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EFFECT OF YOGA ON MENTAL HEALTH OF STUDENTS

Rabi Das*

Research Scholar (Ph.D.)

Department of Education

Bankura University

Bankura, West Bengal, India

Dr. Chandni Sarkar**

Assistant Professor

Department of Education

Bankura University

Bankura, West Bengal, India

ABSTRACT

Mental health is mainly concerned with the maintenance of the health of human mind. Along with physical health to maintain a balance state of mind is very important. Today keeping up mental health is one of the serious problems of the entire world. Due to rapid growth of industrialization and modernization, an individual often fails to maintain a balance himself and his social circumstances. "Mental health is the full and harmonious functioning of the whole personality" (Hadfield). Yoga is one of India's most amazing gifts to mankind. It is the science of yoga which helps to develop a person in all the aspects of life such as physical, mental, emotional, moral, spiritual development etc. This chapter summarizes the recent research evidence based on effects of yoga on mental health of the students. The Present chapter will help to understand the meaning of yoga and mental health, importance of yoga to maintain a healthy lifestyle, benefits of yoga. These research reviews give an idea about several areas where yoga may be beneficial for the student as well as for the people of the society. More research article is required urgently on this relevant topic.

KEYWORDS: Yoga, Mental health, Education, Students, Mental and social wellbeing

INTRODUCTION:

Now-a-days children are facing constant overload and it is increasing day by day. Along With the advancement of technology, children's physical activity is also moving downwards, which leads to various kinds of health problems along with behavioural and mental problems. As a result their confidence level is affected resulting in anxiety, restlessness, stress, depression which are all symptoms of poor mental health. A healthy mind is as important to your overall well-being as a healthy body. Good mental health permits you to connect with people, find meaning in life, feel good about yourself, and succeed at home, work, and play. You can still feel depressed, uneasy, or anxious even if you have good mental health. However, maintaining excellent mental health can help in keeping issues in perspective. Mental health is a positive concept related to the social and emotional well-being of individuals and communities. mental health is the balance between all aspects of life like social, physical, spiritual and emotional. It influences how we manage our environment and make decisions in our daily lives, making it evident that it is essential to our general health. A person's psychological, emotional, and social well-being, which has an impact on how they feel, think, and act, is referred to as their mental health. Focusing on mental health and its components is essential in today's complicated and fast-pace of life because failing to do so might result in an unhealthy lifestyle. According to World Health Organization (WHO, 2014), mental health is not just the absence of mental illness. It is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community. According to Indian Philosophy, Yogas is '*Chitta Vritti Nirodhah*'-A technique to quiet the mind or the restraint of the modification of the mind-stuff is yoga (Patanjali, 1978/1999). There are many benefits of Yoga. They can be classified as physical benefits, mental benefits and spiritual benefits. Yoga's main psychological advantages include calming the mind, increasing environmental awareness, improving concentrate and mental clarity, decreasing stress and anxiety, and promoting good ideas and self-acceptance. Yoga is a way of life, an art of ethical living, or an integrated method for the betterment of the body, mind, and inner spirit that originated, perfected, and was practised thousands of years ago in India. The references to yoga are available in „Upanishads“, Puranas, composed by Indian Aryan in the later Vedic and post Vedic period. The principles of yoga called „Yoga sutra“ were given by „Patanjali“, known as founder of yoga. These sutras are timeless and hold true even today. They help us to lead a blissful life by improving our physical, emotional and spiritual wellbeing.

SIGNIFICANCE OF THE STUDY

In the current social order, human life is extremely hectic. They have no time to keep up their physical fitness. It is the cause of their multiple illnesses and health issues. The major goal of the current study is to determine how yoga affects mental health and to make students aware of its significance. Yoga assists in preparing the body and mind for long-term wellness. It can be used wisely in social programmes to promote "Quality of Life" in people of all ages. It has been reported to be beneficial for mental problems such as stress, depression, and anxiety. It has proven to be useful in stress management. When compared to physical exercise, the practise

of yoga has been shown to reduce verbal aggression. It also aids in the reduction of stress and the improvement of mental health in both young and old people.

OBJECTIVES OF THE STUDY

1. To discuss the importance of yoga on mental health
2. Try to know about effect of yoga on mental health

METHODOLOGY OF THE STUDY

Considering the requirements of the objectives of the study, the research design employed for the study is of descriptive type. Keeping in view the set objectives, this research design was adopted to have greater accuracy and in depth analysis of the research study. The available secondary data, referred from different News Articles, Books and Websites, has been extensively used for the study.

ANALYSIS OF THE STUDY

IMPORTANCE OF YOGA ON MENTAL HEALTH

Yoga is a complete science of life and it is considered the oldest system of personal development in the world encompassing body, mind and soul. The art of practicing yoga helps an individual in a multiple way.

- ❖ It is rightly said that, “Health is not everything, but without health everything is nothing”. Yoga exercises has a physical health benefit and it helps brings balance between the body, mind and soul. Practicing yoga helps the person to maintain a good physical health.
- ❖ Along with good physical health to have a good mental health condition is very much important. Yoga helps to develop a balanced and peaceful condition of the mind and promote and develop mental health of an individual. Several yogic techniques can be used to treat a variety of mental diseases, tensions, and other emotions.
- ❖ It also promotes social health. The capacity to be content with oneself and be able to make other people happy is referred to as social health. It is just the capacity to unwind and take in all the beauty of life. Yoga helps people to cultivate a positive mindset so they may work to advance society, protect their environment, and other noble causes.
- ❖ It also helps in the process of intellectual development of the individual by improving the functions of the brain.
- ❖ Yogic practise is crucial for a person's spiritual growth. Yoga supports one in understanding the obligation of each person to preserve life and to appreciate the uniqueness and independence of all living things. Positive thinking, tolerance, focus, and the nonviolence principle are all developed, and this eventually promotes the growth of spiritual health.

- ❖ It encourages individuals in their quest for self-realization. Yoga helps individuals in discovering their true selves and God inside. Yoga practise aids in the development of self-control, self-mastery, confidence, independent judgement, pure love, and aids in the realisation of the divine within oneself.
- ❖ Yoga can help someone manage their stress. The National Institutes of Health state that research supports the benefits of yoga for stress reduction, mental health, mindfulness, good eating, weight loss, and restful sleep.
- ❖ It helps in the attainment of perfect equilibrium and harmony.

EFFECT OF YOGA ON MENTAL HEALTH

Increases your self-esteem : The majority of them continuously exhibit low self-esteem. When you deal with this type of negative drug intake, overeating, working too long, sleeping around you may pay the price of reduce health mentally, emotionally and morally. If you take a positive attitude and practise meditation, you'll be able to discern whether you are deserving or, as per yogic doctrine, whether you are a reflection of the All-Powerful, at first in brief glimpses and subsequently in more in-depth experiences. You will discover a new side of yourself if you constantly train with the goal of self-evaluation and improvement—not just as a substitute for an aerobics session. You will experience feelings of gratitude, regret, and redemption, as well as the feeling of belonging to something bigger. Although spirituality does not aim to improve one's health, it is frequently a by-product, as several clinical investigations have shown.

Maintains your nervous system : Some experienced yogis have extraordinary control over their bodies, many of which are managed by the neural system. Scientists observed yogis who used a meditation technique to cause irregular heart rhythms, develop unique brain-wave patterns, and raise the temperature of their hands by 15 degrees Fahrenheit. If you can do that with yoga, you can learn to enhance blood flow to the pelvis if you want to get pregnant or relax if you have trouble sleeping.

Create peace of mind : The Yoga Sutra by Patanjali claims that meditation reduces emotional turbulence. Or, to put it another way, it quickens the inner cycles of attraction, disappointment, guilt, anger, and worry. You'll probably live longer and be safer if you learn to relax your mind because depression causes too many health problems, such as headaches and anxiety as well as lupus, MS, eczema, high blood pressure, and heart attacks.

Build up your immune system : The immune system can be strengthened through asana and pranayama, but research shows that meditation offers the strongest immune-boosting effects thus far. This generally has a favourable effect on how well the immune system works, enhancing it when necessary (for example, raising antibody rates in response to a vaccine) and decreasing it when necessary (for example, minimising an excessively violent immune function in an autoimmune condition like psoriasis).

Releases tension in your limbs: Do you ever see yourself holding the phone or steering wheel with a death grip or scrunching your nose when you look at a computer screen? Such automatic patterns in the hands, arms, legs, back, and face can cause persistent discomfort, muscle weakness, and soreness, intensify stress, and worsen mood. When you practise yoga, you may notice that you kept stress in your mouth, hair, or facial and neck muscles. You may be able to reduce stress between your tongue and head by simply tuning in. It can take years to learn how to relax larger muscles like the quadriceps, trapezius, and buttocks.

Regulates your adrenal glands : Yoga helps to reduce cortisol volume. Consider this if it doesn't appear to be anything. Normally, the adrenal glands produce cortisol in response to an acute condition, temporarily increasing immune function. If even after the crisis the cortisol rates stay high they can weaken the immune system. Temporary increases in long-term memory cortisol assistance are beneficial, but persistently high rates impair performance and can lead to permanent brain alterations. Toxic cortisol substances have really been linked to conditions such as severe depression, osteoporosis (because it steals calcium and other nutrients from bones and prevents the formation of new bone), high blood pressure, and insulin resistance. Researchers refer to "food seeking activity" (the kind that makes you eat when you're agitated, annoyed, or stressed) as being influenced by high cortisol rates in rats. The body absorbs extra calories and stores them as belly fat, which increases weight gain and the risk of diabetes and heart attacks.

CONCLUSION

The purpose of education is not only to impart knowledge but more importantly to tap the hidden talents and potentialities of the students and helping them develop physically, intellectually, Morally and spiritually. yoga can help in this task of providing holistic education and keeping the body and mind healthy and free from disease either physical or mental. Yoga helps in creating a healthy interaction and balance in the various aspects of the human personality. Yoga has become increasingly popular as a form of exercise and relaxation in recent years, and its advantages for both physical and mental health are well known. This study examines yoga's impacts on mental health, including how yoga is importance of students mental health. The implications of these findings for the promotion of yoga as a complementary therapy are covered in the paper's conclusion. Mental health has a deep connection with physical health. Good physical health fosters good mental health and the vice versa is also true and yoga works as a support system in the enhancement of overall health. Education system, psychology researchers need to play an important role to increase the level of awareness regarding different forms of yoga and its importance in one's life and bust negative stereotypes related to yoga.

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