

Yoga for Students

Yoga is an indivisible exercise for human beings for an active and healthy life. It is a relative and qualitative term which occurs positive changes in the behavior of mankind. Yoga is a science which studies to the integration of creatures, its consciousness and material things. It also depicts the relationship between nature and human beings. Yoga promotes the efficiency and productivity of human resources.

There is a positive correlation between Yoga practices and physical fitness . It minimizes various diseases and functioning various organs in the body. Yoga is a power of concentration which promotes physical as well as mental balance. It also increases life expectancy and human capacity also. Indeed, it is a process which transfers in-built capacity into productive assets of human and society.

Keywords : Physical fitness, balance of mind, power of concentration .

Objectives of Practice

Yoga is an essential in daily life for all types development of human. The following objectives are given to define Yoga as best practice.

- To create awareness about Yoga in daily life among students
- To motivate them for healthy and discipline way of life

Context of the Practice

A historical study indicates that India was specialized in Yoga practices in ancient period. Indian saints performed Yoga for their concentration and self-satisfaction. Swami Vivekananda adopted the way of Yoga for achieving the goal of life. In this way, the importance of Yoga in daily life is explored by India from time to time.

The 21st century focuses on technological changes in every section of the society. At present, human activities in mainly performed by machines. Due to the expansion of information technology, every nation pays more attention to utilize advanced technology in the process of production. The power of concentration is diverted by using more techniques in the execution of daily work. As a result, there is an inverse effect on the efficiency and productivity of work as well as human fitness. According to Human Development Report (HDR-2017), although India has the largest proportion of demographic dividend; it lags behind in quality of work. Therefore, the importance of Yoga plays decisive role for transforming workforce into productive assets and also to strengthen mental and physical fitness.

In order to propagate the importance of Yoga in daily life, Government of India put the proposal of International Yoga Day in the meeting of United Nations General Assembly in December 11, 2014. Considering the importance of Yoga in daily life, United Nations resolved to celebrate 21st June as International Yoga Day from 2015 across the world.

Yoga in Higher Education

The process of development depends upon the proportion of an active and efficient workforce in the country. For promoting efficiency and capacity of workforce, Yoga is an essential in daily life. As stated earlier, India stands the largest proportion of workforce in the world. As per the report of Census 2011, the proportion of workforce (under the age group 15-59 yrs.) is 58% in total population. It is also known as demographic dividend, active population or productive workforce. The youth population (studying population under the age group 15-29 yrs.) is treated as 'students' who engage in higher education institutions (HEIs) for their study purpose.

Education is a transformative process which enhances capacity building and generation of confidence among students. It is possible to utilize their capacity in proper direction through Yoga practices. In another way, Yoga is an essential for students to transform their capacity into productive assets. In India, most of the students are pursuing their education in rural area. In rural area, the standard of living is lower as compared to urban area. It means there is low level of awareness about physical and mental fitness. Especially in girl students the health related problems are more acute in rural area. Therefore, it is needful to pay more attention to rural students for their physical and mental balance. Yoga is a possible way to enhance their efficiency in daily life. The efforts has been made by the college to introduce 'Yoga for Students' initiative from 2017-18 in this context.

'Yoga for Students' as best practice

The college has introduced Yoga for students from 2017-18. It aims at motivating students for healthy and discipline way of life. Department of Physical Education took initiative to conduct Yoga session in early morning during the working days of the college. The following activities were performed under Yoga for students throughout year.

International Yoga Day

Department of Physical Education conducts International Yoga Day on 21 June 2018 . The Director of Physical Education explained the importance of Yoga in daily life to students, faculty and staff. He demonstrated various types of Yoga on this occasion. Teaching, non-teaching and students participated and performed Yoga activities in the college.

The practice : Yoga in Daily Sessions

Yoga practices are organized in early morning session during 7:30-7:45 a.m. in the college. Students are divided in class-wise batches for Yoga activities. Yoga such as Warm-up, Suryanamaskar, Padmasan, Vajrasan, Bhramri Pranayam, Kapal Bhati, Tadasan, Vrukshasan, Omkar etc., are performed in daily session in the college. Total 10 sessions were conducted

during 24 December 2018 to 18 February 2019. Total number of 169 students participated and performed activities in these sessions.

Suryanamaskar: Training Session

The college organized training session of Suryanamaskar and Yoga for students in association with Hanuman Vyayam Prasarak Mandal, Amravati on 5 February, 2019. Shri Sandeep Mandale, Yoga trainer of HVPM, Amravati demonstrated various types of Yoga to students. Around 200 students participated in training session .

Evidence of Success

The introduction of Yoga for students in the college has its own limitations. In spite of this, it has found some positive changes for students' progression. The changes are as followed.

- 1) **Participation of students:** 169 students participated in daily Yoga session and training for Suryanamaskar .
- 2) **Generation of Confidence:** Yoga is always useful for students. It brings positive changes in terms of promotion of concentration, classroom attention, generation of confidence among students and mind stability.

Limitations

- 1) **Low awareness:** The low awareness about Yoga is the cause of low participation. It is needful to pay more attention to promote awareness among students in future.
- 2) **Hesitation by students:** The rate of participation and generation of confidence building is not attained at desired level. There is low awareness in students to explore their sense and consciousness about Yoga.

Resource Required

- 1) Director of Physical Education is committed to conduct Yoga sessions.
- 2) Teachers should motivate students to participate in daily Yoga session.
- 3) Enthusiasm and participation of students in engaging Yoga is most important.

Despite of these limitations, the college puts efforts to develop 'Yoga for Students' as best practice in future course of action.
