

A study on the effect of Surya Namaskar, Nadi-shodhan & Gayatri Mantra on Mental Health of College going Students

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Abstract

Yogic practices bring a harmony between Body mind and spirit. Great Yogi Swami Satyananda Saraswati writes that the practice of Surya-Namaskar, Nadi-shodhan and Gayatri Mantra Japa is the best combination for holistic health of the children. With this background the researcher aims to study the effect of same yogic practices on youngsters. Whether the same group of practice helpful for the other group or not?

To study the effect of Surya-Namaskar, Nadi-shodhan and Gayatri Mantra Japa on mental health the researcher selected a group of 25 college going students, age range 18-25 years. The intervention applied to them for 45 days and the mental health level was checked through mental health scale developed by DrSmtkamlesh Sharma.

In this pre-post study the data was analyzed through t-test and the result shows a significant improvement on the mental health level. It can be concluded that Yogic practices (Surya-Namaskar, Nadi-shodhan and Gayatri Mantra Japa) improve mental health of college going students.

Key words: *Surya Namaskara*, Nadi-shodhan, Gayatri Mantra Japa, Mental Health

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Effect of Surya Namaskar, Nadi-shodhan & Gayatri Mantra on Mental Health

Introduction:

Yoga is a way of life. In daily life, Yoga helps the person to attain a relaxed state of mind. It provides the aspirant vitality, vigor and zest to carry out his life. All negative blocks in the mind are removed. The body is cleansed of all the impurities and toxins.

Personal power is enhanced by the practice of yoga. One learns to identify their own inner resources and draw upon the energy needed from their own inner sources. It helps one to increase his or her awareness, i.e. self-awareness. It helps in attention focus and concentration.

The whole science of yoga has one view in common-to gain health, personal power, to develop knowledge and attain peace of mind. It also reduces stress, tension in the physical body, activates the parasympathetic nervous system.

According to Student living report (2002) carried out by Market and Opinion Research International (MORI), almost 53% university students in the USA are under stress. National comorbidity survey states that 61% of men and 51% of women have experienced traumas linked to some form of stress or the other. Everybody of students, teens, men, women, professionals, kids, oldies etc has been grasped by the pangs of one or the other type of stress at least once in their lifetimes.

Mental imbalances are occurring now through emotions such as aggressions, impatience and fear kindling the body's stress responses. A chronic state of physical and emotional depletion results from excessive job demands and continuous hassles (Shirom, 1989 & Zahor, 1997). Recently more researches conceive of burnout as a work-related strain that can emerge in any occupation, including management and technology (Etzion, 1988, Maslach & Schaufeli, 1993; Leiter, & Schaufeli, 1996). Performance usually drops off sharply when stress rises to higher levels (Rebert, 1986).

A significant negative relationship between occupational stress and mental health was observed among women employed in different professions (Rastogi, Rence and Kashya and Kavitha, 2001). Their findings show that occupational stress does effect job involvement in an inverse manner. Job involvement level of the senior ranking executive were much high than the middle ranking and Frontline executives. The study done by Kumar K & Tiwary S (2014) reports that academic anxiety can be reduced through Yoga practice.

Methodology:

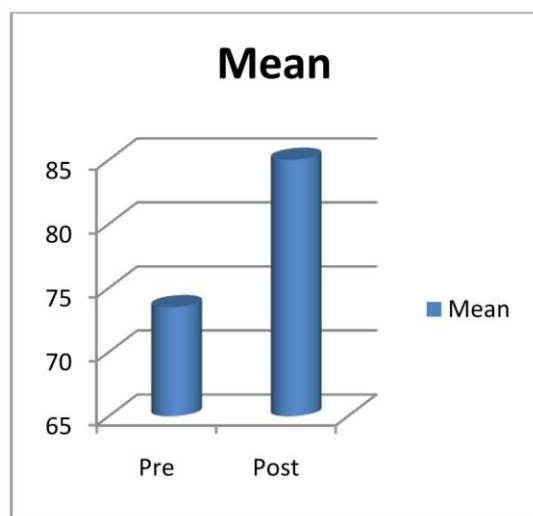
To observe the effect of Surya-Namaskar, Nadi-shodhan and Gayatri Mantra Japa on mental health the researcher selected a group of 25 college going students, age range 18-25 years. The intervention applied to them for 45 days and the mental health level was checked through mental health scale developed by Dr Smt Kamlesh Sharma.

Practice of Surya Namaskar, includes twelve postures and being practiced in sequence. During the practice one need to combine the āsanās (postures) with breath awareness and physical awareness. Whereas Nadi-shodhan Pranayama is a breathing technique; being practiced in a meditative posture. The third practice is Gayatri mantra Japa, which is a meditative practice itself. All the three practice was administered according to the instruction of Sw. Satyananda Saraswati's Book: Asana, Pranayama, Mudra- Bandha.

Result:

Table: showing the mental health of subjects

	Mean	Sd	"t" value	Significance level
Pre	72.12	13.23	3.96	0.01
Post	83.73	13.24		



Discussion & Conclusion:

The result table shows that the post mean value of student are 83.73 and the 't' value is 3.96 There is a significance change at 0.01 level in the mental health of subjects.

Yoga aims for the integrity of the body, mind, and spirit through a system of Asana, Pranayama and meditation. In reality, it consists of disciplines designed to bring closer to godliness. With the integration of the body, mind and spirit, you can attain a balance (physically and mentally) in your

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life as well as an inner peace to your body (Kumar K. 2012).

Study done by Kumar K (2015) also concludes that Yoga is for balancing the essential of holistic mind-body and consequently offers a solution for stress, uncertainty, anxiety and depression. Qualitative research methods have been used to create a conceptual synthesis of yoga and qigong. It is suggested that an increased sense of control is the interface between these two modalities. This conceptual congruence of qigong and yoga is thought to be a selective, curative method, a prescription for ideal living and a ground of human essence existence. Furthermore, this essence is thought to enhance the mind's self-regulatory processes and prevent mental health disorders. The two alternative therapies can prevent mental health disorders.

There is a significant improvement has been observed at the mental health level of the students in this study. In this manner, various researches show that the practice of Yoga can be successfully administered to manage various psychological disorders. As the previous studies shows that practice of Yoga, Meditation and Relaxation significantly lowers all the psychological problems and improves Mental Health.

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