

AWARENESS AMONG STUDENTS ABOUT YOGA AND ITS BENEFITS IN DAILY LIFE

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ABSTRACT

This study aims to know the extent of awareness of yoga asana among the students and its benefits towards ensuring physical, mental and psychological well being. In the classical Ashtanga yoga system, the ultimate goal of yoga practice is to achieve the state of Samadhi and abide in that state as pure awareness. Considering the fact that the students are feeling more stress during their studies, knowledge awareness about yoga asana can play an immensely significant role. Since yoga is secular and can be practiced by anyone, independent of race, gender or creed, schools may either hire or send existing physical education teachers for intensive training so that they can be certified to teach yoga.

Keywords: awareness of yoga, in students, benefits of yoga, stressed students

INTRODUCTION

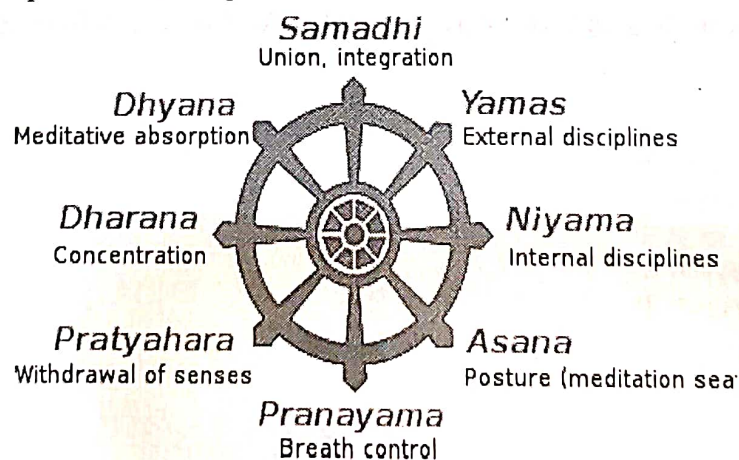
Yoga in Sanskrit is योग, is a group of physical, mental, and spiritual practices or disciplines that originated in ancient India, aimed at controlling and stilling the mind, and recognizing the detached 'witness-consciousness' as untouched by the activities of the mind and mundane suffering. There are a broad variety of the schools of yoga, practices, and goals in Hinduism, Buddhism, and Jainism and traditional forms and modern methods of yoga are practiced worldwide

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.

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 sages carried this powerful yogic science to different parts of the world, including Asia, the Middle East, Northern Africa and South America. Interestingly, modern scholars have noted and marvelled at the close parallels found between ancient cultures across the globe. However, it was in India that the yogic system found its fullest expression. Agastya, the Saptarishi who travelled across the Indian subcontinent, crafted this culture around a core yogic way of life.

A number of seals and fossil remains of Indus Saraswati valley civilization with Yotic motives and figures performing yoga indicate the presence of Yoga in India.



The eight limbs of yoga are

Yamas (abstinences), niyama (observances), asana (yoga postures), pranayama (breath control), pratyahara (withdrawal of the senses), dharana (concentration), dhyana (meditation) and samadhi (absorption).

Yoga helps to install confidence and to bring learning to children on an experiential level. Yoga teaches them to persevere, be patient, and work towards their goals. Yoga also provides tools for practicing compassion, mindfulness, generosity, focus, strength, and flexibility.

REVIEW OF LITERATURE:

(Kamala Itzel barrier) Through the literature review, the nine students found documentation of yoga's effectiveness in treating musculoskeletal conditions, improving mental health, reducing stress and anxiety, increasing cortisol levels (associated with self-esteem and tenacity and lower levels of nervousness and depression), improving pulmonary function among asthmatic children, increasing exercise self-efficacy, reducing and/or controlling blood pressure, slowing weight gain, controlling diabetes mellitus, and improving overall mood. Such benefits extend to individuals across the life span. While yoga alone is insufficient to reverse disease or substantially improve health status, the literature suggests that yoga, when combined with other intervention measures, can reap significant physiological and mental health benefits for diverse populations. Yoga is a personal, non-competitive physical activity. When practiced correctly and routinely, yoga provides individuals of all ages with the motivation and self-efficacy needed to live and maintain healthier lifestyles.

Chandra Nanthakumar et al., (2018). The number of children in Malaysia who suffer from stress & anxiety is on the rise. Evidence indicates which in many other nations, mind – body treatments such as cognitive exercise, meditation, & yoga is used to alleviate and/or manage the psychological effects of stress & anxiety. A systematic review looks at the yoga intervention as a form of meditative activity to help school kids relieve stress & anxiety. Articles were retrieved or use a mix of PubMed / MEDLINE, and PsycINFO repositories. The analysis covered not just peer reviewed publications but also those published in English. All the reviewed studies had included some form of exercise in meditative activity. The training involved asanas (postures), pranayama (expansion of life-force), dharana (concentration), & dhyana (meditation) that are the multiple forms to yoga. A total of eight articles identified & met the inclusion criteria. The findings of this review show that yoga practice has provided progress in the management and reduction of stress and anxiety among other issues. Despite the difficulty in most, when not all of the research analysed, yoga appears to be an effective modality in terms of variability & sample size to help children deal with stress and anxiety. It seems that if schools in Malaysia are able to incorporate yoga as part of the curriculum in physical education this will certainly benefit the students.

(Waris Qidwai 18 Jan 2016) The results of our study found that high school students perceived the benefits to yoga as increased self-regulation, mindfulness, self-esteem, physical conditioning, academic performance, and stress reduction. One interesting finding is that students were able to translate the teachings and benefits of the yoga practice such as breathing and remaining mindful and in control of their emotions into their lives "off the yoga mat." For example, increased self-regulation and coping when dealing with family members and school conflicts as well as with academic skills surfaced several times. One student even explicitly stated that "He liked that there were connections to the outside world mentioned during the class" indicating that there were connections realized between the practice and real life situations. Thus it is possible that yoga may increase self-regulation and thus increase life skills. This impact on life off the yoga mat was also echoed in the two previous qualitative studies [3, 9]. A few students mentioned bringing yoga home and teaching their siblings and parents what they had learned. Increasing activities and time together with family in a positive manner may have beneficial outcomes beyond just learning yoga in school.

Khalsa et al., 2012 [23], evaluated mental health benefits of yoga for adolescents in secondary school. Students were randomly assigned either to regular physical education classes (PE) or to 11 weeks of yoga practice based on the Yoga Ed program. Typical 30-minute Yoga Ed sessions included 5-minute initial relaxation and breathing techniques, 5-minute warm-up, 15 min of yoga poses, and 5-minute closing relaxation. Each session also had a theme that was discussed by the instructor, such as yoga philosophy and methodology, nonviolence, mind-body interactions and awareness, body systems, stress management, emotional intelligence, and similar topics.

Psychological well-being was assessed using the Self-Report of Personality (SRP) version of the Behaviour Assessment Survey for Children Version 2 (BASC-2), the Profile of Mood States-Short Form (POMS-SF), the Resilience Scale (RS), the Perceived Stress Scale (PSS), and the Inventory of Positive Psychological Attitudes-32R (IPPA).

Objective o The Study:

1. To study the awareness about yoga among students.
2. To analyse the effect of yoga on students health.
3. To know the reason for not adopting yoga.

Data Analysis:

Table No.1 Gender

Gender	Percentage
Male	51.3%
Female.	48.7%

The sample consisted of people out of which 51.3% are male and 48.7% are female.

Table No.2 Age

Age	Percentage
15-20	59.2%
20-30	23.7%
30-40	14.5%
50 above	4%

The table 59.2% are under 20 and 23.7% are under 30 and 14.5% are under 40 and 4% are 50 and above.

Table No.3 Have You Done Yoga Before

Option	Percentage
Yes	72.4%
No	23.7%
May be	5%

In this table 72.4% are doing yoga and 23.7% are not doing yoga.

Table No.4 How Did You First Hear About Yoga

Option	Percentage
In tv/social media	49.4%
In school	20%
Family and friends	31.5%

In this table most of the people's are first hear about yoga in tv or social media and 20% are people in school and 31.5% in family and friends.

Table No. 5 Do You Have Any Healthy Conditions

Option	Percentage
Yes	18.9%
No	70.3%
May Be	10.8%

In this table found that 18.9% have any type of problem in their body and 70.3% have no any health conditions and 10.8% people think they have any health conditions in their body.

Table No. 6 If You Are Not Practice Yoga What Is The Reason

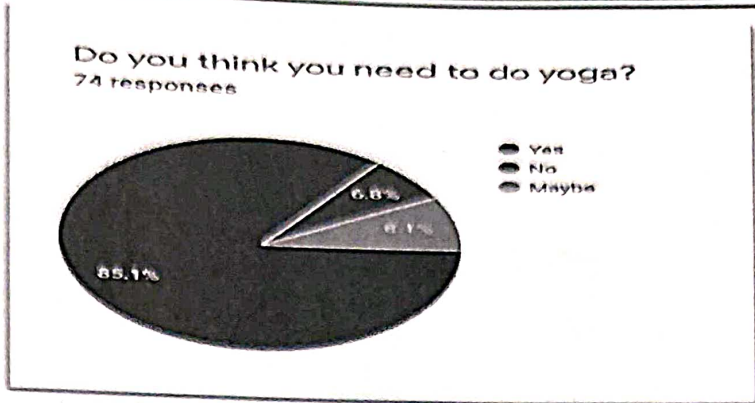
Option	Percentage
Busy schedule	50%
No have enough knowledge	30%
Feels boring	20%

In this table 50% are not doing yoga because they have busy schedules and 30% no have enough knowledge about yoga so they don't do and 20% people feels boring and laziness, they thing this is not interesting so they don't do yoga.

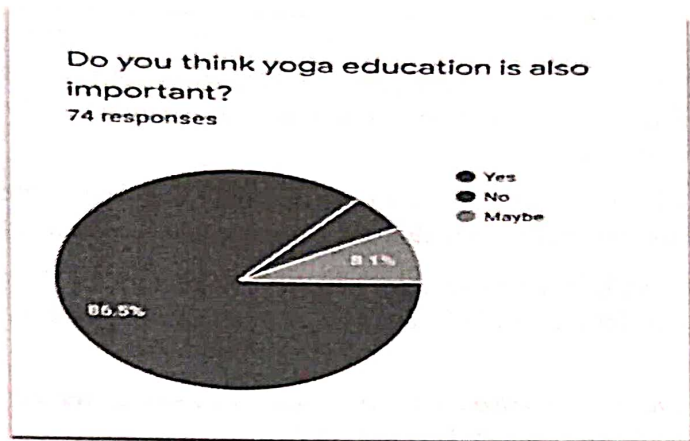
Tables No. 7 Do You Know Any Scientifically Proven Benefits Of Yoga

Option	Percentage
Stress relief	47.4%
Curing various diseases	35.4%
Body fitness	38.7%
Boost immunity	29%

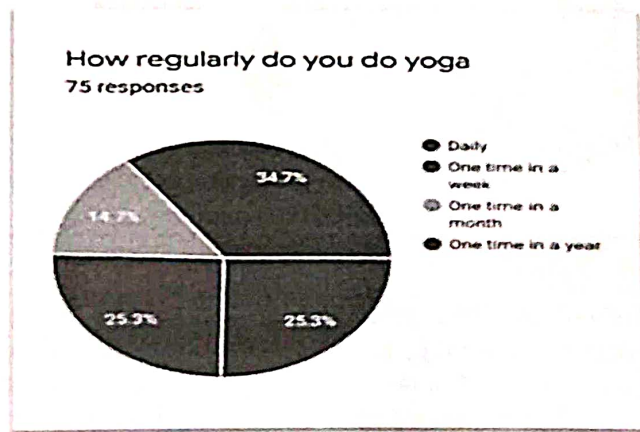
Most of the people they know the SCIENTIFIC benefits in this research found that the benefits like stress relief, clam mind, curing diseases, body fitness, and boost immunity



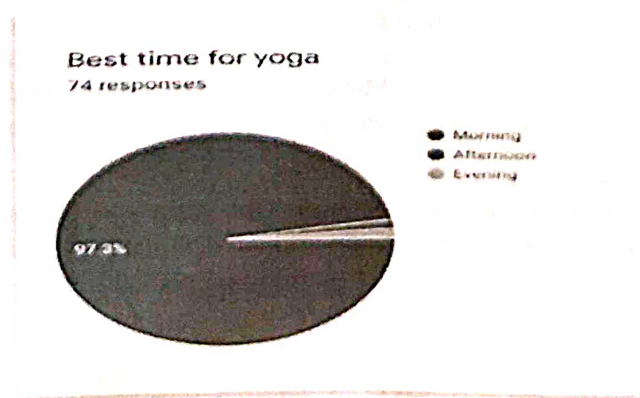
In this chart no.1 85.1% people think they have to do yoga and 6.8% thinks they don't want to do yoga and 8.1% people thinks may be they have to do yoga.



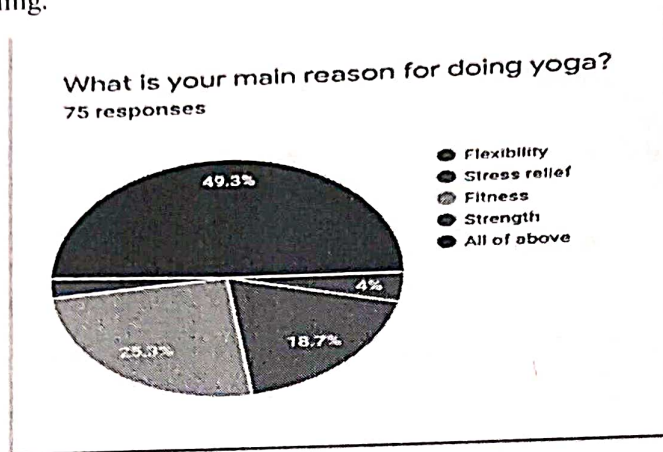
In this chart no.2 found that people's think yoga education is also important for students 86.5% people think yes its important and other are saying no it's not important for students.



In this chart no.3 people out of which 25.3% people are doing yoga daily and 25.3% are doing yoga ones in a week and 14.7% are doing ones in a month and 34.7% are doing ones in a year.



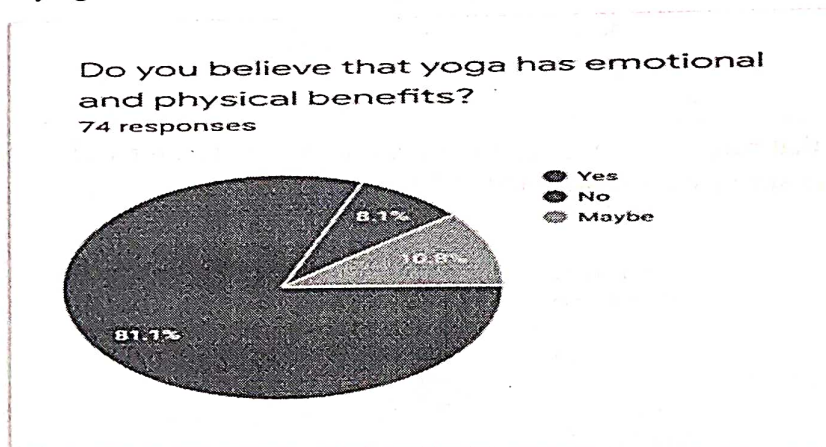
In this chart no.4 most of the people saying best time for yoga is in the morning 97.3% and others are saying best time is in afternoon and evening.



this chart no.5 people are doing yoga for flexibility, stress relief, fitness, strength, which percentage are 49.3% and some people are with fitness 25.3% and 18.7% are with stress relief and 4% people doing yoga for flexibility and others are with strength.

In this chart no.6 found that 64% are thinks if they do yoga then they will be healthier for lifetime and 13.3% are saying no only doing yoga is not enough for be healthier for lifetime and 22.7% are saying may be.

In this chart no.7 most of the people believe that yoga has emotional and physically and mentally benefits which is 81.1% and 8.1% are saying no for it and 10.9% are saying maybe it have benefits.



CONCLUSION

This study found that high school students perceived the benefits to yoga as increase self regulation, mindfulness, self esteem, physical conditioning, and stress reduction. Knowledge and awareness about yoga asana can play an immensely significant role in one's life. Yoga aims to bring about positive shift in mindset in general. These become simpler to adopt if learned early in life, which will bring about a positive improvement in society. Since yoga is secular and can be practiced by anyone, independent of race, gender or creed, schools may either hire or send existing physical education teachers for intensive training so that they can be certified to teach yoga. It has now been proved by scientific research beyond doubt that yoga practice brings in better balance equilibrium in the autonomic functions and metabolic rate at one hand and neurohumoral functions at the other hand, so that the state of both physical and mental well-being is achieved. Autonomic such as heartbeat, blood flow, breathing and digestion. Metabolic means which food you intake it's convert into proteins, carbohydrate, fats. Neurohumoral means which activates our nervous system, heart, kidneys, etc.

LIMITATION OF THE STUDY:

There were some limitations of the interventions. It limits the variety of literature of the effects of yoga on students benefits. While the sample in our study mostly higher education students are participates. The findings of this study have number of practical implications for a safe yoga practice.

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