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RELEVANCE OF MULTIMEDIA IN PROMOTING PRACTICES OF YOGA FOR BETTER TOMORROW

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Abstract

This article profess state that Yoga can be valuable tool for coming generation if they practices yoga every day with perseverance, they will definitely be able to face the turmoil of life with steadiness and maturity .Now a day's Children and youngsters worldwide are spending more and more time in front of television sets or computer screens and on cell phones making media a central part of their lives. Young people, today are expected to be and or often constantly online. Multimedia has become a huge force in human being culture Industry and Education. Multimedia in education has been extremely effective in teaching individuals a wide range of subjects including yoga. The multimedia promoted yoga as a great way of staying in shape both mentally and physically.

The aim of the article is to reveal the implication of multimedia as a tool for promoting yoga for better health among of youth web blogs ,twitter, face book, you tube, mobile phones ,internet and its dimension are really a playing a vital role in this aspects.

Keywords- Yoga, Youth, Use of Multimedia.

Introduction

Yoga is an invaluable gift of India's ancient tradition and is a holistic approach to health and wellbeing. It is not a religion but is a way of living towards a healthy mind in a healthy body. Today's youth face numerous stressors, growing up in a globalized world, surrounded by electronics media and confronted with pressure from collage and increased competition in multiple aspect of life. It is to believe that yoga practice may help youth cope with these stresses and contribute to life balance, wellbeing and positive mental health.

Despite several technological and scientific advancements, along with immense material progress and globalization at large have lost its peace of mind. In our attempt to climb the material corporate ladder, we are neglecting our qualities of life and in the process inviting several physical and psychological issues such as diabetes hypertension and anxiety attacks amongst others. The root cause of external maladies is internal distress. The global community is now realizing the importance of yoga as a sure shot remedial measure in preventing such atrocities from recurring yoga is the union of the inner with outer being the yogic knowledge since its practice has the ability to improve and enhance grasping power and memory retention skill should become accessible from every section of the society. The youth can greatly benefit from the purist of yogic knowledge.

The multimedia technologies offer an enjoyable and engaging means for communication of health messages. Therefore there is a huge potential for knowledge on yoga, in its most authentic form to be communicated to the youth through multimedia channels such as blog posts, Facebook, instagram, twitter, YouTube, mobile phones and internet etc. These are used to make yoga and meditation more interesting, motivating, simulating and meaningful to the youth.

Yoga For wellbeing

Yoga, as elixir that works an almost every new age predicament such as obesity, depression, diabetes and panic attack, is not a solution only for grownups but also for young children and can help them lead a better life style as they grow up there are some of the benefits of yoga for children and youth.

1-Inner peace

Yoga promotes healing from the inside rather than looking good on the outside. The peace of mind stimulates the release of good hormones that have a snowball effect and up lifts the disposition of the child and youth in general. Regular practices of yoga can help you to become resilient while daily meditation can calm an agitated mind. Suk asana, Sava asana, Maker asana, Paschimottanasana.

2-Relaxation

Yoga enhanced attention in children, supported executive function development and reduces anxiety. Yoga teaches children and youth how to correctly cope with the stress manage it and stay productive through Hal asana, Makarasana, Sava asana etc.

3-High confidence

yoga make people enable to connect themselves with their deeper lays and understand more fully what they are. Regular practice of yoga can give them a natural high. Yoga and meditation keeps your energy level high through the day. They can complete daily task at faster pace. Yoga encourages self-love and self-acceptance Hal asana, Uttanpad asana, Trikonasana, vrikshasana, are helpful in achieving high confidence.

4-Managed more focus

yoga also helps to improve attention span and focus which helps in reducing inattentiveness, hyperactivity and impulsivity. Yoga can helps teen mentally refocus on the task at hand. Regular practices of yoga can improve their focus on memory which leads to better academic performance.

5-Increased strength

yoga practices for youth can contribute to more self-confidence, more feelings of well-being, better emotional balance, and improve physical fitness. It also boosts immunity and prevents attacks from different viruses and bacteria by increasing the level of antibodies, virabhadrasana, setu- Banda, Sarvangasana.

6-Higher quality of memory

Dreaming is an essential part of our mental balance. Regular yoga helps in better quality in sleep which improves the memory function. Mindfulness enables them to become less anxious and more relaxed through Matsy asana, Suryanamaskar, Bhramari Pranayama, Vajrasana etc.

Multimedia technology is a great tool for developing Yoga

Multimedia is great tool for developing yoga. Multimedia enables learners to sit in the comfort zone to learn yoga. The multimedia has huge impact on a lot of things in today's society. Yoga is no different in that regard. We can see photos of people doing amazing poses and arm balance all over the internet.

In ancient time yoga was considered spiritual practices and asana was part of the way to enlightenment, but from last two decades the concept of yoga has shifted from spirituals to physical. Now the different multimedia channels promoted yoga as a great way of staying in shape both mentally and physically. There are number of benefits to tertiary learning online that

are unique to the medium. A participant can access the yoga program at any time that is convenient not just during the specific 1-3 hour period but quick snatches at odd times or long late night sessions.

1-Facebook - yoga has become an extremely popular form of exercise and meditation around the world through Facebook. Dozens of yoga Facebook pages are available to help the people to improve their yoga flexibility. Yoga magazine is published monthly and available nationwide. Yoga journal is the authority on yoga and the yoga life style. It is the brand for all practitioners from beginners to masters who want to live the healthier, happier more fulfilling life both on and off the mat. Yoga journal is the world's largest and most influential yoga brand which provides in-depth information on pranayama, asana, meditation, nutrition, health, trends and more. Some of the important links are:-

Yoga journal

<http://www.yogajournal.com>

Yoga- Bio-home

[http://www.yoga](http://www.yogamagazine.com/) magazine.com/

2-YouTube - YouTube has tons of free classes, tutorials and informative videos on all things. Yoga, when you browse the magical online land that is YouTube. That is great for yoga enthusiasts who prefer to do yoga at their home. Although there are many energy channels which provide the right information to the right person. However there are some that truly stand out. Yoga YouTube videos can be used in a yoga classroom for various aspects of yoga as to enhance attitude, awareness, knowledge, mental health and many more. There are so many websites that offer the online yoga classes through YouTube channels like:

- Yoga with Adriane
- Bad yogi
- Faith hunter
- Fight master yoga do you yoga etc.
- Do you Yoga etc.

3-Instagram- over the years, yoga has rapidly grown in popularity, especially when it comes to the entire picture perfect- poses gracing the feeds for Instagram users everywhere today the timeless practice has a huge following of search for 'yoga' on Instagram and your feed will be flooded with images and solutions from all over the world. It is a ton of fun to snap photos of your favorite asana and share them with your friends and loved ones, with more than 65 million yoga posts trending on Instagram and yoga accounts springing up through many links like-

@Spiritually fly

@travel and do yoga

@kertyoga

Yoga-mami

4-Twitter - Twitter is the latest greatest fastest virtual communications tool. Twitter is the best way to get information quickly on developments in the world of fitness, yoga and nutrition. There are hundreds of yoga experts on twitter who can give people the inspiration and motivation for their practice every day. The teacher can also conduct online yoga exercise through twitter on-

@yogadrok

Yoga heals

Yoga journal

5-Skype - In today's modern world anything is possible to be taught through Skype. Yoga on Skype is a great convenience of sitting at home or institute for students. Using Skype provides unlimited possibilities for the teacher and students to collaborate with each other anywhere in the world.

Skype yoga is super easy. It provides immense opportunity for the students in yoga and meditation class to contact with classes in other countries to practice their asana and meditation.

6-Pinterest- People are always looking for ways to look and live better. There are millions of users who go to pinterest to look for self-care retreats by meditation, hat yoga, desk yoga and brain training. On pinterest one can share favorite poses, morning routines, stretches and different asana of yoga and meditation.

7-Blogs - The online community of yoga blogs is vast. Blogging has become increasingly popular, especially in the realm of teaching yoga as they are a great way to share information. There is tons of yoga blogs avails that you can find in a matter of minute. People can get all the information about yoga and meditation and about all the yoga courses and yoga asana.

8-Podcasting- Today the students are listening to new clips, music and video clips via the web. The teacher can reach to these students in a new way i.e. through podcasts. In the age of multimedia podcasting is impossible to ignore in the yoga space. Podcasts are a great way to learn on the go, listen to your favorite creator's, talks about their art and even participate in yoga class's right from the comfort of your home.

9-Mobile phone- we live in the era of advance technology and mobile phones are inarguably the most widely used device around the world. The use of mobile phones as a learning tool has a wide variety of application in teaching and learning yoga and meditation. Using a smattering of apps available for both Android and ios. We can easily drop into yoga or meditation session where ever we might be. Yoga Apps on mobile covers most of the yoga to slay away from all kind of diseases and helps us to live healthy life. It includes various pranayama, asanas and vyayam.

Conclusion:

It has been noted that tried and tested channels of non digital communication have not been able to position yoga as an appealing necessity for the youth. More over the most frequented communication channels for the youth now days are present on digital media today. Instead of textbook and traditional methods, many yoga trainers and students prefer using these new multimedia techniques to teach and learn yoga and gain experience with their fellow beings through internet. With the help of the latest multimedia technology, online yogis are now appeared in your own living room to answer your questions on yoga practices, Food and dietary habits, Asana, Pranayama's, Dhyana etc. techniques live.

It can be conclude that yoga is an empowerment tool for the youth to be fit and healthy and its channel fo communication has to be well picked in order for it, to appeal to the youth. The use of multimedia provides a wide range of scope for integrating varied learning experiences in yoga and meditation making learning holistic.

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