

Synopsis and Case Studies: Overall Impact of Yoga Camp on JAZBA, NCC-Unit of Daulat Ram College

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Abstract—The current research paper is focused on studying the comprehensive effects that the regular practice of yoga has on the lifestyle of a young student (being age range from 18 to 21 years). This paper will be concentrating on examining and exploring the humanely parameters that undergo changes as a result of inculcation of yoga into a daily routine. These parameters are broadly categorized as mental health and abilities, emotional intelligence and well-being, psychology, human behavior, social behavior and physical health.

Yoga is a psycho-somatic-spiritual discipline for achieving union & harmony between our mind, body and soul and the ultimate union of our individual consciousness with the Universal consciousness. A practice which was born in pre-Vedic India and gradually spread to the rest of the world can be accredited with holding the key to most health-related issues today. However lesser and lesser young adults find themselves embracing Yoga as part of their lifestyles. This study is conducted with the aim of recording and analyzing the reactions and changes in the functioning of such youth when exposed to yoga for a stretch of 10 consecutive days.

To facilitate this motion, a group of 47 NCC Cadets of Daulat Ram College, who attended a yoga camp from 12th June 2017 – 21st June 2017 to celebrate International Yoga Day, were subjected to direct online and personal interaction in the form of a survey and personal interviews respectively to collect data. The questions asked to them answered the main parameters of the research paper and are the basis of this study.

Keywords: Physical Wellbeing, Mental Wellbeing, JAZBA:NCC-UNIT, Case Studies.

1. INTRODUCTION

Yoga as a form of discipline can be defined as a group of physical, mental and spiritual practices and the mention of the same has been found in the ancient Sanskrit epics and dates as long back as the 11th century. It is imperative to understand the meaning of the broad umbrella terms- Emotional well-being and

Physical well-being in order to understand the aim of this research paper in a better fashion. Emotional well-being as a state of the mind, is consequentially related to Yoga and can be simply understood as a positive sense of wellbeing which allows an individual to be able to function in the present society and meet the requirements of everyday life. Physical well-being, on the other hand, does not only mean the absence of diseases or illness, it also refers to the physical state of strength, agility, flexibility and immunity which allows a person to perform in all physically demanding activities successfully. The subject that this research paper deals with focused on the impact that the surrounding environment and society has on any individual, the case of young female students had been taken up specially in order to focus on that sector of the society which undergoes maximum transformation with growing and changing environments.

In order to understand the role that Yoga plays in affecting the physical and emotional health as well as the impact and the correlation between the society and human behaviour, it is important to know the different aspects that are covered under the broad coverage of this research paper. The ability to understand yourself, improved memory, removal of depression, anxiety, fears and addictions as well as stress management come under the category of mental health. Physical well being covers the areas of strength, agility, flexibility, endurance, immunity and freedom from any illness or diseases. All such concepts have been studied here.

2. ELABORATING THE ISSUES AT HAND

Indian teenage girls have been the most common victims of various mental and physical issues and especially when they are about to step into adulthood

and the routine phase of school life ends with the beginning of the grilling session of the college life. Due to lack of awareness regarding the kinds of cures or preventive measures that are available to prevent any dangers to the well being, girls tend to ignore the early symptoms that they notice and hence these problems may result in various mental issues which eventually results in physical disorders as well. This research paper tries to bring the young generation back to Yoga and our traditional ways of keeping ourselves fit and healthy by highlighting the various benefits that Yoga entails. The younger generation remains unaware of the numerous benefits that Yoga entails and hence it becomes essential for the younger generation to realise the potential of Yoga so that they may carry the cultural and traditional legacy of Yoga forward. The specific case of college girls have been taken up because it has been noticed that it is especially this population which remains out of the focus of medical care and due to hectic schedules, constant peer pressure and changing routines, they face a lot of problems which can be successfully solved by Yoga. For the same purpose a specialised Yoga camp was organised by the NCC unit-Jazba, for the girls of Daulat Ram College, University of Delhi, wherein they were subjected to a rigorous schedule of regular Yoga sessions and then surveyed to record the positive changes that can be observed in the girls.

This unique research was initiated because numerous cases of depression as well as anxiety were found among college girls due to various reasons which are as different as moving out of their houses to hostels for the first time and handling the pressures with the hectic schedule of academics and extracurriculars in college. Many girls are going through fear and anxiety because of which they cannot respond to the situations they face in the right manner. These girls also choose not to talk about their problems with anyone because they do not know who is the right person to talk to or they are suffering through inferiority complex and lack of interaction because of which they do not have a social circle in which they can easily share their problems and confide. These mentally stressful situations may also lead to the development of addictions which will be harmful to them at this young age. Such emotional setbacks also affect their learning and conditioning along with impacting their memory which in turn results into poor

academic performance. Similarly, physically too, the pressures of their new college life leads to fatigue, exertion and loss of energy due to which they are not able to perform well in all the physical activities that are concerned with their routine lives. Socially as well, they are experiencing new changes wherein many are not able to adapt to their new surroundings and feel excluded. Lack of confidence leads to poor communication and this lack of interaction keeps them away from creating and mixing up in their social circles. Hence, a special emphasis on this sector of the community was required because it is even more important for the students to stay mentally and physically healthy to have a good foundation and better lives in the future where they are able to realise their full human potential. A bright future of these girls will result into fast growth and development of the nation as well as economic prosperity with new ideas and innovations coming from a healthy female workforce.

3. THE PROPOSED EXPERIMENTAL SOLUTION

Yoga, as a solution is both easily accessible and economical for the students. The correlation between Yoga and the societal impact that it has by introducing positive changes in an individual which gets reflected in the society needs to be demonstrated and acknowledged by the masses so that we may replenish the traditional art form of Yoga in the younger generations and enable them to adopt it not only as a medium of physical fitness but also as a way of their life.

A camp was organised for the students who have enrolled themselves in the National Cadet Corps wing, Jazba, of Daulat Ram College under the convenor ship of Dr. Sonia Mehta (ANO) and they were subjected to a rigorous training routine wherein they learned about the various benefits of Yoga and meditation through constant practice under professional guidance. This camp was organised from 12th June 2017 to 21st June 2017 and ended by marking the celebrations of the International Day of Yoga. The students were involved in practicing various asanas for a continuous stretch of 10 days along with regular meditation sessions. Various asanas were divided into different categories and the following were practiced- (Standing Posture) *Tādāsana*, *Vṛikṣāsana*, *Pāda-Hastāsana*, *Ardha Cā krāsana*, *Trikonāsana*, (Sitting Posture), *Bhadrāsana*, *Ardha*

Uṣṭrāsana, Śasānkāsana, Vakrāsana (Pron Postures)
Bhujāṅgāsana, Śalabhāsana, Makarāsana

(Supine Postures) *Śetubandhāsana, Pavanamuktāsana, Śavāsana, Kapālabhāti, Prāṇāyāma, Nadi odhana / Anuloma Viloma Prāṇāyāma, Prāṇāyāma.* AYUSH Protocol has been the nationally accepted protocol which was followed by everyone and issued by the *Ministry* of AYUSH. This protocol gave an insight to the general public about the do's and dont's of the whole session and prescribed a proper procedure to the course of things.



Uttanpadasana



Trikonasana



Salabhasana



Vrikasana



Setu Bandhasana

The meditation sessions were also designed in a way that they played a soothing and calming role for the minds of the young girls and helped in relieving their stress. A large group of 47 students were chosen with the specifications that these students had to be compulsorily regular in the during the whole routine. Organising such workshops and involvement of large groups is also important because then the recorded results will reflect the observations from a diverse group and hence the conclusions that can be drawn from the survey and studies will be more reliable.

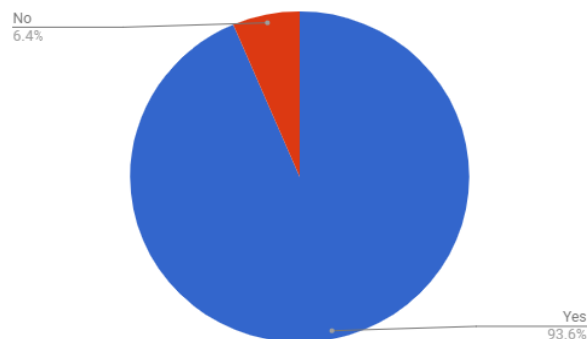
In order to maintain the proper scheme of the workshop, professional help was called for to monitor the agenda of the workshop and train the students. The workshop was carried out under the supervision of Ms. Rashmi Bhatia, who is a member of the Rashtriya Yoga Sansthan and possesses great knowledge about the art form. The camp was concluded in a special manner wherein an established name in the medical field, Dr. Sunil Khetrpal, MBBS, MD, was invited for a motivational talk session to the kids and he addressed the students by giving them a detailed information about the importance of Yoga and how it is connected to our cultural roots and history. All these measures were specially taken up to instill the values that Yoga brings along in itself in the students and demonstrate the importance of adapting Yoga in everyday lives at a young age.

Students were then made to fill a strategically designed survey, which measured the different types of changes that they experienced during and after undergoing the whole process. The survey is created in a format to specifically record the changes that the females have individually observed in them selves on a physical and mental level. Their states before and after the camp will be compared and hence the collected data will be used to draw meaningful conclusions about the specific results of Yoga in the lives of young female college students. These results will be based on the concrete information and figures that we have received through multiple surveys and by keeping the students under constant observation.

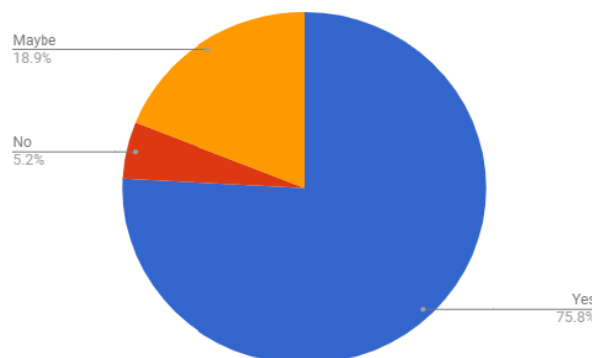
4. THE RESULTS THROUGH STATISTICAL DATA

The following results were drawn out of the elaborate study that was conducted.

Do you experience improvement in stress management?



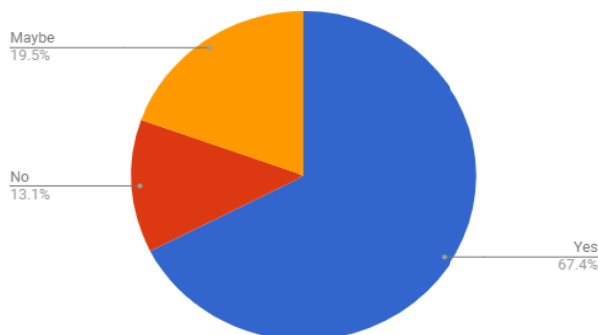
As a teenager college going girl, do you feel Yoga helps in relieving and relaxing you from the daily academic pressures?



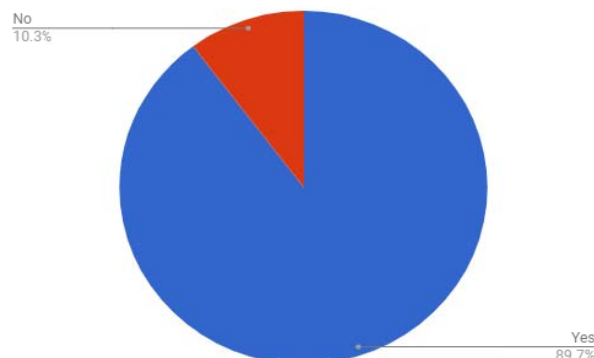
4.1. Stress related Issues

Out of the 47 responses that were gathered, 93.6% of the young girls believed that the camp has helped them in managing their daily life stress. This is a huge sector of the population on which the study was conducted if we consider the fact that the camp lasted for only 10 days and still such drastic results could be easily recorded through results. Most of the girls were undergoing stress related problems, which were having severe impacts on other aspects of their lifestyle as well. Hence, Yoga was put to test if it helps in handling stress or not, and the results are excellent. Better management of stress has led to the relaxation from daily academic pressure and this is also clearly supported by the above statistics, which say that 75.8% of the girls felt substantially relaxed and could handle the academic pressure and stress easily and in a better way.

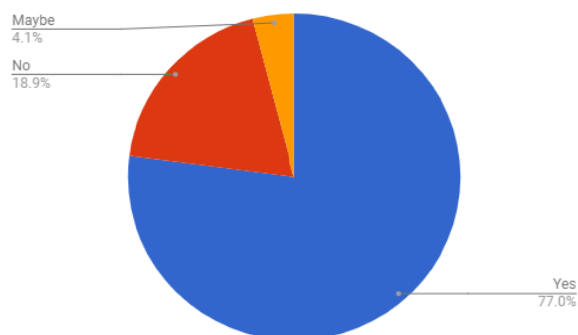
Did you experience an upliftment in your generic mood?



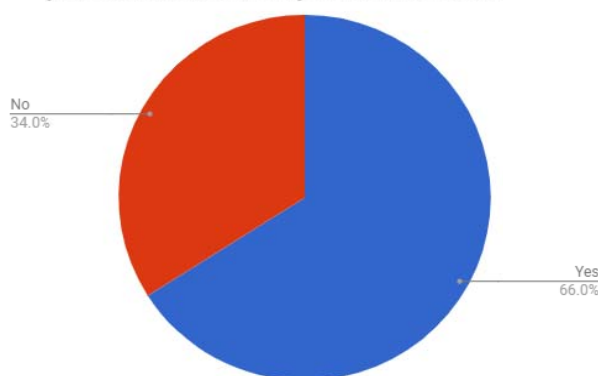
Do you feel a change in your personality?



Do you see improvement in tackling emotionally disturbing situations?



Do you feel an increase in your confidence levels?



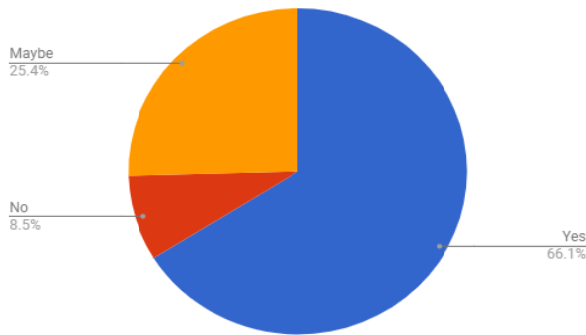
4.2. Emotionally Stable

We are well aware that girls undergo a lot of changes at an emotional level at this age which, if not managed properly, are reflected poorly in their performance and can result in various mental issues. It has been scientifically proven that Yoga helps in the betterment of the mental condition and the results from the workshop have proved the same. 67.4% of the girls were able to experience an upliftment in their generic mood, which means that they could control their temper and felt happier than otherwise. Similarly, 77% of the girls have stated that they could handle their emotionally disturbing situations in a better way. This is a huge result because this establishes that Yoga lets you control and channel your emotions in the right direction, which helps in the letting you take quick decisions and makes you emotionally strong to deal with the problems, which they have been facing in college life along with developing emotional intelligence.

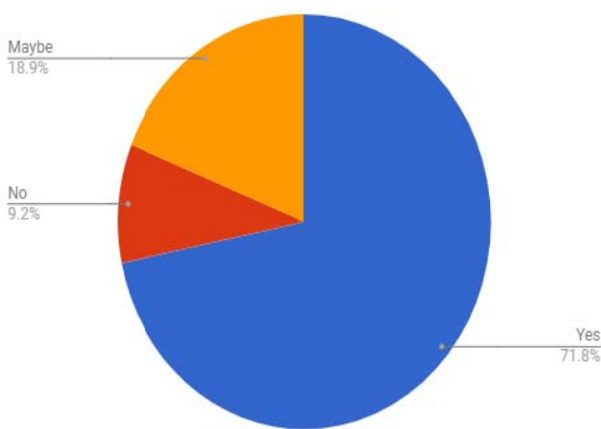
4.3. Personality Development

A student's personality plays a major role in their life because it is only through an impressive personality that they are able to make an impact in their social circles or climb the ladder of progress in their professional careers as well. Under-confidence is a common problem which has been seen among many students and this problem was effectively solved by Yoga as seen in the above result that 66% of the girls felt more confident due to their emotionally stable state, calm mind and relaxed body which were a result of Yoga. As the girls found an easy solution to their problems, they felt confident to handle other difficult situations as well. Similarly, if the girls have not observed a significant rise in confidence levels, they have definitely observed certain positive changes in other aspects of their personality, which has been reflected in the results wherein 89.7% of the girls have said the same.

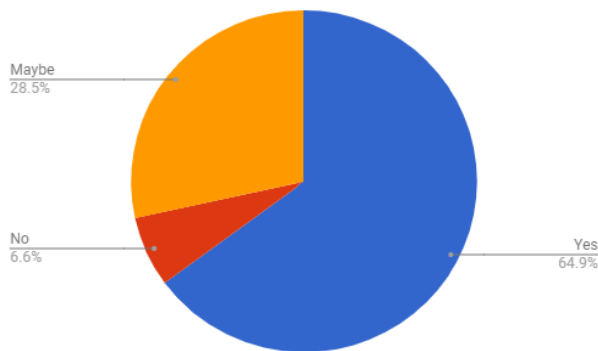
Did yoga help you if you were experiencing any kind of depression?



Did it decrease your anxiety levels?



Are you able to manage your anger better due to the yoga workshop?

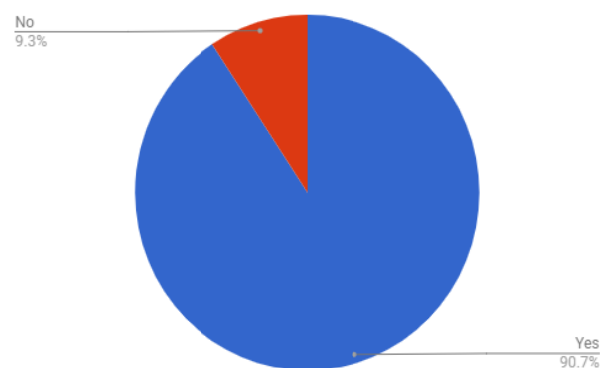


4.4. Mental Health

As can be clearly seen from the above results, that the Yoga workshop has had a huge impact when it comes to dealing with the mental issues that the girls were undergoing through. Depression, anxiety and continuous exhaustion levels were the problems that most of the girls were going through but they were not aware of

their solutions or ill effects because of which these problems were ignored or sidelined and thus resulted in hampering the academic and social life of the students. 66.1% of the girls were able to experience an improvement in their depression levels and a major sector of the participating girls stated that there was a considerable improvement in their anxiety levels. Anger management has also been constantly progressing in 64.9% of the girls who are now able to manage their anger better after the workshop which leads to development of soft skills and good decisions in life.

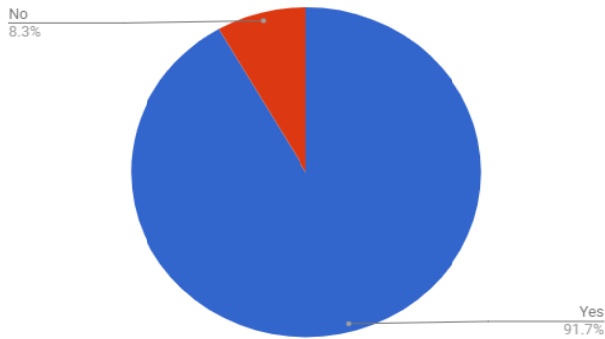
Do you feel positively energised as a result of this yoga workshop?



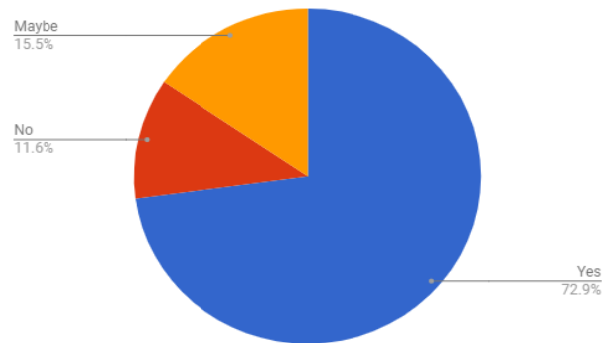
4.5. Spiritual Energy

Apart from the mental and physical benefits, students have also been able to experience an upliftment in their spiritual energy where 90.7% of the girls felt positively energised as a result of the Yoga workshop and that was maintained thereafter. Students, at this age, do not realise the importance of spiritual energy and the negative thoughts haunt them and affect their performance. Indulging themselves in activities that uplift their spiritual energy, introduce them to a new realm of positivity in their life to which they can hold on and enables them to take wise and mature decisions by calming and channelizing their energies in the right direction. We observe a major increase in this section because students tend to ignore the aspect of spiritual energy and hence when Yoga helped in the improvising the same, they were able to identify the change and positive impact very easily.

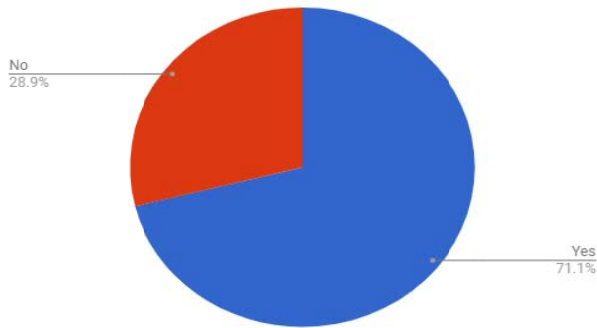
Would you like to attend similar workshops in the future?



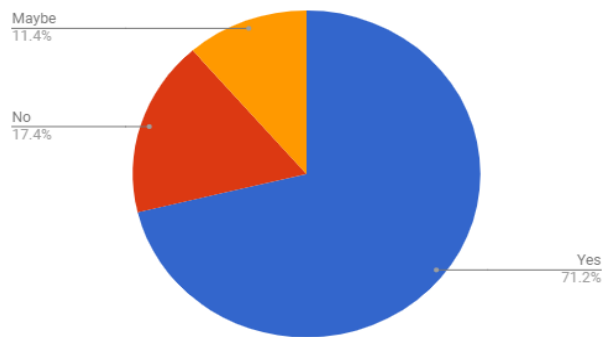
Did Yoga help in curing any physical problems that other medical procedures could not?



After the camp, have you adopted Yoga in your daily life?



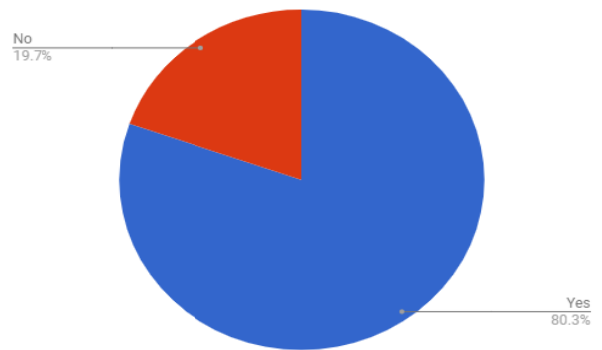
Has Yoga improved your physical strength according to the modern life demands?



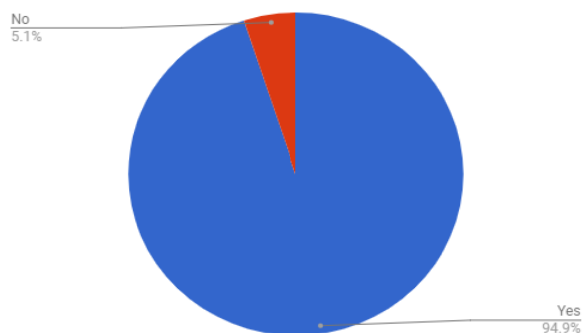
4.6. Generation of Interest

Such workshops were not common for the students and thus it was important to know if the girls enjoyed attending the same or not, a majority 91.7% of the girls wanted to attend such workshops in the future because out of the participating members, 71.1% of the members were able to see clear benefits from the workshop and they wanted it to be a regular camp for them where they can meet new girls, socialize and work on their physical and mental health together.

Do you see improvement in physical flexibility?



Do you see improvement in physical agility and feel relaxed?



4.7. Physical Benefits

Yoga not only showed numerous benefits for the mental health but students were able to witness numerous benefits even for their physical health. The important aspects in which Yoga showed improvement even in a short span of time were physical flexibility, agility and strength. 94.9% of the girls felt physically relaxed and could witness an improvement in their physical agility. 80.3% and 71.2% were able to see betterment in flexibility and physical strength, which helps them in

fulfilling the requirements of their daily life activities and they were able to do more things without getting exhausted. It was surprising to see that Yoga was able to help cure some of the problems that these girls were dealing with and other medical procedures were unsuccessful in curing them. Hence, the supremacy of the natural form of Yoga has been again established, as it was possible only through Yoga to cure diseases in such a short span of time. 72.9% of the girls have felt this change.

5. SPECIFIC CASE STUDIES FROM PERSONAL INTERVIEWS

Personal Interviews are a great way of getting a deep insight into the opinions of the participating members individually. The personal interviews, which were conducted gave out striking observations and three specific case studies have been picked up from the personal interviews. These case studies are taken into consideration because majority of the girls had similar problems and these broad cases covered most of the important aspects that have been worked on by the Yoga Camp. The names of the candidates who are involved in these interviews have been kept confidential due to privacy reasons.

5.1. Case 1

Student A was suffering through an acute case of migraine, backache and headache before the camp. She underwent allopathic medication before but could not find a solution for her problem. After attending the Yoga camp regularly, her medication dosages are now reduced drastically. The poor condition of her health has been improving constantly and now she has taken up Yoga in her daily life routine. On professional consultation, it was revealed that the Setu Bandhasana which is a part of the Ayush protocol helped in strengthening her back and helped in improving her migraine condition.

5.2. Case 2

Student B was suffering through common menstrual problems, which have been generally seen in most of the girls. There are various reasons due to which these problems arise and the most common reason is the lack of exercise and proper diet. Yoga Camp was specially designed to target these problems as well as most of the girls suffer with such problems but shy away from sharing such issues due to the stigmatisation that the

society attaches to the whole concept of menstruation. Student B was one such student, which confided during the personal interviews that the Yoga Camp has successfully regulated her menstrual flow along with reducing the menstrual cramps and pain.

5.3 Case 3

Student C represented the most common but the most important problem that majority of the girls who attended the camp were able to successfully overcome after being regular to the Yoga camp. Student C could not make right decisions and handle emotionally demanding situations, as she was short tempered and lost calm easily. After continuous meditation sessions after Yoga, it has led to better management of anger and she experiences increased focus and concentration. She feels she remains calm in situations where she otherwise lost her temper easily. This has helped her in having better interactions in her social circles as well as academic life.

6. CONCLUSION

It could be successfully concluded that such experimental workshops and camps of Yoga are essentially important to propagate the values that Yoga brings along and create awareness regarding the physical and mental benefits that Yoga brings along itself. The statistics prove that Yoga has been highly beneficial for this segment of the society and acts as a proof to substantiate the fact that Yoga has far more benefits than the students are aware of and if this discipline is focused by strategically planning the sessions for a particular segment of the society, they are even more impactful. This was an one of a kind study where the college going girls were kept in focus and conclusions were drawn to help students for a bright future and developing a progressive behavior in them. Personal Interviews showed an exponential increase in their levels of confidence where they could easily share their problems and how Yoga helped in curing the same. The personal interviews also allowed the scope of this research paper to be broadened by including specific case studies wherein the individual cases of generic problems of the sector at hand were highlighted and solutions to the same were studied. People are aware of the various benefits of Yoga but this research paper stands unique due to the particular way of researching which has been taken up during the process of the study

and the maximum direct participation which has been solicited to get authentic and realistic first hand data.

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