

Vol 5 Issue 5 Feb 2016

ISSN No : 2249-894X

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*Monthly Multidisciplinary  
Research Journal*

*Review Of  
Research Journal*

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**RNI MAHMUL/2011/38595**

**ISSN No.2249-894X**

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# Review of Research

International Online Multidisciplinary Journal

ISSN: 2249-894X

Impact Factor : 3.1402(UIF)

Volume - 5 | Issue - 5 | Feb - 2016



## "CONCEPT OF PERSON WITH DISABILITIES CHILDREN AND YOGA TO ENHANCE THE CONCENTRATION".



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### ABSTRACT:

WHO defines disability as: "Disability is an umbrella term, covering impairments, activity limitations and participation restrictions." Disabilities include various physical and mental impairments that can hamper or reduce a person's ability to carry out his day to day activities. Children with mental impairments that affects their mental attitude, they lack confidence and have a poor self-image. They develop feelings of inferiority from their awareness of their own abnormality and lack of success in all

directions. They are frustrated due to the inability to do simple things, either not at all or with immense difficulty. Hence they are always highly tense and tire easily from physical exertion. The spine is stiff, thus producing much pain, which further limits movement, imbalances co-ordination they also have difficulty in concentration.

Systematic yogic techniques or practices is one of the best policy to enhance the concentration of mental implement of children's. Asanas, Mudras, Bandhas, pranayama and meditation which enables the children to achieve higher levels of mental performance and bringing out the hidden potentials from within.



**KEY WORDS:** Yoga, Concentration, PWD etc.

### INTRODUCTION

Yoga is one of the six schools of ancient Indian Philosophy. It is the practice that enables one to achieve higher levels of performance, bringing out the hidden potentials from within. Systematic Yoga

practice will increase the physiological and psychological wellbeing. Disability affects their mental attitude. They lack confidence and have a poor self-image. They develop feelings of inferiority from their awareness of their own abnormality and lack of success in all directions. They are frustrated due to the inability to do simple things, either not at all or with immense difficulty. Hence they are always highly tense and tire easily from physical exertion. The spine is stiff, thus producing much pain, which further limits movement, imbalances co-ordination. They also have difficulty in concentration.

### YOGA

The word 'yoga' comes from the Sanskrit root 'yuj' which means 'to join' or 'to yoke'. Yoga is practical aid, not a religion. Yoga is an ancient art based on harmonizing system of development for the body, mind and spirit. The continue practice of yoga will lead you to a sense of peace and well-being and also a feeling of being at one with their environment. The practice of yoga makes the body strong and flexible; it also improves the functioning of the respiratory, digestive and hormonal system. Yoga brings about emotional stability and clarity of mind.

### 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 age, sex and social and cultural factors) for that individual'. Disabled means "differently abled" 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 person's ability to carry out his day to day activities. Disabilities can be broken down into a number of broad sub-categories, which include the following:

#### Physical Disabilities

This can be either in-born factor or acquired with age. This category of disability includes people with varying types of physical disabilities including:

- Disability of the Upper limb
- Disability of the Lower limb
- Visual Impairment
- Hearing Impairment

#### Mental Disabilities

- Alzheimer's Disease
- Anxiety Disorder
- Depression
- Phobia
- Schizophrenia

### Intellectual disabilities

"Intellectual disability" or "developmental delay" is a term commonly used to describe someone with mental retardation, someone who learns and develops more slowly. But having an intellectual disability doesn't mean a person can't learn. "Mental Retardation is a condition of arrested or incomplete development of the mind which is especially characterized by impairment of skills manifested during the developmental period which contributes to the overall intelligence, i.e., cognitive, language, motor and social abilities".

### CHARACTERISTICS OF DISABILITY

- I.Q. level is below normal for the intellectually disabled
- Poor motor integration – clumsy and uncoordinated actions.
- Some exhibit physical features such as small head, very large head, fissured tongue, tiny slanting eyes (Down's syndrome)
- Slow understanding and response, gets distracted very fast

### CAUSES OF DISABILITY

#### 1. Biological Causes

- **a) Genetic Causes:**
- Chromosomal abnormality (extra chromosome in 21st/23rd pair)
- Either of the parents retarded
- Parent as the carrier of the factor

#### b) Non Genetic Causes:

- Pre natal – Fever, malnutrition, high B.P., Diabetes, X ray. Asthma, Rh factor, and other drugs.
- Natal --
- Born before 250 days (premature),
- Gestation more than 10 lunar months
- Long labor periods with difficulty
- Delivered in wrong position
- Bleeding in the brain of the child due to injury
- Post Natal --
- High fever before the age of 6
- Severe and partially treated T.B
- Mall nutrition, Head injury etc.

#### 2. Psychological Causes:

- Unfavorable environment
- Mall adjusted family
- Total isolation

### PREVENTION OF DISABILITY

- A broad community wide social education
- Maternal age is restricted to 18 – 36 years
- Avoidance of consanguineous marriages

- Avoidance of maternal use of intoxication and drugs.
- Proper immunization for pregnant mothers against infections
- Child should be immunized against diphtheria, whooping cough, tetanus, polio and T.B during the first year of birth.
- CSF examined
- Amniocentesis
- Proper nutrition
- Mental stress during first four months of pregnancy need to be avoided

### YOGA FOR CONCENTRATION

#### ASANAS:

Although the 'differently abled' children might not be able to practice all of the poses, there are many postures that are especially beneficial to them. Even trying to attain a particular posture has the same benefit as attaining the final position. Depending upon the type of handicap, most of these postures can be modified for them. In fact, they can be taught to perform various poses without moving at all. There are instances of severely disabled persons who practice their yoga routine from their beds or wheelchairs or sum specific chairs. Asanas work on the muscles and the joints, creating space within the body's structure to help increase circulation and improve flexibility. The physical functioning becomes more concentrated and less stressful

Postures to increase concentration: Balancing postures such as Vrikshasana, ArdhaChakrasana, Garudaasana, Bakasana and Natarajasana. Other postures like Parvatasana, Padmasana, Vajrasana, Virasana, Sukhasana, Tadasana and Makarasana etc. Children have to be helped by the parent or the instructor to maintain these postures.

Postures to improve confidence and the body stance: Back bending postures such as Bhujangasana, Ushtrasana, Chakrasana, Dhanurasana that opens the shoulders and the chest region are useful for improving their self-confidence and also their concentration of mind

This holds good for all the Yogic Techniques. Postures are tailored as per the ability of the individual child.

#### PRANAYAMA:

Pranayama (breathing technique) controls and regulates breathing and is very beneficial for the disabled. This technique particularly improves the stamina, balance and strength, along with inducing better sleep by the improved circulation of the Vital Energy. Good breathing can also help release deeply held physical and emotional tension within the body. Pranayama helps in controlling fits which may be common among these children.

Sounds of animals make it interesting for them to perform. Nadishodhana pranayama KukkuriyaPranayama, (dog panting breath) is an all-time favorite with children.

Bhramari pranayama is very effective in instantly calming your mind down. It is one of the best breathing exercises to release the mind or agitation, frustration, anxiety and get rid of anger. A simple to do technique can be practiced anywhere at work or home and an instant option available to distress yourself.

Bhastrika is also known as the 'cleansing breath' helps remove old, stagnant air from the lungs and cleanses the bloodstream of excess carbon dioxide. Its practice also decreases response time and enhances memory and comprehension. Research also suggests that it is useful in combating learning disorders and mental retardation.

Its practice also decreases response time and enhances memory, comprehension and concentration. It may also be of value to train mentally retarded children who have prolonged Reaction Time.

#### **MUDRAS:**

All students need is good concentration skills, while most students find it difficult to concentrate and deviate from studies, some yoga mudras can help them keep their spirits boosted. All students need to do is work a little on their posture and instantly increase their concentration level.

Salutation seal this is also known as Anjali mudra is an excellent way to encourage a meditative state of awareness. Chin Mudra/gyna mudra gesture of knowledge. It enhance concentration, relieves stress, sharpness the memory, impure sleep and a remedy foe mental disorders and depression. Chinmaya Mudra, working with breath and sound vibration induces a sense of relaxation and reinvigorates the head and neck region reducing stress, Hasta Mudras and Kaya Mudras. Helps drive away depression, bringing out a sense of joy and happiness.

#### **BANDHA:**

The historic tradition of hatha yoga (three bandhas) here will be introduced the idea that three are many bandhas, each one capable of moving the energy upward to the next chakra. When yogic enter sahaj Samadhi these bandhas occur naturally. The mulabandha connects us with the earth energy grounds us moves the earth energy up from the muladhara chakra swadishtana while moving the sky and sun energy down to connect with earth. Jalandhara Bandha Later Uddiyana Bandha may be included.

#### **DHYANA/MEDITATION:**

The practice of meditation in any form reduces the feeling of loneliness and gives peace of mind leads to concentration. It is very beneficial for the physically disabled, but a difficult practice for the mentally challenged. Poor concentration is a common complaint by parents and teachers alike and our all-time enemy. The worst is it Vedas us when we need it the most studying at night for an instance. Well now there a sure shot solution to this problem a simple technique called meditation several research studies have shown that regular practice of meditation can help increase attention and sustain it even during boring tasks, to quote one such research a study conducted at the University of Pennsylvania showed that even a few minutes of daily meditation can help improve concentration and performance.

#### **SHATKRIYAS:**

Some of the Shatkarmas such as Trataka, Kapalabhati, may be very useful for the developing concentration and also act as tranquillizers. Daily practicing Trataka purifies the eyes strengthens the eye muscles and improve vision and memory. Helps with sleeping difficulties and bedwetting the ability to concentrate and is therefore recommended for school children develops intuition the ability visualize and willpower.

#### **CONCLUSION**

There are millions of people who have some form of emotional, mental, physical handicap that can limit their activities to varying degrees. Yoga is more about experiencing where you are now than about where you should be. Yoga It is a way of life, a philosophy that applies as much to the disabled as to anyone else. Yoga and modern education must meet together to bring about a total transformation,

to accelerate the process of evolution, to help in realizing self-esteem, self-discipline, Self-evolution and self-identity. So yoga is essential for everyone especially for person with disabilities children

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