injury is by supporting these natural defenses. The gentle movements of yoga encourage deeper breathing and boost circulation, helping the blood do its work more effectively and increasing the amount of oxygen in the blood.

8. HOW THE YOGA POSES HELP: Yoga movements, or asanas, are the roots of the healing process. The asanas are capable of exercising every muscle, nerve and gland in the body as you stretch and move in repetitive full-body motion.

Yoga asanas strengthen muscles and help make bones healthier. They invigorate organs, helping keep the body free from disease by strengthening the immune system. In addition, the smooth, repetitive movements of yoga increase circulation and lung capacity, drain the lymphatic system and stimulate glands. Specific asanas can be modified to treat a variety of injuries with the health affirming affects of gentle, repetitive motion. For many decades, inactivity was the solution for most injuries. Now, as we better understand how the body heals, we have learned to support the natural healing process with gentle movements. Great news for people *trying to stay healthy* on the job.

9. YOGA AND PAIN MANAGEMENT:

Yoga exercises and concentration techniques also serve to reduce the pain and unrelenting stress associated with chronic pain from some injuries. In fact, yoga is one way that the body’s production of endorphins can be increased to help reduce pain naturally. Exercise, breathing, relaxation and meditation stimulate the body to produce endorphins, distract the mind from pain and reduce tension in muscles formed in reaction to pain. With yoga, sufferers of chronic pain find they can “move through” the pain instead of resisting it.

Yoga postures also reduce the pain of injury by warming, relaxing and stretching muscles. The combination of warmer and more flexible muscles decreases joint and ligament tension, which reduces muscle pain. Usually, some of the pain we feel from injuries is the natural result of constricted muscles. Yoga can reduce the pain of muscle injury by gently stretching muscles and freeing constrictions.

10. CONCLUSION: The Rehabilitation Process

To enable yoga to impact the rehabilitation process, it is necessary to find a qualified instructor and make a commitment to a consistent yoga practice. A serious commitment to a daily practice of yoga is necessary to enable the postures to impact the healing process. Some types of yoga, including Ashtanga and Bikram, promote a strict order and repetition of yoga classes. Repeating the same movements in the same order develops.

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International Seminar on
Relevance and Utility of Yoga Education in Present Scenario
17th & 18th February-2018 at Bundelkhand Degree College, Jhansi, Uttar Pradesh, India.

THE CORE OF YOGA EDUCATION

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Abstract: *There can be various angles to look at the role of yoga in education including the type of education that is being provided to the child in the classroom where he/ she comes under different levels of stress. The difficulties, problems, conflicts, distractions and dissipation of their energies have to be considered so that a way could be devised to increase their learning ability and also inspire the teachers to find alternative styles to teach them. So, far our practice has been to cramming their minds with information without caring for the unsupportable outside environment. We also need to look at what modern science and psychology recommend for the full development of child's personality so that the rational, emotional structure and creative output of the child could be properly cared for. It is essential for the universities and colleges to concentrate on applying theory and practice of yoga in education.*

Keywords: *Modern Science, Psychology and Yoga.*

1. INTRODUCTION:

The two principal phrases योगश्चित्तवृत्तिनिरोधः (*yogaś citta-vṛtti-nirodhaḥ*) - *Yoga Sutras* 1.2 and योगः कर्मसु कौशलम् (*Yogah karmasu kaushalam*) - *Bhagwadgita*//2.50// perhaps illustrate the quintessence of yoga philosophy, Indian spiritual-cultural tradition, which continues to the present day despite devastating sociopolitical conditions and yet remain relevant to contemporary efficacy of education and national interest. It is needless to describe its antiquity since its reflection and practice are as old as ancient history. The word 'yoga' combines in itself mental, spiritual and physical practices or disciplines and the most popular aspects have been Hath yoga, Rajyoga, Bhakti yoga, Jnanayoga and Karmayoga.

Right from the time of Rigveda down to Patanjali's 'Yogasutra' yoga has been understood to mean 'to join', 'to add', 'to attach', and 'to unite' in most common senses. The practice of yoga leads a person to a sense of peace and well-being as well as a feeling of being one with the environment. Patanjali also defines yoga as complete suppression of all mental modes or processes. Ved Vyasa also defines it as absorptive concentration; it is a universal attribute of the mind.

There can be various angles to look at the role of yoga in education including the type of education that is being provided to the child in the classroom where he/ she comes under different levels of stress. The difficulties, problems, conflicts, distractions and dissipation of their energies have to be considered so that a way could be devised to increase their learning ability and also inspire the teachers to find alternative styles to teach them. So far our practice has been to cramming their minds with information without caring for the unsupportable outside environment. We also need to look at what modern science and psychology recommend for the full development of child's personality so that the rational, emotional structure and creative output of the child could be properly cared for. It is essential for the universities and colleges to concentrate on applying theory and practice of yoga in education.

True education implies search for knowledge leading to perfection; it is not merely accumulation of information to meet the demands of social instincts e.g. sex, money, authority, etc. In fact, it is cultivation of knowledge that would transform things-based mental occupation to celebration of freedom from carnal desires, passion and cravings, because education is said to be "sa vidya ya vimuktaye" सा विद्या या विमुक्तये - *Vishnu Purana*.

Yoga is the science of transformation from animal nature to human nature and further into superhuman nature, often known as divinity thus harmonizing gaps between belief, behaviour, ideals and actions. Yoga does not stand for prescribing ethical or moral values upon human being. It rather brings about a transformation in the person by which an awakening of the higher latent principles in man takes place and the whole personality undergoes a regeneration. Sri Aurobindo described yoga as "...a methodized effort towards self-perfection by the expression of the potentialities latent

in the being and a union of human individual with the universal and transcendent existence we see partially expressed in man and in the cosmos.”

It is agony to note that most Indians are still suffering from mental slavery of the western approval. If anything Indian is well received in the West, they take it as authentic and certified mainly because they think that the westerners are guided by scientific approach, whereas Indians seldom make effort to verify their practices on scientific parameters. But they should know that before Swami Vivekananda first introduced the practice of yoga in USA in 1890, Europeans and Americans had already known about great potential of yoga practices. The New England Transcendentalists like Ralph Waldo Emerson, German philosophers like GWF Hegel, Schlegel brothers, Max Mueller, Arthur Schopenhauer, etc had already shown considerable interest in things Indian. They were convinced that yoga techniques were capable of alleviating stress and agitation of the mind, emotional and mental exhaustion and build-up harmonious balance between mental and bodily energies.

Therefore, if yoga is introduced in modern education, it can bring about a tremendous change in the psyche of growing, immature and open minds of school going students, and will lead to integrated harmonious development.

Yoga should be introduced from the primary level onwards in informal ways, but formal introduction of yogic exercises should begin only from class sixth onwards. All interventions including even health and hygiene education must rely on the practical and experiential dimensions of children's lives. Yoga teachers should be specially trained to develop the skills so as to help students appreciate proper gender role orientation.

Patanjali's concept of Ashtang Yoga (Eight-limbed yoga) which can lead to harmonious balance of body and mind includes the following: Yama (The five "abstentions"): Ahimsa (Non-violence, non-harming other living beings), Satya (truthfulness, non-falsehood), Asteya (non-stealing), Brahmacharya (celibacy, fidelity to one's partner) and Aparigraha (non-avarice, non-possessiveness).

Niyama (The five "observances"): Śauca (purity, clearness of mind, speech and body), Santosha (contentment, acceptance of others and of one's circumstances), Tapas (persistent meditation, perseverance, austerity), Svādhyāya (study of self, self-reflection, study of Vedas) and Ishvara-Pranidhana (contemplation of God/Supreme Being/True Self). Asana: Literally means "seat", and in Patanjali's Sutras refers to the seated position used for meditation.

Pranayama ("Breath exercises"): Prāṇa, breath, "āyāma", to "stretch, extend, restrain, stop". Pratyahara ("Abstraction"): Withdrawal of the sense organs from external objects. Dharana ("Concentration"): Fixing the attention on a single object. Dhyana ("Meditation"): Intense contemplation of the nature of the object of meditation. Samadhi ("Liberation"): merging consciousness with the object of meditation.

The training should focus on practice of yogasanas and meditations prescribed in the syllabus through which the teacher themselves learn and in turn help students to learn the skills/art of self control, concentration, peace and relaxation to avoid the ill effects of stress and strains of daily life.

Recognizing this subject as a core subject, Health and Physical Education must continue to be a compulsory subject from the primary to the secondary stages and as an optional subject at higher secondary stage. However, it needs to be given equal status with other subjects, a status that is not being given at present.

Systematic and regular practice of Yogic technique viz; Postures, Pranayama, Mudras, Bandas, Shat-Kriyas, Concentration, Meditation and diet regulation under experts guidance and certainly not from books alone, will have a far reaching effect on the body and mind of the child especially on the lost muscle tone of various organs, glands, nerves etc. For the successful and effective education programme it is essential to ensure that sufficient physical space and equipments are available in every school.

2. HARMONY OF ENERGIES

Physical and mental energies can be balanced by reorganizing education on the basis of wisdom principles as prescribed by Prof A K Awasthi in his book on 'Reflections on Wisdom'. In brief these are as follows:

3. WISDOM EDUCATION

Main features of the concept (Vision of education along technological excellence, Importance to local wise person, No factory schooling, Teaching—a service not industry—24 hours of teaching duty, Intellectual capital – individual to social through institutions and epics, Balancing cognitive and emotional personality - a. Logical knowing with uncertainty and reflection, willingness and motivation, b. Sufficient knowledge along deep reflection, c. Wisdom education contributing to happiness, d. Self-reliance, self-confidence and productive.....for , e. Welfare, goodness and benefit of all.

4. PROCESS OF WISDOM EDUCATION

- Consciousness of natural reality
- Continuous dialogue
- Discovering the self

5.FOUNDATIONS OF WISDOM EDUCATION

- Compassion
- Egolessness
- Natural balance—natural reason / being part of nature
- Conventions of knowledge

6.NATURE OF WISDOM EDUCATION

Wisdom is not knowledge alone, nor logic alone, nor reason alone, nor perception alone, nor art alone.....rather it is sum total of all faculties of the mind.

7.MODE OF WISDOM EDUCATION

- Education is a whole process
- It arouses curiosity
- Teaching is an enjoyment not a discipline or mere experience
- It is imparted at formal, informal, non-formal levels
- Basics start with difference between knowledge and wisdom

How to implement the scheme: over a period of three months.... One/ two/ three schools to be adopted---
Selection of class/classes--- selection of teachers for imparting wisdom education in the same school.....Basic training (brief) of teachers—how to impart education.... Identifying the control group...pre test ...followed by teaching..... followed by performance test..... leading to assessment/ comparison.

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A study of awareness towards benefits of yoga in education in government primary teachers

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Abstract: From thousand years, Yoga is an important part of Indian life style. It is accepted as a source of devine energy in whole world at present time. Yoga is a science of mind which makes our mind, body and soul pure. Yoga gives power to survive in any circumstance. So, it is necessary to include Yoga in our education system specially at primary level to build a strong, kind and balanced future human in our children. Present study explored government primary teacher's awareness about benefits of Yoga in education at primary level. This study was conducted on 20 government primary teachers. Subjects were selected from government primary schools of district Jalaun of Bundelkhand region. Purposive sampling method was used to select subjects. Awareness about benefits of Yoga in primary education was measured by taking interview of subjects. This interview was based on 10 questions releted to Yoga and education. Findings of the study revealed that at primary level awareness about benefits of Yoga in education is very low in teachers. So here is a great need to encourage Yoga in primary education.

Keywords: Yoga, Primary eudcation etc.

1. INTRODUCTION:

"Yoga is the cessation of fluctuations of the Mind" - **Yoga Sutra 1.2**

From thousand years, Yoga is an important part of Indian life style. It is occepted as a source of devine energy in whole world at present time. Yoga is a science of mind which makes our mind, body and soul pure. Yoga gives power to survive in anycircumstance. In present days, students are facing many problems. Stress, emotional unstability and many other disorders are affecting student's education and development. It is necessary to increase mental strength in students and only Yoga is a medium to develop strength, concentration and peace in mind. By including Yoga in our education system, specially in primary education. We can build a strong, kind and balanced future human in our children. Primary education is foundation of human life. Development of a human starts in primary classes. Yoga education can play an important role to develop humanity in students. So to achieve this goal here is a great need to study primary teacher's awareness towards benefits of Yoga in primary education.

2. STATEMENT OF THE PROBLEM:

A Study of awareness towards benefits of Yoga education in government primary teachers.

3. AIMS OF STUDY :

To study awareness towards Yoga education in government Primary teachers.

4. DELIMITATION OF THE STUDY :

- Teachers of government primary schools are only selected as subjects.
- Present study is limitized in Distt. Jalaun of Bundelkhand Region.

5. REVIEW OF RELATED LITERATURE :

Lee, S.W., et. al (2004) : Results of this study shows that a 3-4 months Yoga program improve mental health and other qualities of life.

Woolery, A., et. Al (2004) : Study revealed that 5 week program of Yoga showed reduction in depression and anxiety among young adults.

Gupta, N. et. al (2006) : Findings of this study revealed that short educational program for stress management and life style modicication based on Yoga leads to reduction in anxiety.

Kaut, Amit and Neelam Sharma (2007) : This study revealed that the students who practiced Yoga perform better in academics.

6. PLAN AND PROCEDURE :

Research Method :

An interview based survey method is used in present study.

Sample and Sampling :

This study was only conducted on government primary teacher. 20 teachers are selected as sample from government primary schools of District Jalaun of Bundelkhand Region. Purposive sampling method is used to select sample.

Tools applied in Study :

An interview is applied in study as research tool. This interview is based on 10 questions related to Yoga education.

7. ANALYSIS :

On the basis of answers of interview questions given by subjects, awareness towards Yoga education is analyzed.

8. FINDINGS :

In present study following results are find out-

- Only 35% subjects have satisfactory knowledge about Yoga and benefits of Yoga education.
- No one subject get any kind of training related to Yoga.
- 70% subjects accepted that It is useful to include Yoga in school curriculum.
- 80% subjects told that they don't have any activity or program based on Yoga in their schools.
- 60% subjects accepted importance of Yoga education for better development and mental health of students.

9. CONCLUSION :

Knowledge about Yoga in primary teachers is not satisfactory. There is also lack of training of teachers and other activities to increase awareness about benefits of Yoga in education. Activities and program activities related to Yoga rarely conducted in government primary schools. But instead of these hopeless facts, we get a positive attitude in primary teachers towards importance of Yoga education and in favour of inclusion of Yoga in curriculum.

Thus as a conclusion it can be say that awareness towards benefits of Yoga in education in primary teachers of government primary schools is not satisfactory. Here is a great need to increase it by some training program and activities for teachers and schools.

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Effect of Yoga on Well-being and Internet addiction

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Abstract: Yoga cultivates health and well-being (physical, emotional, mental, and social aspects) through the regular practice of its' different techniques, including postures, movement, breathing exercise, and meditation for relaxation, self-inquiry, and concentration. Yoga does burn more calories and tone muscles through mind-body workout that combination of stretching and strengthening poses with deep breathing and meditation. These poses are beneficial for relieving from stress, anxiety, insomnia, and cope up from depression, which are correlated with well-being of individual. Through yoga practices some physical, mental, and psychological diseases or disorders can be under controlled, like; Coronary heart diseases (CHD), cervical spondylosis, chronic pains, anxiety, stress, anger, and fatigue. In this research paper around twenty-seven online studies of yoga, well-being, and internet addiction were accessed for better understanding about it and correlation among them. Paper firstly overviews about the yoga including its historical background, after that focus on well-being and Internet addiction respectively. Secondly it focuses on researches and their findings under review of literature, which is described by paragraph to paragraph. And finally address about its' discussion and conclusion.

Keywords: *Yoga, Well-being, Internet Addiction, Meditation, Depression.*

1. INTRODUCTION:

Yoga is a form of mind-body fitness that involves combinations of muscular activities or physical exercises, breathing techniques, and meditation. It is an internally directed mindful focus on awareness of self, breath, and energy. Although yoga has been practiced for over 5,000 years but now it gained popularity in the whole world. In Tibet, yoga is famous as best techniques of meditation for enhancing the mind-body relationships by two practices; known as Tsa lung (channels and vital breath), and Trul khor (a magical wheel for channels and vital breath) (Cohen et al., 2004). In the USA, over 20 million individuals now practice yoga, with studios found in nearly every state (Wikipedia, 2017).

According to Hindu philosophy, the development of yoga can be traced back to over 5,000 years ago (from second century B.C.), when yoga was based on the eight limbs of Ashtang yoga, including yamas (ethical disciplines), asana (posture), pranayama (breathing control), niyamas (individual observances), dharna (concentration), pratyahara (withdrawal of senses), Samadhi (self-actualization), and dhyana (meditation) (Bonura, 2011). These limbs are a combination of moral principles of meaningful and purposeful life for self-discipline, and ideal health with spiritual aspects of one's nature (Woodyard, 2011). In the Western literature, yoga is a breathing technique including; postures, stretching exercises, and meditation (Ospina et al., 2007). Besides, yoga can be divided into four main periods of innovation, practice, and development;

- i. **Pre-classical yoga-** Yoga was developed by Indus-Sarasvati civilization in Northern India over 5,000 years ago. The word yoga was first mention in the Rig Veda. The Vedas are a collection of texts containing songs, mantras, and rituals. Besides, yoga was slowly refined and developed by Upanishads, which containing over 200 scriptures documented by Brahmans and Rishis. The Upanishads took the idea of ritual sacrifice from Vedas, teaching the sacrifice of the ego through self-knowledge, karma, and wisdom.
- ii. **Classical Yoga-** The classical period is defined by Yoga-Sutra of Patanjali, which is the first systematic presentation of Yoga. Patanjali organized the practice of yoga into an "eight limbed path" containing the steps and stages towards obtaining Samadhi. Patanjali is often considered as the father of yoga and its' sutras, which influence the modern yoga.
- iii. **Post-Classical Yoga-** After Patanjali, yoga masters developed a new bunch of practices to rejuvenate the body and mind, with rejection of old practices of enlightenment. They developed the Tantra Yoga, and Hatha Yoga;

Tantra Yoga, for cleansing the mind and body, and Hatha Yoga for making a channel between mind and body for physical-spiritual connections.

- iv. **Modern Period-** This begun at the 1893 Parliyamnt of Religions in Chicago, when Swami Vivekananda gave a lecture on yoga. After it, Hatha Yoga was strongly promoted in India and world-wide. Hatha Yoga is a preparatory process which begins with the body, then the breath, the mind, and the inner-self, with higher levels of energy. At present time, Hatha Yoga has many different schools or styles, which emphasize the many different aspects of the practices.

The application of yoga as a therapeutic intervention has begun early in the twentieth century, to take advantages for various psycho-physical benefits. Because the physical exercises like; asanas increase human's physical flexibility, strength, and coordination, while breathing practices and meditation increase their awareness, alertness, and concentration, and diminish anxiety (Krikwood et al., 2005), and stress, which improve quality of life. Other beneficial effects of yoga are reduction of distress, blood pressure, and improvements in mood, resilience, and metabolic regulation (Yang, 2007). Today, yoga is a part of our culture, with medical centers, and community healthcare centers, which support mind-body relationship by healing sessions for ideal well-being.

Well-being is a positive outcome which includes the presence of positive emotion and moods (e. g., contentment, and happiness), the absence of negative emotion (e. g., depression, and anxiety), satisfaction with life, fulfillment and positive functioning (Diener E., 2000; Ryff CD, Keyes CLM, 1995). Well-being or Wellness has four interrelated dimensions. Each one of, is extremely important for overall well-being, happiness, and life satisfaction. The first dimension of well-being includes all aspects of physical health; cardiovascular system, nervous system, immune system, and all the rest. The second dimension is mental well-being of individual. It includes the beliefs, emotional health, self image, and outlook about the world. The third dimension focus on social contacts or relationships of the individual with family, friends, and society. These types of relationships are very important for getting happiness and an ideal health. The fourth dimension is correlated with spiritual well-being of individual. All of the dimensions of well-being are extremely important for an ideal health. For it, it is must, all of these dimensions work together in an efficient, natural, and balanced form. Lack of wellness or imbalance in any one dimension generate some physiological, psychological, behavioral, and mental problems in the individual, like; sleep disorders, obesity, coronary heart diseases, drug addictions (smoking, and alcohol), stress, anxiety, and etc.

Nowadays, a one of addiction is also affected the human being's life-style, especially adolescents and adults, known as Internet addiction, which is easily access by gadgets (mobile phones, personal computers, laptops, and tablets, etc.). Through Internet everyone can access the lot of information about any country, nations, legislature, region, communities, etc. within few seconds by a single click, which motivate to us to be online frequently. Frequently accessing the Internet generates some psycho-social problems, mental, and behavioral problems generates in the individual, which studies into computer addiction disorder, online addiction, or internet addiction disorder (IAD) that is also a serious problem for future.

This article discusses about potentiality of yoga, in context of physical, social, psychological, behavioral, and mental disorders. In the present scenario, youth (adolescents and adults) need to develop and enhance their personalities, strength, social contacts to be good social beings. Yoga provides them the training of mind and body, to maintain emotional balance, contribute to healthy development include improvement of attention, self-esteem, self-regulation, self-beliefs, and good mental health.

2. METHODS:

Articles were accessed by searching Medline, Google, and PubMed using the terms; yoga, well-being, Internet addiction, substance use disorders, sleep disorders, effect of yoga on well-being, depression, meditation, and mindfulness. Further articles were accessed along the way, and Wikipedia were consulted for additional information about yoga and its effects on well-being of individual.

In order to select the articles, several steps were taken; first, the title was read, if the article appeared appropriate for examining the effects of yoga on well-being, it was saved to a folder. Each of the articles chosen was then thoroughly read and reviewed, include a broad spectrum of the benefits, application, and therapeutic effects of yoga.

3. RESULTS:

Yoga is a therapy or exercise system for health and fitness, and behaves as a technology of aligning individual geometry with the cosmic, to achieve the highest levels of harmony and perception. Yoga works on the levels of one's body, mind, and energy through karma yoga (utilize the body), bhakti yoga (utilize the emotions), gyana yoga (utilize the mind and intellectual properties), and kriya yoga (utilize the energy). Anyone who widely practices yoga can reap its' benefit towards health and happiness. In the other words, yoga is a holistic mind-body therapy in which the utilization of physical postures, breathing practices, meditation, and relaxation techniques are recently become popular as an important adjunct to conventional modalities of treatment for the management of various psychiatric disorders (Balasubramaniam et al., 2013), including addictions (Khanna, et al., 2013).

With the emergence of higher quality research on yoga, there is evidence that yoga has sizable and replicable effects for many health conditions. Although health is viewed as holistic in yogic traditions and aspects of health are clearly intertwined, research often targets specific areas such as physical health, mental health, and spiritual well-being (Groessler et al., 2015). Several studies also suggest that continuous practices of yoga can decrease blood pressure (Patel et al., 1975; Manchanda et al., 2000), stress-anxiety (Smith, 2007; Gordon et al., 2008), depression, PTSD (Post Traumatic Stress Disorder), and substance use (Cramer et al., 2013; Mitchell et al., 2014; Hallgren et al., 2014), improve endothelial function and reduce inflammation. Furthermore, it down regulates the hypothalamic-pituitary-adrenal axis, which in turn can reduce sympathetic nervous system activity and increase parasympathetic activity (Patel et al., 1975; Manchanda et al., 2000; & Gordon et al., 2008). Through yoga practices some physical, mental, and psychological diseases or disorders can be under controlled, like; Coronary heart diseases (CHD), cervical spondylosis, chronic pains, anxiety, stress, anger, and fatigue (Nagarathna et al., 2013).

The current scenario is very challenging for parents and teachers for their children, to maintain and foster a positive mental health status in them. Because this transitional time period of life, many hormones are generated which deal with their physical and mental changes, to develop their own identity, autonomous relations with parents, friends, and society. In this time the various types of pressure present in their mind, which influence their academic or school performances, relationships, behavioral aspects, and so on. These are inter-correlated with mind and body, and generate some ideal concepts for making their life perfect and smooth, like; having fit or slim body, being popular, wearing branded clothes, owning the latest gadgets (smart phones, tablets, watches, laptops, etc.) (Hagen, 2009). This set of expectations creates stress, and anxiety, to fulfill the requirements, which influenced the mental health and well-being of youth with psychological (excessive worries or thinking, sleep problems, feelings of helpless, loneliness, stress), mental (anxiety, and depression), and behavioral problems (attention deficit disorder /ADD, obesity, computer dependency, drug abuse, and lack of school motivation, and cyberbullying or Internet Addiction, etc.) (Nayar et al., 2012).

Today's modern society, gives so many offer to make us advance like; surfing Internet via smart phones, tablets, personal computers, and laptops, etc., which give us lots of information within few seconds but also motivate to become addicts. This feature generates some psychological, social, behavioral, and mental problems, which we can see in the new generation easily. Through it, they feel anxiety, stress, loneliness, distraction from their school or academic performances, poor concentration, insomnia, hypertension, depression, drug abuse, and other mental-psychological problems. The application of yoga and its' various types such as asanas, meditation, pranayama, savasana are now recognized as relaxation techniques for out coming these types of disorders with behavioral modification techniques; biofeedback and progressive muscular relaxation. A recent report and comprehensive review of by the Canadian Agency for Drugs and Technologies in Health (CADTH) analyzed the quality of the evidence for yoga as a treatment for depression, reducing alcohol or drug use, and generalized anxiety disorder (GAD) (Internet). According to recent researches of yoga concluded that yoga practices are beneficial for mental and physical health of youth (adolescents and adults) (Bussing et al., 2012) as stress reliever, and to maintain emotional balance, and increase self-regulation especially in children and youth.

With few exceptions among all of the research that has been conducted, findings indicate that yoga rarely has harmful effects. There may be certain poses or types of yoga that are not good for certain health conditions. For it, yoga should be done in the supervision of clinical experts and certified yoga instructors who can guide the choice of the style of yoga that will produce the most benefit. It is important to note that the original purpose of yoga to increase one's spiritual well-being or connection with the divine. Many studies report that the practice of yoga enhances one's spiritual well-being (Park et al., 2014; Braun et al., 2012; and Bussing et al., 2012).

4. DISCUSSION:

This research paper claims that yoga practices are valuable for everyone (especially children and adults), whatever they are normal or those, who suffering from psychological, physical, mental, and behavioral problems. Yoga has a capacity to out come from all these types of maladjustments and disorders. According to Iyengar (2008), "if you practice yoga every day with perseverance, you will be able to face the turmoil of life with steadiness and maturity". Moreover, yoga practicing has the potential to improve the mental health of children and young people. From a social perspective, yoga transforms the social sensitive to the people for increasing social activities with engagement of people and shaping a better society. Recent time urban areas established yoga training centers, practice centers, studios, and organized sessions in various forms for well-being of the individuals with its' fees.

These reviews suggest a number of areas where yoga may be beneficial, but more research is required for virtually all of them to more definitively establish benefits especially in the context of Internet addiction. Because there are limited studies, correlates with yoga and Internet addiction, (which is a menace for both our future society and youth). Additionally, this research paper is very valuable, and supportive for positive impact of yoga practices, on the regular basis. Furthermore, there are gaps exist in the research pertaining to understand the relationships between types of yoga and mental health benefits with correlation among all yoga practices and development of human.

Future scope of this study is, to identify more gaps in yoga studies, like; yoga can be merging in the syllabus of school and colleges as curriculum development, as training modules, therapeutic correlational studies for better development of human-being and society.

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