

REDUCING STRESS IN STUDENTS THROUGH YOGA PRACTICE**Dr. Mangesh Pathak**

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In the educational system, students receive their Education at colleges and universities. Due to fast physical changes and mental development at this stage, students may sometimes experience incompatibility of their mental development with their physical changes or with the social environment, and thus suffer from problems arising from inadequate adaptations. These problems may further cause psychological troubles. It is a known stress. In modern society, stress has become a part of

Yoga is unique because it not only stretches all parts of the body but also massages the internal organs and glands, coordinates the system of breathing, relaxes the mind, and stimulates the circulation. The supply of oxygen to all the tissues in the part of the body that yoga stretches and tones most dramatically is the back, the stomach, the chest, and the lungs. The result is that the stiffening-up process due to inactivity, tiredness, incorrect posture, and ageing is reversed.

KEYWORDS: Students, Psychological, Yoga, Physical changes, Breathing.**INTRODUCTION-**

According to Pinal (2003), stress is characterised as a physical reaction to perceived stress. It therefore has negative effects on life pressures and events. Students face many challenges that parents and traditional educators may not have had to experience when they were growing up. Due to numerous pressures of the 21st century, many students face stress as they try to balance their busy life, school, and work, while they are also trying to have time with family and friends. For some students, stress becomes almost a way of living. It is really dangerous because of a student's way of living in college, because some stress levels can lead to a terrible effect completely changes a student's life and it may result in failure. A student's life is subjected to different kinds of stressors such as a pressure of academics. A significant contribution to the poor school performance of students is the stress of student.

Stress is an inevitable part of daily life because some level of stress is necessary to prevent people from becoming listless and apathetic and because it is inevitably triggered by external events. Along with the improvements during the scientific era and the rapid development of information, competitiveness among people has become increasingly intense. As a consequence, people have become busier stress is a natural consequence. Even though appropriate stress is a juncture for self growth; it is also a motivation for people to progress actively. It not only affects

our thoughts and feelings. But our behavioural models, as will however over stress causes problems and discomfort and can have serious effect on people. Specifically, students face stress when they enter a completely new world of professional education.

Stress is a significant topic of discussion in academic environments. Various fields within the behavioural sciences have conducted comprehensive research on stress and its effects, with many advocating for increased consideration of the issue. Stress in academic settings can have both positive and negative outcomes if not properly managed. The 'College Chronic Life Stress Survey', developed by Towbes and Cohen in 1996, focuses on the prevalence of chronic stress among college students. This scale encompasses various persistent issues that interns encounter over time, including interpersonal conflicts, self-esteem issues, and financial difficulties. The impact of these stressors was assessed in terms of how frequently a student encountered them on a weekly basis.

The National Institute of Mental Health (NIMH) identifies several of the most common stressors faced by college students.

- Rising academic requirements.
- Experiencing life as a solitary individual in an unfamiliar setting.
- Exposure to fresh perspectives, novel concepts, and enticing influences.
- Understanding of one's own sexual identity and orientation.
- Getting ready for life after earning a degree.
- Preparing for life after graduation.

SYMPTOMS OF DISTRESS

Yoga is a philosophy of living that had its genesis many thousands of years ago in India. It survives today throughout the world as the oldest and most holistic system of mind-body fitness. Literally translated, yoga means union and it aims to unite physical, mental, and spiritual health. It induces spiritual awareness, deep relation, mental tranquility, concentration and clarity, fused with physical strength and suppleness.

However, in order to obtain this mind-body harmony and inner calm, it is not necessary to delve very deeply into the yogic philosophy or to be a contortionist. You can take up yoga at any age and level of fitness. The postures (which are known as asana) can be adapted to allow for physical injury or weakness.

As yoga plays a major role in quieting the activities of the brain, it gives the time for the brain to reflect before acting. Second, they strengthen the quality of mind and make the mind to remain calm, which helps the thinking power to discriminate pros and cons of each action and guides to work with wisdom saving a lot of time and energy. Third, yogic practices help one to be fresh, alert and aware, removing the boredom, making the life fresh and green.

Yoga is a universal remedy for all physical and mental ailments. It conveys a message that is relevant to everyone. Yoga should be a ianegral part of our daily lives, rather than simply being a series of physical postures.

Primary level education through yoga is a lifestyle and a way of living.ices.Though education right primary level yoga is a lifestyle and a way of life!Yoga is not a cure-all, nor is it a quick fix like a pill. Rather, yoga is a holistic lifestyle, which requires careful cultivation by a wise instructor in the mind of a committed student.

If this concept is grasped and young people are motivated and educated in this “yogic way of life,” the uric demons that inhabit the contemporary, urban, commercial mindset will be eliminated, and the symptoms associated with these demonic impulses, such as stress, depression, and aggression, will disappear.

“Yoga is not remedy yoga is not a pill. Yoga is a life style this yoga way of life” must be cultivated carefully by wise teacher in the mind of a devoted student.dent.If this is understood and youth are inspired-instructed in this ‘yogic art of living’ the as uric demons which infest the modern, urban commercial ego- central life style will be destroyed and the attendants of such demonic impulses, stress depression- aggression will vanish.

Swami Ramdevji is also known as P.P.

India's rich cultural legacy includes the practice of yoga.The practice of yoga enables Indian youth to develop physical, intellectual, emotional, moral, and spiritual resilience while appreciating their country's rich cultural legacy.This measure will undoubtedly aid in curtailing the pandemic.

These conditions, classified as psychosomatic disorders, involve a complex interplay between the mind and the body, with each significantly impacting the others.

The changing lifestyle of individuals has led to an increasing desire for more, despite lesser achievements, ultimately resulting in frustration, depression, conflict, and aggression. An unfulfilled life can lead to further complications, such as divorce. Yoga aims to shift one's mindset to a needs-based approach, rather than one driven by desires, both on a psychological and physical level.Further, an unsatisfied life leads to other problems like divorce etc.Yoga wants you on the psychological level to lead the life need base not desired based on and on physical level.

It wants you to practice posture and *pranayama* that tackles your circulation respiration, digestion, endocrine system, nervous system, muscular system, etc. Which is responsible for total health?

SHRI B.K. IYENGAR

Yoga has multiple facets. Each facet expresses new and fresh constructive thoughts more and more. As we are veiled with Gouda of nature, namely sattva (illumination), rajas (activity) and tamas (inertia-heaviness and dullness) both the body and mind. The yogic disciplines must be adopted and adapted according to physical, mental, bio conditions. The yoga methodology has to be planned accordingly to break or break the shackles of heaviness and dullness that are created due to external environments and to help in building by right action to experience lightness in the mind and freshness in the brain.

Yoga encompasses integration, combining organs of action with senses of perception. Yogic practices need to be performed without interfering with or damaging the motor nerves, which are responsible for action, or the sensory nerves, which are responsible for perception. A strong sense of communication and mutual understanding should exist between the two. When space is established between the two, the mind naturally enters to experience the positive or negative consequences of sadhana. This refers to bahiana sayama or acts of integration, which relate to the external aspects of the life force. When the mind harmonises with the concord, it begins to move towards buddhi, ahankara, and chitta, ultimately uniting with the central core of the being, a concept known as antara ego soyama or internal integration. When these two forces are combined, a harmonious flow of life results. Thus, it is essential to assist young individuals by first allowing them to grasp through sensory perception, correcting any misalignments and then guiding them to translate conceptual thoughts originating from the mind into a perceivable reality, thereby making their yogic practice more effortless and comfortable.

Dr. Nagendra states that asana and pranayama practices can be adapted to ultimately progress the individual to classical yoga postures.

YOGS embodies perfect balance.

A vina produces exquisite heavenly music only when its strings are properly tuned and played in harmony. One of the principal meanings of the yoga is 'sangati' - harmony. The joy of positive health depends upon the harmony between all bodily and mental functions.

TRADITIONAL PRACTICES

It is not possible for the bird to fly when it has only one wing. One cannot ascend the spiritual knowledge ladder through our moral and intellectual disciplines. This body is a gift from God. This is the dwelling place of the self. The dwelling place of one's own first moral duty is to maintain this physical form not only in a state of health but also purity, which must be sanctified through the practices of asana and pranayama in order to guide the mind, closely linked to the body, organ of action and senses of perception, towards its core through conscious awareness.

In essence, yoga is a holistic practice, as it begins at the core of one's being and extends outward to the body's surface, or skin.

According to the 18th sutra of sadhana-pada in Patanjali, those who prefer a life of indulgence undoubtedly derive some benefits, yet these benefits are not lasting, leading him to recommend the use of yoga as a boundary between worldly pleasures and spiritual liberation. It boga is from moha, and then freedom from moha is moksha. Yoga is open to both it can be abused and amused or it can be used as polestar to move towards liberation, emancipation beatitude. As life is filled with choices, yoga too gives choices one is boga and other is apavarga. It is for sadhaka to choose the best which is everlasting.

Stress factors are concerned with the nervous system and Endocrine Glands; they affect the mind and the emotions. The psychological defence mechanism the situation to some extent but when the effects are beyond the scope of the psychological defence mechanism, the biochemistry of an individual takes a dangerous course and produces psychological and psychosomatic symptoms. If such situations arise more often, the person must compensate heavily by suffering from serious diseases like ulcers, high blood pressure, heart disease diabetes etc.

The stress in modern life causes many dangerous diseases, and people fail to cope with the situation successfully. It contributes to the production of so many psychosomatic diseases.

MANAGEMENT OF STRESS

Effective management of stress-related disorders requires a comprehensive approach that necessitates meticulous planning and execution. A holistic approach is necessary, considering the individual as a whole entity, encompassing their work environment, personal goals, and family dynamics.

Modern social patterns are characterised by a higher prevalence of psychological and emotional stresses. Persistent mental tensions result in specific psychological disorders, and several of these can subsequently lead to psychosomatic diseases. It is recommended that students aim to foster an understanding of the importance of mental and physical well-being equilibrium. To achieve success, a student must develop self-sufficiency, composure, and self-control, being fully in charge of their own emotions and actions. Protecting our mind and body is crucial to safeguard against stress-related effects and to aid in recovery from physical illnesses caused by stress. We are extremely grateful to Patanjali for providing us with a consistently effective healing method like yoga.

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