



Yoga and Life Skills: A Broad Perspective

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ABSTRACT :

Life skills are those abilities that enable a person to cope with the challenges of their life. Life skills enhance the capabilities of an individual to become healthy, responsible and productive citizens. It provides action for every reaction. Yoga is fantastic exercise which poses young children a better awareness on their way. Yoga helps to develop a range of life skills through a combination of Asana, pranayam, exercise and meditation. Through the yoga practices people acquire knowledge and develop skills, attitudes and habits that contribute to their physical and mental well being. Yoga is one of the most effective and time tested natural immunity boosters that can lead our active and sickness free body to fight against the stressful life. This paper reveals that there is a strong need to relate the yoga with the life skills in people's life where they can be skillfully made responsible citizen for their good action.

Keywords: Attitude , Challenge, People's life Life Skills, Yoga,

I. Introduction:

Life Skills are abilities for adaptive and positive behavior that enable Humans to deal effectively with the Demands and Challenges of life. The training of life skills should become a basic part of life. Just excelling in an exam doesn't define our true life skills. Rather a person who is flexible in approach and is able to adjust in different circumstances actually highlight his/her aptitude and competence. Life skills are abilities, individual can learn that will help them to live a productive and satisfying life. It also helps to promote mental well being and competence in young people as they face the realities of life. UNICEF (1997), defines Life skills as a behavior or behavior development approach designed to address a balance of three areas: knowledge, attitude and skill.

Yoga literally means to 'Yoke' or to be in union (Satchidananda, 1990). According to the Yoga sutras of Patanjali, Yoga is the "Science of the mind" (Satchidananda, 1990, p.xi). Yoga helps a person to gain "understanding and complete mastery over the mind" (Satchidananda, 1990, p.xi). Yoga is a form of comprehensive education that can be utilized by all individuals to develop physical fitness, emotional stability, intellectual and creative talents.



Yoga poses and activities give young children a better awareness of their own bodies and how they move. This may be helped develop self care skills such as washing, cleaning home and working in their own field independently.

In these circumstances, Life Skill Based Education refers to an interactive process of yogic practices which enables individuals to acquire strength in mind, to develop positive attitude and numerous skills which support a healthy behaviors. Along with it wide life skill education benefit, Yoga poses and activities give children a better awareness of their own bodies and how they manages their works in daily life. This can help them to develop self-care and self thinking skills such as washing, cleaning, writing and getting dressed independently. A yogic technique encourages children to think about making good choices and taking care of themselves in everyday life. All individual should use Yoga to help children to alert themselves or increase their levels of concentration so that this strategy allows them to generate ideas quickly and spontaneously. Thus the closeness of yoga and life skill education reveals that Yoga is a form of comprehensiveness education that can be utilized by children to develop physical stamina and flexibility, emotional stability, and creative talents.

II. Statement of the Problem:

In a constantly changing environment having life skills is an essential part of being able to meet the challenges of day to day life. The drastic changes in global scenario along with transformation in technology have been impacting on education, the workplace and our home life. To cope with the increasing pace and change in modern life, students need new life skills such as the ability to deal with any critical situation. Imparting life skill education in all individual, Yoga allows energy to flow through our mind so that it promotes the development of positive self-esteem and teaches anger control with problem solving skills. To develop life skills with the help of yoga practices in all individual's life, the investigator has made at attempt to examine the YOGA AND LIFE SKILLS: A BROAD PERSPECTIVE.

III. Objectives of the Study:

1. To find out the importance of life skills through practices of yoga.
2. To identify the individuals to provide relevance for yogic techniques used for life skills education.



3. Interpret these findings with concept of life skills related with yoga.

IV. Methodology:

The source of data is secondary and the Methodology of this study would be theoretical analysis of various, Books, Journals, Website, and Internet.

V. Operational definitions of the key terms:

LIFE SKILLS: A skill is a learned ability to do something well. Life skills are those abilities that enable individual to deal effectively with the demands and challenges of everyday life.

YOGA: Yoga means to establish a unity and relation among body, mind and soul. It not only enhances the physical strength but contributes largely to our mental health and spiritual growth.

CHALLENGE: *A challenge is something new and difficult which requires great effort and determination.*

ATTITUDE: *Attitude means opinion or “way of thinking” and is often way of thinking. Attitude denotes the inner feeling or belief of a person towards a particular phenomenon.*

VI. Analysis of the study:

Importance of Life Skills through practices of yoga:

In everyday life, the development of life skills helps children to find new ways of thinking and problem solving. Life skills are not just inherent potentialities but are skills which can be developed gradually through regular practice. Children are required to be provided with congenial environment and facilities for their all-round development at home and school alike as they are getting overburdened due to mental pressure from different sources. In order to cope with all problems which challenge the physical and mental health of the children, they need to be provided such techniques that will take them inward by own selves and make their mind calm. In this connection, Yoga plays a major role in acquiring all the variant skills of life. Yoga can be the building blocks of essential life skills, thus allowing them embark on a path of self-realization and well-being. Physical skills allow people to move from place to place and are most often cultivated disciplines, strength, energy and team spirit within physical setting. Through the help of physical skills other skills such as self care, eating, writing and living style



are developed to cope up in society. Yoga and various asana provide such training to the body and mind which brings, not only balances the functioning of the human internal organs, but also helps to maintain emotional balance in the mind. Yoga has tools to take the practitioner deep inside his body and mind to develop the inner self and thereby enjoy peace and tranquility which make him free from all burden, stress and negative feelings. Therefore various positions of physical exercise those strengthen our life skill to overcome any stress and burden which has changed the terrible lifestyle of an individual.

Hence in everyday life, the development of life skills through yoga helps children to-----

1. Find new ways of thinking and problem solving.
2. Build confidence both in spoken skills and for provide cooperative skills among them.
3. Develop greater sense of self-awareness and appreciation for others.
4. Recognize the ability of their actions and teaches them to take responsibility for what they do rather than criticize others.
5. Make them to take decisions by themselves and understand why they build resolutions rather than resentments.

To provide relevance for vovic techniques used for life skills education:

Life skill education, have found to be an effective strategy for promoting positive social and mental health of children which plays an important role in all aspects such as strengthening, coping strategies and developing self confidence and inner intelligence . Life skill has significance in all individuals' life to improve their mental health to face challenges of changing life situations and empower them to become healthy as well as good citizens. Regular practice of yoga enhance mind strength and body flexibility promote and improve our all functions, reduce stress, anxiety, depression and also enhance well-being as well as quality of life. Through practices of yoga, self regulation applied to both physical and mental processes. It is the processes, where children acquire stability of works, at new circumstances to cope up with any critical journey of their lives. Moreover yoga teaches children the difference between reaction and response to focus their ability in society. For better development of life skills, yoga helps individual not act irrationally than more tolerant and open minded which may be easier to take real paths. The core life skills that can be developed through yoga such as self-



care skills, relaxation skills, self-regulation skills, imagination and creativity, communication and confidence, teamwork, resilience and ability to deal with change and so on. The generic life skills can enhance through practices of yoga such as our recognition of self, strengths, desires, and our character. Developing self awareness can help us to recognize when we feel under pressure. Another life skill, communication skill will be important to most kinds of work. This may be strengthened by practicing yoga in classroom situation and in terms improves and strengthens skill at collaboration. In inclusive classes children regularly have the opportunity to work together as a team. They are encouraged to perform yoga collaboratively which help building confidence and interpersonal skills. A person striving to confront a problem and searching for possible solutions should strive to develop the utilization of creative and critical thinking. We give in our endless efforts in order to overcome relief from such sufferings and also gain happiness. In that connection yoga and its regular practice with sincerity drives away worldly pains and able the persons to think positively to get permanent peace.

Identifying specific yoga Asana and techniques to overcome confusion, fear of failure, fear of criticism, striving for constancy issues and providing clear goals and creative minds for children which brings spring to life and can provide insight that help to improve problem solving skills.

Finding with concept of life skills related with yoga:

Though the objectives of Life Skills are to develop health and well being at all levels, but application and success of life skills depends on some factors which vary from situation to situation. Fear of failure or lack of practices can damage an individual capability to adopt life skills in regular working. In our society everyone has different opinions and working style, life skills used by one person may or may not be acceptable to another person which creates a fear of criticism and hence creates hindrance in the promotion of life skills. The following are the findings of the study-----

1. There exists confusion among people about life skills and yoga skills even though both are totally different concept but used interchangeable for the progress of human being.



2. The large number of population who are not even aware of the concept of yoga education related with life skills. So integrated efforts for creating awareness is required.
3. Problems like emotional imbalances or stresses affecting mental health have been spreaded among all age groups, just practices of Asana and Meditation cannot minimize these mental health related problems.
4. Yoga curriculum programs for all age level people are required to know the basic conditions of skill development issues. But we have seen that even it is not included in regular school curriculum.
5. Yoga practices may not control stress of every individual which leads distress in life and make everybody to get isolated from the potential opportunities in their life.

VII. Conclusion:

From the global perspectives, it is clear that life skill based education is being adopted as a means to empower people in challenges situations. Learning of life skills and yoga practices are a continuous activity which focus on someone's physical as well as mental experiences. The benefits of yoga for children are plentiful. Life skills education requires active involvement of learner in different activities that provide wide spectrum of knowledge about realities of life. Thus, it should be mandatory in school curriculum to equip yoga education with a variety of teaching techniques for developing life skills among the children.

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