

YOGA AND ADOLESCENTS ...



**DR. SONAL
ANTAPURKAR**

**PROFESSOR, HOD
DEPT OF SWASTHVRITTA
CSMSS AYU COLLEGE
AURANGABAD.**

The image features a quote set against a vibrant, space-themed background. The background is a gradient of purple, pink, and red, with a starry, nebula-like texture. In the top left corner, there are two large, stylized quotation marks. The main text is written in a white, uppercase, sans-serif font. At the bottom right, there are two large, stylized closing quotation marks.

TO LEARN SOMETHING, READ
ABOUT IT. TO UNDERSTAND
SOMETHING, WRITE ABOUT IT.

*To master something,
teach it.*

twitter

wii™

facebook



Instagram

Google™



XBOX 360



LimeWire



BitTorrent™

MEDIA HAZARDS

- CHILDREN AND YOUTH GET AN AVERAGE OF 7 HOURS AND 48 MINUTES OF SCREEN TIME PER DAY.



What are some of the risks?

- Stroke,
- heart attack,
- cardiovascular disease,
- type II diabetes,
- auto immune diseases,
- bone loss,
- depression,
- stress,
- anxiety,
- increased mental unwellness ,
- addictions,
- alcoholism and substance abuse ,
- premature mortality.

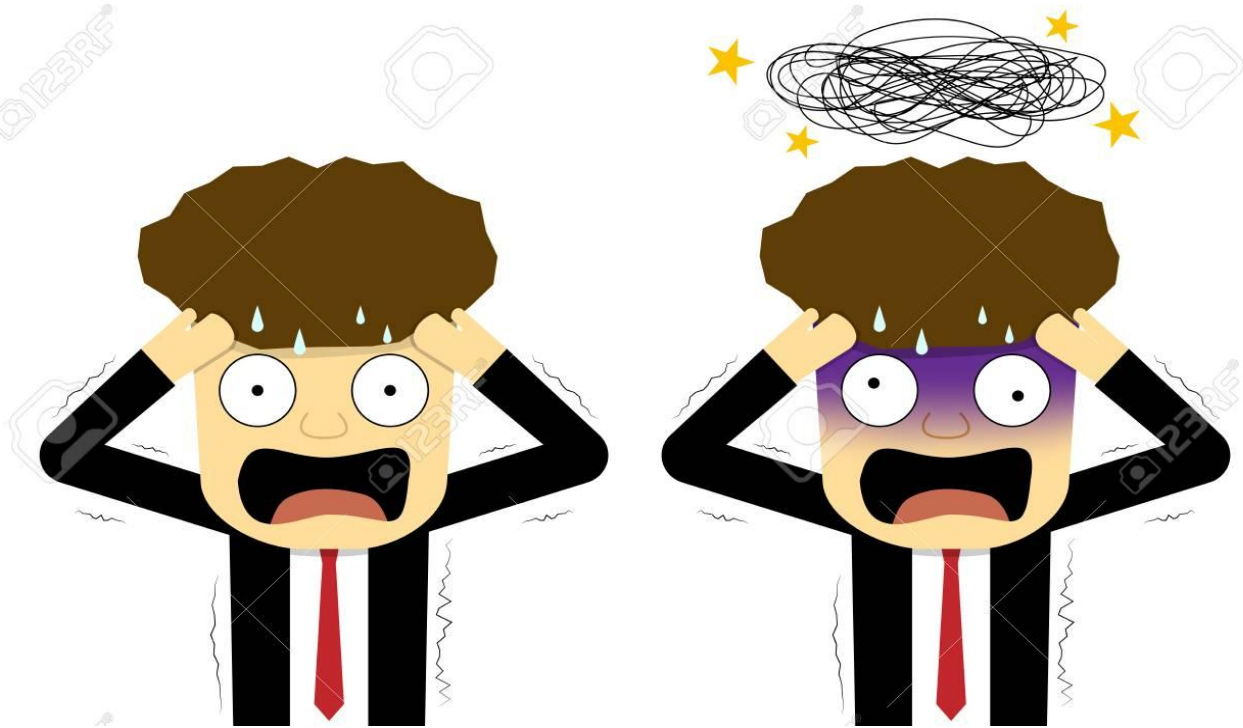
Attention deficit hyperactivity disorder

- **(ADHD) is a mental health disorder that can cause above-normal levels of hyperactive and impulsive behaviors. People with ADHD may also have trouble focusing their attention on a single task or sitting still for long periods of time.**

ADHD

- having trouble focusing or concentrating on tasks
- being forgetful about completing tasks
- being easily distracted
- having difficulty sitting still
- interrupting people while they're talking

OMG!!!!!!



SOLUTION????



YOGA



YOGA MEANS -----

“TO YOKE” OR “UNION”

- **PERSON AND THE DIVINE REALITY/GOD**
- **BODY-MIND-SPIRIT**

WHAT IS YOGA FOR----

Yoga is a way of ethical living that stands for ---

- nonviolence,
- truthfulness,
- sharing,
- good health,
- self respect and
- respect for others

What yoga is not . .

- Is not demonstration of ultra flexibility.
- Is not for just one group of people.
- Is not a religion.
- Is not new science.
- is not a myth.

Patanjali's Eightfold Path (the 8 limbs of yoga)

Yamas:	Ethical guidelines
Niyamas:	Spiritual observances
Asana:	Physical postures
Pranayama:	Breathing exercises
Pratyahara:	Turning senses in
Dharana:	Concentration/focus
Dhyana:	Meditation
Samadhi:	Union, enlightenment

Therapeutic Benefits of Yoga For youth

1. Mantra (Yoga sounds):

- Use of vibration and vocalization is calming and helps to **focus attention**.
- Encourages development of language and the **physical ability to speak**.
- Helps establish eye contact and **interactions**.

2. Breath awareness:

- Deep breathing has a **calming effect**.
- Practicing breathing encourages the development of breath support for **speech and postural stability**.

3. Postures and exercises:

- Help with all developmental aspects of gross **motor skills** including general body awareness and position in space.



4. Deep relaxation:

- Even a few brief moments of **quiet stillness** can have beneficial effects for children who rarely stop moving.



5. Meditation (Quiet/alert time):

- Improves **attention span**, the ability to sit still and **concentrate**.
- Helps **remove anxiety** and frees the mind from clutter so that it is more available for learning new things.
- Increases **Emotional intelligence**.

LACK OF YOGA LEADS TO---

PHYSICAL RESPONSE--

- Pain
- Reduced mobility
- Reduction in production of “feel good” peptides such as endorphins, serotonin, norepinephrine
- Withdrawal from these natural “drugs”
- Mood instability



MIND RESPONSE---

- Loss
- Fear
- Possible guilt or blame
- Disruption in goals and roles
- Reordering of daily schedule and rhythm
- Depression
- Anxiety



Yoga Practices

Postures, Breathing, Relaxation, Meditation



Fitness

- ↑ Flexibility
- ↑ Strength
- ↑ Coordination/Balance
- ↑ Respiratory Function
- ↑ Self-Efficacy

Self-Regulation

- ↑ Emotion Regulation
- ↑ Stress Regulation
- ↑ Resilience
- ↑ Equanimity
- ↑ Self-Efficacy

Awareness

- ↑ Attention
- ↑ Mindfulness
- ↑ Concentration
- ↑ Cognition
- ↑ Meta-cognition

Spirituality

- ↑ Transcendence
- ↑ Unitive State
- ↑ Flow
- ↑ Transformation
- ↑ Life Meaning/Purpose

LOVING YOGA IS LOVING OURSELVES.

**“LOVING OURSELVES
WORKS MIRACLES IN
OUR LIVES.”**

- LOUISE L. HAY



THANK YOU...