



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2018; 3(1): 90-91

© 2018 Yoga

www.theyogicjournal.com

Received: 14-11-2017

Accepted: 15-12-2017

Dr. Sandeep

HoD of Sports and Physical Education, Mount Litera Zee School, Panipat, Haryana, India

Art of meditation and yoga

Dr. Sandeep

Abstract

This study is all about proving Yoga and Meditation as an Art. The art of body science and mind control as well. Most of the people think that art is only related to some traditional aspects or it is related only with some colors and paintings and artist works with full of satisfactory physical capacities and mental peace. In this study 20 arts students and 20 dance and music students were included to test that only playing with colors and music is not sufficient to maintain the fitness of body and calmness of mind. Before and after doing their daily routine work one and half hour is given them to do the yoga and meditation for 30 days (50 Minutes Yoga and 40 Minutes of Meditation). In fact all the previous studies shown that most of the people are not able to give their time for Yoga and Meditation both during the same practice session. Either they do yoga or they give their full time to do meditation. Though in this study and practical tenure this is found that if an artist, musician or a dancer will do Yoga and Meditation both together with their daily routine work, in a systematic way under the observation of an expert instructor, they can find their self more capable of doing things or work with more enthusiasm and peacefully without any mental stress and further studies revealed that effects of doing Yoga and meditation is more powerful in the life of a musician or artist and develop more working capacity and mental ability than indulging in arts, music and dance.

Keywords: Meditation, yoga, arts, fatigue, mental stress, relaxation

Introduction

Meditation: Though “Meditation” is a term which we have been using since hundreds and hundreds of years but in this study I would like to introduce this word in a new form. In fact the meaning of this word is not only focusing on a particular thing or looking continuous on a light point to concentrate your all senses and it is not even the art of concentrating in between your two eyes only, actually it is a state of leaving all the things and thoughts which you have captured in your mind and soul. And when we are free from all the things and thoughts at the same time we feel relaxed and it gives us an immense pleasure. Thus it gives us a chance to meet our selves internally. In this way “Meditation is an Art” which can give us a new start in our life.

Yoga: In the same way Yoga is also known in its old form with its eight limbs I.e. Yam, Niyam, Assana, Pranayam, Pratyahar, Dharna, Dhyan and Samadhi. Yes of course we cannot deny it's all eight essentials but I would like here to give you the new introduction of Yoga also that “Yoga is an Art of travelling on the way, where you can find the door to step in from your outside to inner soul and where you can recognize your own powers and abilities existing in you”. Though most of the people are not aware of these internal powers.

Art: Art is the way of life, which can introduce an individual with the number of hidden abilities and qualities and these qualities are very helpful to touch unexpected heights of the life of a person.

Objectives of the Study

- To highlight the importance of Meditation and Yoga in the life of players, musicians and artists.
- To prove that Meditation and Yoga are very helpful to enhance the physical and mental abilities of all.

Correspondence

Dr. Sandeep

HoD of Sports and Physical Education, Mount Litera Zee School, Panipat, Haryana, India

- To find that Meditation and Yoga works like a medicine in the life of a patient suffering with insomnia.
- To prove that with the help of Meditation and Yoga students can enhance their working capacity and accuracy.
- To prove that Meditation and Yoga is the best way of Stress Management.
- To prove that Meditation and Yoga is an Art. The Art of living better.

Material and Methods: In the present study 20 students of Arts subject and 20 students of Dance & Music were selected for practical from a CBSE School. All students are from IX & X class and they are under-16 years in age and they all matched in family atmosphere and socioeconomic ground. One and half hour was given to them for thirty days for doing Yoga & Meditation. They performed asana, pranayam, mantras and Dhayan continuous for thirty days. Before starting this study their daily routine works like their concentration, fatigue level behavior with others calmness and their sleeping time was observed.

Discussions: After thirty days regular practice of Meditation and Yoga their daily routine was observed again and drastic changes were found in their concentration level, general fatigue, their capacity of doing continues work, behavior with others, calmness, their mental peace and sleeping time. It was found that Meditation and Yoga really helped them to improve their personal, physical and social qualities. Now they were more relaxed and charming to others. They were now able to work continuous for more duration and their behavior with all others was now very cool and charming even they found themselves at right time on bed for sleep at night. And they were feeling more confident.

Conclusion

In the last but not the least it can be concluded that Meditation and Yoga are an excellent forms of art to improve the physical, psychological health and lifestyle of an individual and it is more powerful art than other all arts given by the schools to be performed by their students.

References

1. Bhattacharjee M. A study on stress management in NEEPCO, Shilong A project report submitted to the Dept. of B A, Assam University, Silchar, 2009.
2. Bhole. Psycho Physiological Importance of some Yoga Practices Paper Presented in International Seminar at Banaras Hindu University, 1977.
3. Dr. Udupa KN. Biochemical Studies on Meditation paper presented in Int. Conference at BHU Varanasi, 1997.
4. Rangan R, Nagendra HR, Bhatt R. Effect of yogic education system and modern education system on sustained attention. Int J Yoga, 2009.
5. Gardiner-Shires AM. Beyond the traditional approach to teaching anatomy for yoga. International Journal of Yoga, 2015.