

# **YOGA AND YOUTH**

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## Contents

- ❖ Introduction
- ❖ Youth
  - Importance
  - Role
  - Challenges faced by Youth
  - Mental Health Of Youth
  - Need Of Yoga For The Youth
- ❖ Yoga
  - Few Yoga Asanas For The Youth And Their Importance:
    - Recommended Basic Yoga for removing stress
    - Recommended Basic Yoga For Body Posture
    - Recommended Basic Yoga For Concentration
    - Recommended Basic Yoga For Physical Health
    - Recommended Basic Pranayamas
- ❖ Conclusion

## **Introduction**

Yoga is a beautiful physical, mental, and spiritual practice that is adopted in India. It is related to making a healthy body and a healthy mind. It is a beautiful exercising practice that links the soul to nature and keeps fit and active. It is a very rich and highly complex tradition.

The practice of yoga is gaining worldwide appreciation and popularity. People all over the world are moving toward practicing yoga for having a healthy life. It relaxes and calms the soul and mind. It is inexpensive and can be done in the comfort of home. No heavy and expensive machines or tools are required for doing yoga.

Youth is a worthwhile phase of one's life. The age where the age group is no longer of a child but yet to turn out to be a grown-up is the youth age. It is an age recognized by traits of heroism, toughness, muscle, stimulation, curiosity, judgmental attitude and even much more. At this stage, even though driven by fantasy or freedom and the power to choose his or her response, all must be cautiously exercised. It is a golden phase to accomplish the dual goals of intelligence and character.

## **Youth**

WHO defines 'Adolescents' as individuals in the 10-19 years age group and 'Youth' as the 15-24 year age group. While 'Young People' covers the age range 10-24 years.

### **Importance:**

Youth is the joy. Youth is a phase in which small children that have come out of their protective shells and are ready to spread their wings in the world of hope and dreams. Youth means to cherish hope. It is a time of development. It is the time for growth and change. He plays an important role in the development of our society. He has the potential to learn and adapt to the environment. He has the capabilities to bring social reforms and improvement in the society. His idealism, enthusiasm and courage cannot be matched with any other segment in the society.

## **Role:**

Youth and life indeed itself flashes by, in the blink of an eye. That is Why it is very important for you to ask yourselves what you can do for the society and the country. God has vested all power in the hands of the youth so that he can perform his duties effectively. They should start thinking positively and creatively. They must develop the spirit to refute what is wrong in the society. They must realize that now is the time to take action.

Youth should not seek an easy, comfortable path. No one develops in a pampered environment. These are some key responsibilities that the young generation must inculcate in them:

Value of Time: It is the responsibility of the youth to understand the importance of time. Every moment is crucial for them to take action so punctuality is a must.

Discipline: Youth has to understand the necessity of discipline in life. Youth is full of passion. Without discipline, the youngsters cannot work passionately.

Thinking Before Taking Action: Youth must not be impulsive. It is very important to think before taking action. This is how the youth will be able to create a thoughtful society.

Character Driven: Character builds up a nation. The young people need to be morally strong, reflective individuals and dedicated which will drive them to take Correct actions for the nation.

Fearless: The youth must be courageous in taking action. Fearless youth can fight injustice

Goal Oriented: The youth needs to be focused on their goals that he wants to accomplish. When the young generation is goal oriented, then their vision and mission become very clear.

Zealous: Youth has to be energized, full of vitality. With the attribute of zealousness, the youth can help to protect the national security and interest of a country and ideological position

### Role Of Youth For The Change In The Society:

Youth is the future of the society. The young generation simply needs to renew, refresh and maintain the current status of the society. When the youth contributes his ideas and energy to resolve the social issues, he becomes a capable leader and can also make a difference in the lives of Others. They must have the courage to resolve the mournful contradictions that are plaguing the society and boldly take on great challenges without shunning the subsequent problems and difficulties that they will inevitably face.



## **Challenges Faced By The Youth:**

Youth, in the present era, is a powerful asset of the nation possessing the abundant energy and the zeal considered necessary for the overall advancement of the same. Youth is a critical age of development, a period of uncertainty when everything is in ferment.

As a Youth is neither a child nor an adult, the personality possesses a mixture of both stages. He can be selfish at some times or turn out to be selfless the very next day. He may also turn out to be rebellious one day.

Youth develops a revolting personality and thus we can see conflicts in opinions between the family. It is also a major cause of worsening of family relations. Youth, being argumentative in nature, develop an attitude of apt rationale and judgment.

Thus, it denies accepting as true in anything without an appropriate cause following the same. It is not that there is no lack of moral awakening or his total refusal to adhere to ethical and moral standards. It is merely that he wants his every question to be answered and having his quest fulfilled, he accepts the same.

## **Mental Health Of Youth**

Adolescence (10-19 years) is a unique and formative time. Multiple physical, emotional and social changes, including exposure to poverty, abuse, or violence, can make adolescents vulnerable to mental health problems. Promoting psychological well-being and protecting adolescents from adverse experiences and risk factors that may impact their potential to thrive are critical for their well-being during adolescence and for their physical and mental health in adulthood.

### Mental health determinants

Adolescence is a crucial period for developing and maintaining social and emotional habits important for mental well-being. These include adopting healthy sleep patterns; taking regular exercise; developing coping, problem-solving, and interpersonal skills; and learning to manage emotions. Supportive environments in the family, at school and in the wider community are also important. An estimated 10-20% of adolescents globally experience mental health conditions, yet these remain underdiagnosed and undertreated(1).

Multiple factors determine mental health outcomes. The more risk factors adolescents are exposed to, the greater the potential impact on their mental health. Factors that can contribute to stress during adolescence include a desire for greater autonomy, pressure to conform with peers, exploration of sexual identity, and increased access to and use of technology. Media influence and gender norms can exacerbate the disparity between an adolescent's lived reality and their perceptions or aspirations for the future. Other important determinants include the quality of their home life and relationships with peers. Violence (including harsh parenting and bullying) and socioeconomic problems are recognized risks to mental health.

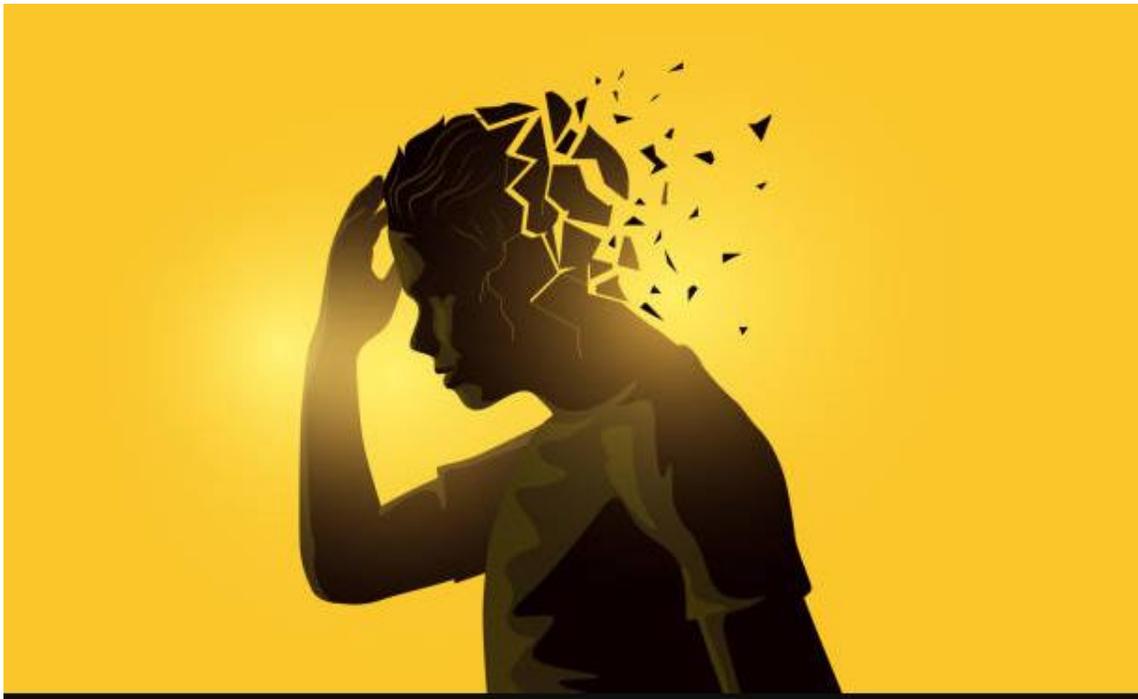
Some adolescents are at greater risk of mental health conditions due to their living conditions, stigma, discrimination or exclusion, or lack of access to quality support and services. These include adolescents living in humanitarian and fragile settings; adolescents with chronic illness, autism spectrum disorder, an intellectual disability or other neurological condition; pregnant adolescents, adolescent parents, or those in early and/or forced marriages; orphans; and adolescents from minority ethnic or sexual backgrounds or other discriminated groups.

Adolescents with mental health conditions are in turn particularly vulnerable to social exclusion, discrimination, stigma (affecting readiness to seek help), educational difficulties, risk-taking behaviours, physical ill-health and human rights violations.

### Emotional disorders:

Emotional disorders commonly emerge during youth. In addition to depression or anxiety, youth with emotional disorders can also experience excessive irritability, frustration or anger. Symptoms can overlap across more than one emotional disorder with rapid and unexpected changes in mood and emotional outbursts. Youth may additionally develop emotion-related physical symptoms such as stomach ache, headache or nausea.

Globally, depression is the fourth leading cause of illness and disability among adolescents aged 15-19 years and fifteenth for those aged 10-14 years. Anxiety is the ninth leading cause for adolescents aged 15-19 years and sixth for those aged 10-14 years. Emotional disorders can profoundly affect areas like schoolwork and school attendance. Social withdrawal can exacerbate isolation and loneliness. At its worse, depression can lead to suicide.



### Childhood Behavioural disorders:

Childhood behavioural disorders are the second leading cause of disease burden in young adolescents aged 10-14 years and the eleventh leading cause among older adolescents aged 15-19 years. Childhood behavioural disorders include attention deficit hyperactivity disorder (characterized by difficulty paying attention, excessive activity and acting without regards to consequences, which are otherwise not appropriate for a person's age), and conduct disorder (with symptoms of destructive or challenging behaviour). Childhood behavioural disorders can affect adolescents' education and may result in criminal behaviour.





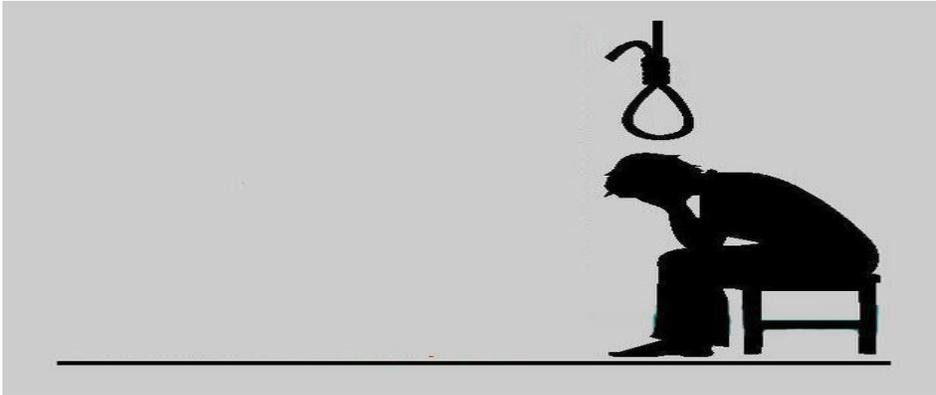
### Psychosis:

Conditions that include symptoms of psychosis most commonly emerge among youth. Symptoms can include hallucinations or delusions. These experiences can impair an individual ability to participate in daily life and education and often lead to stigma or human rights violations.



### Suicide and self-harm:

An estimated 62 000 youths died in 2018 as a result of self-harm. Suicide is the third leading cause of death among Youths. Nearly 90% of the world's youth live in low-or middle-income countries and more than 90% of youth suicides are among youth living in those countries. Risk factors for suicide are multifaceted, including harmful use of alcohol, abuse in childhood, stigma against help-seeking, barriers to accessing care and access to means. Communication through digital media about suicidal behaviour is an emerging concern for this age group.



### Risk-taking behaviours:

Many risk-taking behaviours for health, such as substance use or sexual risk taking, start during adolescence. Risk-taking behaviours can be both an unhelpful strategy to cope with poor mental health and can severely impact an individual mental and physical well-being.

Worldwide, the prevalence of heavy episodic drinking among the youth aged 15-24 years was 20.6% in 2018, with males most at risk.

The use of tobacco and cannabis are additional concerns. Cannabis is the most widely used drug among young people with about 4.7% of 15-19-years-olds using it at least once in 2018. Many adult smokers have their first cigarette prior to the age of 18 years.

Perpetration of violence is a risk-taking behaviour that can increase the likelihood of low educational attainment, injury, involvement with crime or death. Interpersonal violence was ranked the second leading cause of death of youth boys in 2018.

## **Addiction:**

### Alcohol and drug use:

Drinking alcohol among adolescents is a major concern in many countries. It can reduce self-control and increase risky behaviours, such as unsafe sex or dangerous driving. It is an underlying cause of injuries (including those due to road traffic accidents), violence and premature deaths. It can also lead to health problems in later life and affects life expectancy.

Cannabis is the most widely used psychoactive drug among youth. Alcohol and drug use in youth is associated with neurocognitive alterations which can lead to behavioural, emotional, social and academic problems in later life.

Prevention of alcohol and drug use are important areas of public health actions and may include population-based strategies and interventions, activities in school, community, family and on the individual level.

### Tobacco use:

Youths are the most vulnerable population to initiate tobacco use. It is now well established that most of the adult users of tobacco start tobacco use in childhood or adolescence. About nearly 80 million of youths are estimated to be tobacco-addicted according to a survey done by the National Sample Survey Organization of the Indian Government. To this astounding figure, about 5500 new users are added every day, making two million new users every year. Adolescents typically become addicted to nicotine while still being teenagers.

### Internet Addiction:

Young people seem especially vulnerable for Internet addiction disorder, with case studies highlighting students whose academic performance plummets as they spend more and more time online. Some also suffer

health consequences from loss of sleep, as they stay up later and later to chat online, check for social network status updates or to reach the next game levels.

There have been a number of tragic cases that have grabbed headlines and heightened the public's concerns about compulsive Internet use.

This also includes Gadget addictions such as Mobile,Computers,TV etc

The study, which was conducted online across 30 Indian cities, has concluded that the Youngsters addiction to electronic devices during the lockdown increased up to three times, as they spent between two and five hours a day on their favourite gadgets.

The survey revealed that 75% of the youngsters became addicted to electronic devices, while 50% of them couldn't stay away from their gadgets for even half an hour.

A rise in incidences of no mobile phone phobia was also observed.





## Need of Yoga For The Youth

The term **Yoga** has its verbal root as joining, “**Yujyate anena iti Yogah**”

Yuj in Sanskrit means Joining. Yoga is that which joins. What are the entities that are joined? In the traditional terminology, it is joining of the individual self, Jivatma with the Universal SELF, Paramatma. It is an expansion of the narrow constricted egoistic personality to an all-pervasive, eternal and blissful state of REALITY.

With today's lifestyle, Youth tend to forget about their physical and mental health accumulating stress and fatigue in the body.

Sadly, today almost all the youngsters have become patients of a no. of diseases like stress, nervousness, stomach related issue, sleeping disorder and so on, because of different life conditions and work culture. Friends & family pressure, examination stress, long working hours, unpredictable dietary patterns are a variety of reasons for leading an unpleasant way of life.

Yoga has become a feature of regular everyday practice. It is important for everybody whether you're a child or grown-up adult, you need to perform Yoga practices daily for getting benefits such as feelings of serenity,

keep up vitality levels, improve adaptability, and discover motivation to channelize your energies correctly. Learning Yoga at an early age can have good and enormous advantages on the general wellbeing as well as the prosperity of the youths.

An everyday practice will, therefore, result in improved posture, improvement in lung capacity, boosting memory, and help build up a state of mind while discovering the innermost potential.

Armed with yoga and meditation, youth say that sailing through turbulent times is as easy as sitting calmly for 20 minutes! Let's see how youth and students are using yoga as a tool to overcome life's challenges.

### Yoga As A Time-Management Tool:

Grades, studies, sports, fests, parties - college life buzzes with so many activities! The trick lies in balancing all these with ease. Many youngsters have seen tremendous rise in my energy levels with regular yoga practice. With all activities and stress they have a relaxed and tension-free mind which normal people lack. Yoga and meditation can keep your energy levels high through the day so you can complete daily tasks at a faster pace, adding extra hours to your day.

**Yoga**  
doesn't take time.  
It gives time.

Ganga White



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## Goodbye Exam Stress:

Don't you think it is easier to memorize the lyrics of a song than remember all that you studied? Regular practice of yoga techniques can improve your focus and memory. Regular student practitioners say that yoga practice has helped them tremendously. Their grades have improved and they have more clarity of thought. They can face crisis positively. Facing challenges positively is a very crucial quality that the present youth generation should inculcate in them.

**Yoga can help** reduce **stress** because it promotes relaxation, which is the natural opposite of **stress**. **Yoga** can benefit three aspects of ourselves that are often **affected** by **stress**: our body, mind, and breathing.

Individuals may have a hard time plunking down to focus on studies. With regular yoga sessions of 20 minutes every day for a time of about a month, youngsters have been demonstrated to have the option to concentrate longer on subjects.

The yogic condition and standards urge the brain to concentrate and focus on one idea while delicately putting aside diversions. Youngsters with ADHD have likewise appeared to have delayed capacities to focus with a customary routine with regards to Yoga.

Yoga helps in increasing the sharpness of your brain as well as concentration power. It helps in relaxing your mind while providing peace of mind.



## Say NO To Peer Pressure, Be Yourself:

Everyone wants to 'fit in' a particular crowd, due to which they may end up getting themselves into bad habits. 'Friends' might force you to have a smoke or drink to look cool. What starts off as curiosity ends up becoming an addiction. Yoga helps an individual to easily let go these dependencies. Regular practice of yoga can give them a natural high. They may not feel the need to get intoxicated on artificial stuff. Before starting practice of yoga for many spending nights in smoky clubs and partying on drugs used to be part of their life. When the knowledge of yoga came into their life, they felt a natural high and continued to practice regularly. Bad habits wont stop immediately. Therefore the yoga practice should continue, after a period of time they will find that their drinking and drug-taking will reduce with continued practice it will completely fall off. There are many youths who have overcome their habits of drinking with continued yoga practice. Yoga is more effective compared to clinical treatments and it has zero side effects.

**The Holistic Issue**

# Yoga Helps Heal Addiction

According to the National Survey on Drug Use and Health about 20.4 million adults in the U.S. needed substance use treatment in 2015. Additionally, abuse of tobacco, alcohol, and illicit drugs costs our nation more than \$700 billion annually in expenses related to crime, lost work productivity and health care.

BY JENN BOONAR WITH ELIZABETH PERRY BY JENN BOONAR

**M**any don't understand how addiction works. They believe it's a choice by the morally irresponsible who simply lack will power. Wikipedia describes addiction as a medical condition characterized by compulsive engagement in rewarding stimuli, despite adverse consequences.

The recent and rapid evolution of yoga is steering the practice into diverse and unexpected places. Once only celebrated for its mind-body benefits like flexibility, toned muscles and reduced stress, yoga is now becoming standard treatment for numerous conditions like asthma, chronic back pain, cancer and addiction.

"A former patient explained that he never would've imagined that yoga would be so critical to his relapse prevention," says Elizabeth Perry, Director of Yoga Therapy at Sober College. "But he understood that yoga had connected him with tranquility and a higher power. He said he used yoga as an opportunity to use his prayers because he felt less distracted and more focused in child's pose than he did at church."

Elizabeth Perry has been at Sober College since 2013. She earned her master's degree in depth psychology with emphasis in somatic studies from Pacific Graduate Institute and is currently attending Pacifica in pursuit of her

Ph.D. Elizabeth has obtained yoga certifications as Power Yoga, Pre/Postnatal Yoga, and has a 500-hour Yoga Therapy Certification. She considers herself a graduate of the process of helping patients make a mind/body/emotional connection that helps to heal trauma, regulate nervous systems, and aid in addiction recovery.

**BO 1 CS**  
**Jenn Boonar** How do patients feel about yoga as treatment for addiction?

**Elizabeth Perry:** Every patient has a different feeling about yoga as treatment for addiction, because every patient has a different experience. Robert Piefer, founder of Sober College, told me from day one that young adults are the most challenging. He explained that these patients can sometimes act entitled or think they know what they need to stay sober.

However, once they experience a session, patients say things such as, "wow, I didn't know I could be so aware of my body." I recently had a client express to me, "Elizabeth, I just want to feel. I've been numbing myself with drugs for so long, I'm not even sure I know how to feel anymore." I find that people are ready to be on a more conscious, healing path; they just need some guidance.

My favorite patients must they hate yoga and would not benefit from the practice. The reason I love clients like this so much is I realize that they are the ones who are often the most fearful of overwhelming situations. It's my job to introduce principles of Somatic Experiencing along with yoga therapy and Ayurvedic principles to help slow down and stabilize their bodies without re-traumatizing them.

For a patient who is terrified of yoga, I spend a lot of time orienting them with their environment. I

ask them to feel their feet on the ground, notice the mat underneath their back, think of a pleasant image that brings them comfort or joy, open their eyes and turn their head left and right until they can find an image that is interesting, or look at something they are curious about. Usually this process of orientation helps the body stabilize as the parasympathetic nervous system activates. Then, I ask them to observe how their breathing changed and they often notice something different, like it becoming more fluid. I explain that by sitting down, talking with me, and observing their breath, they're already doing yoga. People usually feel relieved that I don't expect them to drop into asana about the most awful thing that ever happened to them or comfort their body into some sort of an impossible posture.

Even though patients sometimes think yoga isn't for them, they're usually more open to the positive aspects when they learn they can take as little as what they enjoy with their, and I'm okay with that. Every patient feels differently, and we are committed to working with each individual until they're able to find a path that can serve as a resource to aid in regulating their nervous system.

**BO 2 CS**  
**BO** What is the biggest obstacle in overcoming addiction?

**EP:** The biggest obstacle in overcoming addiction is isolation. Unfortunately, young adults in recovery think they can stay sober without support. People get stuck in a mindset that it's one person against the world, that is simply untrue. I can offer the best yoga therapy in town, but if someone isn't open to trying it, they'll never have the opportunity to enhance their physical and emotional well-being.

We offer an entire treatment team to aid in every client's road to recovery. Creating the safe container of a yoga class, or living in a nice home near campus, or having a mentor that truly cares are all part of the support system that Robert created when he founded Sober College. What tends to happen in therapy sessions is that people cognitively learn that they have support, but it takes their bodies a while to catch up. In traditional psychotherapy, many processes are cognitively understood or accepted to some degree. We rec-

**“...Once They Experience a Session, Patients Say Things Such as, 'Wow, I Didn't Know I Could Be So Aware of My Body.'”**

26 yoga ..... yoga 27

Fit As A Fiddle With Yoga:

A fallout of addictions and sedentary lifestyle is loss of good health. Regular practice of yoga techniques, in combination with healthy food, can help restore your health. Yoga can aid in alleviating illnesses, as it helps increase immunity. There are examples of young individuals with pro longed disorders such as BP, Vision issues etc have been able to restore to normal condition by regularly practicing yoga. Through yoga we can properly and effectively channelize the flow of prana which inturn helps us to overcome our health issues.

Sitting couched on an area for extended time prompts perpetual torment and lessens breathing limit. Yoga will make you progressively mindful of your body and train your muscles to adjust accurately.

Effectively adjusting the body enables the body to work with an insignificant measure of vitality. Yoga stances went for parity, adaptability, and stamina, reinforce muscles and connective tissues empowering high stance.

The act of Yoga will acquire a positive change mindset and mentality, expanded vitality levels, and the capacity to concentrate on what is required by putting aside diverting considerations



### Attending Interviews Can Be A Cakewalk:

In today's world as we know employment is a very big challenge for the youth. Youth face a lot of problems, one among them is their interview. Many of the youths face this problem because of lack of confidence. Due to which they might lose their opportunity. Practicing Yoga and Meditation gives them tremendous confidence to attend interviews and it also helps them to face any situation. We can achieve this by practicing specific breathing techniques to improve our focus, concentration, and confidence. Therefore yoga is not only of asanas.

With stress, nervousness, and negative feelings sidelined throughout the day, Yoga delivers considerations that you should concentrate on. Yoga activates acupuncture points on the earlobe that stimulate your gray matter. This exercise helps your brain by Synchronizing left and right side of the brain. It distributes energy levels and inducing calmness, Stimulating thinking capacity and Increasing mental energy.





### Cool With Your Kith And Kin:

Managing a relationship while studying is a real challenge. Sometimes fights and break-ups tend to distract you from studies and other activities. Regular practice of yoga can help you become resilient, while daily meditation can calm an agitated mind.

Many people share that with regular practice of yoga, they get less angry and even if they do, negative emotions stay for shorter periods of time. Yoga techniques and philosophy equips you with life skills: how to deal with people, emotions, and other stressful issues. Yoga provides ability to tackle problems. It helps the relationship with friends, parents and colleagues to become better.

Youth is a time for fun and activity! And what better friends than yoga and meditation to help them enjoy it better?



### Develops Discipline:

Discipline is really important to achieve anything in life. It is found that practicing yoga daily increases patience, reduces impulsivity and improves the capability to maintain attention. All these things play a fundamental role in leading a disciplined life.

## **YOGA**

### Few Yoga Asanas For The Youth And Their Importance:

#### **1.Recommended Yoga for removing Stress**

Sarvangasana – The shoulder stand

How to do it:

- Lie down in the supine position or lying on your stomach.

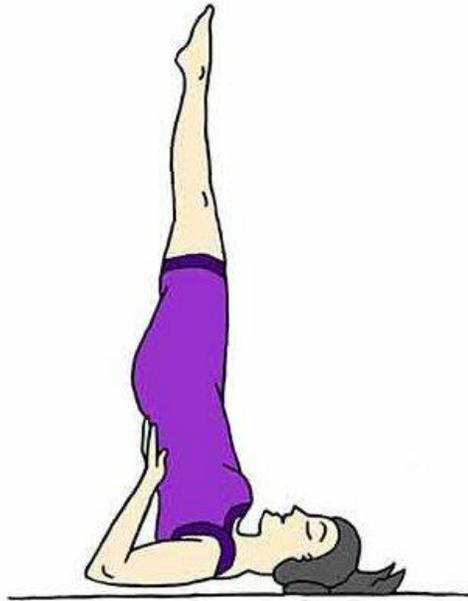
- Raise your legs slowly upward and bring it to a 90° angle.
- Bring the legs towards the head by raising the buttocks up.
- Raise the legs; abdomen and chest try to form a straight line.
- Place the palms on your back for support.
- Place the chin against the chest.
- Maintain the position as long as comfortable.
- Try to maintain the pose for up to 30 seconds or more.
- Slowly return back to the original position.
- While doing this, first lower the buttocks with hands supporting the back and slowly come to the surface or in the original position.
- Perform it twice or thrice.

After performing Sarvangasanam one should practice Matsyasana immediately to ease backache.

An inverted pose with the whole body resting on the surface, this pose is considered as the ‘Queen of asanas.’

Benefits:

- ✓ Relieves away the blockage of energy from the neck region.
- ✓ Removes stress from the neck & shoulder area.
- ✓ The thyroid gland is regulated, which balances all other body glands that assure healthy functioning of the body organs.



**SARVANGASANA - THE SHOULDER STAND**

The sequentially related poses yoga are:

- Halasana
- Ardha Halasana
- Viprit Karni
- Matsyasana
- Uttanpadasana

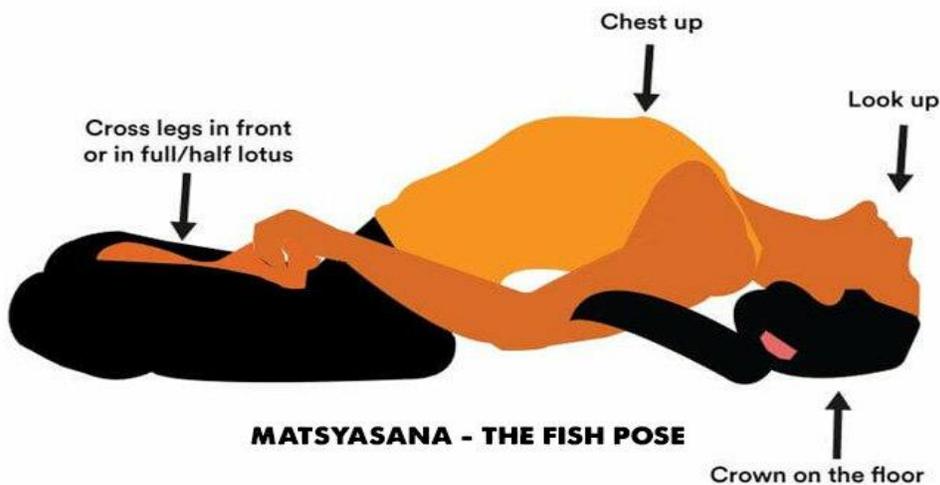
## **2.Recommended Yoga for removing Stress**

### **Matsyasana – The Fish Pose**

Doing this posture, one can be able to float like a fish in water, hence the name ‘Matsyasana.’

#### **How to do it:**

- Lie on your back. Your feet are together and hands relaxed alongside the body.
- Place the hands underneath the hips, palms facing down. Bring the elbows closer toward each other.
- Breathing in, lift the head and chest up.
- Keeping the chest elevated, lower the head backward and touch the top of the head to the floor.
- With the head lightly touching the floor, press the elbows firmly into the ground, placing the weight on the elbow and not on the head. Lift your chest up from in-between the shoulder blades. Press the thighs and legs to the floor.
- Hold the pose for as long as you comfortably can, taking gentle long breaths in and out. Relax in the posture with every exhalation.
- Now lift the head up, lowering the chest and head to the floor. Bring the hands back along the sides of the body. Relax.



**Benefits:**

- ✓ Eliminates stiffness from cervical, thoracic areas
- ✓ Stimulate thyroid, parathyroid & pineal glands
- ✓ Blockage removes out from neck & throat
- ✓ Overcomes respiratory ailments like asthma, chronic bronchitis by promoting increased lung capacity & easy breathing.

The sequentially related poses yoga are:

- Halasana
- Ardha Halasana
- Viprit Karni
- Matsyasana
- Uttanpadasana

### **3.Recommended Yoga for improving body posture**

**Tadasana –**



## **TADASANA**

Also known as Samasthiti or mountain pose, this is the basic standing pose that teaches the art of standing correctly. It is performed by almost all people. Generally, it is suggested for growing young children who want to increase their height.

### **How to do it:**

Stand together on your feet. Tighten the knees while keeping the chest lifted up forward with relaxed shoulders pressed down away from the ears.

### **Benefits:**

- ✓ Improve correct posture.
- ✓ Corrects and improves body alignment.

Other Body posture Improving Asana's Include:

- Bhujangasana
- Veerabhadrasana
- Trikonasana
- Naukasana

- Utkatasana

#### **4.Recommended Yoga for Improving Concentration**

## **Natarajasana – The King dancer**

One of the most graceful yoga asana as the King dancer poses strength! It is also known as Lord of Dance pose.

### **How to do it:**

Starting Position: [Tadasana \(Mountain Pose\)](#)

1. Relax the body in Mountain Pose breathing normally. Focus your gaze at a fixed point.
2. Bend the right knee to raise the leg towards the buttocks. Hold the right big toe with the right hand.
3. Maintain your body weight on left leg. Next, raise your right leg backward as far as you can.
4. While you raise the leg, rotate your shoulder so that the elbow of the right arm point upwards.
5. Raise the leg till the right foot reaches near the back of your head.
6. Now raise your left arm upwards keeping the hand straight with the palm facing down.
7. Balance your body along while maintaining your gaze as long as comfortable, breathing normally.
8. Hold the pose from 20 seconds to a minute, gradually increasing the time each day.
9. To come out of the posture, first lower the left arm. Next, lower the right leg and release the hold of the big toe. Place the right foot on the floor and rest the right hand by the side of the body
10. Practice 2-6 times, evenly on each side by changing the position of legs and arms.

### **Benefits:**

- ✓ Strengthens legs & improves the balance of the entire body.
- ✓ Stretches out shoulders while improving focus & concentration.



### **NATARAJASANA- THE KING DANCER**

Other Similar Asanas:

- Paschimottanasana (Seated Forward Bend Yoga Pose)
- Ustrasana (Camel Pose)
- Setu Bandhasana (Bridge Pose)
- Savasana or Corpse Pose.

#### **4.Recommended Yoga for Physical health**

##### **Halasana – Plough Pose**

##### **How to do it:**

1. Lie on your back. Join the legs together. Relax the whole body (Shavasana position).
2. Keep the palm flat on the ground. Keep breathing normally.
3. While exhaling press the palm on the ground and raise both the legs upwards straight then try to touch the ground just behind.
4. Breathe slowly and hold the posture for several minutes (1-2 minutes).
5. Now slowly release the pose to return to Shavasana.
6. Repeat this for 3-5 times.

##### **Benefits:**

- ✓ Relief from fatigues/ tiredness
- ✓ Helps in the proper functioning of thyroids & parathyroid glands.
- ✓ Improves digestion and appetite.
- ✓ Effective in Weight Loss.
- ✓ Strengthens the abdominal muscles.
- ✓ It helps to make spinal cord strong and flexible.
- ✓ It helps to reduce stress.



**HALASANA- PLOUGH POSE**

Other related asanas:

- Aukasana (boat pose)
- Paschimottanasana (head to toe)
- Ardha matsyendrasan (half spinal pose)
- Dwi Pada Uttanasana (both leg raise pose)
- Dandasana (plank pose)
- Viparita Karni (Inclined pose)

**Some of the important Pranyamas Youth Should Practics:**

- 1.Kapalbhati
- 2.Bhstrika
- 3.Chandra,Surya Anuloma Viloma
- 4.Chandra,Surya Bedha Anuloma Viloma
- 5.Nadi Shudhi
- 6.Vidhagiya
- 7.Ujjayi
- 8.Bramahari

## **Conclusion**

Yoga is not limited to strengthening our body and balancing our emotions, but it also offers a lot of spiritual benefits. The youngsters at an early age may not be able to understand the spiritual tangent of yoga, but as they will grow up into adults, they will be able to leverage them as well. It is vital to make the teenagers understand and experience the benefits of yoga as it will surely help them in various aspects of their lives.

I have tried to show the importance youth have in the society. Their welfare has direct effect on the development of their society, Nation and the World. So, through this report I have tried to make it evident on how Practicing Yoga has a direct and good impact on the youth through which they can achieve their aims and ambitions and in turn help in the progression of the society, nation and the World towards a prosperous healthy life.

