

A STUDY ON YOGA PRACTICES ON SCHOOL BOYS**P.RAVI**

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Abstract

The study was carried out to assess the effect of yogic and physical exercises on physical, physiological and psychological variables of school students. The processes of concentration of attention and memory are the main factor in learning. Studies have found that Yoga exercises benefits both concepts. The main aim of the present investigation was to examine the benefits of Yoga exercises on school student's concentration. Yoga is an ancient Indian way of life, which includes changes in mental attitude, diet, and the practice of specific techniques such as yoga asanas (postures), breathing practices (pranayamas), and meditation to attain the highest level of consciousness. Since a decade, there has been a surge in the research on yoga, but we do find very few reviews regarding yogic practices and transcendental meditation (TM) in health and disease.

Keywords: Health, yogic and physical exercises, yoga asanas.

Introduction

Yoga is an old Indian science and method of life that incorporates not just actual developments furthermore, poses yet additionally directs breathing and contemplation. Apparently following Yoga practice, the members were better ready to center their psychological assets, process data rapidly, more precisely and furthermore learn, hold, and update snippets of data all the more really. The presence of Yoga in standard in Indian culture has developed decisively during recent years. Yoga is a psyche - body practice that joins actual stances, relaxing works out, and reflective practices, with the objective of binding together the physical, mental, and profound selves. Research has demonstrated that standard act of yoga helps in the improvement of the body, brain, and soul, prompting better and really satisfying life.

Yoga is very popular now a days and it is now well known to the whole world. It is not a mere exercise but yoga in real sense is union with God. All mystic practices and discipline that lead to this Divine union are dealt under the word yoga. The prime aim of asanas is to help us tread the path to higher consciousness so we can begin to understand and know our relationship with existence. Hatha yoga is one of the many forms or paths of yoga, it focuses on overall fitness through pranayamas (breath-control exercises), asanas (yoga postures), and chanda (meditation). Like other forms of yoga, hatha yoga is purported to quiet the mind and focus the concentration; however, of all the yoga traditions, the importance of physical fitness is emphasized most in hatha yoga. Cardiovascular endurance may be defined as "the ability of sustain a serious of repetitions of an activity without unduly the physiological systems that furnish the fuel and oxygen to the muscles". In other words, "endurance is the result of a physiological capacity of the individual to sustain movement over a period of time". Muscular endurance can be defined as "the ability of muscle group to apply force repeatedly or to sustain a contraction for a certain period of time"

Literature review

Nagendra Pal (2019) To see the pre post training effect of different treatment condition on subject, group was classified into three as Experemttal-1(yogic) and Experemntal-2(Physical exercises) and experiential group-3 as control group. 12 week training was imparted to both experimental group subjects, subject were selected by using purpose random sampling technique, subject were chosen form Govt-secondary school , India, subject age ranging from 14 to 17, The physical research variables such as speed, agility, explosive power and Physiological variables were chosen such as Vital capacity, pulse rate, blood pressure and psychological variables were selected as aggressive, anxiety, emotional intelligence, and social maturity, to collect the negate at pre and posttest situation of experiment various standard test and psychological test were administered on the sub group of the research.

K.Divya (2019) The motivation behind the review was to figure out the impact of yogic practices on chosen physiological factors of school understudies. It was guessed that there would be massive contrasts on chosen physiological factors because of the impact of yogic practices among school players. For the current review the 40 school understudies from Alagappa Matric Higher Auxiliary School, Karaikudi, Tamilnadu were chosen indiscriminately and their age went from 13 to 15 years. For the current review pre test - post test arbitrary gathering plan which comprises of control bunch and exploratory gathering was utilized.

A Brief History and Development of Yoga:

Yoga is one such most enjoyable action everybody can take an interest. Yoga is the craftsmanship and investigation of keeping up physical and mental thriving that has its objective in India, is among the most obsolete right now powerful living traditions that is getting dynamically notable today. A serious tension buster, yoga is an instrument of self-evolvement and enlightens, through physical and mental success. Math-6 estimation it works on the idea of our lives at such an enormous number of levels. One piece of yoga's benefits is to examine the bond among prosperity and greatness. Yoga makes youths strong; yoga is a workmanship, science and hypothesis. It gives strategies to propel prosperity at physical, mental, energetic and academic levels. Yoga is considered as a kind of Psyche and body drug. A notable saying in Kannada "Yogi-Nirogi" which suggests a person who rehearses yoga is freed from sicknesses.

The practice of Yoga is believed to have started with the very dawn of civilization. The study of yoga has its starting point millennia prior, some time before the primary religions or conviction frameworks were conceived. In the yogic legend, Shiva is viewed as the principal yogi or Adiyogi, and the main Master or Adi Master.

Quite a while back, on the banks of the lake Kantisarovar in the Himalayas, Adiyogi emptied his significant information into the unbelievable Saptarishis or "seven sages". The sages conveyed this strong yogic science to various areas of the planet, including Asia, the Center East, Northern Africa and South America. Curiously, current researchers have noted and wondered about the nearby equals tracked down between antiquated societies across the globe. Notwithstanding, it was in India that the yogic framework tracked down its fullest articulation. Agastya, the Saptarishi who traversed the Indian subcontinent, made this culture around a center yogic lifestyle.

Verifiable confirmations of the presence of Yoga were found in the pre-Vedic period (2700 B.C.), and from that point till Patanjali's period. The primary sources, from which we get the

data about Yoga rehearses and the connected writing during this period, are accessible in Vedas (4), Upanishads(108), Smritis, lessons of Buddhism, Jainism, Panini, Legends (2), Puranas (18) and so on.



Suryanamaskara

Impact of Yoga in Students life

Meditation and yoga bring uplifting tones among the students and assuming they are doing it routinely, it will help in bringing positive results which are profitable for the researchers. There are a kind of sure results of yoga for students and different people groups. A portion of the upsides of yoga to students.

Yoga assists in expanding the sharpness of your mind and your fixation with fueling. It helps you in loosening up your psyche and supply you more true serenity.

Restoratively demonstrated yoga has different health advantages. A ton of illnesses are frequently improved by doing yoga everyday. It assists with downsizing magnificent hypertension among understudies.

Doing yoga regularly helps you in advancing your brain muscles and helps students to attain the very best grades. Hence, yoga helps learners to remain relaxed and stress-free from all the depress and academic tensions which are useful in your academic advancement.

Yoga is that the power for all the scholars that help in enhancing their memory and provides them more energy and power. Students can enhance their focus and concentration with the assistance of yoga. A student can receive multiples benefits with the assistance of yoga.

Physical Fitness

In addition, Activities' a request a large part of the time presented is what actual wellbeing is, the enunciation produces conversation rapidly, for no generally recognized definition exists. To a specialist, actual wellbeing might recommend only nonappearance of disease. To a power lifter, actual health may be inseparable from colossal, babblings muscles. To a prosperity or actual educator, actual wellbeing may be compared with ability to play out a specific number of callisthenic or to run 600 yards inside a particular time limit. For our inspiration actual health suggests simply cardiovascular-aspiratory wellbeing, or at least, an extraordinary heart, incredible veins, and extraordinary lungs. This sort of wellbeing is the

most huge, for a singular's life depends on these organs. Opportunity from diseases or having immense, it isn't adequate to grow muscles. Without agreeable holds in the cardiovascular-pneumonic systems, an individual isn't positioned to meet the typical or phenomenal concern of step by step life, or at least, he isn't in great shape. However, how should we know when and if we have shown up at this somewhat powerful state of prosperity This request can be answered when we discuss the critical fragments of actual health and the effect of activities on different body systems.

Conclusion

The different ways of investigation of yoga practices evaluated in the current article demonstrated significant medical advantages, including further developed comprehension, breath, diminished cardiovascular gamble, BMI, circulatory strain, and diabetes mellitus. It likewise affected resistance and improved joint issues. Notwithstanding broad ventures, late examination articles in locating the Physiological premise basic the impacts of yogasanas, pranayamas and TM were restricted. 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 disorders 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 the development of the mental health of the students.

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