

## Need of Yoga in School going Children

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### Abstract

When a child goes to school for the first time he has with him a bag with blank copies so as like brain with lots of GB memories free. So when a teacher or guardian teaches him child easily adapt it. Most of the child learns very fast and copies things happening nearby. So if we put *Yoga* as an integral part of their lifestyle then it not only nurtures that child but also in future leads to healthy society. India has become capital for disease like Diabetic mellitus, obesity, cardiovascular disease and many other life style disorders which was very infrequent before few decades and these disease incidence increases due to attack of western culture, their foods and life style and withdrawing of culture and tradition leading towards these grave diseases. But if we follow *Yogait* will rejuvenate our body and mind. As we adults, it is very difficult to learn new things and also withdrawing bad habits but a child is totally blank page and can easily learn new thing even *Yoga*. Benefits of *Yoga* should not be limited to *Aasans* only but it is a part of life and approaches us in holistic manner.

**Keywords:** School, Lifestyle, Rejuvenate.

### Introduction

Child is a father of man. Children are the future of any country. Most of the developments of brain in child occur before 5 years. Brain of any child is free from any kind of mental tension and other adulthood problems like jobs, wife, responsibilities, liabilities and other. So the child brain is ready to capture things very fast. So if we put *Yoga* as an integral part of their lifestyle then it not only nurtures that child but also in future leads to healthy society. India has become capital for disease like Diabetic mellitus, obesity, cardiovascular disease and many other life style disorders which was very infrequent before few decades and these disease incidence increases due to attack of western culture, their foods and life style and withdrawing of culture and tradition leading towards these grave diseases. But if we follow *Yogait* will rejuvenate our body and mind.

### Material and Methods

Yoga was an integral part of our study curriculum as we can found in Hindu Mythology

books like Ramayan, Mahabhrat and others. All children of that era they went to Gurukul for study away from home and Yoga was also taught to them as an important subject daily. So learning from their experience we can adapt again this essential subject in life style of our children. Starting of day with Yoga will create a positive energy in them, which will flow all the day and make them more stronger.

Since the beginning of life, the child learns how to move, not how to be still. The yogi learns how to be still. It can take many years to learn how to be still. Most teachers of meditation teach the student breath awareness before leading the student to more advanced methods of meditation. Deeper states of meditation simply cannot be reached without awareness and control of the breath. The mind identifies with the outer world, and in order to be aware of that which is beyond the mind, perfect stillness and tranquility must be achieved.

Controlling breath and nerves results in controlling the mind, and controlling the mind results in freedom. According to yoga, disease is the result of imbalance and blockage in the flow of prana. Psychologists have discovered that there is a connection between personality types and breathing patterns. The yogi believes that by changing the pattern of breathing, one can transform the personality. When the mind is disturbed, the breath is disturbed and vice versa. By making the breath deep, even, and smooth, the mind relaxes and thus the personality changes, or the physical disease goes away.

Breath awareness prepares the student for higher levels of consciousness. A one pointed mind is absolutely necessary before meditation can truly take place. Just closing one's eyes and trying to think of nothing is not meditation. That is preparation for meditation. Yoga can be the doorway to true meditation.

Other benefits Of Yoga includes blood purification, healing of injuries, weight loss, toxin removal increased stamina, emotional calm, mental clarity, spiritual powers (siddhis), nervous system purification, oxygenation of the brain, prevention of disease, relief from pain.

## **Result**

The Children are the future of any country, so a country's future is good if the children have become healthy and talented. Because of computer games and mobiles the physical activity of the children became very less. Instead of playing in the ground most kids spending time in computer games, which is bad for eyes and health too. The diabetes, obesity and other health problems have become more common in kids these days.

Yoga is an essential part of life for every one in this fast and competitive world, to make the children set for this competition it's a must and should at these days.

The school needs to keep at least Forty minutes for Yoga, for the benefit of all the children. Surely the children will be more attentive in full day classes if they started the school day with yoga. Many schools in India already started yoga as a study subject for children. There

is no doubt; every country will get good future generation if it implements yoga as a part of children daily routine.

## Conclusion

There is a direct communication between the human and the cosmos, for everything breathes, even inanimate objects, to some extent or another. The cosmos itself is breathing. All the creatures of Earth are breathing the same breath. Every things in this world is linked together in some respect. Even if no other meditation practice is used, something as simple as the practice of breath awareness can bring one to this state. Pranayama is the doorway to deep stillness, and stillness is the doorway to the universe that is within you. Integration of *Yoga* and child life style not only leads to a healthy child but in future it will leads to healthy man leading to healthy society and healthy nation.

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