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Benefits of Yoga for College Going Youth

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Abstract

The present research paper aims to focus and explore the effects of yogakriya on the fitness of college going students. As Indians, we know very well that it is a very ancient regulation of India given to the whole world. It is also identified as one of the most prominent and precious gifts of our tradition. The life of college students is tough, very demanding and having stress. The scenario of student's life is changing and they have to face all sorts of challenges in their regular college work and social life. This complete process develops unhealthy eating habits like fast food. Yoga helps to control and maintain the changing scenario of the college going youth in current century.

Keywords: College youth, yoga, health, student

Introduction

In the present era of globalization, we are trying to achieve our goal of development with the help of education. Today's new age luxuries and changed life style. Man is trying to surpass time. The temptation of physical pleasure has developed stress and anxiety among the youth. There is also rise in the crime. The today's youth fails to indiscipline, that they have nuisance value, deviation, from social norms, increased non-co-operation unawareness about responsibilities, unpatriotic, behaviour, quarrelsome nature, indecent talk, violent behaviour, addictedness, unfaithfulness, tendency to rob others, behaving in a way which is harmful to health. social struggle caste, abuse, non-observance of ideals, one sided love etc. Also commonly seen is degradation of courage, co-operation, responsibility and absence of a role model. The increase in such uncultured behaviour of the youth is harmful to social health. Therefore, it is necessary to bring cultural and behavioral changes in the society. Yoga can play an important role in developing the social health. Training of yoga is a process of socialization. The training provided under yoga inculcates values and ideals in the minds of the youth.

Different Problems of college going youth

1. Frustration
2. Stress



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3. Unemployment
4. Economic worries
5. Health problems
6. Habit of smoking
7. Arrogant behaviour
8. Indiscipline
9. Non-co-operation
10. Violent behaviour
11. Strain
12. Addiction to alcoholic drinks
13. Injecting drugs
14. Mind and emotional disturbance.

Importance of yogic exercise for college youth Health

Shavasana -	For relaxation.
Yoga nidra -	For overcoming tension
Vipreethkarani -	For mental peace.
Trikonasana -	For a healthy back.
Vajrasana -	For relief of stress and strain
Swinging -	For whole body limb and mind relaxed
Pranayama -	For health of body and mind.
Palming -	Leading to release from nervous stress and tension.
Ujjayi -	Breathing for relaxation.
Sitali and Sitakari -	For cooling body and mind.
Anulomaviloma -	Deep breathing for mental peace.
Abdominal respiration -	For mental relaxation.
Dharana and Dhyana -	For stress and tension.

Important benefits of performing yoga for college youth

1. Maintains physical and mental fitness
2. Purifies the blood.
3. Maintains heart beats.
4. Maintains body system.
5. Relieves fatigue and stress.
6. Strengthens the body parts and the muscles.
7. Improve flexibility.



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- 8 Helps to regulate temperature.
- 9 Helps to develop the quality of cleanliness, simplicity, purity which removes the bad thoughts.
- 10 Spiritual development.
- 11 Good eating habits.
- 12 Yoga develops ability to plan and set goals.
- 13 Yoga develops positive world-views.
- 14 Yoga develops positive attitudes.
- 15 Yoga develops healthy and happy behaviour.
- 16 Yoga develops honesty and integrity of character and moral qualities.
- 17 Yoga brings about fulfillment in man's life.
- 18 Yoga makes man broad-minded.
- 19 Yoga develops healthy and happy behaviour.
- 20 Yoga develops self confidence and positive thought.

Why Yoga is aware for College Students

1) Different Yoga poses for college going students

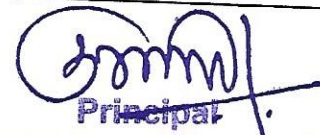
The days of College are having fun and exciting time for thousands of student. Besides, it is a stressful time in part thanks to leaving home, taking difficult college classes, studying for college exams, competitive exams and facing new social pressures. Yoga provides a healthy way for students to relax by practicing yoga in either studio or the comfort of their own rooms. It is necessary for College students to learn a few essential poses to do a few times a week during periods of anxiety or when they simply need a study break.

2) Excellent way for college students for Stress Management

College is stressful for everyone in student's life. Yoga heals the physical, mental and emotional stresses and it is the more effective method of dealing with stress of college student. It permits us to clear our mind, relax our body and prepare us to deal with many pressures of college students.

3) Makes a better student

The Yoga is a good means of maintaining health and affects how you perform in the classroom. It helps to improve listening skill, confidence, concentration skills and improves and maintains the all-round awareness. It also show that the people who regularly do yoga are generally more happier, healthier and more sociable. These are the qualities that lend the students to be a part of better classroom environment.



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4) Lastly, it helps the students to learn and to overcome some of those unhealthy eating and drinking habits which leads to negative body image. Instead, it gives a chance to the students to boost in self-confidence.

Conclusion

The research paper concludes that yoga helps to regain the physical, mental and emotional strength which is beneficial to a student's daily life. It improves students personal growth to access and boost the inner strength of the college going students and helps to deal with challenges and activities of their college life. The yoga is a solution to the development of mentally, physical and socially fitness of students which enables the living in the modern, fast changing technological era. We must make yoga a way of life, and utilize its best therapies for health purposes. It removes the functional disorders, drug addiction and rehabilitation, psycho- somatic disorders and structural disorders and physical exercise because it meets all requirements of one like shaping and strengthening the muscles, toning up the nerves and correcting small deformities in the bold structure etc. These Asnas help to develop a perfect healthy body and sound mind of students.

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A handwritten signature in blue ink, appearing to read 'J. S. J.', written over a horizontal line.

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