



ENHANCEMENT OF MEMORY POWER OF THE STUDENTS: THE SPELL OF YOGA

Arts

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ABSTRACT

Yoga is an applied science. It has an application for both body and mind. Our present education system has become more mechanical and is failed to nurture all round development of the personality of the student. Therefore, an urgent need of the hour is to rebuild our education system. The main objective of this study is to explore the effect of yoga in enhancing memory of the students.

KEYWORDS

Yog, Pranayam, Memory

Yoga is India's greatest gift to the world. It is practicing in India since ancient times. A number of seals and fossil remains of Indus Valley Civilization, dating back to 2700 BC indicates that yoga was prevalent in ancient India. The systematic reference of yoga is found in Patanjali's Yogadarshna and Maharishi Patanjali systematized the yogic practices. After Maharshi Patanjali, many sages and yogis contributed to its development and as a result, yoga has now spread all over the World to enhance its awareness about all benefits. In this sequence, on 11 December 2014, the United Nations General Assembly with 193 members approved the proposal to celebrate 'June 21' as the 'International Yoga Day'.¹

Yoga

Yoga is an applied science. It has an application for both body and mind. Immediately it charges man and recharges man. As battery is charging inside the mobile and worked in the whole day. In this way yoga, pranayams and meditations charge a man. As a result yoga vibrated throughout the day and forgets all the pessimistic thoughts. So every negative thought is eliminated from a man. Yoga is not just a physical exercise but a holistic medical science, it is a philosophy of life, a spiritual knowledge.² There are so many historical proofs among us, like Sri Krishna, Sri Ram, Swami Vivekanand, Sri Arobinda, Mahatma Gandhi etc. Even inside the jail, they are doing yoga sadhana. In this way, so their level of voyage rose higher to higher, this makes them from a man to superman or a spiritual human. So that is the spirit of yoga. There is no medicine in the world take a man from lower to higher, from ground to sky. Yoga has that quality to germinate spiritualism inside a man. It provides a suitable circumstance to makes a man to super human. So yoga is nothing but a modern enactor, those who take it regularly, they are metamorphose from human being to spiritual yogi or great human being.

Maharshi Patanjali defines 'Yog' as 'Chittavritti Nirodh' (eradication of negative moods) Praman (Fact), Viparay (Transposition), Vikalpa (Alternate Option), Nidra (sleep) and Smriti (Memory) are the five moods. With the practice of Yog with dedication and devotion one eliminates these negative moods and the mind finds solace in merging with the soul. One can revives his/her dormant energy through Practicing Yog.³

If we will mainly follow the asanas, pranayams and meditation given in Asthang yog : Yam(Self-restraint), Niyam(Scriptural rules), Asana(Postures), Pranayam(yogic respiratory exercise), Pratyahar(withdrawal of senses from their subjects), Dharana (concentration), Dhyam (Meditation), and Samadhi (Transidental Meditation) or the eight aspects of Yog, we will totally transform ourselves.

Our present education system has become more mechanical and is failed to nurture all round development of the personality of the student. Therefore, an urgent need of the hour is to rebuild our education system, then it can fulfill the dreams of our Father of Nation "Mahatma Gandhi, who defines education - a system of an all round development of a child and man- body, mind and soul.

To produce true human being, the education system should develop in a holistic manner. The main objective of this study is to explore the effect of yoga in enhancing memory of the students.

Review Of Literature

The present study trying to understand the concept of yoga and its impact on students to enhance their memory through review the relevant literature.

Woodyard (2011) presented her research on the topic, exploring the therapeutic effects of Yoga and its ability to increase quality of life. While highlighting the importance of Yoga, it is considered as timeless and holistic model of health as well as healing for individual. Yoga offers a holistic path of healing. Yoga controls the fluctuations of mind and make live consciously with less sufferings.⁴

Harvard Yoga Scientist Kitamura (2013) has proven the benefits of Yoga and Meditation in Stress relieve. He highlighted the health benefits of Yoga and Exercises in their comparison studies.⁵

According to Gallotta et al. (2012) different types of exertion is contributed by young students with immediate attention performances. Young students show high concentration scores after each of the three types of controlled lessons.⁶

Gothe, Kramer and McAuley (2017), conducted a study related to hatha yoga and working memory. The experiment included 118 participants who were randomly assigned to an 8 week Hatha yoga practice group. They are assessed with cognitive tests, attention network task, comparison and intervention. It was found that Yoga intervention improved attention network, visuospatial and perceptual processing. The Hath Yoga practitioners improved in 27 intentional and information processing capability.⁷

Vasudev (1992) founded ISHA Foundation which is an internationally active on profit organization which focuses on Human development, transformation and self actualization through the lens of mindfulness.⁸ Telles, Naveen and Balkrishna (2010), described that meditation and attention were closely associated with each other in many ways.⁹

Sarup (1910) explained the necessity of contemplation on the spiritual form. According to him, besides other methods discussed in Sage Patanjali's Yoga Sutras, contemplation is effective in removing hurdles created in mind.¹⁰

Usefulness Of Yoga For Sharp Memory And Good Concentration

A good habit that a person learns at an early age stay with him throughout the life. This is the reason why parents and guardian try to enforce good habits and a healthy routine on their children. Like eating healthy, doing exercise plays an important role in making all-round development of children. Swami Ramdev suggests that while children learn everything quickly, doing yoga as it not only sharpens the brain but also increases the concentration which is beneficial for children to ace their studies. Schools and colleges closed due to corona virus pandemic, children are finding it difficult to focus on their studies and prepare for the upcoming exams.

Therefore effective yoga asanas that will increase the concentration power in the children and sharpen their memory. Swami Ramdev also suggests doing yoga daily to ensure proper blood circulation in the body which helps keep the children away from problems like headaches and weak eyesight.¹¹

The important yogic asanas to enhance memory:

- Sirsasana - This asana helps in the proper circulation of blood to the brain, which makes the eyes, the ears, nose etc. disease free. It makes the pituitary and pineal glands healthy and activates the brain. It increases memory, sharpness and concentration.
- Sarvangasana- If the child is not able to do Sirsana, and then it can be done. It has the same benefits as Sirsana and the entire body of children will stay healthy with this asana.
- Chakrasana- This asana makes the spinal cord flexible and stop ageing, and activate body, gives energy.
- Vrikhyasana- By doing this asana, concentration increases and makes the body flexible and sharpens the mind.
- Padhasthasana- By doing this asana, blood circulation increases in the head which makes the brain work faster.
- Surya Namaskar- It is a complete exercise. It reactivates all the body parts and the entire body become diseases free, gain strength and energy. Children should do this asana at least 5-10 minutes daily.

Pranayamas To Increase Concentration :

- Bhrastrika- This pranayama is doing in 3 ways. Sitting in a convenient meditative pose and filling the breath inside up to diaphragm through both the nostrils and then breathing it out gently is called bhastrika pranayama.¹² First breath in for 5 seconds and exhale in 5 seconds. Second, breath for two and a half seconds and release in two and a half seconds. Third, breath fast and release fast. Do this pranayama continuously for 5 minutes.
- Anulom-Vilom - Anulom Vilom is the best yoga technique to increase concentration and sharpen memory. Ten days practice of anuloma-viloma pranayama increased spatial memory scores by 86%⁹ here spatial memory is the ability to remember a route, shapes and so on.¹³ First of all sit in the posture of Padmasana or Sidhasana. So raise the right hand and with thumb close the right nostril (pingala nadi) and while closing the left nostril use the ring finger and middle finger of the right hand. Now take a deep breath from the left nostril (ida nadi) and close it with the help of the ring finger and the middle finger. After this, remove the thumb from the right nostril and exhale. This asana can be done from 5 minutes to half an hour.¹⁴

Pranayam is a very simple and very effective yogic breathing process that is very useful to beat the exam phobia. It has played the harmony between the heart and the brain waves. This technique helps to improve oxygen capacity of lungs. This pranayama calms the mind and aids in concentration. Free radicals and toxins are eliminated from the Ida and Pingala Nadi and help to restore the balance between the two. This pranayama helps to calm the nervous system.¹⁵

Tratak

There are so many benefits of Trataka. Sit in any one of the meditative positions like Padmasana, Siddhasana etc. Light a diya of ghee and keep it at a distance of 3-4 feet in front of the eyes. If ghee is not available mustard oil can be used. Then without blinking, set your gaze at the flame. Diya should be kept at a place where air movement is negligible. The guidance of an expert should be taken in order to fully accomplish this activity.¹⁶ It purifies the eyes and strengthens the eye muscles by exercising them to focus on a point. Tratak improves vision, concentration and memory. Therefore it is highly recommended for school children to cure exam-related disorders such as anxiety, headache, insomnia, etc. It provides inner peace and calmness of the mind. It enhances self-confidence, patience and willpower.¹⁷

CONCLUSION

Yoga can be practiced by anyone irrespective of sex, age, religion. It improves the discipline and sense of power as well as provides a chance to live healthy life without physical and mental problems. Yoga is one of the major parts of the medical science. So where medical science fails yoga begins and where yoga begins medical science fails. Most of the doctors of the world prefer yoga, because yoga can bring an all round development of body, mind and spirit. So yoga has a moral spell that can bring happiness within a man. No man and no medicine can make a man happy and healthy. Medicines are not used to cure the diseases only suppress the diseases but yoga can heal from diseases. When medical science makes a man survive with disease with pain, with frustration. Yoga can bring back to man roll on the road once again as a human. That is why the ancient sages did it long time. So every student, children should try to intimacy with yoga, pranayam, meditation to enhance their memory. The Yoga and Meditation are

introduced by Rishi Patanjali. Though Yoga and Meditation were recognized as spiritual exercises, they are very beneficial for education and social life also. Generally Yoga and meditation are not taught in homes, only if the parents or guardians are aware of it, they are passed on to the next generation.

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