

Effect of Yoga and Meditation on Engineering College Students

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ABSTRACT

There are different styles of yoga which will transform every individual in different dimensions. "Inner calmness and outer dynamism", which means when you are calm from within, the dynamism comes out in most effective way – Sri Sri Ravishankar Ji.

Mostly college students have more difficulties during their academic paths. The biggest challenge to student success is time management, balancing priorities, health conditions, social problems, relationships, sleep difficulties and depression. In fact, yoga means not only doing exercise, but helps to awareness expansion, improve intelligence and natural ability is improved. A piece of yoga practice every day will definitely make student community gain more physical strength and get rid of all physical difficulties and diseases. Mental strength gained in yoga helps students to fight against inconsistencies with increasing self-confidence which looks as more powerful. Yoga can empower in the following four ways like Physical Health Empowerment, Emotional Empowerment, Mental Health Empowerment and Spiritual Empowerment. These can be achieved by yoga practices like Yogasana, Pranayama and Meditation. This helps students to begin again their sense of joy, spirit combination and communal kinship.

"Sudarshan kriya yoga (SKY)" is an important yogic practice. The daily practice of SKY increases potentiality in the students in all aspects

KEY WORDS: Sudarshan kriya (SKY), Pranayam, students, stress.

1. INTRODUCTION

Sri Sri Ravi Shankar initiate an art of living foundation and designed a special yogic package called sudharshan kriya yoga. Sudharshan kriya is a breathing practice and it is done in rhythmic way, body harmonizing and emotions. This breathing helps to reduce stress, negative emotions like anger, frustration and focused on calm mind. Besides the sudharsan kriya, it emphasizes the importance of asanas, meditation, sathvik food and interactive discussions for attitude training based on 'art of living' knowledge points.

In healthy individuals after six days of practicing SKY positive effect has been found on time management, balancing priorities, health conditions, social problems, relationships, depression and sleep difficulties. This breathing technique is practiced by millions of people worldwide. It is claimed to be effective in improving well-being and peace of mind. So, by doing surya namaskars and pranayam and also with the regular practice of SKY students can overcome their difficulties. SK and Pranayam also causes significant reduction in anxiety and depression levels.

Origin: During the journey of life our attention is diverted in several directions and it is very difficult to focus on one thing. To control restless mind we need the help of certain energies. Success in life is certain if we approach our problems in a well-planned manner with focus discipline and patience. Academic path of college student has uncountable difficulties. Few college students are clinically depressed. In this age group peer pressure is very demanding, so are exams, parents, relationships, sports and heavy work load.

Scientific research proves that regular meditation helps to improve the overall performance for the human and also they have demonstrated its benefit from physiological to psychological. Some of the scientific studies conducted so far on meditation in different fields are considered here as referrer studies.

Physiological Survey: Behanum (1937), evaluated that yogic exercise are reputed to improve overall health of an individual. He further reported significant increase in 'oxygen consumption' during various physical yoga exercises.

Psychological Survey: Lazer, Farwell and Farrow (1972) found significant reduction in anxiety by "transcendental meditation(TM)" practice. Fehret (1972), found that subjects practicing the TM techniques were found to be eliminates stress, negative emotions, and more self-confident, more emotionally stable and self-reliant.

Impact of Meditation on Students: Students are supposed to study and research their subjects. You can't study if your mind wanders around. You can't research if your mind keeps thinking about your personal relationships, troubles, anxiety and worries. Research shows that normally people live in an agitated state of mind and so they can't retain much of what they read or study. But when they are relaxed, they retain for more contents of their studies. Human body and mind is relaxed by the meditation and it helps the mind to be calm and helps to reach peaceful state. It alleviates pain and stress.

Meditation is a mental exercise. The more you do it, the more your mind becomes trained and focused. You are essentially your mind, and so if your mind becomes trained and focused, you also become trained and focused. From personal life to study and research, the habit of clear focusing or thinking on core of confusion results in remarkable benefit.

Generally in confused situation people choose ambiguous way such that their judgment and action become incorrect, whoever has the ability to focus in such a bad condition will prove very useful to himself and to everyone else. Since student life is stressful due to various factors, so meditation two times a day-in the morning, and at night for 20 minutes per sitting is good to release the stress and lead a healthy and successful student life.

Engineering students have to cross many obstacles to achieve academic performance. The students are being stressed due to University Exams, Program writing, developing projects and placement within a short span of time. Usually student's life is vulnerable to stressful conditions and it is most challenging task. Because of competitive environment, young students are always been open to stressful life particularly those who are tracking down of higher professional education.

Yoga and meditation are the alternate solutions to reduce the stress and to solve many kinds of problems. By doing yoga and meditation sincerely can help the students' progress in their quest for knowledge and it can help them in climb up the corporate ladder and help to expand their position in the society. Providing yoga including meditation for computer users and desk employees can release stress and joints pain, improves blood circulation and visual cleansing. Emotional Intelligence is good for their career. Healthy software developers and researchers have to be trained in the mental tools of analysis and logic.

Students require concentration, focus and discipline during the course of their education. Meditation helps a lot in developing these effective qualities.

2. MATERIALS AND METHODS

In this study, we have taken 60 engineering students from different branches facing with different problems. We have conducted 6 days workshop of 'DSN Program' with experienced trainer of ART OF LIVING, after completion of course students practiced SKY daily.

The study design was cross sectional. The study was administrated by two types of questionnaire namely pre-study and post-study i.e.; before and after undergoing the yoga and meditation practice. The pre-study questionnaire is designed with semi structured questionnaire which includes student's bio-data and kind of problems perceived. In this study for primary data collection i.e.; before yoga practice pre-study questionnaire and face-face interview used. The post-study was questionnaire face-face interaction and feedback.

3. RESULTS

Pre-Study: In this we have identified that the students are suffering from the following difficulties:

- Stage Fright Lack of concentration
- Lack of effective communication
- Lack of right understanding
- Restlessness
- Sleeping disorder
- Migraine
- Feeling stress from parents and staff

Post-Study: In this we have collected the information from the students in their own words that they came to notice that they have lost many difficulties like:

Pressure, anxiety, health problems, restlessness, sleeping disorder, Migraine etc and also some qualities like communication, concentration, understanding, relationships, and social responsibilities were improved.

DISCUSSION

There was significant lowering of stage fright in the students who has practiced SKY. Concentration, communication and relationships were improved significantly. Health problems like sleeping disorder etc gradually decreased.

4. CONCLUSION

Yoga and Meditation practices improve efficiency, improve attention, fostering emotional balance, facilitating interpersonal interest and teamwork and cooperative activities more generally. Meditation creates the perfect environment for intellectual growth and learning. Yoga and meditation help professionals to overcome stress, to reduce health issues, to improve professional relationships and to boost productivity in college students. In a study conducted to observe the effect of sudharshan kriya yoga on college students there was significant change in their behavior in multiple dimensions. The study found significant reduction in measures of anxiety, depression and anger.

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