

Benefits of Yoga and Meditation for Disabled children

Geetaben Ambelal Patel

Assistant Professor, College of Education, Nani Daman, Affiliation of IITE. University, Gandhinagar, India

Abstract

Yoga is a spiritual science for the integrated and holistic development of physical, mental and spiritual aspect of our being. At present time in the field of research has proved that Yoga normalizes physiological and psychological functioning of man controlling the disturbances before they become powerful enough to cause breakdown. Yoga has never recognized any barriers of age, sex, religion, or creed. Yoga and Meditation Benefits of Helping Disabled people. Yoga makes one feel inspired because it's a feel good thing. When there is a lot of stress. it is not only good to be able to teach peace, love and happiness but also feel good about life ourselves and others in the process. Meditation is a part of yoga as it helps the individual to focus on being positive about life. we can get results from simple activities-for example, just stopping, resting and focusing on breathing can benefit our flexibility, circulation, balance and self-confidence. Yoga is not just about meditation. it's an activity that can benefit everyone.

KEYWORDS: Holistic, Disabled Children, Meditation, Spiritual

INTRODUCTION:

Swami Vivekananda says Yoga is a way of life. Which can make a person rediscovers his best in life. Meditation is a process of life that can regulate state of mind for tranquility for tranquility forever. The outside life and inner life and we can lead a very peaceful life. Yoga is a spiritual science for the integrated and holistic development of physical, mental and spiritual aspect of our being. At present time in the field of research has proved that Yoga normalizes physiological and psychological functioning of man controlling the disturbances before they become powerful enough to cause breakdown. Yoga has never recognized any barriers of age, sex, religion, or creed.

What is Disability ?

Disability is any restriction or lack of ability to perform an activity in the manner or within the range considered normal for a human being. A handicap is a disadvantage for a given individual, resulting from impairment or a disability that prevents the fulfillment of a role that is considered normal (depending on sex, age and social and cultural factors) For that that individual. Disabled means "Differently able", as they are popularly called. The World Health Organization (WHO) defines disability as: "Disability is an umbrella term, covering impairments, activity limitations, and participation restrictions."

Types of Disabilities:

Types of disabilities include various physical and mental impairments that can hamper or reduce a persons ability to carry out his day-to day activities.

Physical Disability:

- Disability of the upper limb(s)
- Disability of the lower limb(s)
- Manual dexterity
- Visual Impairment
- Hearing Impairment
- Development disabilities

Dyslexia, Speech /language

Mental Disabilities:

- Alzheimer disease
- Anxiety disorder
- Depression
- Phobia
- Schizophrenia
- Intellectual disabilities

Yoga :Importance for the Disabled

- Yoga is defined as a physical, mental, and spiritual practice or discipline that denotes a variety of school, practices and goal in Hinduism, Buddhism and Jainism. The Raja yoga and Health yoga is the best. But ultimate goal of yoga is moksha.
- Yoga includes physical exercise but it is also a lifestyle practice for which exercise is just one component. Training your mind, body and breath as well as connecting with your spirituality are the main goals of the yoga lifestyle.

Yoga help the Disabled Children: When you think of yoga, do you picture a group of people meditating with arms outstretched? The person who has cerebral palsy and has found the art of relaxation has been able to help him deal with muscle control and frustration of being confined to a wheelchair. For example: take the life of James, a person with cerebral palsy, who started to do yoga around four years ago, which has helped him to develop self confidence as yoga has him feeling a lot less stressed. James said: " It has changed his way of thinking and feel about himself. This was encouraged by James yoga teacher with exercises to keep him motivated and create a more peaceful environment for home to be in. It not only helps him emotionally but it helps him physically with his spine. Doing yoga has helped James" spine become stronger and given him more ability in everyday activities. Hence, yoga is way for people to do different activities that help increase flexibility and core muscles. Yoga helps the disabled to develop positive thinking and they can regulate their thinking in a better way. Yoga can foster strength building, and a sense of community and unity" among the disabled children.

When there is a lot of stress, it is good to be able to teach peace, love and happiness but also feel good about life ourselves and others in the process. Meditation is a part of yoga as it helps the individual to focus on benign positive about life. Yoga is not just about meditation, its an activity that can benefit everyone.

Benefits of yoga:

Yoga can improve flexibility, strength, balance, and stamina. Many people practice yoga that they say it reduces anxiety and stress, improving mental clarity and help them sleep better.

- (1) **Increased flexibility:** yoga techniques, if done correctly and done on a regular basis can lead to increased flexibility of your body. The techniques are used to make your body more flexible to allow you to achieve what you are looking for.
- (2) **Massaging of all body parts:** with differing yoga techniques you can massage all of your body parts. Yoga is really the only technique used that will reach your internal organs and allow them to get more benefit.
- (3) **Increased lubrication of all joints, ligaments and tendons.**

This helps tremendously as all joints, tendons ,and ligaments work at a higher level if they are provided with more lubrication. Think about your car. Do you think it would run smoothly without any oil ? it needs lubrication to work at an optimum level. The power of yoga to improve the quality of life for our children is starting to dawn on parents throughout the western world. Although yoga has been popular with adults for many years, only recently have kids Yoga classes started to make their presence felt.

(4) Excellent toning of muscles:

A lot of people use yoga techniques to tone up their muscles.A lot of body builders and athletes use these techniques along with their daily routine in order to tone the muscles.

Advantages of Meditation:

- (1) **Power to pack Up:** With the ability to go within, one can learn how to pack up all wasteful thinking in a second so that there is lightness and freedom from burdens and worries though there may be many responsibilities. Ones mind is scattered over the wide world and so much drawn out to people and matters that one is unable to sleep or to detach oneself at will with the practice of meditation one can wind up ones thoughts at will.
- (2) **Power of Judgment:** This is the ability to take quick and correct decisions one gets the ability to accurately assess a situation. In a detached impartial state of mind ,one can also judge own thoughts words and actions and ensure that owns judgment is not influenced by any bias.
Power of Discrimination:Just as an expert jeweler can distinguish between false and real jams an experienced practitioner of meditation develops the ability to distinguish between right and wrong, good and bad.

A yogi can tell truth from apparent truth and see the difference between things of temporary value and those of lasting value and between the superficial and the subtle. This power saves one from being deceived by illusions.

- (3) **Power to Cooperate:** As a result of having the above powers one is able to share with others own qualities and help them in their tasks. There is no felling of competition. So one as easily able to the best interest of the task at hand. This power helps people come together to accomplish big things.
- (4) **Power to Tolerate:** Just as trees offer fruit to all, regardless of whether they gently pluck it or throw stones at them, a yogi tolerates any kind of behavior and responds to even hostility with grace. In a light frame of mind, one can tolerate any kind of situation or people without even feeling that one is tolerating something.
- (5) **Power to Face:** Meditation develops ones ability to face loss ,adversity and hardship with equanimity. The awareness and confidence a yogi develops in his or her spiritual worth gives him the courage to face any situation.

Conclusion:

Yoga and Meditation Benefits of Helping Disabled people one of the meditation benefits along with a yoga practice is greater self-awareness and as this deeper awareness grows so does compassion, which leads to a happier healthier relationship with life: however, the opposite is also true, becoming disconnected from the body can lead to becoming more self-destructive. For those with disabilities embracing this awareness is a way to create a shift in consciousness that can transform the world. Because meditation is either about turning awareness inward or being fully present in the moment, the practice is truly accessible to everyone. Meditation has been found to be of benefit in so many areas, such as real life from emotional pain depression and relief from physical pain.

Yoga makes one feel inspired because it's a feel good thing. When there is a lot of stress.it is not only good to be able to teach peace, love and happiness but also feel good about life ourselves and others in the process. Meditation is a part of yoga as it helps the individual to focus on being positive about life. we can get results from simple activities-for example just stopping, resting and focusing on breathing can benefit our flexibility, circulation, balance and self-confidence.

Yoga is not just about meditation. It's an activity that can benefit everyone. Meditation changes our relationship with ourselves; it reveals our sense of purpose and allows us to shift for an egocentric perspective to one that is more world-centric. It's this shift in perspective is that leads to feeling of greater compassion not only for others but also for ourselves. A Study reported in the Journal of Mental Deficiency has suggested that "The practice of yoga can be useful for children, when applied to a group of ninety mentally-retarded children, Yoga helped produce a highly significant improvement in IQ and social adaptation.

References:

- Bhavanani Ananda Balayogi .(2008). A primerof Yoga Theory. Dhivyananda Creatinos,Iyyanar Nagar, Pondicherry.
- Gupta B.and Sethi B.(1980) .Indian Journal of Mental Retardation .Incidence of Mental retardation in a child guidance clinic.
- TellesS,Naveen KV. Yoga for rehabilitation:an overview.
- www.relaxation_disability.com