



A STUDY OF EFFECT OF YOGA ON MENTAL AND PHYSICAL HEALTH OF STUDENTS

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ABSTRACT- In the presented research paper, the effects of yoga on the mental and physical health of the students studying in the school have been described. There is a positive effect on the physical health of the students who practice yoga every day and the concentration power of the students who meditate with concentration every day is also developed. Hence the practice of yoga and meditation is very important for the physical and mental health of the students. In this way, students who study through physical activities develop qualities like concentration, perseverance of will, self-restraint and self-confidence in a positive way. The brain development of the students also goes hand in hand through a healthy body. With self-restraint, students can control their behaviours better. The miracle of Yoga has been accepted by the whole world. That's why yoga education has been made compulsory in most of the countries. Yoga is such a subject, in which the whole worldly phenomenon is included. Because it is related to physical and mental development as well as spirituality. Yoga helps in providing a right direction to the student life and organizes the students' life. The brain is not just a muscle but has the power to control the entire body through nerves. Apart from this, memory and spiritual power can also be obtained through the brain itself. Therefore, by increasing the working capacity of the brain through yoga and meditation, we can create a balance between the mind and the body. To solve the problems related to study, physical and mental development of student life, students should do daily yoga and meditation. By which they can see the quick and positive effect of their physical and mental powers and as a result most of the problems of student life can be solved at present.

KEYWORDS- MENTAL HEALTH, PHYSICAL HEALTH, SPRITUALITY, CONCENTRATION.

OBJECTIVE- To heal students mental and physical health issues with the help of yoga.

INTRODUCTION- Health is wealth it said by our elders. A healthy people can able to achieve anything what they want, in a student life healthy mind and body is first need to study well. But in present scenario, many students are suffering from different kinds of health issues i.e., physical health issue, mental health issue, emotional challenges etc. Yoga is a best possible issue we face in our life.

There are two kinds of health-

- a. **Mental health**
- b. **Physical health**

Mental health-

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development. *1

Types of mental health

- a. mood disorders (such as depression or bipolar disorder)
- b. anxiety disorders.
- c. personality disorders.
- d. psychotic disorders (such as schizophrenia)

Helpguide's 6 Keys to Mental Health



Physical health-

Physical health is the well-being of the body and the proper functioning of the organism of individuals, which is a normal condition for individuals of both physical, and mental condition who are not suffering from any type of sickness. Looking at today's daily life, it is very important for a human to take care of his physical health. A person should keep following physical activities so that no disease of any kind can develop in the person's body.

Physical health includes many aspects of life such as:

- a. Sleeping well
- b. Eating well
- c. Being physically active,
- d. Maintaining good hygiene
- e. Getting enough rest

Review of related literature:

Rita Domingue's (2018) As a supplemental treatment for mental health disorders, research on the effectiveness of yoga has yet to begin. Positive mental health (PMH) indices may be improved by contemporary postural yoga (heavy focus on physical postures) in both clinical and non-clinical groups. Personality Disorders and Mental Health topped the list of measures of resilience and well-being (PMH). To sum up, favourable impacts on outcome variables were found across all 14 investigations, although none of the effects on baseline levels or control groups

was statistically significant. There is little doubt that yoga practise has a good impact on PMH markers. Because yoga therapies raise severe methodological issues, more research and improved experimental designs are required to fully assess their effects on PMH markers. Jane Hartley and Marion Henderson (2018) The mental health of young people is worsening. Mental health may be negatively impacted by stress. Young individuals are more likely to suffer from ACEs (adverse childhood experiences), which may lead to a stressful adulthood. Stress may take many forms, and the methods in which people cope with it can lead to bad behaviours. Text's main body: Yoga delivers a safe, scientifically-supported stress-reduction toolset that is efficient and effective. Private yoga classes are now the only way to learn yoga. Integrating yoga into school curricula following carefully developed and assessed interventions might lower the high incidence of prescription medicine and provide a preventive method to support young people's healthy mental health. School-based yoga programmes may have long-term positive effects on decreasing students' stress levels both now and in the future. *2

Farah Shroff and Mani Asghar pour (2017) Since global mental health issues are on the rise, and existing allopathic treatment regimens fail to get individuals to a level of mental well-being, the need for effective population mental health promotion techniques is crucial. (citation). It is possible to improve one's health and well-being by reducing one's stress levels. Due to its accessibility, tolerance, and cost, yoga is becoming more popular as a mind-body workout. Self-treatment rather than professional intervention; a perception that yoga is more helpful than medicine; less side effects; and a lack of response to medication are just few of the reasons individuals are turning to yoga for mental health improvement. Drugs and psychotherapy have more adverse effects and are more costly, while yoga has less of both. Yoga also has the added advantage of enhancing physical fitness and instilling a feeling of personal responsibility in its practitioners. In this short essay, the evidence supporting yoga as a method of mental health promotion, sickness prevention, and therapy for depression is discussed. *3

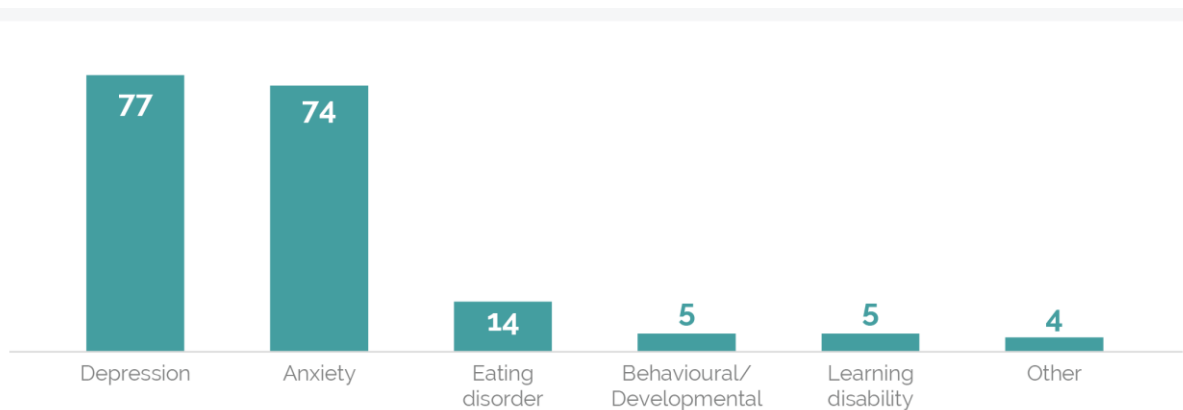
*Different aspects of wellness *4*



Students suffering from mental health- For a significant proportion of students who report mental health issues, these problems can make even day-to-day tasks difficult. Around 20% of the world's children and adolescents have a mental health condition, with suicide the second leading cause of death among 15–29-year-old. Nearly half (47%) say that they have trouble completing some daily tasks and a further 4% say they cannot complete even simple tasks.

Depression and anxiety are by far the most common reported mental health ailments. Of those who suffer, 77% have depression-related problems, and 74% have anxiety related problems. Worse still, for many of these students it is common for students to be afflicted with both at once – 74% of students with an anxiety-related problem also have a depression-related one. These two issues dwarf all the rest, with eating disorders being the next most common at 14%, followed by behavioural or developmental issues at 5% and learning disabilities, also at 5%.

Types of mental health problems among students:



In the above table or graph, the overview of the mental health problem of the students is clearly shown related to different diseases.

Students suffering from physical health-*5

- Over 1.5 million adolescents and young adults aged 10–24 years died in 2020, nearly 5000 every day.
- Sleep is one of the major health issues for college students with half of all students reporting regularly reporting sleepiness during the day.
- Young adolescents aged 10–14 years have the lowest risk of death of all age groups.
- Half of all mental health disorders in adulthood start by age 14, but most cases are undetected and untreated.
- Early onset of substance use is associated with higher risks of developing dependence and other problems during adult life, and people of younger ages are disproportionately affected by substance use compared with people of older ages.

Research Through Innovation

How this health issue impacts their daily life-

Treatment of mental and physical health issues by yoga: There are so many methods to get relief from Mental and physical health problems i.e., Allopathic, ayurvedic homeopathic etc. But all treatment have some positive points along with some side effects. Besides this Yoga is a natural way to heal these problems with no side effects.

Different methods of treatment help people after they feel health issues but yoga is a helpful in preventing those problems.

The whole world has accepted the miracle of Yoga. Yoga has proved to be a boon for us Regular yoga practice produces mental clarity and calmness. Students should practice some meditative asanas like tadasana Vrikshasana, Ustrasana, Sarvangasana, Halasana and Bhujangasana etc. daily to develop their concentration power. Regular practice of this asana develops the mental balance of the students, which in turn affects their physical health along with developing their ability to remember.

Just as different types of asanas affect the health of the body, in the same way regular practice of pranayama can improve the health of the brain and meditation. Now suppose a student is feeling stressed and the speed of his breath becomes very fast. His mind is going to be distracted. That's why using Pranayama techniques has proved to be extremely beneficial. Which keeps the mind of the students calm, reduces anxiety and stress, that improves the concentration of the students

To calm the mind of the students and maintain concentration, some Pranayama are as follows:

Bhramari Pranayama (Bee Breath)

Sheetali Pranayama (Cooling Breath)

Sitkari Pranayama (Hissing Teeth Breath)

Nadi Shodhana Pranayama

With their regular practice, a vibration is felt in the nerves around the brain, which helps in relieving stress and increasing concentration power.

Conclusion:

- In the presented research paper, the impact on the mental and physical health of the students has been shown. Nowadays, students have been seen to be mentally unwell due to the pressure of studies, due to which they are also falling physically ill, due to which their ability to remember is decreasing.
- Our body and mind are connected to each other So it is not surprising that a person's mental illness can affect his body due to which many types of diseases can be faced such as depression, headache, high BP, fatigue and digestive problems. Besides anxiety, upset stomach can cause other symptoms, for example. There may be insomnia, restlessness and considerable difficulties in concentrating.

Suggestions:

- Regular practice of yoga reduces physical and mental stress, there by developing their mental and physical abilities. Current research has shown that regular practice of yoga improves students' concentration power, focus, self-esteem, academic performance and well-being. Improving student behaviour can also reduce stress.
- Our brain controls our body. It is said that a healthy mind resides in a healthy body, so it is necessary to keep our brain healthy to keep the body healthy, so we should start our day with yoga
- If a person has problems related to depression, then they should not do meditative postures.
- If a person has problems related to high blood pressure. So, he should practice Sukhasana, Balasana, Shavasana and Bhujangasana etc. and practice Bhramari Pranayama regularly.
- The following types of asanas have been described for digestion related problems, of which the main one is asana. Vajrasana, Paschimottanasana, Pawanmuktasana and Dhanurasana. This asana strengthens the abdominal muscles and helps in relieving digestive problems

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