

Needs of yoga education for stress management of students

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Abstract

The word yoga seems to be crying a prominence place in the scriptural and spiritual literature. It has been given the status of a separate system of philosophy amongst the six famous systems of Hindu philosophy. Some scholar regard yoga as an attempt of uniting oneself with supreme spirit. Yoga has big role in complimentary approach to combat stress. Stress is growing public health concern affecting people physically and psychologically. Yoga has been found to modify responses and reduce stress level. The paper elaborate needs related to physical, mental, intellectual growth and role of yoga as an alternative to stress management.

The yoga system of health is culture that has been practised by the yogis in India in ancient days. The ignorant and the misinformed have come to believe that it is some form of white or black magic, obscure sorcery, something related to the super natural powers through which miraculous feats are performed.

Sage Paptanjali, the author of an ancient book "yoga sastra" (circa second B.C.), explains yoga as a method of controlling the mind. Some scholars regard yoga as an attempt of uniting oneself with supreme spirit Parmatma or God . Yoga is also described as a way of life for the harmonious development of body, mind and soul. In the present days a large number of people believe yoga means Asanas. But it is an erroneous and wrong belief.

Yoga is a way of life. It is a system of health, a culture that has been practised by yogis in India. The Technique of practical training of body and mind always remained a secret which is guarded by yogins, (The word yogen is used for male and for female the word yogini is used) who handed over this treasure chest of knowledge only to the most deserving disciples. Yoga is the inhibition of the modification of mind. It means it prevent the contents of the mind from taking different forms.

The first word 'Yoga' has derived from the sanskrit word 'Yuj', means union or join, it is the sanskrit ancestor of English word 'Yoke'. Hence it comes to mean a method of spiritual Union, to unite a man , the finite with infinite, with cosmic consciousness, with the ultimate reality. This state of unifications is called 'yoga'.

The second word chitta comes from cit meaning 'Knowledge of being'. It is one of the three aspects of Pramata or universal soul, called Sat-chi-Ananda. Pure existence knowledge - bliss in vedanta. The chitta is the medium through which the individual soul materializes its existence and attains perfection to unite with the Universal Soul.

The word "Vritti" is derived from the root 'Vrit' which means - to exist, knowledge is therefore objective. Mind is not the seer, but only an instrument of knowledge, an object of arouse the ego sense which says,

'I know this'. This is the ego speaking not the atma. If the thought wave is pleasant, the ego sense feels- 'i m happy' , if it is unpleasant, the ego sense feels- 'i m happy'. This is false

identification and causes misery. The real self, the Atma remains above the thought wave. It is the yoga that breaks contacts with pain and brings the thought wave under control.

The final word 'Nirodhah' is derived from the sanskrit term nirudham, that signifies 'restrained', controlled, inhabited. These are the three different stages of yoga. A restrained involves in the initial stage, control in the more advanced inhibition or complete suppression in the more advanced inhibition or complete suppression in the last.

It is through yoga only that one can achieve serenity, calm, mental peace and the finally knowledge of the true self. To understand it more clearly we can take the example of a lake. If the water of the lake is muddy or the surface is continuously covered with ripples, we cannot see the bottom of the lake. It is possible only when its water is clear and calm. The bottom of the lake is like our true-self, the lake -our chitta or mind and the waves- the vrittis. These four words of yoga cover all these stages in the unfolding of consciousness. One can achieve the control, suppression or inhibition of the activities and modification of mind (chitta - vrittis by constant practice of attachment Yoga and non attachment).

Yoga aims at the development of a perfect balance between the body and the mind that permits the divine that is imperfect harmony between the individual and cosmos. It enables an individual to attain inner calmness reducing sorrow and suffering.

Yoga education for stress management

Our mind are constantly active racing from one thought to another. All the mind work is tiring and stressful. Stress is an avoidable consequence of life, everyone suffer from mild anxiety from time to time, but sometimes constant chronic anxiety takes a tremendous toll on the body sapping energy resources and keeping the body in constant state of stress. The effect of anxiety are magnified when the body is not exercised, breathing remains constricted most of the time and the mind has no rest from the whirling thoughts and emotions that feed the anxiety. Just as stress is different of each of us there is no stress reduction strategy that is panacea. Yoga, as ultimate fighter may help to curb anxiety, effectively manage stress and mood. The state of mind and that of body are intimately related. If the mind is relaxed, the muscles in the body will also be relaxed.

Yoga, offers several techniques for training the working mind. Yoga helps you to access an inner strength that allows you to face the sometimes overwhelming fear, frustrations and challenges of everyday life. It can help to remove stress because it promotes relaxation which natural opposite of stress bringing benefit. Three aspects of ourselves that are often affected by stress; our body, mind and breathing. Practicing yoga builds your ability to calm, focus, balance and relax yourself.

Generally lots of people think of yoga as stretching or twisting the body into various impossible looking pretzel shapes. But yoga is easier than it looks. Yoga is so much more than physical exercise though. Yoga for Spiritual transformation or for stress management and physical well-being, the benefits are numerous.

As yoga combines several techniques used for stress reduction, it can be said to provide the combined benefits of breathing exercises, stretching exercises, fitness programs, meditation practice and guided imagery yoga also require more efforts and commitment than taking pills or professional help for stress reduction. Yoga has many styles, forms and intensities. Hatha yoga, in particular may be good choice for stress management. Hatha is one of the most common styles of yoga that includes poses and breathing. The potential health benefits of yoga include stress reduction, improved fitness, management of chronic conditions.

Stress Reduction:

A number of studies have shown that yoga can help reduce stress and anxiety. It can also enhance your mood and overall sense of well-being

Improved fitness:

Practicing yoga can lead to improved balance, flexibility, range of motion and strength

Management of chronic conditions:

Yoga can help reduce risk factor for chronic diseases such as high blood pressure, heart disease, pain anxiety and insomnia. Everybody is different and yoga posters should be modified based individual abilities. Yoga doesn't just provide stressreduction techniques but also goes deeper, transformation how the mind and body intuitively respond to stress and the mind can learn new ways of reacting to stress. The result when you roll up your mat and walk out the door, you can more skillfully take on whatever life brings. In a nutshell, yoga is an ultimate fighter to find serenity in powerful way to distress from a busy life.

Elements of yoga

1. Yama- This refers to the moral discipline for the individual and it includes the practise of 'brahmcharya' non-stealing, non- receiving of gifts and observance of creed off non-violence.
2. Niyama- It means self purification by practising cleanliness, contentment, studying scriptures and surrendering one-self to God.
3. Asana- This implies practise certain body postures for acquiring health and developing stidfastness of mind. Asana have been developed over the centuries and they help in strengthening every muscle, nerve of the body.
4. Pranayama- Ut is the oractise of controlling breathe for strengthening the respiratory system, purifying blood and soothing the mind.
5. Pratyahara- This is an attempt to free the mind from domination or control of senses.
6. Tharana- This is concentration on a single object.
7. Dehyana- It refers to concentration on the all pervading 'Divinty' through practise.
8. Smadhi- This is the last stage of yoga. In this stage the yogi merges himself with the divine spirit, although he is alert and conscious.

Yoga and health needs of a student

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| 1. Need for concentration on studies. | Padmasana |
| 2. Need for proper digestion of food. | Bhujangasana |
| 3. Need for keeping curvature of spine in order. | Shalabhasana |
| 4. Need for free movement bowels. | Baschimotanasna |
| 5. Need for relaxation. | Makarasana |

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| 6. Need for correct posture. | Bhujangasana |
| 7. Need for meditation. | Sidhasana |
| 8. Need for good eyesight. | Sarvagāsana |
| 9. Need for keeping good stomach. | Mayurasana |
| 10. Need for removing back pain. | Chakrasana |
| 11. Need for increasing memory. | Vajrasana |
| 12. Need for removing skin diseases. | Matsyasana |
| 13. Need for preventing gas trouble. | Halasana |
| 14. Need for enhancing stretch ability of back. | Ardhamat-syndrasana |
| 15. Need for keeping muscles strong. | Gomukhasana |
| 16. Need for developing sense of balance. | Vrikasana |

Conclusion

The yoga system of health is a culture that has been practiced by the yogis in India in ancient days. Sage Patanjali, the author of an ancient book yoga sastra explains yoga as a method of controlling mind. Some scholars regard yoga as an attempt of uniting oneself with Supreme spirit. Yoga has 8 elements that help the students to keep healthy, intelligent and strong. It also fulfills the different types of needs related to physical, mental, intellectual growth.

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