



Impact of Yoga Knowledge on Old Age, Adolescence, and College Going Students

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Abstract:

The examinations were led in Akola area of Vidarbha locale of Maharashtra state to survey the job of yoga in changing way of life. The review depended on the 20 old age persons, 30 adolescence and 50 examples of youths of school going students from Shri Shivaji School Akola. The operational zone of the exploration action secured the Akola region. The understudies, old age persons and adolescence were chosen randomly and on having finished the information sheets through one to one meetings of the respondent students, old age persons and adolescence. It was exposed to handling to get pre and post information was be collected. It was understanding of yoga in every day, the yoga was gotten normal there life. At that point result was reasoned that, Yoga not just gives various physical advantages as experienced in work out, yet it is additionally a characteristic energizer cure that can help support mental health. Yoga is an extraordinary movement for diabetes, hypertension, elevated cholesterol, or coronary illness. It invigorates adaptability, and mind-body mindfulness. And the additional advantages of a mind-body approach that can assist you with unwinding and invigorate. The outcomes uncovered that, as the yoga is become the daily practice for every single individual, people groups who do a smidgen of yoga every day regularly discover they're better ready to handle things when life gets somewhat insane. Rehearsing yoga assembles your capacity to quiet, center, balance, and loosens up yourself.

Keywords: - Student, Adolescence, Old Age Persons, Yoga, Healthy Physical and Mental Health.

Introduction

The beginnings of Yoga were created by the Indus-Sarasvati human progress in Northern India more than 5,000 years back. The word yoga was first referenced in the oldest sacrosanct writings, the Rig Veda. The Vedas were an assortment of writings containing tunes, mantras and customs to be utilized by Brahmans, the Vedic clerics. Yoga, which gets its name from, "burden"—to unite—does only that, uniting the psyche, body, and soul. In any case, regardless of whether you use yoga for otherworldly change or for stress management and physical prosperity, the advantages are various. Presently a day's innovation has been the significant piece of one's life from shopping to electronic sends, instruction and business apparatus. Web based life assumes an indispensable job in changing individuals' life style. so change way of life at that point change our health and conduct moreover social, family, individual, companions, issues, Health and therapeutic issues, Being exploited, Aggressive conduct.

The reason for this article is to survey a portion of the essential parts of the pressure and yoga prize and delight conduct. Today in our general public the vast majority of issues like nervousness, sorrow, stress of training, maltreatment of liquor and different medications, failure to work, vagrancy, social disengagement, self damage, musings of ,suicide endeavors and so on .become normal in teenagers, collage going students, and grown-ups moreover. To mindfulness about our self with the assistance of yoga in all age gathering

8 Yoga Poses for Stress Relief

- Easy Pose (Sukhasana) with Forward Bend. ...
- Standing Forward Bend (Uttanasana) with Shoulder Opener. ..
- Wide-Legged Standing Forward Bend (Prasarita Padottanasana) ...
- Rabbit Pose (Sasangasana) ...
- Thunderbolt Pose (Vajrasana) with Eagle (Garudasana) arms. ...
- Side stretch. ...
- Plow Pose (Halasana) ...
- Corpse Pose (Savasana) with hinders on head.

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Our cell phone is ringing, our supervisor needs to converse with you and your accomplice needs to comprehend what's for supper. Stress and tension are all over the place. On the off chance that they're bamboozling you, you should hit the tangle and try yoga out.

Yoga is a mind-body practice that joins physical postures, controlled breathing, and contemplation or unwinding. Yoga may help lessen pressure, lower circulatory strain and lower your pulse. And nearly anybody can do it.

Method

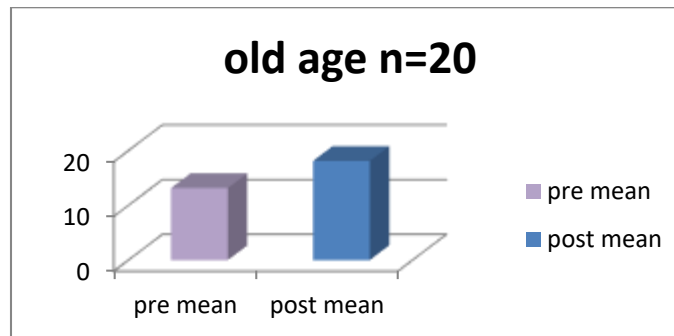
An efficient audit of studies including yoga mediations for overseeing pressure was the pre test and post test technique utilized in this investigation. To be remembered for this examination, appropriate a survey and unravel old age persons, adolescence and school going students for pre yoga test. In questionnaire 20 endeavours about health, movement, propensities, mental pressure, depression. Following 30 days preparing then post yoga trial of same persons. Test apparent pressure, positive mental frames of mind, nervousness, pulse, circulatory strain, serum interleukin, salivary cortisol, or blood lipids. issues like depression, stress of instruction, maltreatment of liquor and different medications, failure to work, vagrancy, social detachment, self damage, contemplations of ,suicide endeavours are diminish by yoga

Result and discussion

Respondents	n	pre mean	post mean	T test
Old Age	n=20	13.15789474	18.10526316	1.722
Adolescent	n=30	13.13793103	18	1.735
College Going Students	n=50	13.12244898	17.93877551	1.976
Total	100			

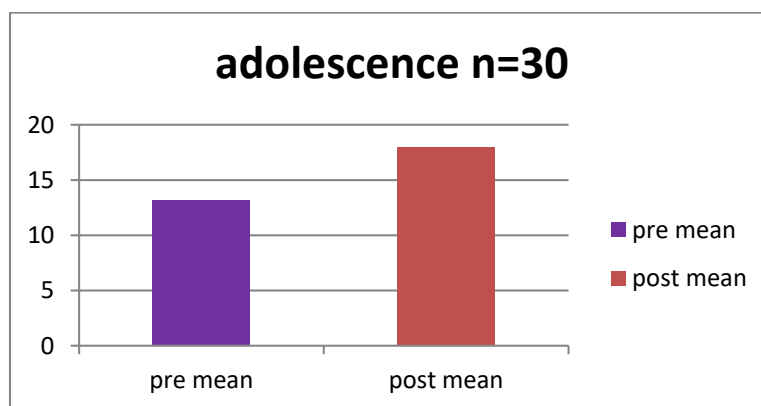
‘t’- Test

‘t’- Test is statistical test used determining whether two reading yoga knowledge test using mean difference when variance were known and sample below 30. It is used to determine whether there is significant difference between Pre yoga training and knowledge test and Post yoga training knowledge test of old age person, adolescence, college going student.



In the above table old age persons are increasing yoga knowledge and practice. yoga was continue practicing change in behaviour , personal stress, controlling BP and sugar, body pain will be reduce and good mental health of old age persons

t test value 1.7 which is significant difference between Pre yoga training and knowledge test and Post yoga training knowledge test of old age person.

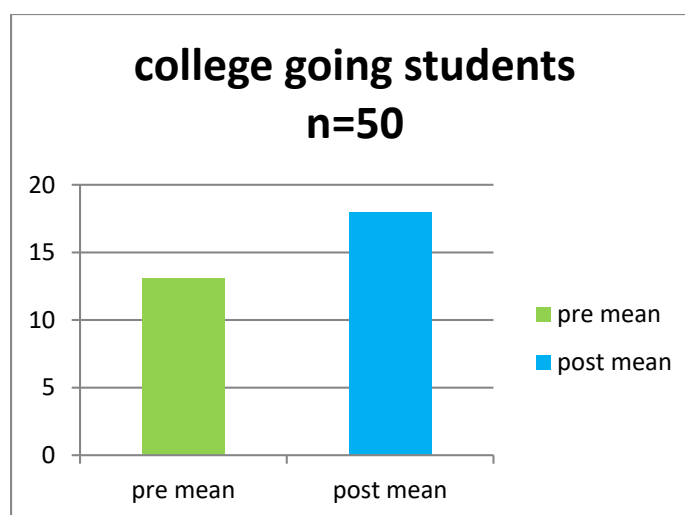


In the above table adolescent persons are increasing yoga knowledge and practice. yoga was continue practicing change in behaviour, personal stress, menopause, flexibility in body,

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activeness, lots of energy, controlling BP and sugar, will be reduce and good mental health in adolescent group.

t test value 1.7 which is significant difference between Pre yoga training and knowledge test and Post yoga training knowledge test of adolescence persons.



In the above table college going students are increasing yoga knowledge and practice. yoga was continue practicing change in behavior, personal stress, anxiety, depression, stress in education, abuse of alcohol and other drugs, inability to work, homelessness, social isolation, self injury, thoughts of suicide ,suicide attempts will be reduce and good mental health in college going students.

Conclusion

Yoga was continue practicing change in behavior , personal stress, controlling BP and sugar, body pain will be reduce and good mental health of old age persons. change in behavior, personal stress, menopause, flexibility in body, activeness, lots of energy, controlling BP and sugar, will be reduce and good mental health in adolescent group. anxiety, depression, stress of education, abuse of alcohol and other drugs, inability to work, homelessness, social isolation, self injury, thoughts of suicide ,suicide attempts will be reduce and good mental health in college going students.

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