

Behavioural Change through Yoga

Dr. Hetal Prajapati

Visiting Faculty, Yoga, HNGU, Patan

1. Introduction

The influence of yoga on every stage of life can bring about the best physical as well as mental improvement and change society. Life is primarily over three stages of age named infancy, youth, and old age. The implementation of yoga makes it easier to implement Vedic life by making the best improvements in mental health, physical health, social health, just as in modern life a child suffers from various genetic diseases, bad habits like junk food, mobile games, and hyperactivity.

This condition can be improved if yoga is practiced. In adolescence, addiction, adultery, junk food, jealousy, hatred, social strife lead to loss of inner peace as well as growth potential. And physical health also deteriorates.

If the various organs of yoga are practiced in this condition, many improvements can be made through the development of Thee (Patience), Dhruvi (Intelligence), Smriti (Memory), and the best social and economic life can be provided to the youth. In old age, the mind and body get worn out and the physical capacity decreases.

2. Personality change through yoga in childhood

Adherence to the beginnings of yoga such as Yama and Niyama should be started from infancy. Ahimsa, Satya, Astaya, Brahmacharya, and Aparigraha are the five limbs of Yama. In which the implementation of Ahimsa, Satya Astaya, and Aparigraha in children makes the child strong physically and mentally, and the value of equality of all beings is cultivated through non-violence. By following the truth, the child gets excellence in fearless activity and social life. ASTEYA means not to steal. This Yama should be firmly observed in children because children have a great desire to get what they like. If not found directly, it can be obtained by stealing, and this habit gradually becomes very widespread and the elders will have to suffer many bad consequences in the future. That is why Astaya Yama should be observed in children. APARIGRAHA means to include enough things in life. Adherence to this niyama reduces the child's urge to acquire new things and to develop the ability to do the best in lesser things. Implementing asanas in childhood improves the development of muscles, bones, and tendons in children. Increases stability in the child. Which gives the best benefits in the study. SAUCH means cleansing children. Bathing, nailing, brushing, and urinating habits can prevent various diseases, improve physical development, and keeps the child happy. SANTOSH means accepting the situation instinctively. If children are allowed to follow the following niyama, they can easily achieve a state of painlessness, maintaining a complete balance of their mind in every situation. TAP means hard work.

If the child is given the habit of tap niyama, the child can reach the peak of study by doing his best in his study work, and the skills will also increase in the future. Exercise is the fourth part of the law. SWADHAYA means self-study. Knowing their condition. If the habit of following the Swadhyaya niyama is inculcated in the child, then the child can find and improve his friends on his own. The best benefits can be obtained in the field of sports studies, social life, physical health, etc. ISHWAR PRANIDHAN is the fifth part of the niyama. Ishwar Pranidhan means to give up all the work done to the god. If the child is accustomed to obeying the niyama of Ishwar Pranidhan, he also accepts the opposite situation instinctively, and the vice of the ego can be avoided in the child. PRANAYAMA means the elongation of prana. The habit of trying hard to get the oxygen that strengthens a child's lungs. A child can achieve better results in sports and study. His understanding of power develops. Tiny cells in the body get more oxygen. Hence, the growth and development of the child become good. And the spread of genetic diseases can be prevented.

3. Personality change through yoga in youth

Transformation through youth into yoga in the present times, social life has become very chaotic among the youth by going in the opposite direction from various addictions, adultery, false promises, theft, anger, hatred, and internal conflict. The best economic, social, and physical development in adolescence can be achieved if the habits of adhering to the form of childhood. Thus, Yoga is inculcated to manage such an adverse situation. Even in youth, Vedic life can be achieved by following the Yama, Niyama, Asana, and Pranayama by removing various diseases, psyche, and social discomfort. Yoga develops the power to achieve certain goals. Longevity can be achieved by preventing physical education by inculcating social evils, adultery, etc. in the practice of celibacy, Anger, stress, etc. are naturally seen in youth. In which various types of pranayama such as Anulom vilom, Omkar, Shitli, Bhramari remove the vices and keeps mental balance perfect. Youth is the future of the country. The upliftment and development of the country are accelerated by the regular life of the youth. The implementation of yoga can remove the vices of society such as suicide, harassment, etc. In which habits like pranayama, perception, and meditation should be inculcated in the life of yoga appendages. Modern lifestyles lead to the eradication of various diseases in the youth. These include blood pressure, diabetes, thyroid, cancer, joint diseases. The power to eradicate these diseases lies in yoga. Youngsters should be inculcated in the habits of Yama, Niyama, Asana, Pranayama, Dharana, Dhyana regularly which can create a healthy society.

4. Improving habits through yoga in old age

It is said that life is too short to get a yogic lifestyle. But the key to living the best way is in this yoga. In Hindu scriptures, religion, meaning, work, and salvation are the roots of life. Yoga also speaks of a connection with God. Before reaching old age, a person goes through the ups and downs of life, which is a storehouse of knowledge gained through experience. Therefore, only in this state can the importance of attaining God be known. As stated in Yoga Shastra, God can be attained only through perception, meditation, and samadhi. In the development of spiritual knowledge in Yoga, there is chanting yoga, mantra yoga and rhythm yoga mentioned. Practicing Japa Yoga, Mantra Yoga, Rhythm Yoga in old age keeps the mind stable. In old age, the body gets worn out but the mind is the same, the restlessness of the body makes the mind restless. Regular practice of pranayama can keep the body strong. Habits of doing asanas according to the body's ability can prevent joint diseases from getting worse.

5. Conclusion

Universal interventions that incorporate contemplative practices, such as yoga and mindfulness, have resulted in positive outcomes, such as increasing emotion regulation. Preliminary evidence suggests that yoga programs implemented as universal interventions have been the most effective when researchers have established relationships with teachers. However, extant research has not outlined strategies for implementing universal yoga programs in the classroom. Researchers and practitioners need to be informed about the strategies essential for collaborating with teachers to implement yoga programs that best support children's needs. This exploratory study fills this gap and reports on the process of working with teachers who implemented an eight-week yoga intervention. Post-intervention teacher survey data suggested that yoga was an effective pedagogical practice and enhanced children's positive behaviours. Yoga, when implemented by teachers and with instructional supports, which consisted of videos in this study, maybe a feasible intervention.

References

1. Effects of yoga on attention, impulsivity, and hyperactivity in preschool-aged children with attention-deficit hyperactivity disorder symptoms. *Journal of Developmental & Behavioural Paediatrics*.