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## Yoga for college youth

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### Abstract

The purpose of this paper to explore the effect of yoga on fitness of college going student. Yoga is a very ancient discipline. It is recognized as one of the most important and valuable gifts of our heritage. Today the life of college students is potentially a very demanding and stressful one. Students face all sort of challenges with juggling college work and social life. In doing so student develop unhealthy eating habits and potentially become overweight because of fast food, but there is a way for college students to cope with academic pressures without suffering.

Yoga is beneficial to a students daily life, it can improve a students personal growth by relieving anxiety, enhancing mood, motivation and outlook on life and can help them achieve academic success while making their experience in college an enjoyable one. A healthy way for students to relax is to practice yoga in either studio or the comfort of their own rooms. College students learn a few essential poses to do a few times a week during periods of anxiety or when they simply need a study break.

**Keywords:** College youth, yoga, health, student

### Introduction

In the present era of globalization, we are trying to achieve our goal of development with the help of education. Today's new age luxuries and changed life style. Man is trying to surpass time. The temptation of physical pleasure has developed stress and anxiety among the youth. There is also rise in the crime. The today's youth fails to indisciplined, that they are have nuisance value, deviation, from social norms, increased non-co-operation unawareness about responsibilities, unpatriotic, behaviour, quarrelsome nature, indecent talk, violent behaviour, addictedness, unfaithfulness, tendency to rob others, behaving in a way which is harmful to health, social struggle caste, abuse, non-observance of ideals, one sided love etc. Also commonly seen is degradation of courage, co-operation, responsibility and absence of a role model.

The increase in such uncultured behaviour of the youth is harmful to social health. Therefore, it is necessary to bring cultural and behavioral changes in the society. Yoga can play an important role in developing the social health. Training of yoga is a process of socialization. The training provided under yoga inculcates values and ideals in the minds of the youth.

### Problems of college youth

1. Frustration
2. Stress
3. Unemployment
4. Economic worries
5. Health problems
6. Habit of smoking
7. Arrogant behaviour
8. Indiscipline
9. Non-co-operation
10. Violent behaviour
11. Strain
12. Addiction to alcoholic drinks
13. Injecting drugs
14. Mind and emotional disturbance.

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### Importance of yogic exercise for college youth Health

Shavasana	- For relaxation.
Yoga nidra	- For overcoming tension
Vipreethkarani	- For mental peace.
Trikonasana	- For a healthy back.
Vajrasana	- For relief of stress and strain
Swinging relaxed	- For whole body limb and mind
Pranayama	- For health of body and mind.
Palming	- Leading to release from nervous stress and tension.
Ujjayi	- Breathing for relaxation.
Sitali and Sitakari	- For cooling body and mind.
Anulomaviloma	- Deep breathing for mental peace.
Abdominal respiration	- For mental relaxation.
Dharana and Dhyana	- For stress and tension.

### Benefits of performing yoga for college youth

1. Maintain physical and mental fitness
2. Purifies the blood.
3. Maintains heart beats.
4. Maintains body system.
5. Relieves fatigue and stress.
6. Strengthens the body parts and the muscles.
7. Improve flexibility.
8. Helps to regulate temperature.
9. Helps to develop the quality of cleanliness, simplicity, purity which removes the bad thoughts.
10. Spiritual development.
11. Good eating habits.
12. Yoga develop ability to plan and set goals.
13. Yoga develop positive world-views.
14. Yoga develop positive attitudes.
15. Yoga develop healthy and happy behaviour.
16. Yoga develop honesty and integrity or character and moral qualities.
17. Yoga brings about fulfillment in man's life.
18. Yoga makes man broad-minded.
19. Yoga develop healthy and happy behaviour.
20. Yoga develop self confidence and positive thought.

### Why Yoga is aware for College Students

#### 1) Yoga posses for college students

College is a fun and exciting time for hundreds of thousands of student every year. However, it can also be a stressful time in part thanks to leaving home taking difficult college classes, studying for exams and facing new social pressures. A healthy way for students to relax is to practice yoga in either studio or the comfort of their own rooms. College students should learn a few essential poses to do a few times a week during periods of anxiety or when they simply need a study break.

#### 2) Yoga is excellent for college student Stress Management

Let's face it. College is stressful for everyone. Yoga is a heal their and more effective method of dealing with stress of college student. It allows to clear our mind, relax our body and prepare us to deal with the many pressure of being a college student. Plus, if you're a fitness but it's just fun. Speaking of cleaning our mind.

#### 3) Yoga makes you a better student

Yoga affects how you perform in the classroom. It improves listening skill. Confidence, concentration skills and improves all around awareness. Additionally, show that who are

regularly doing yoga are generally happier and more sociable qualities that lend themselves to a better classroom environment.

4) In turns this helps students to learn to overcome some of those unhealthy eating and drinking habits that can be lead to negative body image and instead gives the student a boost in self-confidence.

### Conclusion

In this paper I tried to regain that yoga is beneficial to a student's daily life, it can improve students personal growth to access their inner strength that helps deal with challenges of their college life. The only solution of yoga to the development mentally, physical and socially fitness of student which will enable of living in modern, fast changing technological era. It must becomes a way up life, its best therapies. Remove functional disorders, drug, addiction's rehabilitation, psycho- somatic disorders and structural disorders.

Physical exercise because it meets all requirement of one like shaping and strengthening the muscles, toning up the nerves and correcting small deformities in the bold structure etc. Asnas help develop a perfect healthy body of student.

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