



TOP BENEFITS OF YOGA & MEDITATION IN STUDENTS EDUCATION LIFE

PROF. DR. SAGAR PRALHADRAO NARKHEDE

DIRECTOR OF PHYSICAL EDUCATION & SPORTS, SARASWATI ARTS COLLEGE, DAHIHANDA, TQ. DIST. AKOLA.

ABSTRACT:

Yoga is a holistic machine of assorted thoughts body practices that can be used to improve mental and bodily fitness and it's been applied in a ramification of contexts and situations. Educators and colleges are looking to encompass yoga as a price-powerful, evidence-based totally element of urgently needed well-being programs for their college students. The primary purpose of this look at was to systematically look at the available literature for yoga interventions solely in college settings, exploring the proof of yoga-based totally interventions on educational, cognitive, and psychosocial benefits.

KEYWORDS:

YOGA, SCHOOL, COLLEGE, EDUCATION, AND STUDENTS.

INTRODUCTION

Yoga is basically the most important ancient art that aims towards the building up of a healthy mind within a healthy body. For that reason, it is considered to be the harmonizing system which rejuvenates the body, mind as well as the soul. The great saints, therefore, have mentioned yoga to be a universal attribute of mind which enhances the physical, spiritual and mental status of the human body.

Meditation and yoga brings a effective vibes a number of the students and in the event that they do it often it will assist in bringing wonderful effects which is fine for the students. There are style of tremendous effects of yoga for beginners and various other peoples. Student lifestyles is a very important length of 1's life, these years can make or wreck someone.

OBJECTIVES:-

The primary purpose of this look at was to systematically look at the available literature for yoga interventions solely in college settings, exploring the proof of yoga-based totally interventions on educational benefits.

METHODOLOGY:-

Most recent literature based on the role of yoga in school education was thoroughly reviewed. All the literature was accessed from four most popular search engines i.e. PubMed, Scopus, Web of Science and Google Scholar. The papers from the standard scientific journals were only included.

RESULTS:-

This review systematically tested the literature on yoga in school /college settings. There is usually a lot to do and such a lot of distractions on the identical time, especially in a international like nowadays in which Face book and gaming takes up more time than something else. Some of the Results related the role of yoga in school education and

its benefits is given below-

- De- stressing the students
- Concentration and Sharpness
- Strength
- Health advantages
- Helps To Manage Weight
- Advancement of tutorial Brain
- Improves Memory and Attention Span
- To Calm the Mind And Improve Focus
- Helps To Bring Peace Of Mindfulness
- Body Image
- Improves Flexibility, Balance and Posture
- Makes The Brain Sharper
- Personality Development
- Teaches Correct Breathing Techniques
- Encourages Self-Love and Self-Care
- Improves Self-Control
- Reduces Absences and Violence in School
- Enhances Coping Skills
- Boosts Immunity and Improves Physical Appearance
- Improves the Quality of Sleep
- Increases Self-Confidence and Self-Esteem

❖ TOP BENEFITS OF MEDITATION AND YOGA IN STUDENTS LIFE: -

Yoga is a key to healthy life. It is full of positive energy which helps you to keep your body and mind in your control. As you continue to involve yourself in yoga, you will automatically notice the positive changes that it brings

to your body. Regular meditation and yoga practice provides innumerable benefits. As such it is opted by most of the celebrities so that they can stay in perfect shape.

With all this and much more to offer, the benefits of meditation and yoga are felt in a profound yet subtle manner. Here, we look at the top benefits of Meditation and yoga practice.

- All-round fitness.
- Weight Management.
- Stress Relief.
- Cool Factor.
- Inner Peace.
- Increase Strength, Flexibility, and Balance
- Improved immunity.
- Living with lesser mindfulness.
- Better relationships.
- Increased energy.
- Better flexibility & posture.
- Better intuition
- Correct Body Posture:
- Sound Sleep

❖ IMPACT OF YOGA & CONTEMPLATION ON SCHOLARS PERSONALITY DEVELOPMENT-

Yoga is a key to healthy life. It's full of positive energy which helps you to keep your body and mind in your control. As you continue to involve yourself in yoga, you'll automatically notice the positive changes that it brings to your body. Regular yoga practice provides in numerous benefits.

❖ DEEP CONTEMPLATION FOR PERSONALITY DEVELOPMENT

Through deep contemplation, a person is suitable to reach the stage wherein the superficial and physical objects no longer count as an existent learns to appreciate the deeper value of mortal personality and conception of tone.

❖ BREATHING AND ATTENTION FOR PERSONALITY DEVELOPMENT

The use of breathing and attention ways affects substantially an existent's internal personality. The further conscious and concentrated you're with your breathing patterns; it serves to relax your body and senses. Therefore, breathing ways are important prerequisite during contemplation as it effectively brings about a comforting effect. Once you're calm enough, also you ameliorate your capability to pay attention to details and increase vitality.

❖ YOGA POSTURES FOR PERSONALITY DEVELOPMENT

Yoga defines your body as different from an existent's typical generality of what body is. There are two realities

of body in yogic view – the physical and spiritual. Thus, yoga postures are executed with those two bodies in mind and produce a union for better personality development.

For the spiritual body, yoga postures help in the facilitation of energy inflow and its distribution to colourful corridor of the body.

❖ MEDITATION FOR PERSONALITY DEVELOPMENT

From breathing techniques, meditation evolves into a deeper kind of experience that involves your intellectual personality. The goal of meditation is to sharpen up your mind to the extent of focusing on a thought or idea without being distracted by external or negative thoughts.

According to experts, meditation help in shaping better personality as an individual is more capable of looking at things objectively and making wiser decisions.

❖ CONCLUSION:

Practicing yoga at least once an autumn will most effectively help the scholars in turning into advanced humans. They will indeed start performing duly academically and in any other case. Yoga teaches the scholars the art which may be used to grasp every other recreation like tenacity, perseverance, recognition, attention and fete for fellow beings. Yoga could make a scholar and all-rounder in nearly no time and this revision within the persona can no way pass ignored so the sprat will feel more assured. The normal opinion of the arena about the child and the child's about him herself will come advanced. Therefore, yoga is a boon which blessings a pupil in his nonage and will save doing the equal for a long time.

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