

Role Of Yoga And Meditation In Students Life

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Abstract-

Student life is stucked between variety of work load and pressure. They need to perfectly accomplish their school or college task prepare for exams work better and perform better. During this a lot of pressure, tension, anxiety produce. Physically and mentally students become weak. In this situation Yoga play important role to help them. From first graders to college seniors, students may have youth on their side — but that doesn't mean their lives are pressure-free. Hours a day sitting at desk or computer monitor and more hours doing homework cause a young body to tense up. Social and family pressures and, unfortunately, anxiety, abuse and bullying also take their toll. It all adds up to the same high stress levels that have caused the grown-up world. Stress is a major obstacle to academic achievement, and yoga's stress relief powers have been shown to boost student performance. Yoga & Meditation has been shown to improve memory in both adults and children, a benefit that would seem certain to improve academic performance.

Key Words: Yoga, Tension, Anxiety, Study, Student.

Introduction:

'He who has Health, has hope & he who has hope has everything'.

From this proverb we come to know that Health and hope are very important in our life and these both things we get by a positive energy called "Yoga". Yoga basically means union of body, mind and soul. When you start doing yoga your body, mind and energies flourish. Mind will be peaceful. Yoga combines strength and flexibility exercises with relaxation and meditation. 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.

Student life is stucked between variety of work load and pressure. Student life is the part of life where there are a lot of things going on in life like school, tuition, exams, sports etc leading to a lot of stress as a result mental health disorders commonly develop. Yoga and Meditation may serve a preventive role in students mental health. School life is an important time for the development of mental health. Yoga and Meditation can contribute directly to improved mental focus and concentration among students. From first graders to college seniors, students may have youth on their side — but that doesn't mean their lives are pressure-free. Hours a day sitting at desk or computer monitor and more hours doing homework cause a young body to tense up. Social and family pressures and, unfortunately, anxiety, abuse and bullying also take their toll. It all adds up to the same high stress levels that have caused the grown-up world. Stress is a major

obstacle to academic achievement, and yoga's stress relief powers have been shown to boost student performance. Yoga & Meditation has been shown to improve memory in both adults and children, a benefit that would seem certain to improve academic performance.

Material and Method

Benefits of Yoga and Meditation

Yoga and Meditation brings positive viber among the students and if they do regularly they grow positive thinking among themselves.

Destress Students -

Yoga and Meditation is the best way to eliminate all your pressure it keeps all depression away and keep your mind fresh.

Concentration and sharpness

Yoga and Meditation helps in increasing the sharpness of your brain and your concentration power.

Strength

Strength is required by your body to perform all the activities. Especially young students need a lot of strength. Therefore Yoga and Meditation helps in building your strength and gives you power.

Health benefits

It is proved that Yoga have various medical benefits like on

Hypertension, Asthama, Diabetes, Depression these are the common diseases seen in most of the students now a days and can be cured by Yoga and Meditation.

Weight management and Flexibility

Flexibility of body is another advantage of doing Yoga daily. Practicing yoga your muscles are also stretched there by increasing flexibility of body. Uneasiness in

breathing and obesity are some of the problems related to weight which are very common in students.

Advancement of educational brain

Practicing Yoga and Meditation regularly helps in advancing your brain muscles and helps students to score highest grades. Yoga and Meditation helps learners to stay relaxed and stress free from all depressions and enhances power and memory.

Increases Focus

Students can enhance their focus and concentration with the help of Yoga and Meditation. When body and mind is relaxed students can automatically focus on studies.

Renders better Digestive system

In the busy life of student now a days students perform very less amount of exercise in their day to day life and their daily food includes a lot of amount of fast food which disturbs their digestive system and produces indigestion. The physical movements in yoga and different postures helps in digestion and indigestion is reduced.

Serotonin levels increases

Practicing regular Yoga and Meditation results in higher serotonin levels (the happiness hormone) which is very important for students.

Yoga & Meditation has been shown to improve memory in both adults and children, a benefit that would seem certain to improve academic performance.

Discussion

Yoga & Meditation plays an important role for students. Controlling attention is a challenge for children, partly because the brain's frontal lobes, which control the power of attention, mature later than some other functions. Yoga requires attention, which can be a challenge for younger yogis, but it has also been found to enhance the ability to control attention, even in hyperactive children. Here same benefits shown in students.

- 1) Rise in IQ level.- IQ level is the most important point in learning method. High iq level students grasps the study in only single study. They are more clever than others.
- 2) Academic stress goes down.-
- 3) Improved academic achievement.
- 4) Better focus.
- 5) Brain integrity & efficiency
- 6) Reduction in depression and anxiety
- 7) Lower risk of cardiovascular diseases
- 8) Happier, more confident students.

Meditation and yoga can contribute directly to improve mental focus and concentration among students. It involves long, deep, slow breathing, as

well as the coordination of mental concentration. Yoga combines strength and flexibility exercises with relaxation and meditation.

1. Improved concentration– It leads to better grades, balanced blood pressure, decreased absenteeism and tardiness, improved interpersonal relations, and enhanced confidence level, sleep, relief from a headache, improved calmness and a sharper mind.
2. Weight management– There are lots of problems like obesity and uneasiness in breathing that are related to weight and very common among students. Such children are usually the targets of bullying. Practising yoga daily can help in weight management.
3. Flexibility– Yet another advantage of practising yoga regularly is the flexibility of the body. Stretching the muscles through yoga poses releases the lactic acid that builds up within your body preventing stiffness, pain, fatigue and tension that can really be painful at times. Stretching increases joint lubrication and stretches the soft tissues of your body. For students playing sports, yoga can decrease the risk of injury through increased range of motion and less fatigue.
4. Strength– Strength and endurance are very important, especially for young people who have to toggle between various activities all through the week. It increases muscle strength and endurance if practised regularly. It also tends to give a great deal of strength and calmness of mind.
5. Concentration and sharpness– Meditation and yoga have proved to be of great importance in increasing concentration and sharpness of the brain. Balanced blood pressure, arthritis and asthma can also be controlled through yoga.

Conclusion

There are multiple benefits of Yoga and Meditation for students whether its kids, school going or college going anyone can avail benefits from Yoga and Meditation. Last but not the least I will stop here by saying that

“Yoga and Meditation takes no payment but pays you fitness in return, Yoga and Meditation is an alive blessing of god to us”.

Practice Yoga and Meditation to transform your body and mind Physically, Mentally and Spiritually. Here same benefits shown in students.

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Refernces

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