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IMPORTANCE OF YOGA, MEDITATION AND PRANAYAMA IN STUDENT LIFE: A SYSTEMATIC REVIEW

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“All the orthodox systems of Indian Philosophy have one goal in view, the liberation of the soul through perfection. The method is by Yoga”.

- Swami Vivekananda.

ABSTRACT

Stress is usually measured when persons mind under the pressure and being tired or disturbed due to something is called stress. Stress is type of conflict which is due to not being able to adjusting with surrounding. Now a days many students are facing different types of stress during school and college and this stress affecting their academic performance in very bad way. To overcome from all these problems, the best way is Yoga. Yoga helps to make our body to relax and soothe our mind. Yoga also it helps to make your body resilient and improve your concentration power. Also, students can achieve many types of benefits from yoga so that student can perform perfectly in their work place or task and get better score in the class. The ultimate aim of yoga is to develop power of self-knowledge as well as realize more about our surrounding, nature and universe. The objective of yoga were to develop positive perception and thinking, more knowledgeable, self-regulation and mental peace in the individual.

Keywords: Stress, Yoga, Meditation, Pranayama.

1. Introduction: Young age is the time period of student when they are dig between many types of work load and pressures. They required to complete their school or college assignment, make preparation for many types of exams or test and pressure to get superb marks and perform best in their work place and improve their presentation and many other stresses. Increasing many issues not only in India as well as all over the world is that students have more pressure than ever. The rate of suicides is the highest in India among people between age of 15 and 29. The reason behind the suicide are the lack of success in examination, not getting job and depression in their daily life. Now a days the parents forced their children to perform well in the class X and XII board exams and even before that we have seen many cases in past few years that student committed suicide during exam and on day of the result. But what is the limit that student thought to in their life. The Psychologists advise that student suffering from burden and disturbing disorder relating to fear of examination. The reason of this fear factor is why students suffering from stress, depression, and the many outcomes. And this fear comes from the school as well as from parents, who forced or pressurized their children to getting better grades go to superb level.

To overcome from all these problems, the best way is Yoga. Yoga helps to make our body to relax and soothe our mind. Yoga also it helps to make your body resilient and improve your concentration power. Also, students can achieve many types of benefits from yoga so that student can perform perfectly in their work place or task and get better score in the class.

Yoga is an ancient discipline designed to bring balance and health to the physical, mental, emotional, and spiritual dimensions of the individual. “Yoga” means union of our individual consciousness with the Universal Divine Consciousness in a super-conscious state known as Samadhi.

2. REVIEW OF RELATED LITERATURE

Stress is usually measured when person’s mind under the pressure and being tired or disturbed due to something is called stress. Stress is type of conflict which is due to not being able to adjusting with surrounding. Telles S, Reddy SK, Nagendra HR (2000) opined that yoga practitioners live a content life that has nothing to do with what happens in the world around them. No doubt, yoga works wonders in life by keeping the practitioners in up spirits all day long and give them a healthy body and mind too Kumar Kundan, (2005). Bussing, Arndt, Andreas Michalsen, Sat Bir S. Khalsa, Shirley Telles, and Karen J. Sherman (2012) opined that a number of area where yoga may well be beneficial. In this summary report researcher describe that Yoga positively affect mental and physical health of student. Wadhwa Dr. Ritu & Khandare Dr. M (2014) observe that Yoga improves attention and emotional control as well as effects the nervous system, making the parasympathetic nervous system more dominant. Yadav S K, Kumar Dr. Anil & Kapri BC (2015) find that yoga proving itself as “Stress management tool” and in western word it is offensive use as allopathic drugs. Kaur



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M &Kumar Dr. R (2016) opined that Yoga and Meditation has positive impact of on improved mood reduced stress, lesser psychological distress, improved concentration.

Geldert Amanda (2017) find in study that Yoga and other mindfulness-based practice helpful in reducing stress and anxiety of children and adolescent. Chawla KP (2017) find in her study that Yoga, meditation is very useful in reducing stress in student’s life and extent to yoga can help in improving academic performance.

Shohani M, Badfar G & Azami M (2018) find in their study that Yoga performs an effective role in reducing stress, anxiety and depression as supplement in women. Tripathi MN, Kumar S & Ganpat TS (2018) opined that yoga has positive effect on psychological level that leads to decreased levels of stress in college students and find the relationship between yoga practice and college students warranted to confirm the efficacy of yoga. Ali Md. A., Kamraju M., Devi S, Manisha P. (2020) examined that there are multiple benefits of Yoga for students by practicing Yoga regularly students can improve their strength, stamina, concentration, power and relaxation of mind.

3. IMPORTANCE OF CURRENT STUDY

This study based on the review of studies which have been proved that yoga practice, pranayama and meditation are very helpful in reducing stress and helps students to make better performance. The data which researcher found proves that practicing yoga on daily basis get the good result. This study will be helping the students to keep their body healthy and gives stress free mind and also make them emotionally stable.

4. OBJECTIVES

The objective of the research includes studying the effect of yoga posture, meditation and pranayama on the level of stress in the life of students. The objectives of the study to teach the students art of healthy living and adjust with their environment.

5. RESEARCH METHODOLOGY

In this study the research used secondary databased information which is based on the earlier studies which done in the particular area. And in this study also involves published and unpublished material and reports.

6. EFFECT OF YOGA POSTURE, PRANAYAMA AND MEDITATION IN STUDENS LIFE

6.1. Yoga posture makes body healthy and nourish a healthy mind

In Yoga there are many asanas by which student can reducing their stress and inhance body strength. yoga makes body flexible, active and also adjustable. The body movement which used in yoga is called ASANA. These body movement makes our body healthy, flexible and free without any loss of breath and bogy injury. In student life yoga play a important role to make student healthy and disciplined. By practicing yoga on daily basis helpful in concentrating our mind and body. Yoga is a medium to connect our body and mind with God. By Practicing asana student can motivate to clean their brain and concentrate on the effort. Yoga helps students to focus on meditation and get good result. As it is saying: “A healthy mind stay in healthy body”.

Here are some following yogic posture that can makes our body healthy and fit-

- **Sarvangasana (The shoulder stand)** - An inverted pose with the whole body resting on the surface, this pose is considered as the ‘Queen of asanas.’ Chin is pressed against the throat in this pose.
- **Matsyasana (The Fish Pose)** - Doing this posture, one can be able to float like a fish in water, hence the name ‘Matsyasana.’
- **Tadasana (The Mountain Pose)** - Also known as Samasthiti or mountain pose, this is the basic standing pose that teaches the art of standing correctly. It is performed by almost all people. Generally, it is suggested for growing young children who want to increase their height.
- **Vrikshasana (Tree Pose)** - This pose gives you a sense of grounding. It improves your balance and strengthens your legs and back. It replicates the steady stance of a tree.
- **Trikonasana (Triangle Pose)** - It stretches the legs and torso, mobilises the hips and promotes deep breathing, leaving one with enlivening effects. Stand with your feet wide apart. Stretch your right foot out (90 degrees) while keeping the leg closer to the torso.
- **Naukasana (Boat Pose)** - It tightens the abdominal muscles and strengthens shoulders and upper back. It leaves the practitioner with a sense of stability. Lie back on the mat with your feet together and hands by your side.
- **Sukhasana- Sukhasna** is a comfortable position for pranayama and meditation. It gives the practitioner a centering effect. All the other asana are done to eventually make the body feel comfortable to be able to sit in this position for meditation.



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6.2. Pranayama makes the Respiratory system strong and smooth

The general meaning of Pranayama is the expansion of the life force within the body, by stopping the movement of breathing (inhalation-exhalation). From the literal point of view, the word “Pranayama” is made up of two terms, ‘Prana’ and ‘ayam’. Prana means that energy; which transmits life in our body. In the texts of Hatha Yoga, the meaning of Prana is also given as self-power. Dimension means expansion. Thus, the whole meaning of Pranayama is to expand the body of Prana by inhaling Pranavayu or Oxygen air through the medium of communication, then closing the nostrils, holding the air inside.

Definition of Pranayama: 1- Pranayama is to stop the movement of breathing and exhalation in a proper manner on the completion of the asana. The process of keeping the flow of life-air in the body’s nadies is called Pranayana. 2- Slowly slowly down the normal process of respiration through practice to go means to take in the place of filling the breath quickly- leaving and filling the deep in the same way to leave. Maintaining its ease and rhythm with deep breathing: moving towards a completely calm and continuous form. The scientific basis of pranayama lies on the ground of the process of deep breathing. A person breathes only to take in oxygen and remove carbon dioxide. When the venous blood of the veins reaching the lungs releases absorbs oxygen, it is called arterial blood. Through pranayama, a person takes in and absorbs maximum oxygen and releases even more carbon dioxide. By carbon dioxide becomes more pure; Due to which a person gets health and happiness.

Types of Pranayama

- **Anulom-Vilom-** Anulom-Vilom is a specific type of controlled breathing in the practice of Yoga. It involves holding one nostril closed while inhaling, then holding the other nostril closed while exhaling. The process is then reversed and repeated.
- **Bhramari Pranayama-** The word Bhramari is the feminine form of Bhramar or Brow, this pranayama has been named Bhramari because while practicing it, inhalation and exhalation is done with the same hum of male and female Bhaur. Bhramari Pranayama helps to release your mind of agitation, frustration or anxiety and anger. This breathing exercise helps you to de-stress yourself.
- **Kapalbhati Pranayama-** Kapalbhathi, also called breath of fire, is an important Shatkarma, a purification in hatha yoga. Now take deep breaths from both the nostrils inwards. Now release the breath.
- **Ujjayi Pranayama-** In yoga, Ujjayi breathing is known as “the ocean breath”, as a movement of air in the throat resembles the sounds of waves of the ocean. A technique that builds heat in the body and relaxes the mind.
- **Nadi Shuddhi Pranayama-** Nadi Shuddhi Pranayama is also called as alternate Nostril Breathing or Nadi Shodhana Pranayama.

6.3. Meditation can refresh our mind and body and generate positive thought and energy

Meditation is a process of mind in which the individual setting or concentrate this mind on one fixed point or goal. That is to concentrate the power of one’s mind continuously on one goal without any hindrance. The goal is the continuous knowledge of the one who is being meditated, is meditation. If we consider the spiritual side of yoga, then meditation has great results. After this the seeker is able to develop dispassion. Mental tendencies, which are causes of sorrow. They are removed gradually by meditation. The mind became calm, focused and stress free. Sadhak gets ready for advance yoga practice like Samadhi, which is necessary to get rid of sorrow. This misery result in kaivalya. If we talk about the practical aspect of yoga, a person who practices daily meditation in normal routine becomes stress free, calm, happy, more concentrated and with more mental abilities and powers. It also has very good effects on the body. Through meditation, blood pressure, heart rate and respiratory system become normal.

There are several meanings of meditation, but if in simple and easy words, we can say that meditation is a method of keeping his body and mind calm and silent position for a fixed period.

6.4. SURYA-NAMASKAR- A COMPLETE YOGASAN

According to the motion of the earth around the sun, a year is divided into 12 zodiac signs, a day consist of 24 hours and accordingly the living entities of human body are also exasperating. It is complete science. Keeping the science in mind, Surya Namaskar is a set of 12 Yoga Asana, which gives the person the gift of physical and mental health. The literal meaning of Surya Namaskar is worshipping the sun. In ancient times the sun was worshiped in daily rituals, which is still practice by many people. So, Surya Namaskar is a method of worship of Surya. It is the combination of three elements- forms, energy and coordination. Yoga experts say that a minimum of 12 sets of complete surya namaskar provides a good cardiovascular workout and therefore is highly recommended for all the busy people who cannot afford to invest more hours in workout. Doing surya namaskaar daily also improves one’s flexibility.

CONCLUSION

On behalf of above study we can say that yoga is very helpful to makes body healthy by practicing different types of yoga posture and, Pranayama makes the respiratory system strong and smooth by practicing different pranayama and meditation improves



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the mind concentration, which helps student to do more better in their school and college task. By doing Yoga a student will acquire a healthy and fit, decesses free body. If student does yoga regularly, they get flexible and stretchable body and stress-free mind. The main one important thing that by doing yoga student can attached with his Indian culture and tradition.

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