

Scientific Technological Evaluation Of Isolated And Companioned Practices Of Yogic Practices And Meditation On Psychological Conditions Of College Students

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Abstract :Today in our world lots of new treatment methods were innovated day by day. For that these treatments are only treated our body at the time of disease permeably throw away from our body. To practising yoga and meditation are made great contributions. Like these the combination of yoga and meditations promotes the life style of the people. So the new step taken from my side to apply the isolated and combined yoga practices and meditation technique on the psychological abilities of human brain. The yoga and meditations both things promoting the psychological well being of the college students.

Keywords: Yogic practices, meditation and psychology.

INTRODUCTION

Yoga is term that means to tied (or) knight the soul and mind . When we are practicing yoga every individual qualities can be promoted through the practice of yoga in everyday. Life yoga is a great tree it was having large number of leafs and breaches. The divisions of yoga like asanas, pranayama, meditation Kriyas, mudras and chakras. These are the real practices that can be related with every human potentiates so those who are practicing yoga they are having lots of inner health related benefits. These yoga treatment not having any other issues.

STATEMENT OF THE ISSUE

This study has been commonly focused on the main issue to identify the scientific technological analysis of isolated and combined precise of yogic practices and meditation on psychological conditions of college students.

REVIEWS RELATED TO THE STUDY

The main area of this study was mainly related with yoga and meditations. The studies related to the current study previously published by Alagappa K (2019). Selvakumar (2019), Parthasarathy S. (2019) exposed the outcomes of yoga and meditations to the real life style.

METHODOLOGY

For this study I was included some yoga practise package and some meditations related to the psychological variables of normal beings.

Combined Yogic Practices and Meditation	
Yogasanas	Meditations
Paschimottanasana	Kundalini yoga
Bhujangasana	Zen meditation
Naukasana	Transcendental Meditation
Tadasana	Kundalini yoga

Kursiasana

Trikonasana

Adho Mukho Svanasana

Vrikshasana

Loving-kindness
meditation

Body scan or progressive
relaxation

Mindfulness meditation

Breath awareness
meditation

OUTCOMES GAINED FROM THIS STUDY

After coined the yoga and meditation practices the subjects was involved into the treatment. The results received that the yoga and meditations gave a great results in favour of college students are having much more stress in regular days. Most of the students getting unwanted mental tension and psychological health issues this study has been proved that the yoga and meditation promotes the psychological status of the college students.

Suggestions for further study

1. The yogic practices may added into the health institutes
2. The recent research has been made interdisciplinary with yoga and meditations.
3. Meditation some time contributes mental trounce.
4. These two are promotes number of psychological parameters of normal human being.
5. Yoga promotes the lifestyle.
6. That was analyzed technologically with the postural benefits and health issue.
7. The researchers may added some other types of yoga package to the subjects.
8. It was improve the social status.

CONCLUSIONS

1. From this study the yoga and meditations are played are great role to awaking the college students psychological conditions.
2. It can be changing the life style of an individual's into the kindness life.
3. The combination of yoga and meditation easily get the needful peace inner the human soul.

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4. Finally these two package promotes and made great contributions in this study.

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