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Effect of specific yogic exercises

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Abstract

Yoga is the art and science of maintaining physical and mental wellbeing that has its origin in India, is among the most ancient yet vibrant living traditions that is getting increasingly popular today. A potent stress buster, yoga is an instrument of self-evolvement and enlightens, through physical and mental well-being. Math dimension it enhances the quality of our lives at so many levels. One aspect of yoga's benefits is to explore the bond between health and beauty.

Keywords: Yoga, physical and mental wellbeing

Introduction

The processes of industrialisation, modernisation and urbanisation have had a negative impact on the lifestyle of people. Due to high yield varieties, use of chemical fertilisers and pest control in the agricultural field is producing poisonous food. Mechanical and busy life style is increasing stress among the people. Advancement in the technology has given a very comfortable domestic life. People are becoming so sedentary and mere physical movement oriented. Thus resulting the increasing obesity and developing varieties of chronic illness among the adults. Children are not spared from this situation. The scarce productive human resource of the nation is at a threat.

Children are the budding flowers of the society. They are the future of any nations. Their proper nurturing is has a bearing on their holistic development of personality. The social, psychological, and perhaps physical development has something to do with their achievements in future. Thereby, they can emerge as responsible citizens of the nation. Nations development depends on its youthful productive human resource. Healthy youth fullness is within all-round development of the children. It is to be noted that sports and yoga play the vital role in ensuring sound health of the children.

Yoga and sports are the essential aspects of every one's life. In order to overcome the health and physical challenges posed by sedentary and post modern life, adaptation of such techniques is become inevitable. The curriculum, education department, parents and other concern stakeholders are largely neglected the need and importance of sports and yoga in education at all the levels. It is so important to give due importance in the primary and secondary levels of education. Sports and yoga not only help for the development of the physic of children but also the in order to develop children psychologically and intellectuality. It is to be noted that, the significance of sports and yoga was not considered and due priority was hardly given by the primary stakeholders of education. Thus, calls for a scientific study of enquiry to prove the role of sports and yoga in overall development of the children in order to have healthy youth in future and development of the nation.

Exercise is also known to relieve stress. Some children experience as much stress, depression and anxiety as adults do. Since exercise improves health, a fit child is more likely to be well rested and mentally sharp. Even moderate physical activities have been shown to improve a child's skill at arithmetic, reading and memorization. Schools are dynamic setting for promoting health and wellness through various correlated areas such as physical education and sports. There is a growing awareness that the health and psycho-social wellbeing of young children is of paramount importance and schools can provide a strategic means of children's health, self-esteem, life skills and behaviour.

In this context Blanc and Dikson quote Roberts who says "Sports can affect a child's development of self esteem and self worth."

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Children are happier lives as a result of being activity involved in sporting activities and it has long been established that fitness and improved academic performance go hand in hand. Physical education and sports activities during the school hours reduce boredom and help keep students attentive in the class rooms. It is well established fact that participation in physical education and sports activities is highly beneficial to one's health and leads to improved performance by students in schools, in addition to helping them in developing many life skills.

In general, children need at least 30 minutes of vigorous activity every day. Unfortunately today children are three to four times less active than they were 30 years ago. As children grow older, their lives become more sedentary. Many take to bus or driven to schools where they sit behind a desk all day. In the evening they watch TV or play computer games.

Computers may have become a necessary for today's kids, but a study says that the Machines are producing a "generation of weaklings" as children swap outdoor play for screen games and the internet, reports PTI from London. The Essex university study, based on a survey also found that as kids fewer traditional activities such as tree climbing, their arm strength dropped 26 percent and their grip 7 percent, the sun reported.

Children's fitness expert Dr. Gavin Sandevock who led the study was quoted as saying "typically these activities boosted children's strength making them able to lift and hold their own weight". "Regular play is better than play stations"

Children's engagement in sports competition is known to contribute to the developmental outcomes for a healthy lifestyle, where children learn about physical, social and cognitive skills (Choi *et al.*, 2014). More broadly, engagement in physical activity is also recognised to contribute a range of positive outcomes, specifically; physical and mental health, social wellbeing, cognitive and academic performance (Bailey *et al.*, 2013). For young people to achieve such outcomes it is recognised that physical education (PE) in schools is an ideal vehicle to promote physical activity due to its availability to all young people. Whilst teachers also have the opportunity to integrate this into the overall education process (Telford *et al.* 2012).

The associations found for participation in competitive sport and physical activity often yield multiple benefits. Bailey *et al.* (2013) recognise that such benefits are not autonomous, independent or disconnected, but instead reinforce each other. Despite these recognised benefits, it remains a concern that within schools "the increasing pressures to improve academic scores often lead to additional instructional time for subjects such as mathematics and language at the cost of time for being physically active" (Singh *et al.*, 2012). In agreement, Trudeau and Shepard (2008) stated that if we want to improve the academic achievement, physical fitness and health of our young people, we should not be limiting the time allocated to PE and school sport.

Where possible, this review draws upon evidence that explores the impact of competitive school sport on young people. However, due to the limited research available on these competition specific outcomes, the findings presented focus on the role physical activity, PE and school sport play

on the holistic development of the child. Particular attention has been paid to the academic, diet and health and wellbeing outcomes for young people.

Play is one of the important aspects of childhood. But electronic wizardry is making life complicated for youngsters, leading to aggression, increased depression and emotional confusion. These days' children face a lot of pressure and stress due to competition and they need to excel in studies. It is important to encourage children to play, eat, study and get adequate rest for balanced growth; we should build a habit of regular exercise in our children.

There is a need for structured age appropriated physical activity for better cognitive, emotional and mental development. According to National Association for Sports and Physical education USA, pre-scholars should be accommodated at least one hour of daily structured activity. They should also engage in unstructured physical activity and should not be sedentary for more than one hour "Age appropriate activities is the need of the hour". Participating in physical education and sports helps a child in development of all-round personality by improving the physical fitness and physical fitness is the prerequisite for all other fitness such as mental, emotional etc. Fitness should be a lifelong process and commitment. Fitness can be achieved through participating in most enjoyable physical activity according to one's needs and ability. Regular physical activity should be an integral component of the health of the child and adolescent. Positive exercise habits formed in the childhood can carry over into adulthood and help reduce Morbidity and Mortality from diabetes, cardiovascular diseases and other chronic ailments.

The varied philosophies and methodologies of Yoga itself were clearly and methodically brought together and presented by the sage Patanjali in his set of 196 aphorisms called "The Yoga Sutras", written some 2200 years ago. The Sutras bring together all the various strands of theory and practice from all sources of yoga and present them in one concise, integrated and comprehensive text. How all the aspects inter-relate and form part of the whole body of yoga is clearly elucidated.

These Sutras were and are all still considered a most profound and enlightening study of the psyche. Patanjali shows how through the practice of yoga, we can transform ourselves, gain mastery over the mind and emotions, overcome obstacles to our spiritual evolution and attain the goal of yoga; liberation from the bondage of worldly desires. Written in Sanskrit, many commentaries and translations have been written over the centuries by various scholars and practitioners; each interpreting as per their era and understanding.

Benefits of Yoga

- **Flexibility:** Stretching tight body in new ways will help it to become more flexible, bringing greater range of motion to muscles and joints. Over time, one can expect to gain flexibility in hamstrings, back, shoulders and hips.
- **Strength:** Many yoga poses require us to support the weight of our own body in new ways, including balancing on one leg (such as in tree pose) or supporting with our arms. Some exercises require us to move slowly in and out of poses, which also increases strength.

- **Muscle tone:** As a by product of getting stronger, one can expect to see increased muscle tone. Yoga helps shape long, lean muscles.
- **Pain Prevention:** Increased flexibility and strength can help prevent the causes of some types of back pain. Many people who suffer from back pain spend a lot of time sitting at a computer or driving a car. That can cause tightness and spinal compression, which one can begin to address with yoga. Yoga also improves alignment, which helps prevent many other types of pain.
- **Better Breathing:** Most of us breathe very shallowly into the lungs and don't give much thought to how we breathe. Yoga breathing exercises, called Pranayama, focus the attention on the breath and teach us how to better use of our lungs, which benefits the entire body. Certain types of breath can help clear the nasal passages and even calm the central nervous system, which has both physical and mental benefits.

Conclusion

The word Yoga derived from Sanskrit word "YUJ" meaning to yoke, join or unite. This implies joining or integrating all aspects of the individual body with mind with soul- to achieve a happy, balanced and useful life, and spiritually, uniting the individual with the supreme. In India, Yoga is considered one of the six branches of classical philosophy and is referred to throughout the Vedas-ancient Indian scriptures and amongst the oldest texts in existence. The Upanishads are also broadly philosophical treatises which postdate the Vedas and deal with the nature of the "soul" and universe. However, the origins of yoga are believed to be much older than that, stemming from the oral traditions of yogis, where knowledge of yoga was handed down from Guru (spiritual teacher) to Sisya (spiritual student) all the way back to the originators of yoga, the 'Rishis', who first began investigation into the nature of reality and man's inner world. Legend has it that knowledge of yoga was first passed by Lord Shiva to his wife Parvati and from there into the lives of men.

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