

Saarth

E-Journal of Research

ISSN NO: 2395-339X

MEMORY GROWTH WITH YOGA

Bahadursinh M Gohil*

ABSTRACT

Students experience stress in today's modern life. Students can't concentrate on study. The memory has significance role in human life. Memory and education is connected to each other. Expert of neurology, doctors and mental science believes that exceptionally intelligent scholars and significantly talented people use only 7% of real potential of their brain and unused or unnoticed 93% of capabilities still remain dormant. The potentials of brain are truly limitless. The yogic practice, meditation and Pranayama described in the ancient India were devised as experimental method for systematic training toward the realization of dormant capabilities of the brain. Yoga is the Ayurvedic tool for healing the mind from the deepest layer to its surface action and allows us to change the vibratory pattern of consciousness. It changes the energetic structure of mind. Several studies are there which showed that yogic practices play an important role in memory enhancement.

KEY WORDS: Yoga, Memory, Education, Intelligence, Pranayama

INTRODUCTION

Stress is a very negative emotional experience cultivated by physiological and behavioural changes that are directed towards altering the stressful events or consideration to its effects. Frustration, pressure, conflict and anxiety may be related to academic related stress. Excessive stress restricts student's performance. Improvement in academic performance, memory, self confidence and alertness has been reported in several yogic studies. Effective classroom communication depends on three C's like Content mastery, Communication effectiveness and self confidence. Self Confidence is an attitude which gives us to have a positive attitude. It also gives realistic perception to self abilities. It handles emotional maturity. Self-confident people trust their own abilities.

*Bahadursinh M Gohil, Associate Professor, K.R.Desai Arts & Commerce College, Jhalod,Dahod-389170

Saarth

E-Journal of Research

ISSN NO: 2395-339X

They have a general sense of control and believe that they will be able to do what they plan, wish and expect. If we have low self-confidence it's near impossible to make time for our dreams, to break free from traditional mold and also to truly be you, thus, Yoga is seen as a perfect choice which can help to improve self-confidence. The combination of mind and body activities which can be only possible through Yoga seems to be effective. The physical side will help a person to feel more confident about their healthy body and to stand straighter. A sense of worth can be found goes deeper into the spiritual journey of Yoga. Yoga can also help not to thinking negative thoughts. Yoga brings a positive side to life that can increase confidence.

Yoga improves physical, mental, and spiritual discipline that confers a sound body and a sound mind. Yoga practice can help a person to achieve complete potential and increase spiritual consciousness. Students must be confident and stress free and also have better memory power. So here this research is to be carried out on Secondary school students passing through adolescence stage. The study examined whether there is an effect of yoga exercise on short term memory, stress and self confidence of secondary school students in relation to Intelligence or not.

❖ YOGA

- Yoga - Hindu system of philosophic meditation and asceticism designed to reunion with the universal spirit.

- Oxford (1990) [pg. No. 144]

- “Yoga is the practice of quieting the mind.” - Patanjali
- “Yoga is the cessation of the movements of the mind. Then there is abiding in the Seer's own form.”

- The Yoga Sutra's of Patanjali

Saarth

E-Journal of Research

ISSN NO: 2395-339X

- The exercise, yoga asanas and surya namaskar, OM meditation and Pranayama etc. activities were carried out by researcher and yoga trainer was accepted as yoga education.

❖ **MEMORY**

- “The memory process is measured by recall, reproduction, and recognition and relearning”.

- Dictionary of Psychology (pg. no.

117)

- Shri A.S. Sharma

- “Memory refers to the processes that allow as to record, store and later retrieve experiences and information”. - Pacer and smith
- “The existence of forgetting has never been proved. We only know that something do not come to our mind when we want them to”.

- Nietzsche

- The score obtained from using the short term memory test constructed and standardized by Dr.K.S.Likhiya was accepted as memory.

CURRENT SENERIO

Our lives is with full of tension, traffic jams, deadliness and along hours at work today and the list is seemingly endless sometimes. Stress is everywhere in all field of life and because of that the performance is dramatically affected. Stress is like an inherent part of life, it cannot be totally eliminated. People who are working in every place and they develop emotional and physical problems which definitely results in stress. Because of stress and other factors concentration, self confidence, performance and memory power affected and academic achievement decreases. The yoga is a powerful stream of knowledge which enables the practitioners to achieve extra ordinary physical health, self confidence, continuous spiritual uplift, serene mind, peaceful life and creates the ability for harmonious social living.

Saarth

E-Journal of Research

ISSN NO: 2395-339X

We came to know whether stress was affected by yoga in Secondary school students or not. We also knew about the effect of yoga on memory and self confidence. These works will help teachers to arrange yoga programme for students in future practice. Previous research was carried out on higher secondary school students and primary school students maximally but here researcher is going to do research on secondary school students with all three dependent factors like memory, stress and self confidence.

Yoga practice originated in India several thousand years ago. It's founded by great saints and sages. Today yoga is not restricted to hermits of saints and sages, but it has taken place in everyday life and has spark the world wide awakening and acceptance in the last decade. The main aim is "uniting" the human spirit with the divine. It concerned with the evolution of mind and body.

CONCLUSION

The yoga science and its techniques have now been re-oriented to suit physiological needs and life styles. Also various branches of medicine including modern science are realizing role of yoga science and techniques in the prevention and management and cure various disorders. Yoga also defined as uniting the individual spirit with the universal spirit. Yoga is art and science of living and is concerned with the evolution of mind and body. Therefore yoga incorporates a system of disciplines for furthering an integrated development of all aspects of the individual. When we start the disciplines of yoga we usually begin with the outermost aspect of the personality, the physical body.

REFERENCES

1. Auerbach, M.S., and Grambling S.E., Stress Management Psychological Foundations U.S.A: Prentice- Hall, Inc., 1998.
2. Carveth, J.A., Gesse, T., & Moss, N. (1996). Survival strategies for nurse-midwifery students. Journal of Nurse-Midwifery, 41(1), 50-54.

Saarth

E-Journal of Research

ISSN NO: 2395-339X

3. Cohen, F., "Coping" In J.D. Matarazzo, S.M. Weiss, J.A. Herd, N.E. Miller & S.M. Weiss (eds.), Behavioral Health: A Handbook of Health Enhancement and Disease Prevention. New York: Wiley, 1984.
4. Deb, Sibnath, Esben Strodl, & Jiandong Sun (2014). "Academic-related stress among private secondary school students in India." Asian Education and Development Studies, 3,2, 118-134.
5. Erkutlu HV, Chafra J (2006). Relationship between leadership power bases and job stress of subordinates: example from boutique hotels, Manage. Res. News 29(5): 285-297.
6. Fairbrother K, & Warn, J. (2003). Workplace Dimensions, Stress and Job Satisfaction, J. Managerial Psychol. 18(1): 8-21.
7. Keinan,G. & Perlberg, A.(1986). Sources of stress in Academe: The Israeli Case. Higher Education, Vol.15,No.1/2,73-88
8. Laney, C., Morris, E.K., Bernstein, D.M., wakefield, B.M., & Loftus, E.F.,(2008). Asparagus, a love story: Healthier eating could be just a false memory away. Experimental Psychology, 55, 291-300.
9. Lazarus, R.S. & Cohen, J.B. (1977). "Environmental Stress". In I. Altman and J.F. Wohlwill (eds.), Human Behavior and Environment. (Vol 2) New York: Plenum.