

# “Study of performance change happened in to life of college student’s after enrolled and practicing for Yoga and Meditation sessions on daily and consistent basis”

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**Abstract:** Today we are living in to the fierce world of competition; everyone wants to earn money, fame and power. Every single human is struggling for existence or initial settlement, and once it is achieved he/she starts struggling to live better and better life and expectations has no end at all like this. These expectations from self-life unknowingly raises frustration, tensions, sorrows and depression in to the life of that respective, in which he/she gets trapped day by day and there is no way seems to get rid from this at all, the depression level finally reaches to the extent when no further hopes seems from life and human being love to end’s up the life rather looking at option to face and resolve those problems. In fact, the will power and self-belief in such context of human beings lagging somewhere and that let not encourage the individual to look at such problems positively and live the life with minimum possible expectations.

The paper focuses on one such beneficial aspect of meditation and yoga in the life of human being which on daily practicing enhances the maturity of human being, which lead him/her teach to live the life with minimum expectations which further solve almost 80% problems associated with life and thus interrogation with fear, stress, depression, anxiety, sorrow, tension will be happened no more.

**Keywords:** Yoga, Meditation, breathing, etc.

## 1. Introduction:

Yoga is originated in India, it is a technique of bringing, mind, body and spirit inline. In other words, it can also be said that, it is process by which gap between mind, spirit and body can be bridged. It is not only posturing of body but it is an ethical discipline which involves coordination between physical posture and breathing control. The physical postures are called as Asana’s. The science of Yoga states that, in the account of specific posture the muscles of body of that particular area would be stretched and have enough blood supply which helps to maintain body active and fit forever. Sufficient blood and oxygen supply leads to increase energy level and stamina of that individual to the required possible extent and thus decision making and task handling goes easier. The feelings of negativity and depressions starts diluting and equivalent impact of positive energy and freshness starts come appear on through behaviour and performance of that individual. Majority of physical postures are concerned with well mental and spiritual balance maintaining.

The posture/limb of Yoga are basically of eight type which can be mentioned as, Yama, Niyam, Asana, Pranayam, Pratyahar, Dharna, Dhyam & Samadhi etc.

Meditation is breathing exercise of controlling the thoughts and emotions arrive from those thoughts. One could notice the relationship between thoughts and breathing, under the circumstance of stress, depression and anxiety the breathing occurs faster, and under the pleasant feel it is silent and calm. This secrete have revealed thousands of years ago by saint and nun’s and from the day onwards practice has started implement in to life of human being to make it better and enjoyable further.

A review of peoples have taken who used to practice mediation daily in their life, the experiences noted were positive and encouraging, there is positive change occurred in to the life which was unbelievable and never seen type, the lungs and breathing diseases have shown encouraging recovery and that made those individual to practice the meditation more interestingly for remaining part of the life.

The meditation is tonic on stress, the most influenced parameter in our daily life in day by day scenario. Anything which goes against the will or something unexpected happened which was not expected at all leads to produce stress and then whole balance of body and mind gets disturb because of this. The mediations is a technique which teaches that individual who is suffering from such circumstances about how to control such suspiring behaviour or aggressive behaviour of human being which is further outcome of stress. Meditation provides enough amount of energy to mind which thus handle every affair in very smooth and sophisticated manner and results in no more stress at all, the daily practise of this would leads to expose very extraordinary benefits of it and life of the individual who practice it daily starts salvaging.

Stress has defined in multiple way’s and few can be mentioned here as follows,

- The state of threatened homeostasis,
- Wear and tear experience of the body,
- Body imbalance etc.

Few sighted advantages of Yoga & Meditation techniques have listed below,

- Reduced stress,

- Sound sleep,
- Improve many medical condition,
- Lower blood pressure,
- Slowed ageing etc.

Practicing of Yoga and Meditation on consistent basis would responsible in calm and cool state of mind. Daily practicing of such techniques would help that respective to take care of other because he/she is fit enough in himself/herself. In order to tackle daily challenges in life, one should have healthy body with stress free mind, Yoga and Meditation techniques helps the every individual to acquire such changes in to self and thus one could realize a true and hidden potential into him/her which have an extraordinary capability to bring surprising changes in to life of self and others too.

**2. Area of Study:** A group of students have chosen from technical institutes (Engineering & Technology), the students have chalked on the basis of their performance which was measured in terms of their class regularity, test marks, involvement and curricular and extracurricular activities, class involvement etc.

The list of students have finalized after the word of talk with class teacher and subject teacher, based on their observation and some statically data maintained by teachers over the span of time.

The group size chosen for study purpose is 10 which further divided into two subgroups for precise and clear understanding of effects, changes happened over the period of span considered for study purpose etc.

### 3. Objectives of the study:

1. To study the impact of Yoga and Meditation on student class attendance and regularity.
2. To study the student performance in class test after undergoing through yoga and meditation sessions.
3. To study student participation in curricular and extracurricular activities involvement of students after kind practicing of yoga and meditation on daily basis.
4. To compare and study changes happened in to life of students prior and after implementation of Yoga and Meditation as a daily part of life.
5. To discuss uncommon impact of yoga and meditation on the life of common man.

**4. Research Methodology:** The work methodology is described through following major steps undertaken during project execution,

1. Student's finalization to study impact of yoga and meditation techniques on their life.
2. The history of students have noted well, which includes their academics performance and which was not up to the mark, investigator is expected to see the performance changes happened after kind implementation of said techniques.
3. Students have ask their interest if they want to upgrade their performance or they wish to see some positive changes happened in to their life due to mediation and yoga and so they have called upon to enrolled for the session after considering their will and self-interest only.
4. 10 students have finalized on the list and they were further divided in to two subgroups, each of them holds student strength 5.
5. Students have enrolled for the yoga and mediation sessions as per their interest, their session have started, daily sessions followed by some assignments, at initial period students have shown reluctant behaviour about submitting of assignment but time moves on and some positive changes comes to see happen in them, off course all of the enrolled have not shown required changes but few of them, some of them have shown good response in short span of time, rest were responded some time later and few were still about to in line with required things.
6. The response of students have measured with respect to constant time interval, the initial time has shown no improvements at all, but time moves on and some fluctuations in behaviour comes to see, and that retains further interest in study.

### 5. Methodology & Implementation of Idea:

**5.1 Historical data:** Students performance/contribution in various regards have collected from their batch mentor and subject teacher as per the availability and requirement. The data collected in following format,

Group, "A"			
Roll No.	Marks Obtained in Unit test-01, out of 20	Extracurricular involvement, (5 events have taken place till the day data collection have happened	% of attendance of students till the day of data collection.
1A	5	Nil	20%
2A	8	Nil	35%
3A	AB	Nil	0%
4A	5	Nil	30%

5A	1	Nil	25%
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Group, "B"			
Roll No.	Marks Obtained in Unit test-01, out of 20	Extracurricular involvement, (5 events have taken place till the day data collection have happened)	% of attendance of students till the day of data collection.
1B	5	Nil	25%
2B	8	Nil	25%
3B	AB	Nil	15%
4B	AB	Nil	25%
5B	AB	01	32%

**Table (5.1.1):** Table showing performance/contribution of students from group, A & B.

**5.2 Start of Yoga & Meditation session:** Along with yoga and meditation students have also inculcate for counselling sessions, sport and exercise. Apart to this diet and proper sleep is also recommended to the students who were even after intense try could not perform to the minimum possible level.



**Fig (5.2.1):** Implementation of some best practices in daily life of deserving students who are hoping to see positive transformations in life.

During initial days there was no encouraging response could have been noted from student end and their performance have continued in the way it was prior.

But the time moves on and following changes have come to see happened in to the life of enrolled students, the changes have noted with respect to constant time span and same can be discussed as follows,

**6 Time span vs progress monitoring:**

- 1. Time span:** After one month from the day of enrolment to the process  
**Remarks:** No changes found at all, expect some behavioural politeness and light interest towards task.
- 2. Time span:** After two months  
**Remarks:** Counsellor turned confidant about some internal changes might have happened to few of the enrolled buddies but its surficial impact is not yet come to see.
- 3. Time span:** After four months

Group, "A"			
Roll No.	Marks in test-01/remedial test performance	Extracurricular involvement, (5 events have taken place till the day data collection have happened)	% of attendance of students till the day of data collection.
1A	5/Failed but earned more marks than prior	Nil/Nil	20%/50%
2A	8/10	Nil/Nil	35%/60%
3A	AB/11	Nil/Nil	0%/35%
4A	5/10	Nil/Nil	30%/69%
5A	1/Failed but earned more marks than prior	Nil/Nil	25%/45%

Group, "B"			
Roll No.	Marks in Unit test-01/Remedial test	Extracurricular involvement, (5 events have taken place till the day data collection have happened)	% of attendance of students till the day of data collection.
1B	5/12	Nil	25%/52%
2B	8/13	Nil	25%/50%
3B	AB/fail, but appeared for exam this time	Nil	15%/35%
4B	AB/, 10	Nil	25%/42%
5B	AB/AB	01/03	32%/38%

**Table (6.1):** Table shows stat data which further shows student's performance improvement measured after four months of enrolling for Yoga and Meditation course/sessions on consistent basis

**7. Suggestions:** Comparing the table, (5.1.1) and (6.1) following suggestions or comments can be made,

1. In initial time span, consider approximately of 4 months no changes have been noted in to group of students.
2. After start of the session, approximately after two months, counsellor himself starts happening of positive changes in to students but even till then changes have not surface out or reflected through behaviour.
3. real change which can be seen and measured have start appearing after four month of span, the changes can be described as, irregular students turned regular and their found remarkable attendance improvement.
4. The test performance of students have upgraded from last to latest one, the absent students have turned to appear for exam, though, very few were able to clear the exam, the students interest for appearing to exam was worth noted type.
5. The extracurricular participation of students though not found improved except one student from group B and that tells, extra care and counselling is needed in such students for the sake of confidence and positivity building.
6. The student who is good at extracurricular work is might be poor or not interested in academics and thus being absent for first test even after counselling he didn't turn for exam next time, his attendance is found improved but improvement is very mild, but positive thing to notice in the case of student is, the contribution of this students in extracurricular increases than previous participation.
8. Overall comments can be added here by observing the progress noted is, yoga and meditation have positive impact on life if practiced on daily and consistent basis without failure.

**8. Conclusion:** The paper has assisted to withdraw following conclusion from its overall work,

1. Yoga and meditation helps to build positive potential in human being, it also forms a positive attitude towards life, job and various responsibilities.
2. The technique keeps one update and fresh all the time.
3. One can feel the real joy and stress free life after enrolling for this kind practice and keep practicing on daily basis without failure.
4. The negativity is transformed in to positivity and hopeful attitude due to kind implementation and practicing of such techniques.
5. It helps to enhance an exaptation's from life positively, without putting one under stress and depression.
6. Life turn easier and simple due to kind practicing of yoga and meditation techniques.

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