

# **Benefits of Yogic Practices on Mental And Physical Health For Childhood And Adolescent Age : An overview**

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## **Abstract**

**“Yoga is like music. The rhythm of the body, the melody of the mind, and the harmony of the soul creates the symphony of life.” B.K.S. Iyengar**

The Purpose of this study was to investigate the yoga as a potential tool for children to deal with stress and regulate themselves. Yoga provides training practice of mind and body to bring emotional balance. We argue that children and teenagers need such tools to listen inward to their bodies, feelings, and ideas. A main concept in our article is that yoga may help children and teen agers cope with stress and thus, contribute positively to balance in life, well-being, and mental health. By practice daily Yogasanas one can attain good mental and physical health this new view states, that mental health is not solely comprised of a reduction of negative symptoms, such as stress or depression, but positive experiences as well, such as emotional well-being, happiness and self-realization. We present research literature suggesting that yoga improves children's and teenagers physical and mental well-being. Similarly, yoga in schools helps students improve resilience, mood, and self-regulation skills pertaining to emotions and stress. To study find out the mentally and physical Health benefits of yoga and its

## Yoga in Modern Era

effects of mental and physical health in yoga for children and teenagers. The main purpose of the study was to explain the positive effects and benefits of Yoga on mental, physical health and fitness for children and teenagers, How Yoga is important of individual's daily life Yoga is an ancient art and science that aims for high-level wellness-physical, mental, and spiritual. The study is based on secondary sources. The author has highlighted the Asanas and meditation which are essential for mental and physical health of the people. By performing daily Yogasanas one can attain good mental and physical health this new view states, that mental health is not solely comprised of a reduction of negative symptoms, such as stress or depression, but positive experiences as well, such as emotional well-being, happiness and self-realization.. To study find out the mental and physical Health benefits of yoga and its effects of mental and physical health in yoga.

**Keywords:** Yoga, Asana, Children, Adolescence, Mental and Physical Health, **Stress, Anxiety.**

## INTRODUCTION

**“Yoga is an ancient Indian science and way of life”.**

Yoga is a science that has been practiced for thousands of years..Yoga is an ancient art and science that aims for high-level wellness-physical, mental, and spiritual. Yoga is defined as the physical practice of yoga postures that is a form of exercise the word yoga means "yoke" or "union" and reflects its holistic approach. In pursuit of high-level wellness and self-development, the yogis developed some physical and mental exercises or techniques that can be extrapolated to nursing (Paramhans Swami Maheshwarananda, 2000) Yoga is a traditional method of meditation developed by the saints of ancient India. They practiced yoga as an effective method of controlling their mind and bodily activities. Yoga in Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. (Swami Sivananda, 1999) Yoga teaches you to focus on breathing while you hold the poses. This attention to breath is calming it dissolves stress and anxiety. Yoga can help cure insomnia, as regular yoga practice leads to better and deeper sleep. Yoga can help fight fatigue and maintain your energy throughout the day. Yoga is an effective treatment for a

## Yoga in Modern Era

variety of autoimmune diseases because it can reduce the symptoms these diseases often cause, such as stiffness, malaise, fatigue, and weakness. Even children can benefit from yoga. Those with attention deficit disorder and hyperactivity can learn to relax and get control by using yoga breathing and yoga asanas. Yoga has been used to help heal victims of torture or other trauma. Because yoga is a form of meditation, it results in a sense of inner peace and purpose, which has far-reaching health benefits. (Sunil Kumar Yadav -2015).

Yoga is a way of life, which can be practiced by any human being regardless of age, sex and condition of health, thus it is based on general physical and spiritual laws which operate all mankind alike.

Nowadays, it's hard being a kid; having to juggle the many demands of academics, friendships and after-school activities. It can be difficult to navigate for many children.

The timing of yoga for teens is also particularly important for the mind because the brain continues to develop throughout early to late teenage years. The prefrontal cortex is the area behind the forehead and is known as the “CEO of the brain” for its ability to plan, organize, and regulate mood. Meditation for teenagers is a way to focus and become calm and quiet. It trains the mind to relax and stay positive. It reduces anxiety, creates a sense of contentment and helps overcome the challenges that life throws at us. Meditating just for a few minutes a day can help your teen gain emotional balanc

**Figure-1**



### ***YOGA FOR CHILDREN***

Yoga and mindfulness have been shown to improve both physical and mental health in school-age children (ages 6 to 12). Yoga improves [balance](#), strength, endurance, and [aerobic capacity](#) in children. Yoga and [mindfulness](#) offer psychological benefits for children as well. A growing body of research has already shown that yoga can improve focus, [memory](#), self-esteem, academic performance, and [classroom behavior](#), and can even [reduce anxiety and stress](#) in children.

### **SIMPLE AND FUN YOGA EXERCISES FOR CHILDREN**

Here are some fun yoga exercises and games for kids. If you are a parent familiar with yoga, you can try these at home with your family. More yoga poses for kids, as well as some other resources, can be found here.

#### *Simple yoga breath exercise*

1. Take a deep breath in and hold it for a count of three.
2. Breathe out forcefully, like you're blowing out a candle.
3. Repeat this for five cycles of breath.

#### *Flying bird breath*

1. Stand tall, with arms at your sides and feet hip-width apart in standing Mountain Pose.
2. Imagine being a beautiful, strong bird.
3. Pretend to prepare to fly by inhaling and raising your arms (“wings”) until your palms touch overhead. Keep your arms straight.
4. Exhale slowly as you bring your arms back down to your sides, palms facing down.
5. Repeat in a steady motion with each breath: inhale as you raise your arms, and exhale as lower your arms.
6. Optional: Close your eyes as you repeat the movements with breath, and imagine yourself flying in the sky like a bird.

#### *Yoga games*

## Yoga in Modern Era

### *Mirror, mirror*

This game is a good warm-up exercise to increase focus.

1. One person starts as the leader. The leader chooses a pose to do and shows it to the others.
2. The other players copy the leader's pose as if they are looking into a mirror.
3. Change the leader with each round of poses, so that everyone has a turn at being the leader.

### *Red light, green light yoga*

One person is chosen as the Stoplight. He or she stands at the front of the room. The other players are the “cars,” and they start at the opposite wall. The Stoplight starts the game by calling “Green light!” The other players then use yoga poses to move forward. When the Stoplight calls “Red light!,” each player needs to be in a yoga pose and remain still. Everyone takes a turn being the Stoplight.

### *Meditation*

Meditation can be short and simple, and does not have to involve complex yoga poses or staying still in a quiet, dark room. One parent, who is also a physician, describes playing a “[meditation game](#)” with her children before bedtime, when she turns off electronic devices and reflects on the day with her children, using questions like, “What are you grateful for today?”

Here are a few simple meditations for children, which can be done for as little as 30 seconds or for several minutes.

### *Mindful awareness meditation*

1. Find a comfortable seated position or lie down. Close your eyes.
2. Try to listen to every single sound in the room.

### *Loving kindness meditation*

1. Find a comfortable seated position or lie down.
2. Close your eyes and think about someone you love.
3. Hold them tight in your heart and continue to think about that person.

### YOGA FOR ADOLESCENT AND SIMPLE POSES

Yoga is a holistic exercise regimen that works well on the body, mind, and breath. Teenage is a time when there is a rapid growth spurt, and yoga only makes it better and easier by making the teen's body strong and flexible. Yoga will not only help the kids develop a good posture, but also help them focus better and keep random thoughts at bay. Above all, yoga will empower the self-detesting teenagers to love themselves more. If your teenager is looking for a way to stay fit and healthy, yoga is a great choice. It can help your teenager develop a healthy body and mind in a disciplined manner. Teenagers can find yoga practice a little daunting in the beginning, as they fear that they aren't flexible enough to do yoga. They could be apprehensive about how they might look when they pose in different Asana (poses).

#### *Suitable yoga poses for Adolescence*

- *Tadasana(Mountain Pose)*

Tadasana or the Mountain Pose is a base pose from which many other yoga asanas emerge. It is rightly called the mother of all poses. Tadasana can be practiced any time during the day and not necessarily on an empty stomach. This basic Hatha Yoga pose works best when held for 10-20 seconds and repeated for a minimum 10 times. **Benefits:** Tadasana helps improve body posture and strengthens the knees and thighs. It makes the spine agile and increases the height in the growing years. It regulates the digestive, nervous, and respiratory systems. It also helps improve balance and reduces flat feet.

- *Uttanasana(Standing Forward Bend)*

Uttanasana or the Standing Forward Bend is a powerful stretch pose. It involves placing your head near your heart, which activates and stimulates the body. The best time to practice Uttanasana is in the morning on an empty stomach and clean bowels. Hold this intermediate level Hatha Yoga pose for at least 15-30 seconds for best results.**Benefits:** Uttanasana calms the mind and relieves anxiety. It stretches the back, hips, and calves. This pose relieves headaches and insomnia, improves digestion, and activates the kidneys. It activates the abdominal muscles and relieves tension in the neck.

- *AdhoMukhaSvanasana(Downward Facing Dog)*

AdhoMukhaSvanasana or the Downward Facing Dog Pose looks similar to

## Yoga in Modern Era

the posture of a dog when it bends. It is a simple pose with numerous benefits. Hold the pose for at least 1-3 minutes. AdhoMukhaSvanasana is a beginner level Ashtanga Yoga pose that works best in the mornings when the stomach is empty. **Benefits:** AdhoMukhaSvanasana energizes and rejuvenates the body. It helps relieve mild depression and cures back pain and fatigue. The pose strengthens the bones and is therapeutic for asthma patients. It strengthens the chest muscles and increases the lung capacity.

- *Virabhadrasana(Warrior Pose)*

Virabhadrasana or the Warrior Pose is a graceful stance commemorating the exploits of a great warrior called Virabhadra, a mythological character created by Lord Shiva. If you are an early riser, practicing the pose in the morning is ideal. Hold the beginner level Vinyasa Yoga pose for about 20 seconds on each leg. **Benefits:** Virabhadrasana strengthens the lower back, arms, and legs. It also increases the body's stamina and restores the spine. This pose smoothens tensed shoulders and releases the stress blocks in them and inculcates courage, peace, and calm.

- *Trikonasana(Triangle Pose)*

Trikonasana or the Triangle Pose is named so as it resembles a triangle. Unlike many other yoga asanas, Trikonasana requires you to keep your eyes open when you practice it to maintain balance. Mornings are the best time to practice Trikonasana. Hold this beginner level Vinyasa Yoga pose for at least 30 seconds. **Benefits:** Trikonasana strengthens your chest and arms and increases physical and mental stability. The pose stimulates all the abdominal organs and improves digestion. It reduces back pain, stress, and anxiety.

- *Baddhakonasana(Butterfly Pose)*

Baddhakonasana or the Butterfly Pose is a simple yoga asana that represents a butterfly flapping its wings. The pose is similar to that of a cobbler when he sits down to work on shoes. It is a simple pose with many benefits. Practice this basic level Vinyasa Yoga pose for at least 1-5 minutes in the morning or evening on an empty stomach. This is one of the best yoga poses for teenage girls. **Benefits:** Baddhakonasana enhances the functioning of the female reproductive system. The asana helps with menstrual problems and reduces

## Yoga in Modern Era

fatigue. It improves blood circulation, stimulates the kidneys, improves your posture, and keeps many diseases at bay.

- ***Navasana(Boat Pose)***

Navasana or the Boat Pose is an empowering pose. The pose works in like how a steady ship conducts itself in the rough sea. The body forms a 'V' shape in this asana. Hold Navasana, which is an intermediate level Ashtanga yoga pose, for a minimum 10 to 60 seconds. Practice the asana in the morning or evening on an empty stomach and clean bowels. **Benefits:** Navasana activates the intestines and thyroid and strengthens the digestive system. The asana gives the body stability and helps to focus better. It relieves stress, improves confidence, and strengthens the back and abdominal muscles.

## MEDITATION TECHNIQUES FOR ADOLESCENCE

Studies have shown that teenagers who do meditate are happier, more focused, and also less likely to engage in unhealthy behaviors. Parents can help their children relax and unwind by teaching them some effective meditation techniques like. Guided meditation for teens is the best way:

### ***1. Breathing Exercise:***

One of the most effective ways to initiate your child into meditation is to teach him deep breathing exercises. Deep breathing exercise helps the mind to focus. To perform this meditation, ask your teen to sit comfortably in a quiet room. Then tell him to close his eyes and inhale and exhale slowly. He should allow his negative thoughts and worries to float out of his mind. If he gets distracted, let him say “thinking” and focus on his breathing again.

### ***2. Mindfulness Meditation:***

Mindfulness meditation is a process of knowing your inner landscape. Make your teen relax and watch his breath. Then encourage him to label his emotions and thoughts like impatience, contentment, planning, etc. as they pass through his mind. Indulging in this meditation will give your teen a new perspective on his thought process.

### ***3. Mantra Meditation:***

Focusing on a mantra will keep your teen's mind occupied for a while. Tell



## **Yoga in Modern Era**

your child to clear his mind, relax, and breathe slowly while repeating the mantra. Your child can repeat the mantra aloud or in his mind.

### ***4. Heart Breath:***

The heart breath is a form of meditation with several physical benefits. Instruct your child to relax and breathe slowly. As he performs this meditation, he needs to paint a positive mental picture. It will help him calm down and steady his heart rate. The change in the heart rate influences other rhythms in the body, including the brain waves and blood pressure. The change in the body rhythm will make your child more intuitive and creative.

### ***5. Compassion Meditation:***

Compassion meditation helps to build the ability to empathize. Instruct your teen to begin this meditation by relaxing and watching his breath. Then he should let his mind drift towards anyone he loves, be it a person or an animal. Now tell him to view the world with the same positive emotion.

## **BENEFITS OF YOGA FOR ADOLESCENCE**

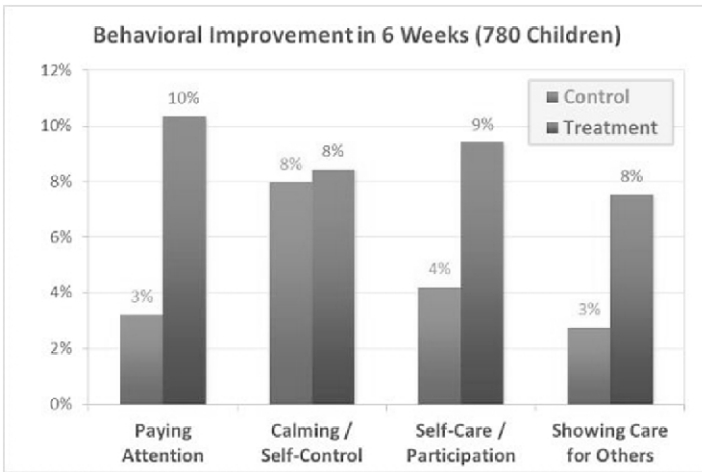
It has been proven time and again that yoga helps reduce stress. Rejuvenate their senses through relaxation, and enable smooth transition into adulthood. Following are the physical and the psychological benefits of yoga for teens.

- ***Stress Management***
- ***Weight Management Builds Strength***
- ***Improves Body Image***
- ***Improves Breathing***
- ***Builds Muscle Strength***
- ***Perfects Your Posture***
- ***Prevents Cartilage and Joint Breakdown***
- ***Protects Your Spine Spinal disks***
- ***Betters Your Bone Health***
- ***Ups Your Heart Rate***
- ***Improve focus and school performance***
- ***Improve self-esteem and body image***
- ***Encourage creativity***

## Yoga in Modern Era

- *Develop discipline and self-regulations*
- *Self control and discipline*
- *Improve focus*
- *Promotes mindfulness*

Figure-2



## OBJECTIVES

- To improve focus and school performance.
- It transforms negative energy to positive energy.
- To develop discipline and self-regulation for kids and teenagers.
- To impact of yoga on healthy way of living and mental and physical wellbeing
- To the study of mental, physical, and spiritual benefits of yoga for kids and teenagers.
- To reduce stress and anxiety and improve fitness and physical health.
- To analysis learn how yoga can improve body image, self-discipline.
- To study find out the mentally and physical Health benefits of yoga .

### CONCLUSION

As highlighted above, researcher find out that “Yoga in daily life” important as other think it helps us in different ways and different levels in our daily life. We have improved our posture, Strength and resiliency, skin smoothness, immunity by daily yoga practicing in order to perform efficiently and effectively, we daily needs to have a high degree of concentration and focus with a mind that is calm and controlled. I wish all Yoga practitioners and those still to become practitioners much happiness, success, health, harmony; joy in life and God's blessing. In conclusion it can be said that childhood and Adolescence is a growing age and if proper understanding, guidance (in the form of road map) is provided to young people in the initial stage they can be saved from various psychosomatic diseases like stress, depression, anxiety etc. and they can grow in an integrated manner. This, in turn, may give them a sense of responsibility of their role towards family, society, nation and the world. It is an established fact all over the world that Yoga has potential to develop this sense of responsibility and a person can live a meaningful, healthy and happy life when both aspects of yoga (practical & theoretical) are adopted not as a 'view of life' but as a 'self disciplined way of life'.

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