Case study in SKY Neuro-muscular exercises and relaxation for Tweenager

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ABSTRACT

The research was aimed to prove that Simplified Kundalini Yoga helps to develop personality of adolescents. This study was conducted on students from Government school, Coimbatore. Results of the training showed significant effect on the personality and academic achievement in students.

Keywords: Simplified Kundalini Yoga (SKY), Personality development

1 INTRODUCTION

Development of personality is an important issue. Personality starts developing since birth, but it assumes great importance during adolescence, when reorganization of personality takes place. Personality is a very common term which is used in our day-to-day life. It tells us what type of person one is. We know that each person generally behaves consistently in most of the situations. The examples of this consistency can be seen in a person who remains friendly or a person who is generally kind or helpful in most situations. Such a consistent pattern of behavior is termed as personality. It can be called as the sum total of behavior that includes attitudes, emotions, thoughts, habits and traits. This pattern of behavior is characteristic to an individual. There are various dimensions of personality. These dimensions are related to physical, emotional, intellectual, social and spiritual aspects of our behavior. For a holistic personality development, yoga plays an important role.

Scholastic performance in school children depends on multiple factors. Memory, attention, and motor speed are some of the important intrinsic factors, which play a major role in an individual’s performance. Motivation to perform can also be influenced by self-efficacy (1). Self-efficacy is defined as “an individual’s judgment of his/her own capabilities to organize and execute the tasks to achieve optimal performance” High self-efficacy is related to a number of positive physical, social, and psychological outcomes. A longitudinal study of 390 adolescents, reported lower levels of depression and delinquency with positively correlated emotional self-efficacy (the perceived ability to handle negative emotions and express positive emotions) Another study on low self-efficacy in students and patients reported severity of social anxiety and associated social impairment. Therefore, attempts are being made to create structured activities within the curriculum, which can enhance an individual’s scholastic behavior and performance. But, these programs with focused objectives have resulted in improvement of the student’s performance, but not behavior.

Psychologists have given a comprehensive list of components of personality. Simplified Kundalini Yoga founded by Yogi Raj Vethathiri Maharishi, is an integrated system of simplified exercises, meditation and steady introspection which leads the individual to self-realization. Simplified Kundalini yoga focuses on the development of personality of the individual in physical level, mental level, Intellectual level, emotional level and spiritual level. The study was undertaken to find the effect of SKY on the Personality (physique, social behavior, feelings, emotions, learning skills, ability to manage stress, interaction with family and friends) of students and also to find the effect of SKY on the academic achievement of its practitioners.

2 METHODOLOGY

2.1 Initiating research

The children at the age between 11 to 13 years were selected from both sexes for the study. SKY yoga is suitable for all climates, men and women from the age of 8. Practicing SKY will help to rejuvenate each and every cell and rejuvenate all internal organs. The time duration to complete the exercises are just 45 minutes.

2.2 Study

For this case study, for the selected age of children, Neuro-muscular exercises and relaxation were taught for 3 to 6 months. Children after practicing the exercise were found with drastic changes in their,

- Personality
- Obedience
- Attention
- Involvement towards studies
- Interaction with the society
- Responsible
Fig. 1 Neuro-muscular exercise

Fig. 2 Neuro-muscular exercise part-2

Fig. 3 Students response

Fig. 4 Teaching exercises

Fig. 5 Teaching exercises – neuromuscular exercisees

Fig. 6 Students pursuing exercises
Thus it is proved that SKY exercises is rejuvenating the cells, oxygenizing the body, activating the endocrine glands, purify the blood and regulate the circulation.
4 Conclusion

Thus it is well understood that adolescents require SKY to provide them consciousness and to understand who they are. Moreover, the study makes a strong recommendation that SKY should be bought in the education system so that every child will be given an opportunity to develop their personality for their harmonious life.

References