



Impact of Yoga, Meditation and Walk on Individual performance in University students

Sreenivasa T*

*Physical Education Director, Government First Grade College, Vijayanagara, Bangalore- 560104

ABSTRACT

As per the great Ancient Scholars, yoga is “a meditative discipline and a way of gaining insight into the nature of the mind and reality”. According to the Yoga Earth Report 2023, 86% report an overall improved sense of mental wellness and clarity due to the Regular Walk and Yoga, 59% report an improvement in sleep quality and quantity. Walking and Yoga makes the people more active, more healthy physically and mentally, there is an immense improvement in the concentration level as well. The objectives of the study are as follows (i) To understand the Benefits of Walk and Yoga in Daily Life of People. (ii) To analyze the Physical and Social Benefits of Walk and Yoga to People. (iii) To understand the status of Walk and Yoga Practitioners. The present study is based on both primary and secondary data. The sample size for the study is 75 respondent from Bangalore Urban District of Karnataka state. The respondents are mainly from the university degree students. The present paper aims to highlight multiple advantages of Walk and Yoga in terms of Physical, Mental, Social Health.

CC License
CC-BY-NC-SA 4.0

Keywords: *Yoga, Walk, Physical health, Mental Health, Physical Education*

INTRODUCTION

There was tendency for all item-specific fitness scores to increase over time in the exercise group. The GEE analysis showed that yoga exercise indeed improved BMI, flexibility, and muscular endurance. After 2 weeks of self-practice at home, yoga exercise continued to improve BMI, flexibility, muscular strength, and cardiopulmonary fitness. (Chen T.L. et al., 2009)

Niyama focuses on internal awareness and cleanliness. Third Limb is *Asana* describes the postures. Fourth limb is *Pranayama* for the breath. *Prathyahara* for the withdrawal of the senses. *Dharana* refers to concentration during practice. *Dhyana* describes meditation. The eighth limb, *Samadhi*, describes the transcending of consciousness. (Satchidananda, 1990).

It is a method to design to reveal the sources of creative inspiration hidden inside the human psyche, and thus involves the manifold expression of our being. It lays the foundation for a higher level of self development and deeper self-awareness. Above all it teaches us self-discipline. Yoga is not for those who fast or torture their flesh, who sleep too much or keep awake, who work too much or don't work at all.

YOGA EARTH REPORT 2023

Regular yoga practitioners reported the following when surveyed about the effects of yoga on emotional well-being:

- 79% report a feeling of closeness with their community and wanting to give back.
- 59% report an improvement in sleep quality and quantity.
- 69% report a positive increase in temperament and mood.

- 86% report an overall improved sense of mental wellness and clarity.
- 28% report a noticeable reduction of depression symptoms.
- 47% of patients surveyed with progressive heart disease, stopped further progression completely after one year of regular yoga practice.
- 12 months of regular yoga can decrease total cholesterol by 23% and 26% of the LDL “bad” cholesterol.
- 37% of people who drank excessively and/or smoked cigarettes credit yoga with encouraging them to stop.
- 82% of patients surveyed with chronic inflammation reduced inflammation by nearly 50% after just 6 weeks daily yoga.
- 74% of arthritic adults used regular yoga practice to dramatically reduce pain and stiffness and increase mobility, according to a 2018 UK study.
- 77% report being physically stronger.
- Over 80% of yoga practitioners with prior back pain reported significant relief of symptoms.
- 53% of women reported ease of menstrual symptoms with regular yoga practice.

REVIEW OF LITERATURE

Rajakumar J (2010), done a research on “ The Impact of Yogic Practices and Physical Exercises on Selected Physical Variables among Inter-Collegiate Soccer Players. The purpose of the study is to analyze the impact of Yogic Practices and Physical exercises on selected physical variables among Inter-Collegiate Soccer Players. To achieve this purpose, sixty 960) male intercollegiate soccer players from Chennai were selected at random. The Yogic Practice group showed significant improvement on Flexibility. The Physical Exercises group showed more improvement on agility, speed, then the other group of 12 weeks training.

Chaline, (2001) Many people, including some practitioners, think of yoga as just an exercise (or perhaps just a fad). With the growing obesity rate in this country, coupled with the obsession of losing weight, it is not surprising that people turn to yoga as a form of physical activity. It is indeed a great way to lose weight and strengthen muscles. I believe, however, that once immersed in the culture of yoga, people can quickly find much more than they originally thought.

Studd & Panay, (2004). Research on the health benefits of yoga often examines the role that neurotransmitters have on well-being Synthesized from amino acids, neurotransmitters, such as norepinephrine, dopamine, serotonin, estrogen and melatonin, play a role in stimulating electrical activity within nerve cells as a form of communication. In order for one cell to communicate with another, it must release a chemical which, depending on the type of message delivered, could be some type of neurotransmitter. The nervous system consists of approximately a trillion nerve cells, called neurons. When changes occur in the environment or within the body, these neurons respond by sending an appropriate signal to a neighboring cell in order for the body to adapt. Neurotransmitters operate within the body’s nervous system which allows for the “rapid transmission of signals from cell to cell” .

Sinha B. et al. (2004), done a research on “Energy Cost and Cardio respiratory Changes during the Practice of Surya Namaskar”. The present study mainly aims to observe critically the energy cost and different cardiorespiratory changes during the practice of SN. Twenty-one male volunteers from the Indian Army practiced selected Yogic exercises for six days in a week for three months duration. The Yogic practice schedule consisted of Pranayama (10.5 min) , Hatha Yogic Asanas (28 min), and Meditation (5 min). The study revealed that the respondents were more active and mentally more stable after performing Yoga.

OBJECTIVES OF THE STUDY

The objectives of the study are as follows

1. To understand the Benefits of Walk and Yoga in Daily Life of People.
2. To analyze the Physical and Social Benefits of Walk and Yoga to People.
3. To understand the status of Walk and Yoga Practioners.

METHODOLOGY

The present study is based on both primary and secondary data. The primary data is collected from the Bangalore Urban district of state Karnataka with the following objectives (i) To understand the Benefits of Walk and Yoga in Daily Life of People. (ii) To analyze the Physical and Social Benefits of Walk and Yoga to People. (iii) To understand the status of Walk and Yoga Practioners. A simple random sampling technique is

adopted in the present paper to select the sample respondents. The source of data is the primary research done by conducting survey and questionnaire of the targeted individuals. Questionary method and Interview method was used in the present study. The research methodology followed in this research was descriptive research. The targeted sample size was 75 respondents from Bangalore Urban district of the Karnataka State. The respondents are mainly from the university degree students. The study is irrespective of caste, class and Gender.

FINDINGS

The present study is performed by survey and Questionnaire method. Various age group of respondents were considered as variables. Both Male and Female respondents were surveyed equally with the Physical and Mental Health Perspective. Walk and Yoga is irrespective of age but if we analyse in the health perspective, people start Walk and yoga after the health issues like Obesity, Hypertension, Hyperglycemia etc.

Walk and Yoga Practice :- In the Existing scenario of extreme stress, Busy schedule, Work force, Competitive world, life style , the Physical and Mental health of people is deteriorating, the life span of people is gradually decreasing, Peace and satisfaction in the life of the people is missing. The importance of Walk and Yoga comes into the play in this existing devastating condition. As the Awareness about the benefits of Walk and Yoga is increasing rapidly , people have started to practice Walk and Yoga to be healthy, fit and active mainly in the urban areas.

Table 02- Walk and Yoga Practice

Are You Practicing Walk and Yoga?	
Yes	50 (66.66%)
No	25 (33.33%)
Total	75

The Table 2 reveals that 66.66% of the people are practicing Walk and Yoga . There is increase in the number of people practicing Walk and yoga because of the Stress and Work force , to be healthy, inspiration of the neighbors, colleagues who are fit and healthy after practicing Walk and Yoga. The Present study also shows that 33.33% of people are not practicing Walk and Yoga.

Causes for not Practicing Walk and Yoga: The Present study analyzes that 33.33% of people are not practicing Walk and Yoga as per the Table 2. The Table 3 aims at understanding the cause for not practicing Walk and Yoga. The below table shows that 56% of the people are not practicing yoga because of the Tight Schedule and shortage of time. As there is a misconception that doing Walk and Yoga needs more time, People hesitate to practice walk and yoga. Young generation are lacking in Prioritizing the Work schedule. They are unaware of the importance of Walk and Yoga in maintaining the Physical and Mental Health. The present study also shows that 24% of people agree that Laziness is the cause of not practicing Walk and Yoga. 12% of the people mainly Females are restricted not to go for Walk and Yoga. 8% of the people are feared to go for Walk and Yoga as there is a increase of Chain thieves in the research study area.

Table 03- Causes for not Practicing Walk and Yoga

If No, What is the Reason?	
Tight Schedule	14 (56%)
Lazy	6 (24%)
Restrictions	3(12%)
Fear	2 (8%)
Total	25

Benefits of Yoga:

- The Table 4 shows that 80% of people agree that Walk and Yoga reduce Stress. Yoga encourages mental and physical relaxation, which helps reduce stress and anxiety. The physical postures promote flexibility, relieve tension, and alleviate pain. Yoga poses may help you release physical blockages like muscle knots, helping release emotions and tension.
- The Present study analyzed that 72% of the people says that Walk and Yoga play a major role in the control of Anxiety. Yoga has been shown to lower stress hormones in our body while simultaneously increasing beneficial brain chemicals like endorphins and GABA (gamma-aminobutyric acid).

- If we observe the Table, 82% says that Walk, Yoga, Meditation has helped them to overcome the negative thoughts of Depression. Yoga is a natural way to increase serotonin production. According to the Journal of Psychiatry and Neuroscience, serotonin production plays a role in the treatment of depression.
- The Table 4 shows that 92% of people agree that Walk and Yoga reduce the Obesity problems. Physical activity increases people's total energy expenditure, which can help them stay in energy balance or even lose weight. Physical activity decreases fat around the waist and total body fat, slowing the development of abdominal obesity.
- If we analyze the Table, 64% says that Walk and Yoga help in Irregular Periods. Yoga for irregular periods balances the hormonal levels in the body.

Table 04: Benefits of Yoga:

If Yes, What are the benefits of Walk and Yoga after Practicing ?				
	Yes	No	Remained Unchanged	Total
Reduction in Stress	40 (80 %)	2 (4%)	8 (16%)	50
Control of Anxiety	36 (72%)	3(6%)	11(22%)	50
Overcoming Depression	41(82%)	1(2%)	8(16%)	50
Obesity	46(92%)	0(0%)	4(8%)	50
Hypertension	38(76%)	2(4%)	10(20%)	50
Irregular Periods	32(64%)	5(10%)	13(26%)	50

IMPORTANCE OF WALK AND YOGA

- Concentration towards the Work increases and efficiency of the work rises.
- There is the gradual increase in the Economic status of the family as well as the country.
- During Walking, there is an interaction developed among the community. So, there is community participation.
- There will be a existence of Peace, Calm and Satisfaction in the Work and Life as well.
- Due to the Community discussion, Lot of personal problems will be solved.
- Gain of Knowledge due to Discussion among community during Walk.

CONCLUSION

Walk and Yoga practice can be adopted in daily life to maintain good health and also helps in prevention of many psychosomatic disorders where psychological stress is believed to play a role. These practices mainly reduce and maintain psycho physiological arousal but also enhance different aspects of attention, such as the ability to sustain; focus and shift attention thereby instills a greater amount relaxation and peace of mind. This phenomenological study examined the Benefits, Importance of Walk and Yoga. This study offers insights into the lives of Ashtanga practitioners and how they make sense of the concept of the true self. While the concept of the self is itself debatable, the positive health benefits of a yoga practice are irrefutable. The participants describe the concept of the true self in terms of positive affect or emotions, for example love, patience, clarity, and truth. All of the participants believe that yoga them connect to their true self. They all identify that they practice yoga to discover, or come closer to their true self, and they use their true self a connection to God. Therefore, they could not ever fully know their true self and they understand they may never find their true self. Although they can access places of their true self, this requires being present, which is almost impossible to maintain at all times. However, connecting to their self becomes easier through a committed yoga and meditation practice.

REFERENCES

1. Waelde, L. C., Thompson, L., and Gallagher-Thompson, D. G. (2004). A pilot study of a yoga and meditation intervention for dementia caregiver stress. *Journal of Clinical Psychology*, 60(6), 677-687.
2. Satchidananda, S. (1990) *The yoga sutras of Patanjali*. Yogaville, VA. Integral Yoga Publications.
3. Nayar, H. S. (1999). Study of some physiological and biochemical parameters in subjects undergoing yogic training. *Indian Journal of Medical Research*, 74, 120-124.
4. Kanojia A. Yoga Sutras of Patanjali. Encyclopedia of Indian Religions [Internet]. Springer Netherlands; 2018;1–3. Available from: http://dx.doi.org/10.1007/978-94-024-1036-5_538-1

5. Malhotra AK. Patanjali: founder of the Yoga system. An Introduction to Yoga Philosophy [Internet]. Routledge; 2017 Jul 31;17–8. Available from: <http://dx.doi.org/10.4324/9781315262635-6>
6. NARAGATTI SIDDAPPA, “YOGA FOR HEALTH AND WELLNESS”, IJRAR-International Journal of Research and Analytical Reviews (IJRAR), E-ISSN 2348-1269, P-ISSN 2349-5138, Volume. 6, Issue 2, Page No. pp/915-917, June 2019,
7. Govindarajulu N, Gannadeepam J, Bera TK. Effect of Yoga practices on Flexibility and cardio-respiratory endurance of high school girls. *Yoga Mimamsa*. 2003;34(2):64-70.
8. Pilkington, G. Kirkwood, H. Rampes, and J. Richardson, “Yoga for depression : the research evidence,” *Journal of Affective Disorders*, vol. 89, no. 1-3, pp. 13–24, 2005.
9. Raju PS, Madhavi S, Prasad KV, Venkata Reddy M, Eswara Reddy M, Sahay BK. Comparison of effects of yoga & physical exercise in athletes. *Indian Journal of Medical Research*. 1994 Aug 1;100:81-.
10. Chapter 2. Patanjali, the Yoga Sutra, and Indian Philosophy. The “Yoga Sutra of Patanjali”: A Biography *Internet+. Princeton University Press; 2014 Dec 31;18–52. Available from: <http://dx.doi.org/10.1515/9781400850051-004>