

YOGA'S IMPACT ON STUDENTS' FITNESS TRAITS

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Tirumalai Krishnamacharya (18 November 1888 – 28 February 1989) was an Indian yoga teacher, ayurvedic healer and scholar. He is seen as one of the most important Guru's of Modern yoga, and is often called "the father of modern yoga" for his wide influence on the development of postural yoga.

India is the birthplace of yoga, an ancient branch of Hindu philosophy. It has a spiritual and physical component. Yoga incorporates breathing exercises, meditation, and movement. It enhances well-being and health. The Sanskrit word for unification is yoga. The father of traditional yoga was Patanjali. As "the cessation of the transformation of the mind," he defined yoga (stopping changing the mind) and also Citta, according to Swami Vivekananda, is the mechanism used to comprehend the outside world. Citta comes in three main forms:

1. Manas: the lower mind's consciousness
2. The ego is Ahamkara.
3. Intelligence, Mahat

While a yoga practitioner will switch between asanas (postures), there are other crucial elements to yoga, such as breath exercises, mantras, mudras (postures of the hands and fingers), meditation, and much more (for more information, check out the Yoga Sutras). For instance, the "sun-salutation," which consists of 12 poses of asanas, is supposed to help body and spirit in harmony. Each asana corresponds to a particular mantra. The "Suryanamaskar" is the common name for the "sun salutation."

Yoga is the total renunciation of "Citta's" functional modification. It is impossible to translate the word "citta" into the word "mind." Citta is active in a wide sense at all levels of the body, including the coarse level, where sense organ feeling is present, the level of the mind, which includes the sub-conscious and unconscious levels, and even the level above the mind, known as the supra-conscious level.

The primary root of human unhappiness, which includes moral, religious, physical, and psychological problems, has been characterized as self-estrangement, alienation from existence, and loss of contact with being. He gets overly focused on the outside world as a result of feeling cut off from everything. He ignores the inner conflicts within himself that hold the key to his problem. This crucial element is emphasized in yoga. It aims to produce that vital existential experience that re-establishes a person's connection to their deepest selves. The goal of the disciplined practise of yoga is to reach and realize complete emancipation.

Objective:

One can harmonise the Mind, Body, Intellect, and Soul through yoga activity. It allows freedom to life and makes one at peace with themselves completely. The understanding, reading, and writing of specialist disciplines like commerce, mathematics, English, science, information technology, etc. are increasingly highly valued in India's educational system. Although required, discipline of the body and mind is seldom given much attention. There was no subject matter in the curriculum that offered a chance to comprehend oneself. It was also lacking to further connect oneself to the ideal route that can make one's life journey beautiful. It has been noted that the younger generation experiences stress and tension. The educational system never addresses how to deal with the different stress-causing factors. The idea that bright, educated youth are falling prey to competition was really unsettling. It was a worrying situation since the educational system was turning out subject experts for the community but they were unable to assess their own physical and mental health.

Although academics are the main focus of any institute, students should have the bare minimum necessary to maintain emotional and physical health. Unfortunately, there are no courses in the curriculum that can help a student find their own mental serenity. Asking oneself to focus on oneself rather than the outside world helps ease unneeded stress in this world once you acknowledge nature's supremacy.

Yoga is a powerful kind of healthy living that can completely alter a student's experience. because yoga enables everyone to harmonise their physical, mental, and spiritual selves. Yoga instruction can be highly helpful to students. As you are aware, in contrast to earlier times, students today must handle other activities in addition to their studies, so they must keep up with the pace of the rapidly expanding globe. Additionally, a learner needs to be healthy, which is where the value of yoga comes into play. Regular yoga practise by

students is certain to benefit their health and academic performance. Therefore, yoga should be introduced to children at a young age so that it gets ingrained in their lives.

In actuality, yoga purports to enhance attention by waking awareness at the conscious level (Bhole, 1989). Yoga's step-by-step procedure, which includes the asanas, pranayama, dharana, dhyana, and samadhi, cultivates awareness and focus to the utmost extent in order to be successful. The ideas underlying these techniques actually function at the psycho-physio-neurological level, jeopardizing the state of disequilibrium and fostering a state of equilibrium or homeostasis.

In the Indian subcontinent, yoga has its roots in a history that spans more than 5,000 years.

“Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature ; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being. Let us work towards adopting an International Yoga Day”.

(The Indian Prime Minister, Narendra Modi, in his UN address in 2014 suggesting to celebrate INTERNATIONAL YOGA DAY on the 21st of June every year)

One definition of it is a spiritual science that aids in self-realization. It includes a variety of Asanas as well as various Pranayama, or breathing techniques. Yoga has been increasingly popular not just in India but all around the world as a practical means of achieving a balanced living

Importance of yoga in a Student's Life

If students regularly practise Yoga, it will benefit them in the long run. It is because yoga encourages mind-body awareness and improves both physical and emotional wellness. Just think how important yoga is for a student. Pupils must be taught The value of yoga and yoga Sadhana, which includes a variety of subjects. The key focus points includes concentration, personality development, and relaxation. The Asanas and Mudras that are taught includes straightforward anti-rheumatic Pawanuktasana (loosening the joints), Parvatasana (upward body stretch), Brahma Mudra, Vajrasana, Yoga Mudra, and Vakrasana. The pupils should be engaged regularly in chanting Om chanting, prayer and some Pranayama, including Bhramari, which always gives a favourable and positive impact on the mind of the student performing YOGA.

CONCLUSION

Enhances Concentration: Yoga enhances a student's degree of concentration. Now you can see that increasing your degree of attention is the only surefire approach to earn better exam grades. In addition, yoga promotes physical health by balancing blood pressure, decreasing tardiness, boosting confidence, promoting sleep, providing headache relief, and most importantly, improving mental sharpness.

Reduce Stress: Yoga is an excellent method for reducing stress, there is no doubting it. You'll find it easier to forget about your issues and challenges if you focus on your breathing and postures. You'll feel better and be better able to channel your energy so that you can feel good all the time.

Increases Flexibility: Yoga will help you become more flexible in both your body and mind. Different postures can help you develop a flexible body while also allowing you to feel relief, which will help you change your perspective.

Yoga has many physical advantages for students, including maintaining healthy blood circulation, blood pressure, and pulse rates. Along with many other health problems, it will assist you in avoiding cardiovascular and gastrointestinal disorders.

Many of india's top schools and now according to the New Education Policy of india all colleges and universities, provides the greatest care for its pupils. Therefore, they urge their pupils to develop a variety of healthful habits, including regular yoga practise.