

YOGA FOR YOUTH

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Abstract:

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 fulfill the expectations of the society. The commonly noticed behaviour our of youth is indiscipline, 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.

KEYWORDS:

globalization , education , Yoga for Youth , socialization.

INTRODUCTION

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.



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***PROBLEMS OF 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.

Importance of yogic exercise for youth Health:-

- 1.Shavasana- For relaxation.
- 2.Yoga nidra- For overcoming tension.
- 3.Vipreethkarani- For mental peace.
- 4.Trikonasana- For a healthy back.
- 5.Vajrasana- For relief of stress and strain.
- 6.Swinging- For whole body limb and mind relaxed.
- 7.Pranayama- For health of body and mind.
- 8.Palming- Leading to release from nervous stress and tension.
- 9.Ujjayi- Breathing for relaxation.
- 10.Sitali and sitakari- For cooling body and mind.
- 11.Anulomaviloma-Deep breathing for mental peace.
- 12.Abdominal respiration- For mental relaxation.
- 13.Dharana and dhyana- For stress and tension.

Benefits of performing yoga for youth:-

- 1-Maintains 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-view
- 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.

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CONCLUSION-

In this paper, I tried to regain the importance of Yoga, Asnas and Physical exercise. The only solution of yoga to the development mentally, physical and socially fitness which will enable of living in modern, fast changing technological era. It must become 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.

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