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Importance of yoga in school

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Abstract

Yoga in Daily School Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. The main goals of “Yoga in Daily School Life” are Physical Health, Mental Health, Social Health, Spiritual Health, Self-Realization or realization of the Divine within them. These goals are attained by Love and help for all living beings. 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 one’s overall performance. Pranayama is an important, yet little known part of Yoga.

Keywords: Overall development, daily lifestyle, de-stress, concentration, shapness, strength, weight management and flexibility

Introduction

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 in Daily School Life” 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 in Daily School Life” 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 children eat. What they eat influences both their body and psyche – their habits and qualities. In short, the food they 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.

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, school children must first place it under inner analysis and purify it. Negative thoughts and fears create an imbalance in their nervous system. 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.

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“Yoga in Daily Life” offers numerous methods to attain mental wellbeing: Mantra practice^[1], 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”.

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.

The importance of keeping good, positive company has a great influence upon school children’s psyche, as such companionship moulds and forms their personality and character. Positive company is of great importance in spiritual development.

Living “Yoga in Daily school Life” means to work for ourselves and for the benefit of others. To practice Yoga means to be active in the most positive sense and to work for the welfare of all of mankind.

Introduction

Yoga is a traditional method of meditation developed by the saints of ancient India. They practiced yoga as an effective method of controlling their mind and bodily activities. Yoga in Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, and social 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 relationships. When they are healthy they are in touch with their inner Selves.

Impact of yoga in the life of students

Meditation and yoga brings a positive vibes among the students and if they do it regularly it will help in bringing positive outcomes which is advantageous for the scholars. 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:** Students 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 task. Therefore yoga helps in building your strength and gives you power.
4. **Health benefits:** Medically proved yoga have various medical benefits. A lot of diseases can be improved by doing yoga daily. It helps to reduce a great hypertension among students.
5. **Weight management and Flexibility:** flexibility of the body is another advantage of doing yoga daily. 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.

6. **Advancement of educational Brain:** Doing yoga regularly helps you in advancing your brain muscles and helps students to score the highest grades. Hence yoga helps learners to stay relaxed and stress free from all the depress and academic tensions which is beneficial in your academic advancement.
7. **Enhances your power and memory:** Yoga is the power for all the students that helps in enhancing their memory and provides them more energy and power.
8. **Increases Focus:** Students can enhance their focus and concentration with the help of yoga. A student can receive multiples benefits with the help of yoga. There are multiple benefits of yoga for the students. Whether its kids, school going children or college students anyone can avail benefits from yoga. Yoga has proved to be of great benefit in reducing mental health disorder among students. 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.

Conclusion

Yoga is a subject which can be looked at intellectually and some useful and beneficial ideas imbibed. Yoga can be imbibed by adopting certain attitudes which alter the nature of the samskaras. Yoga can be learnt in a classroom environment as science, as psychology, as an applied subject, with the aim of providing new understanding and insight into the life process, A state of yoga can be attained when wisdom is established. This has been the vision of the seers who brought forth Satyananda yoga. This yoga is presented in the form of a lifestyle, understanding and attitude. It is presented as an integral part of the day-to-day activities, of understanding one's dharma and Kartavya, obligations and responsibilities, and trying to see the whole world as one slowly evolving and unfolding unit.

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