

**ROLE OF YOGA ON BODY AND MIND HEALTH IN CHILDREN: A
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College, Nanded/MUHS
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Yoga is a powerful medium for developing the personality of children and making them capable of facing the present day challenges and problems. Why children experience stress and mental health challenges is that globalization exposes the child all over the world to various new demands, standards and options. There is also increased pressure to succeed in school, partly due to increased competition but also a diverse range of options available for children and young people in contemporary times than in the past. Modern society offers plenty of distractions and unwelcome attractions, especially linked to new media technologies. The dominant presence of multimedia devices and the time spent on them by children are clear indicators of the shift in lifestyles and priorities of our new generation. In this paper, we will

highlight yoga in school helps students improve their resilience, mood and self regulation skill pertaining to emotions and stress. Thus, yoga is an important life skill tool for children to cope up with stress and self regulation in lifelong perspective. Yoga provides training of mind and body to bring emotional balance. It improves children's physical and mental- wellbeing.

KEYWORDS: children, mind health, well being, yoga.**INTRODUCTION**

Children not only have new resources in their lives, but are also expected to perform well. Different people in children lives, such as family, school, media, friends constantly provide stimulation as well as expectations. These expectations and demands create stress in children

lives, especially related to evaluation of their performances. A high stress level could become a chronic condition, which could result in health problems like anxiety, insomnia, muscle pain, high blood pressure and a weakened immune system. Stress can even contribute to the development of major illness such as heart disease, depression and obesity or exacerbate existing health issues.^[1] Children dislike upsetting their parents and being the reason for adding to existing parental stress. Children interact with everyday life situation with world views that could be different from those of adults. Children depend on the environment set by society to facilitate their potential for development.

In this paper we discuss how yoga as a potential tool for the youth to deal with stress and to regulate themselves. Yoga provides training of mind and body to bring emotional balance. Yoga leads to alignment and harmony. yoga is a tool to listen to your heart.^[2] Yoga may contribute to healthy development and good mental health, health promotion for children needs to include improvement of their attention, self-esteem, empowerment and self-regulation. Yoga may assist them in developing in sound ways to strengthen themselves and be contributing social being.

CHILDREN AND MENTAL HEALTH

A greater number of children are diagnosed with conditions such as attention deficit hyperactivity disorder (ADHD). Increased pressure is also exerted on them to succeed in school now than in previous times. Such increase emphasis on education and self-discipline can be challenging. Thus there are more psychological problems among children, many worry excessively, have sleep problems and experience hopelessness and stress. 15-20 % of norwegian children age 3-18 years have reduced functioning abilities due to mental problems such as anxiety, depression and behavioral disorders.^[3] The pressure on children also varies, encompassing academic, commercial/marketing and relational issues as well as succeeding in school, being popular, having a fit or slim body, wearing the right brands of clothes and owning the latest technological gadgets, etc.^[4] This set of expectations creates stress which impacts children and young people's mental health and well-being as well as hampers their school performance.^[5] Schools are faced with the challenge that students especially boys are more attracted to the internet, social media and gaming than the school curriculum.^[6]

YOGA IN CHILDREN'S LIVES

The ancient practice of yoga may help children cope up with stress and thus contribute positively to mental health. In a recent book of yoga education in India, the author claims that in a nutshell, yoga is a powerful medium for developing the personality of children and making them capable of facing the-present-day challenges and problems.^[7] In her review article "Effect of yoga on mental health in children ", one of the world's most prominent yoga researchers, Shirley Telles, concludes that yoga improves children's physical and mental well-being.^[8] yoga can calm the mind and increase overall health and well-being. Children's mental health and well-being include developing healthy relationships with peers and teachers and being able to self regulate emotionally, mentally and behaviorally.^[8] Yoga consists of certain postures(asanas), regulated breathing techniques(pranayamas), hand poses(mudras) and meditation. Yoga's positive impact on the physical and mental health of individuals and their well-being has been an established truth in the ancient as well as contemporary yoga literature.^[9]

BENEFITS OF PRACTICING YOGA FOR CHILDREN

The beauty of yoga is that it's benefits are available to students of every age group.^[10] Yoga can help foster motivation, cultivate internal locus of control ,improve sleep, and generally encourage healthy and balance living yoga often results in improved focus and concentration, regular practice is frequently accompanied by better academic performance.^[11] Yoga also been shown to help children with attention problems.^[12] As well as to support executive function development.^[13]

Figure 1 illustrates some potential outcomes of yoga practice for children.

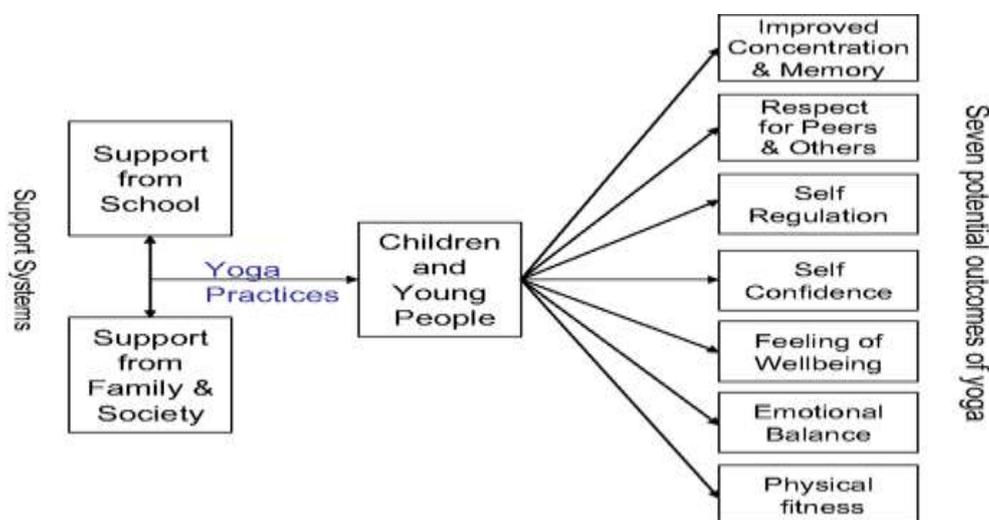


Figure 1: Yoga for young people's mental health and well-being.

SOME YOGA FOR CHILDREN'S BODY AND MIND HEALTH

1. **Viparita virabhadrasana (Reverse warrior pose)** - This posture helps to open the ribs and make the body more flexible. It also gives a boost to self -confidence.
2. **Navasana (partner boat pose/ double boat pose)** - It improves the digestion system, strengthens back bone and help to learn teamwork. It is a great stress -buster pose.
3. **Urdhva mukha svanasana (upward facing dog pose)** - It makes the spinal cord strong . This posture not only opens your chest but stretches it too. It decreases the stress level and helps in asthma.
4. **Setu bandha sarvangasana (bridge pose)** - It helps to stretch your back and neck. It is a great yoga posture to remove stress and depression along with strengthening the legs and improving the digestion.
5. **Ananda balasana (happy baby pose)** - It helps to pacify the mind and body and decreases the level of stress.^[14]

CONCLUSION

Yoga could provides tools for children to remain centered or regain focus, so they may cope with the stress and challenges, they experience in their everyday lives. Pre-schools, schools and community centers offer yoga as part of the opportunities for children to enjoy learning and practicing it form an early age. The results of such all investment can be observed over the long term by having future generations experience less stress.^[15]

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