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The effect of yoga and meditation on energy level of upper primary & secondary level school students

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Abstract
Present era has brought many mental, physical problems along with many developments for people of all age groups especially children and students. Therefore, all human beings need to develop each and every aspect of life including – the psychological, spiritual and emotional. Now a day's meditation is one of the most appreciable methods of balance the mind and body connection.
In the present time, the focus of educational institutions is to make students academically sound and active. Their focus is more on training students about the ways through which they can learn more and achieve heights of academic success. Although, there is a provision for games and sports, but that is not enough to bring a complete positive change as the students are not being freed from their fears. Educational institutions lay emphasis on mental training of students only through academic activities, quizzes, discussion, etc. But these activities do not help in providing mental peace to students. Meditation is a proven means for silencing the mind, encouraging mindfulness and providing optimum conditions for generative thinking and reflection (Fisher, 2006). Meditation has been shown to be associated with alterations in the brain structure (Cahn & Poslich, 2006) better mental health (Chines & Serretti, 2009), improved attention (Jha Krompinger & Braime, 2007) greater emotional self-regulation (Golden & Gross, 2010), slower cellular? (Jacobs *et al*., 2011) and better academic performance (Nidich *et al*. 2011).
It helps in improving mental strength, building confidence, releasing negative thoughts and behavior. These aspects build a foundation for a healthy mind which leads to improves academic performance in school.

Keywords: yoga, meditation energy level, primary & secondary level

Introduction

Yoga is traditional Indian system to maintain the physical, mental, emotional and spiritual health of human beings. It is a "science", which provides a logical step by step process for a new understanding to both us, and to the universe around us. That is why our ancient seers Considered yoga as part of educational practices to be taught to develop children, sound in all aspects- physical, mental, emotional and spiritual. Yoga, which is a way of life, is characterized by balance, health, harmony, and bliss. By practicing yoga, a person is supposed to reach a state of mental equanimity, where responses to favorable or unfavorable external events are well under the individual's control, and responses are moderate in intensity. The science of yoga is a powerful stream of knowledge which enables the practitioners to achieve radiant physical health, serene mind, continues spiritual uplift, and creates the ability for harmonious social living.

Regular practice gives maximum benefits and immense therapeutic value. Besides various
physiological benefits, yoga positively influences the mind, the life force energies, as well as
the creative process and internal intelligence resulting in peace, happiness, positive thinking, self-confidence, and positive approach to life, state of mind with emotional stability and strong willpower Some yoga practices are physical - saunas (i.e., postures), pranayama (i.e., breathing practices intended to influence vital forces), kivas (cleaning processes), mudras (i.e., certain interval attitudes), and bananas (i.e., neuromuscular locks), while others are mental. Meditation is said to be the seventh limb of yoga -a state of alert rest. The various meditational techniques work at the mental level, all these practices being intended to develop a certain type of awareness within oneself, which in turn brings about a change in emotional and visceral functions, and through them, a change in intellectual and somatic functions of the individual. Meditation may also be performed as a standalone practice without performing the physical practices of yoga.

Six months of yoga and meditation practices are known to bring a feeling of well-being, a reduction in body weight, increased vital capacity, acceleration in endocrinal functions, and improvement in memory. Investigations of yoga techniques in the management of anxiety have reported increased attention/concentration. Yoga through its techniques of asana, and pranayama have been found to yield a positive effect in the management of stress in adolescents. The processing of sensory information at the thalamic level is facilitated during the practice of pranayama and meditation. It was found that the practices of physical

yoga postures (asana), cleansing practices, devotional sessions, and lectures on the theory and philosophy of yoga brought about an improvement in the steadiness of school students following 10 days of practice. This improvement was believed to be due to improved eye-hand coordination, attention, concentration, and relaxation. A second study found that a 4-week program of yogasanas and meditation lowers the aggressive behavior of students. Another study reported that meditation reduced problems related to maladaptive behaviors, increased emotional and physical health and psychological well-being, reduced the frequency of thought, reduced substance abuse, and generally improved the quality of life. It has also been found that meditation reduces stress and improves academic performance. Chanting “Om” or any of the other unstuck sounds (dhyunatmaticdhun) causes increases mental alertness, and the practice of yoga brings improvement in competitive performance. Academic achievement is an attained ability or degree of competence in school tasks, usually measured by standardized tests and expressed in grades or units based on norms derived from a vide sampling of pupils’ performance. Studies have revealed that even low or moderate levels of stress can interfere with task performance. Cognitive reactions of stress result in the inability to concentrate.

The study found that practicing just 25 minutes of Hatha yoga or mindfulness meditation per day can boost the brain's executive functions, cognitive abilities linked to goal-directed behavior and the ability to control knee-jerk emotional responses, habitual thinking patterns and actions.

"Hatha yoga and mindfulness meditation both focus the brain's conscious processing power on a limited number of targets like breathing and posing, and also reduce processing of nonessential information," said Peter Hall, associate professor in the School of Public Health & Health Systems. "These two functions might have some positive carryover effect in the near- term following the session, such that people are able to focus more easily on what they choose to attend to in everyday life."

Thirty-one study participants completed 25 minutes of Hatha yoga, 25 minutes of mindfulness meditation, and 25 minutes of quiet reading (a control task) in randomized order. Following both the yoga and meditation activities, participants performed significantly better on executive function tasks compared to the reading task.

"This finding suggests that there may be something special about meditation -- as opposed to the physical posing -- that carries a lot of the cognitive benefits of yoga," said Kimberley Lou, lead author on the paper.

Two things we do to energy in our yoga practice

The benefits we obtain from our yoga practice physiologically can be traced to two things we do energetically

1. We turn on the tap, and
2. We remove blockages to the flow.

A good analogy for this is a garden hose. Imagine you went off for a year’s retreat studying yoga and meditation at an ashram in a beautiful forest. When you came back home, your back yard was totally overgrown. After mindfully harvesting the hay, you go to water your lawn with your hose, which had been left out all year in the yard: You turn on the tap, but no water flows. Your hose has become blocked with mud and insects. So, you do some yoga on your hose: You twist and bend it until the blockages are loosened and the water flows.

Meditation is like changing the frequency and then perhaps even letting go of the radio itself, simply meeting the ungraspable openness that we are.

Energy check - up

If you would like to be guided in an exploration of the senses and energy, I have used MEAD Hardware to check energy level hole body check –up for Neeta Satsangi. The meditations work with the breath, movement and touch to awaken an energy flow that we allow to expand through the body.

These meditations offer deep relaxation and insights for advanced practitioners as well as beginners. Energy meditation, you focus your attention on subtle energy chi energy), or on a subtle energy center **(**like the chakras). Chakra meditation (in the yoga and Hindu traditions), qi and tai chi meditations.

Benefits

Energy meditations open and align your energy centers and “activate the body’s body meridian points,” so “the energy effortlessly flows through you on a journey of reawakening your wholeness.”

Meditation works on many energy levels

Meditation relaxes the body

All over changes through meditation and yoga during meditation and yoga practices, providing the much-needed rest to the various organs in the body. This brings in strength and rejuvenates the body.

Makes the mind feel calm and energetic

Meditation is like refresh your whole body meridians.

Creates a shift in consciousness

Meditation cultivates a sense of higher awareness. It creates a shift in consciousness, makes you more aware of our connection as human beings. It makes you aware of the highest reality that we are all one.

A healthy body and a happy mind increase the energy levels of positive energy. The present study examines whether there is an effect of yoga and meditation on the academic performance of adolescent students in relation to their stress, i.e., whether there is any effect of yoga and meditation on their academic achievements. A yoga module [prayer + yoga asana + pranayama + meditation + a value orientation program] was performed by the experimental group, a group of randomly selected upper primary school students, daily for slightly more than half an hour in the mornings before school classes began. A control group closely mirroring the students in the experimental group was also selected but they did not perform the yoga module. Both the experimental and the control groups were subjected to a battery of tests before and after the program was run to see the differences in achievements, inter-group and intra-group. The battery of tests consisted of a set of standardized question and answer tests used traditionally in such situations and in what is unique to this study – measurements using the Meridian Energy Analysis Device (MEAD). The MEAD is a state-of-the-art electronic device used by PR actioners of Traditional Chinese Medicine to

find the flows of energy along the various meridians in the body. From this data, it is possible to find out information about the health of the different organs human body as also the values of the ratio of the autonomic nervous system. In earlier testing studies using MEAD, we had hypothesized about connecting the MEAD measurements on the body with the states of the brain waves of the subjects to explain the abnormal behavior of the autonomic nervous system in the tests. This hypothesis, if validated, would mean that even a part-time, passive immersion, of subjects in an active religious environment would change their states of brain waves and their resulting state of Consciousness on a long-term basis. We would like to use the same methodology to see if our proposed yoga and meditation module would affect the academic scholastic achievements of the experimental group of upper primary school students relative to those in the control group. As our experimental group of students has been picked at random, there are students in it with differing academic achievements and therefore by seeing the results of testing before and after undergoing the module, we will also be able to see how the module affects academic achievements in the group itself.

Meditation has been found to reduce stress, increase feelings of wellbeing, and benefit overall health, among other advantages. It is of specific use to help one increase alertness, relaxation and reflection even in "waking" states. Brain waves in normal consciousness are of the beta type. Brain waves in meditation shift through various stages. The most common brain waves in meditation are alpha waves. These alpha brain waves in meditation basically promote changes in the autonomic nervous system that calm it. It was found that regular contemplative practice of this type reverses the roles of the sympathetic and parasympathetic nervous systems so that the normally dominant sympathetic nervous system takes a back seat to the normally secondary parasympathetic nervous system. This lowers blood pressure and heart rate and lowers the amount of stress hormones in the body, as well as calming the mind. Gamma brainwaves in meditation also greatly increase. Gamma waves denote intense focus and are usually weak and transient in normal brain activity. In experienced meditation practitioners, it was particularly noted that gamma brain waves in meditation were especially high in the left prefrontal cortex of the brain. This is an exciting finding, since this area is often associated with decreased anxiety and fear, positive emotions, and a decrease in depressive feelings or symptoms. Theta brain waves in meditation are said to help open the "third eye" for practitioners. Theta brainwaves in meditation also invoke a deep sense of relaxation and also encourage creativity and make problem solving and memorization easier. Delta brain waves in meditation are the slowest of all. Everyone experiences delta waves in deep sleep, but delta brain waves in meditation are said to help experienced practitioners access the unconscious mind. Therefore during meditation, the brain wave states shift to lower frequency states and the autonomic nervous system increases in value. It has been experimentally observed that regular practice of meditation affects the above body functions altering them so that they continue to be present even after the meditation sessions are over. By measuring and getting the ratio of the autonomic nervous system, we expect to see the above in our experimental group of students.

Emergence of the problem

These days the educational achievements of any class of school students, in nearly all regular

Indian schools, depends not only on their educational capabilities and the efforts and Supervision of their teachers, but on distractions such as increased exposure to happenings such as sports, movies and other societal offerings especially on television and more Specifically on the internet. As a result, it appears that there has been a universal dumbing Down in academic and all-round achievements of school students. Therefore it is of increasing concern to raise the educational and all-round achievements of all of the students. This possibly can be more easily done by methods that are acceptable to students than not easily acceptable methods such as increased teacher effort and supervision and enforced student discipline. Simple yoga and meditation practices are more easily acceptable practices to most Indian students and as they have shown promise in previous studies by other groups, they are planned to be investigated here.yoga as a complementary therapy for various physiological diseases and psychological disorders has been widely studied in adults.

Nonetheless, studies on the therapeutic use of yoga in children are not as extensive as with adults. Existing research indicates that yoga can have multiple benefits, including improving flexibility, promoting weight loss and enhancing emotional and psychosocial health given that mental health is a growing problem in schools and other learning institutions, there is an effort to provide children with the tools necessary to cope with the behavioural expectations

placed upon them. Children face not only intellectual challenges at school, but also interpersonal demands which may require highly developed self-regulation skills, such as mindfulness, resilience and anger control. Studies have also revealed that stress reactivity in children is related to blood pressure readings, levels of adiposity and negative behaviours According to Morgan *et al.* children who underwent high levels of psychological stress had greater total adiposity than those who were less stressed. Similarly, Reemit *et al* pointed out those children who experienced larger increases in heart rate reactivity to an interpersonal stressor had a much larger percentage of body fat and body mass index percentiles. Increases in total adiposity and heart rate, if unresolved, can lead to diseases such as type 2 diabetes, hypertension and cardiovascular diseases as early as childhood.

Objectives

The main objective of this study is to review current research and will be to find out the "The Effect of Yoga and Meditation on Energy Level of Upper Primary School & Secondary Level Students ". The aim of study will be therefore-

1. To find the effect of Yoga on the energy level of upper primary & Secondary Level school student.
2. To find the effect of Meditation on the energy level of upper primary & Secondary Level School Students
3. To find the comparative effective of Yoga and Meditation on the energy level of upper primary & Secondary Level school student.

Educational implication

Findings of the study may be useful for teachers, administrators, parents and guidance workers from the educational points of views which are as follows:-

The findings may be helpful to educational institutions that may include Yoga and Meditation classes in their time – table.Now a days young's generations are not able to control emotions and in the fit of emotions they commit disastrous mistakes. This study shows that as Yoga and Meditations influences it will help students in balancing, controlling, giving expressions to emotions in a very balanced controlled and a reasoned way. As they will be future citizens of India it will help in improving society at large.

Similarly as we know main aspect of human body is spirit. Human being is different because they have highly developed spirit which has potential to develop to its climax and reach the stage of perfection through Yoga and Meditation practice.

They study May also help curriculum planners for improving various components of curriculum by integrating Yoga and Meditation helpful in reducing mental stress, increasing self-awareness, developing empathy, developing a sense of self-motivation and help in managing relations.

Teachers must also promote the importance of Yoga and Meditation for developing spiritual and emotional intelligence for refining the personality and behavior of students, the leaders of tomorrow.

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Directions for future research and development

In future study will start with selection of 100 upper primary level students in some schools. Students will be divided in two groups.

1. Experimental group and
2. Controlled group.

Tools and techniques

Yoga and meditation modules consisting of -yogasan, pranayam, meditation and orientation program will be used for one month. (MEAD device)

Treatment for the experimental group for 25 minutes daily in the morning. Academic performance test which include questionnaire related toyoga, meditation, energy level will be used as pre-test and post-test for the experimental as well as control group. All the statistical analysis will be done with SPSS software. We will use the t-test on the energy level score of academic performance.

Conclusion

The present study has demonstrated that yoga training probably has affected primary cognitive processes such as attention, perception and observation. Yoga and meditation being a simple and inexpensive health regimen, can be incorporated as an effective adjuvant therapy to governmental child health initiatives in school curriculum, and thus, ensures a bright future for our children. Further studies on a larger scale and longer time period would be required to further substantiate these findings.

From above review we can conclude that, yoga and meditation one-month programme play a very important role in the development of a child. Yoga and meditation to helps students to attention in a different variety of tasks. Stress can be controlled by certain yogic techniques. Yoga and meditation to reduces stress and to pure inner core for self-control. Regular yoga and meditation practices develop healthy life, confidences increases in all areas and all work completed in disciplinary in manner and timely so happily enjoyed every one in life forever. Yoga and meditation practices also improve children health, tasks, and academic performance and children to development overall performances in daily life. For all students' regular practices of yoga and meditation to increase energy level when energy level is increased now achievements is also increases in all areas and performances is good reason is your health is to good.

Suggestions

Finding suggests that yoga and meditation practices help children to overall development. To aware in all related areas like social, mental, emotional, and physical and also develop values.

Students experienced a reduction in stress and anxiety levels after completing a six-week yoga and meditation program preceding final examinations. Results suggest that adopting a mindfulness practice for as little as once per week may reduce stress and anxiety in college students. Administrators should consider including instruction in nonpharmacologic stress and anxiety reduction methods, within curricula in order to support student self-care.

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