

Education for improving mental health of student's

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Abstract

Everyone knows that regular exercise is good for the body. But exercise is also one of the most effective ways to improve your mental health. Regular exercise can have a profoundly positive impact on depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts overall mood. And you don't have to be a fitness fanatic to reap the benefits. Research indicates that modest amounts of exercise can make a difference, No matter your age or fitness level, you can learn to use exercise as a powerful tool to better.

KEYWORDS: Mental Health

Introduction

We live in the world which is a much different place from the one that it was a few decades ago. Transformation of the lifestyle has had a colossal bearing on general health of the people. More and more people have been getting occupied in professions where the need of physical activities is decreasing dramatically. As a result the general health of population has taken turn for the worse. Deceases and other health complications are increasingly making their presence felt, especially in the under developed world countries. In these fast changing circumstances physical health and physical education have become things of paramount importance.

Dictionary meaning of health is freedom from disease. According to WHO health education like general education like general education is concerned with changes in knowledge , feeling and behavior of people. According to Thomas Wood health education is the sum of all experience in school and elsewhere that favorably influences habits, attitudes and knowledge related to individual, community and social health.

We live in the world which too is picture of science and technology and we consume most of comforts which are available around us. Many of these comforts essentially are causing physical inactivity which acts like slow poison and we are losing our physical health, Immunity, reflexes and natural drive to fitness. The good health is physical fitness and mental alertness and emotional glee. It is sum total of many aspects like; physical health, mental health, emotional health and social health. According to Herbert Spencer, 'the perseverance of health is a duty. The health of our body and mind depends on the soundness of the healthy of our internal organs, the heart, lungs, digestive system, glands, mind and nervous system. If the organs inside the body are active than the body medicine also acts otherwise the medicine leaves behind toxic and gives rise to many new disease and side effects. Yoga and other yogic practices awaken the inner strength of the body. While performing yogic exercise, we turn and twist the body, stretch it tightly, our blood veins are cleaned up and the heart is helped in pumping purified blood into the body and returning impure blood to the heart. The heart has to function constantly. In a spam 24

hours it pumps 8,000 liters of blood in the body and returns the same amount of impure blood to the heart and transmits it to the lungs for purification. The blood then returns to the heart. This routine process goes on until we are alive.

Five Main Factors in maintaining the quality of good health

Diet

For healthy and beauty of the body, a balance diet is required. A balanced diet contains all old elements needed to keep healthy. A diet that is usually conducive to the practice of yoga tee called yogic diet. Yogic food purifies the body and calm the mind. It should light and nutritious. Bo food is also known as static food this includes a lot of seasonal fruits and vegetables. One ld eat slowly and mindfully. The stomach should be half filled with food, one quarter air and one quarter water.

Physical Activity

Physical Exercise - Regular exercise increase the efficiency and capacity of the heart and lungs and helps people maintain their proper weight. Physical exercise is needed to mobilize and warm up different parts of the body. These exercises are adopted to fulfill the needs of particular ailments to loosen the joints, stretch and relax muscles, improve the power, develop the stamina, open blockages and joints and vessels, increase the heat energy and strengthens endurance of the body.

Posture

The posture is which body is comfortable and still for a longer duration is known asana (posture). Asana (postures) are very effective for physical, physiological and spiritual purposes. Some asana like Tad asana, Child pose, Bhujang, Salabh'asana, Dhanur, Chakra asana etc. yogasasan improves blood circulation, increased blood supply, improve the complexion, put colors in cheeks, makes the eyes shine, make away wrinkles etc.

Breath

The breath is the most vital process of body. It is linked to the performance of not just the body but especially the brain. Pranayama is also known as control of "Vital Energy" or "Life Force". Pranayama is the biggest medicine of this world. According to Manu MaharajJi, "As the metal like gold, silver are purified when they are put in to the fire same way all the sense organs are purified by the pranayam". These are various types of pranayama like Sadharan Pranayama, Anulom-Vilom, Surya Bhedi, Chandra Bhedi, Ujjayi, Shitali, Bhramari etc. we can do in our daily life.

Positive Thinking Process

Thought power is the greatest power on the earth therefore positive thinking is important so we can be free from anger, hate, greed and any other negative thoughts. When you think positively mind waves becomes sattvic or pure. The sattvic waves influence the glandular system which release sufficient secretions in the body. Body secretions

regulates all the internal autonomic processes and also make you calm, relaxed and happy. So positive thoughts always lead our lives to super consciousness and happiness.

Rest and Relaxation

Rest and Relaxation - Like food, water, exercises, proper rest is also one of the essential requirement for rejuvenating the body. Resting and relaxing the body is the final most important Yoga for Healthy India Clean India stack of normalizing, the body and mind and maintaining the wellbeing. This is done threepactice of asana, pranayama and meditation as it loosens body and mental tension: relaugh muscles, release the tiredness, regulates the body physiologies and connects body and mindthe reduce anxiety, stress, tension pain and brining awareness and higher consciousness. Some Its are like - Shavasana, Child pose, Makarasana etc.

Meditation

Meditation is the state of free mind that keeps the body and mind relaxed and retie purifies entire body and brings peace and happiness in our life. Meditation is beneficial for eve It especially those with hectic, stressful lives. In meditation, the overactive mind is calmed e turned inwards. The recharges the batteries increases physical stamina and improves the concentration

What are the mental health benefits of exercise?

Exercise is not just about aerobic capacity and muscle size. Sure, exercise can improve your physical health and your physique, trim your waistline, improve your sex life, and even add years to your life. But that's not what motivates most people to stay active. People who exercise regularly tend to do so because it gives them an enormous sense of well-being. They feel more energetic throughout the day, sleep better at night, have shaper memories, and feel more relaxed and positive about themselves and their lives. And it'selse powerful medicine for many common mental health challenges.

Exercise and Depression

Studies show that exercise can treat mild to moderate depression as effectively as antidepressant medication-but without the side-effects, of course. In addition to relieving depression symptoms, research also shows that maintaining an exercise schedule can prevent you from relapsing. Exercise is a powerful depression fighter for several reasons. Most importantly, it promotes all kinds of changes in the brain, including neural growth, reduced inflammation, and new activity patterns that promote feelings of calm and well-being. It also releases endorphins,powerful chemicals in your brain that energize your spirits and make you feel good. Finally, exercise can also serve as a distraction, allowing you to find some quiet time to break out of the cycle or. negative thoughts that feed depression.

Exercise and Anxiety

Exercise is a natural and effective anti-anxiety treatment. It relieves tension and stress boosts physical and mental energy, and enhances well-being through the release of

endorphins. Anything that gets you moving can help, but you'll get a bigger benefit if you pay attention instead of zoning out. Try to notice the sensation of your feet hitting the ground, for example, or the rhythm of your breathing, or the feeling of the wind on your skin. By adding this mindfulness element- really focusing on your body and how it feels as you exercise-you'll not only improve your physical condition faster, but you may also be able to interrupt the flow of constant worries running through your head.

Exercise and Stress

Ever noticed how your body feels when you're under stress? Your muscles may be tense, especially in your face, neck, and shoulders, leaving you with back or neck pain, or painful headaches. You may feel a tightness in your chest, a pounding pulse, or muscle cramps. You may also experience problems such as insomnia, heartburn, stomachache, diarrhea, or frequent urination. The worry and discomfort of all these physical symptoms can in turn lead to even more stress, creating a vicious cycle between your mind and body. Exercising is an effective way to break this cycle. As well as releasing endorphins in the brain, physical activity helps to relax the muscles and relieve tension in the body. Since the body and mind are so closely linked, when your body feels better so, too, will your mind.

Exercise and ADHD

Exercising regularly is one of the easiest and most effective ways to reduce the symptoms of ADHD and improve concentration, motivation, memory, and mood. Physical activity immediately boosts the brain's dopamine, nor epinephrine, and serotonin levels-all of which affect focus and attention. In this way, exercise works in much the same way as ADHD medications such as Ritalin and Adder all.

Four Ways to Improve Student Mental-Health

We are also concerned that attention to this issue is due to extremely rare violence than the well-established needs of millions of students, It also includes a review of the services and supports the 20-year-old gunman recede through schools and the community and decisions made by his parents. While the findings we special significance to Newtown, Conn., families and others directly involved, their broader is in the attention they bring to the continued challenges in our mental-health system, a system which schools and communities both play critical roles. These changes include inadequate ad inconsistent access to mental-health professionals, fracturedservice delivery, poorinformant sharing, and barriers to sackinghelp. They are not unique to thinsituation, nor are they new

1. Offer a continuum of school and community mental-health supports:

As increasing number of schools are providing mental-health services through a multi-lie redsay den of supports, or MTSS. At one and of this continuum is the universal promotion of mental health and wellness (such as programs that promote social-emotional learning and universal seeming for mental-health problems). Providing universal wellness promotion serves to mitigate intensive problems while at the same time improving overall achievement. At the other end is coordinated, individualized, and intensive school-and community-based mental-health treatment designed for those

students who develop mental disorders. School-employed mental-health professionals have the expertise to provide a range of mental-health services (assessment, counseling, and consultation, for example) to meet the needs of most students. However, for students with severe mental illness, it is critical to have seamless access to community-based treatment resources.

2. Broaden to school mental-health supports beyond special education:

Special education services are essential for students who have learning and emotional disabilities that prevent them from accessing the general education curriculum. But many students need mental-health supports do not meet the criteria for having a "disability." "When it comes to ensuring student success, mental health matters, and educators to be leaders, not bystanders, in this effort." our reach and effectiveness. Moreover, it puts parents in the position of believing that the best way to get their child help is to range for a special education placement, even if it isn't gain appropriate. This isn't good for anyone. Relying solely on special education as a mechanism to provide mental-health services have access to services, while special education is focused on those students with disabilities requiring intensive and specially designed instruction. In contrast, when schools provide mental-health supports within an MHS, all stakeholders coordinated mental-health care: Disconnects between school and community-based mental health providers create some of the biggest problems in mental-health care.

3. Improve school- community collaboration to provide integrated and coordinated mental health care

Lack of effective communication leads to confusion, contention, fractured decision making and implementation, and, as the Connecticut report notes, missed opportunities. These disconnects are caused in equal parts by structural differences (e.g., separate privacy laws regarding students and health), use of different terminology (e.g., "emotional disturbance" has a very different meaning in special education versus clinical settings), and ignorance about (and perhaps a dismissal for Healthy India of) the other's systems and processes.

4. Empower families to manage the myriad decisions and resources they need to meet their child's mental-health needs:

Parents should be the ultimate arbiters of their child's care and well-being. And they are often the primary, if not the only, bridge between school and community services. Improving our mental-health system requires a concerted effort among all of us. In addition to reframing our approach, increasing human and financial resources is essential. Current levels of both school-employed and community-based mental-health providers are grossly inadequate. Many of us are only able to serve children with the most intense needs, with little time to engage in prevention and early-intervention services.

Conclusion

When it comes to ensuring student success, mental health matters, and educators should be leaders, not bystanders, in this effort. Schools have the tremendous advantage of being a major part of children's lives. Schools are already communities with interdisciplinary

collaborative systems and supports. We can initiate conversations with local community providers and begin to take meaningful steps toward improving our mental-health systems so that all children are afforded the continuum of care they so desperately need.

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