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STUDENTS' STRESS RELIEF WITH YOGA

Bahadursinh M Gohil*

ABSTRACT

The clinical studies already have ascertained the Yoga's therapeutic potential at treatment of the "chronic obstructive pulmonary diseases" akin to bronchitis and asthma and also the similar consequences are found at migraine, diabetes, disorders related to strain and pain of beneath back. Yoga can also be effective at managing the following disorders: Hypertension, Flatulence, Depression, Constipation, Obesity, Sciatica, Cervical spondylosis, CAD, Arthritis, etc. The science and techniques of yoga are now re-oriented to be appropriate for the physiological requirements and life styles. Also numerous medicine branches including the modern science have realized the role, science and techniques of yoga to prevent & manage to cure the various types of disorders. Even the yoga facilitates the uniting of individual and universal spirit. The art & science for living is yoga and is also concerned to evolution for wellbeing of the mind & body. Thus, the yoga integrates an approach of disciplines to initiate development in all the aspects of an individual. While starting the yoga disciplines people usually begin through the outermost personality aspect, their corporeal body. **KEY WORDS:** Student, Stress, Yoga, Education, Approach

INTRODUCTION

Yoga perform was instigated in India prior to several thousand years. It was founded by great sages and saints. Today yoga is not constrained to hermits of sages and saints, but has created its place at routine life and has provided spark to the entire world and has given an awakening bell with wide 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. The clinical studies already have ascertained the Yoga's therapeutic potential at treatment of the "chronic obstructive pulmonary diseases"

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

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akin to bronchitis and asthma and also the similar consequences are found at migraine, diabetes, disorders related to strain and pain of beneath back. Yoga can also be effective at managing the following disorders: Hypertension,

Flatulence, Depression, Constipation, Obesity, Sciatica, Cervical spondylosis, CAD, Arthritis, etc. Our ancient has also described various type of Yoga for different type of exercise or to cure the various types of diseases. The few of which are presented herewith:

The **Raja Yoga** specifies the Royal Path (where 'raja' indicates the king), for meditation. It focuses at peace of mind where the practitioner's has to fix attention at a mantra, concept or an object. The mind has to be at deliberation of the object and if it strolls it has to be brought back. Gradually after some perform the mind ceases strolling stills completely. Such practitioners aspires ascertaining 'a cerebral link' to supreme source of entire spiritual power and energy, which is the Supreme Soul, which frees an individual soul of pain, misery, fear, phobias, illness, and enables that soul to have experience of happiness, peace and long lasting prosperity & health.

Bhakti Yoga is yoga with devotion. At Bhakti yoga, a practitioner's poignant vigor is concentrated as well as channeled towards the Divine. The Bhakti practitioners have to be openly expressive; even sometimes their devotion is compared with love-relationship towards the divine being. Devotional singing also known as Kirtan is the Bhakti yoga's popular perform.

Hatha Yoga is corporeal yoga perform. The asana (perform) of the Hatha yoga symbolizes the sun & the moon the connection and balance the world and corporeal body. Also Hatha means is 'to strike', the connotation to strike is to keep body at challenge of postures as well as 'to yoke' (connotation of yoga) to keep mind at a singular focus. The major yoga styles in other countries are based in Hatha with various performances, philosophies, and terminology which allow the yoga to get fit as an individual practicing. The Hatha Yoga postures' traditional source is Pradipika.

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Jnana Yoga is known as yoga for knowledge. It is closely connected to Advaita Vedanta which is one of six Hinduism philosophies. As Advaita Vedanta, each particle in universe is attached to a single soul which includes all the living creatures as well as the God. The Jnana yoga is an associated wisdom with the discerning a Real within an unreal or the illusory.

Karma Yoga indicates at yoga for service towards others & God. Such practitioners believe at the fruits by action. The activities done are been assumed to be done at benefit of greater good, having no personal concern or benefit. This Karma-Yoga path is portrayed with depth at Bhagavad-Gita saying: “Be intent on action; not on the fruits of action.”

THE 5 ABSTENTIONS: YAMA

Ethics is the first limb set which ensures about interacts of a yogi with harmonious behaviour to the adjacent community. This precepts of ethics indicates about to avoid to harm anybody, be truthful, no stealing, having intercourse with only one's partner as well as be away from greed. Which are as follows:

- ❖ Ahinsa: To spread non violence everywhere.
- ❖ Satya: To have truth at word & thought also.
- ❖ Asteya: The Non – covetousness by nature.
- ❖ Brahmacharya: Abstinence on the whole at sexual activity.
- ❖ Aparigraha: The non-possessiveness.

THE 5 OBSERVANCES: NIYAMA

An observance is second limb which ensure about the purity of body & mind. Body & mind propensity is a stain talent which one has to take to a conditioning / imprint by the entire environment. Observances indicate corporeal & cerebral contentment, cleanliness, simplicity, the existence acceptance of Supreme Being as well as study of the sacred texts.

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- ❖ Shaueha: The body & mind cleanliness.
- ❖ Santosha: The Satisfaction everywhere.
- ❖ Tapas: The austerity as well as the associated observances with body discipline which leads towards cerebral hegemony completely.
- ❖ Svadhyaya: The study of Vedic scriptures to gain the knowledge of God & Soul, and to walk on the path of the greater awakening.
- ❖ Ishvara Pranidhana: To surrender entirely to God, or true worship for God.

BODY DISCIPLINE: ASANA

Asana are the rules and postures which keep away the disease and preserve a vital energy. Body intensely persuades impinge towards the mind functioning as well as intellect. Practicing the yoga asanas, body becomes strong As well as light like the lion body and reacts like an ideal yoga vehicle.

PRANAYAMA

Breath hegemony is beneficial for the health; it helps at mind deliberation and to keep the body highly conducive. Life vigor is Prana which is also referred as an inner breath. Through Pranayama we are able to breathe in a way that it reaches to the entire body parts in other sense we are spreading Prana evenly everywhere within, also recognized as ayama – which means breath extension. Seeing scientifically, the proper inhalation spreads more oxygen in blood & brain which helps to hegemony vital energy life. Yogic principles are considered to be the highest purification & self-discipline form which covers the mind & body.

DHARANA

Chitta's deliberation to corporeal object like flame, eyebrows' midpoint, is been utilized at meditation, the deliberation enables to be focutilized at chosen object. Dharana means a talent which brings a mind at focus as well as holds deliberation at single

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point. While doing true Dharana the rest body-consciousness becomes restless as well as the thoughts are ceased and it enables the focus at object to meditate without any distraction.

DHAYANA

Dhayana means a meditation which helps to rest without any influence. The disparity flanked by this & previous limb which is at deliberation, such conscious effort excludes all the thoughts which are not relevant with chosen object. The typical object chosen is only inner sound, which is body breath.

SAMADHI

Samadhi has two types which are with and without objective and the both are the highest yoga forms. The Samadhi objective is achieved when first time mind, clears all reflects very faithfully as directed stops producing other reality simulations. An objectless Samadhi is not depended at any object it rather witnesses the subject or the true awareness which reveals our very true nature. At Samadhi the waves of thoughts are been suspended and the consciousness of the divine self appears. The final state is beyond achieving, beyond doing, beyond practicing. It is a state of pure ecstatic being portrayed by the term kaivalya a state in which there is total freedom and independence from any external stimulation whatsoever.

CONCLUSION

It is evident from the results that the students who were exposed to yoga exhibited enhanced Memory and poise and decrease in Strain. Students with high intelligence performed better than the students with low intelligence so there is interaction flanked by yoga treatment and intelligence on achieves of memory and poise and strain. There is no noteworthy consequence of yoga on memory, strain and poise in relation to gender. The spiritual dwell in has poise which acquired by spiritual energy but all other has to acquired it and in this situation only yoga and meditation is main way to improve memory and poise. Students will definitely improve memory and poise by yoga and meditation and will get relief to strain.

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