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on

**“ROLE OF YOGA IN
CHANGING ADOLESCENCE”**

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Yoga for school students

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Introduction :-

Students life is full of sates. As students have to carry out the activities in school with that they have to concentrate on studies .this makes tired and full to gain energy bande concentration yoga is very important for student. Research has shown benefits of yoga practice for both youth and adults (educations).

Objectives:-

- To understand stress effect on physical health of school students.
- To understand stress effect on mental health of school students.
- To reduce physical problem by yoga.
- To reduce mental problem by yoga.

Objective of the study :-

Research has shown that engaging in different forms of physical activity is positively correlated with mental health. By practicing yoga, positively in students and patience of achieving success improves in them. Today it is very important to start yoga practices in school for student and teaches too. As they both get tired of daily work pressure ,they need to relax mentally of physically. Physical education practice yoga in order to gain balance ,strength and flenciability and to release stress and escape the daily pressure Yoga is a tool that can enhance the well-being of teaches and students alike.

Importance of yoga

Practice of yoga is compulsory in countries. they believe in being fit mentally and physically so, we Indians should also start practicing yoga. In today's world students have so much of stress and pressure on them they need to relax yoga improves the concentration on studie3s.In school there should be a special teaches to teach yoga. Yoga also improves immunity power in students. many of they students suffering from malnutrition or obesity, yoga is very helpful for them. Yoga keep them fit. proper diet is also very important student should be avoid eating junk food, uncovered food. oily food by eating these food .they mey sick and get effect on then health.

Daily practicing Suryanamaskar makes students mind sharp and helps them to achieve these target. Yoga is also helpful for breathing rate. Students who participate in sports activities or they are player then yoga is necessary foe then to practice daily. Daily practicing yoga keep

the player fit. Players from different fields of sports should practice yoga by waking up early in the morning and practice yoga for at least 30 minutes everyday.

Students should be given more information about yoga and importance of yoga taught by the yoga teacher. It is very important to attract the youth towards yoga as today many students are addicted towards drinking alcohol, smoking etc. Yoga helps to distract them from these things and helps them to focus on their studies and achieve their goals in life. Many of the students do not achieve their goals in life, face failure and get depressed so to give them hope and patience to keep on going, Yoga keeps the mind cool and improves the ability of thinking towards success. Yoga improves the quality of sportsmanship for players today many schools and colleges have started practicing yoga for the betterment of students.

Conclusion –

Students performing yoga daily remain fit mentally and physically.

Yoga reduces obesity in school students, yoga improves concentration of students in studies and other activities.

Yoga is the best remedy for students, yoga improves immunity power in students.