



Importance of Yoga in Higher Education

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1. Introduction

Education is increasingly becoming a challenge in the world we live in. Surrounded by mobile phones and other forms of modern technology that bring something new every day, accustomed to speed, frequent activity changes and bombarded with stimuli, children come to schools where the most common method is listening and transcribing from the blackboard while sitting at a desk for six hours.

“Yoga is an amazing science of life and living. It is a limitless chasm of information which brings knowledge, knowledge which leads to wisdom.”

Yoga education can enhance all the activities of the students, be it academic or sport or social. Yoga techniques provide improved attention in studies, better stamina and co-ordination for sports and a heightened awareness and balanced attitude for social activity.

2. Benefits of Yoga for Students

Starting University is an important time in your life. It might be the first time you have had to take care of yourself and at the same time, you are embarking on a new course which will be mentally challenging. Yoga is a perfect complement to your studies. The physical practice is a great relief to lengthy periods of being stationary when you are studying, and there are also many benefits for the mind and relieve yourself from stress and anxiety.

3. Physical benefits including posture

Yoga is a great way to look after the physical body. Starting your practice at a young age means that you can work to avoid issues, such as problems with the spine or joints. These issues can arise as we get older as a result of bad habits throughout life. When we are studying we spend long periods of time sat over a desk. This can result in bad posture, including compression of the spine or other deformations of the spine. Many of the poses in yoga work to stretch out all the disks of the spine and focus on body alignment which can help avoid back problems in the future.

4. Improves mental health

The best way to learn yoga is with a qualified teacher, either in a private session or in a group. A yoga teacher can correct your poses and show you how to modify them if necessary. You can use blocks, straps, and other items to make some poses easier. You can even do yoga in a chair instead of on the floor.

It's also possible to learn yoga online or from a book or DVD. But the best way to avoid injury is to take an in-person yoga class. Once you have the basics down, you can use books and videos to help you practice. You will benefit more from yoga if you do it at home between classes, and online classes

can keep your home practice interesting. If you are comfortable doing yoga at home, you can practice when you experience extra stress, sleeplessness, or other challenges.

4.1 Self-awareness

Yoga allows us to tune into how we are feeling both physically and mentally. This then makes us have a better awareness of what we need to stay happy and healthy.

4.2 Break from study

It is good to take regular breaks from studying. Taking an hour out for a yoga class will mean you go back to work feeling calm, refreshed and you will see improvements in your concentration and focus.

4.3 Meet new people

Doing a yoga class is a great way to meet new people with similar interests. This is a great advantage if you have moved somewhere new and don't know too many people yet.

4.4 Yoga promotes a healthy way of life

Starting university is often the first time you have lived away from home. It is now your responsibility to take care of yourself. Doing something that is good for your health and wellbeing such as yoga will also mean you are likely to extend this attitude of taking care of you.

Yoga is an ancient Indian practice that permits the mind and body to be in conjunction with each other. It incorporates meditation, breathing exercises, and stretches to allow stress reduction, relaxation, and rejuvenation. For College students, Yoga is integral to their physical and mental health. By Yoga, student can be healthy in body and mind and, consequently, excel in his/her academics. There are several benefits of Yoga for college students. Here is a list but not exhaustive.

5. Improved Physical and Mental Health

Researches reveal that Yoga is a highly recommended approach for achieving optimal physical health. As Yoga increases energy levels of body, it is good for counteracting fatigue.

5.1 Effective Brain Development

Yoga improves the production of BDNF proteins and releases it to the bloodstream. This type of protein facilitates existing brain cells to continuously reproduce. Thus, daily Yoga promotes a stronger and healthier brain. Nervous system is kept healthy by this protein.

5.2 Enhanced Memory

The protein that our body generates during Yoga responds well with the region in the brain that is responsible for memory retention. Thus, Yoga enhances our memory.

5.3 Better Concentration

According to studies, a 20 minutes Yoga before studying can enhance concentration. Intense Yoga encourages better circulation of the blood from our body to the brain. This, enables active cell growth for cognition and learning.

5.4 Reduced Stress

Studies revealed that Yoga for students has a positive effect on the nervous system and brain. Yoga stabilizes the blood pressure and keeps the heart rate in control in pressure time.

5.5 Reduced Eye Strain and Headaches

Yoga allows to take eyes off the books/laptops. Thus, eyes are relaxed for some times. A long duration study causes headache. Thus, Yoga helps in reducing headache.

5.6 Increased Motivation and Productivity

Yoga, as a form of study break for students, is found very helping in enhancing the motivation and productivity levels.

5.7 Better Sleep Quality

Lack of sleep quality can be associated with Hypertension, low academic performance, obesity, and depression, among other health conditions causes lack of sleep quality. Yoga increases the discharge of melatonin, a hormone that manages sleep and alertness. Thus, Yoga results in better sleep quality.

5.8 Improved Academic Performance

A study lead by the International Journal of Yoga (IJY), revealed that Yoga improved the scholastic performance of students.

6. Summary

Yoga is an ancient practice that builds strength and awareness and brings together the mind and body. It includes breathing exercises, meditation and asanas or poses that stretch and flex various muscle groups. These asanas are designed to encourage relaxation and reduce stress.

Yoga is not just about bending or twisting the body and holding the breath. It is a technique to bring you into a state where you see and experience reality simply the way it is. If you enable your energies to become exuberant and ecstatic, your sensory body expands. This enables you to experience the whole universe as a part of yourself, making everything one, this is the union that yoga creates.

The founder of Yoga, Patanjali stated, "Sthiram sukham asanam." It implies that a posture that appears to be firm and agreeable is your asana. You may be astounded to know that an asana is just a preliminary step into the act of yoga. It is a way that encourages you to achieve the greater good. Yoga focusses on idealizing concordance between your mind, body, and soul. When you adjust yourself so everything functions brilliantly within you, you will draw out the best of your capabilities.

References

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