




**Sarada Krishna
Homoeopathic Medical College
Kulasekharam, Kanniyakumari Dist., Tamil Nadu - 629 161**

DETAILS OF TEACHING/TRAINING SESSIONS IN YOGA

SLNo	Day	Topic
1	Day 1	Meditation, Kaya Kalpa Yoga
2	Day 2	Hand Exercises
3	Day 3	Leg Exercises
4	Day 4	Neuro-Muscular Breathing Exercises
5	Day 5	Eye Exercises
6	Day 6	Kapalabathi
7	Day 7	Makarasana(Part A and B)
8	Day 8	Massage
9	Day 9	Acu-Pressure
10	Day 10	Relaxation of Body parts, Santhiyoga


Deputy Medical Superintendent
By Medical Superintendent
SARADA KRISHNA
HOMOEOPATHIC MEDICAL COLLEGE
KULASEKHARAM, KANNIYAKUMARI DIST
TAMIL NADU - 629 161




Principal
PRINCIPAL
Sarada Krishna Homoeopathic
Medical College, Kulasekharam

*Details of subject covered on teaching session
in the Humanity and Behavioral Sciences etc.*

YOGA & HUMANITY

Humanity is a virtue associated with basic ethics of altruism (the principle and moral practice of concern for happiness of other human beings and /or animals, resulting in a quality of life both material and spiritual) derived from the human condition of both Mind & Body.

Yoga is a unique contribution to the world from our ancient culture. It is a universal and evolutionary science that deals with philosophical as well as practical aspects of life.

Yoga, essentially a spiritual discipline based on an extremely subtle science, focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the Mind & Body, Man & Nature.

According to the latest quantum theories everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be in yoga, and is termed as a yogi, having attained to a state of freedom referred to as mukti, nirvana or moksha. Thus the aim of Yoga is Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or 'freedom' (Kaivalya).

Yoga, being widely considered as an 'immortal cultural outcome' of Indus Saraswati Valley civilization - dating back to 2700 B.C., has proved itself catering to both material and spiritual upliftment of humanity. Basic humane values are the very identity of Yoga Sadhana.

Living with freedom in all walks of life, health and harmony shall be the main objectives of Yoga practice. "Yoga" also refers to an inner science comprising of a variety of methods through which human beings can realize this union and achieve mastery over their destiny.

Yoga for Humanity creates content and experiences that bring together yoga, mindfulness, and sustainability. Yoga isn't just something you do on the mat - it's a way of life. An approach to wellness considering personal, social, and environmental well-being.

The practice and principles of yoga are a clear set of guidelines for how to lead a sustainable lifestyle in the modern age. The awareness we cultivate on the yoga mat inevitably leads us to make more mindful choices in our daily lives. Feeling our own energy helps us connect with the energy of other people - regardless of race, nationality, gender, or religion.

A study published in the Journal of Holistic Nursing found that just 2 hours of yoga, per week makes us kinder, more patient, and just happier people to be around & eight easier ways have also been listed to make us better humanitarian people.

1) Improves the State of Mind, 2) Boosts Libido, 3) Enhances Communication Skills, 4) Strengthens Self Awareness. 5) Enriches Giving & Receiving Relationships, 6) Creates Mindfulness, 7) Helps To Deal With Stress. 8) Encourages Responsibility & Forgiveness.

Medindia, a leading health care unit brings out the following benefits of yoga upon human mind & body thereby enriching humanitarian values on humanity. Yogic exercises recharges the body with cosmic energy and facilitates:

- 1) Attainment of perfect equilibrium and harmony.
- 2) Promotes self healing.
- 3) Removes negative blocks from the mind and toxins from the body.
- 4) Enhances personal power.
- 5) Increases self awareness.
- 6) Helps in attention, focus and concentration, especially important for children.
- 7) Reduces stress and tension in the physical body by activating the parasympathetic nervous system making one to feel rejuvenated and energized.

Yoga bestows upon every aspirant the powers to control body and mind.

Peace & Happiness is only found when one understands yogic sciences, apply his mind & focus his energy on improving human dignity, human capacity and human values.

We understand that the essence of yoga towards humanity is to make the process of life as efficient and enjoyable as possible. Yoga does not bring away the qualities of genuinity, wholesomeness, compassion, but rather instills them within us. It teaches us that love heals the giver at least as much as it does the recipient. In addition therein dwells the sacred power of community, union, harmony, yoga and free and fair civilisation.




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YOGA & HUMAN BEHAVIOUR

Behaviour Begins In The Mind & So All Behavior Patterns Can Be Changed By Treating The Mind.

THEORY OF EVOLUTION

Theory of evolution which was propounded by Charles Darwin in 1859 primarily talks about the evolution of various kinds of species on this planet & Evolution simply means that organisms change over a period of time to better adapt to its surrounding environment and making sure of a better survival for them and their offspring.

EVOLUTION OF HUMAN BRAIN & IT'S THREE DIMENSIONAL FORM.

In the evolution of the human brain, there have been drastic changes. Primarily human brain can be divided into three parts, Reptilian brain, Limbic Brain & Cerebral Cortex Brain. The oldest of all three is the reptilian brain. This brain is believed to be few hundred million years old. There are two functions of reptilian brain which is called as 'Fight' or 'Flight'. It means either you will fight, or you will run away (flight). This kind of brain helped species survive. We call it a reptilian brain because this is the way reptiles react whenever they observe any change. As the human brain evolved, there was a new dimension which got added to it and this was Limbic Brain. This brain is primarily responsible for the emotional behavior of human beings. It is also responsible for the formation of memories within ourselves. The third and the latest one is the 'Cortical Brain' which is majorly responsible for more evolved qualities of humans like intelligence, creativity, imagination, and intuition etc.

MIND & INTELLECT.

This leads us towards the Mind which is far more complex than the brain and is a superset of it. If we look from the modern science perspective, the major contributor to the human mind is believed to be the Intellect. In Oxford dictionary, one of the meanings of the mind is 'A person's ability to think & reason; the intellect'. This leads

us towards the Mind which is far more complex than the brain and is a superset of it. If we look from the modern science perspective, the major contributor to the human mind is believed to be the Intellect. In Oxford dictionary, one of the meanings of the mind is 'A person's ability to think & reason; the intellect'.

THE DIFFERENT DIMENSIONS OF HUMAN BRAIN ACCORDING TO YOGIC SCIENCES.

In the yogic understanding, there are 16 dimensions to the human mind.

- 1) Persisting.
- 2) Managing Impulsivity.
- 3) Listening to Others with Understanding & Empathy.
- 4) Thinking Flexibly.
- 5) Thinking About Our Thinking (Meta cognition).
- 6) Striving for Accuracy and Precision.
- 7) Questioning and Posing Problems.
- 8) Applying Past Knowledge to New Situations.
- 9) Thinking and Communicating with Clarity and Precision.
- 10) Gathering Data Through All Senses.
- 11) Creating, Imagining and Innovating.
- 12) Responding with Wonderment and Awe.
- 13) Taking Responsible Risks.
- 14) Finding Humor.
- 15) Thinking Interdependently.
- 16) Learning Continuously.

These 16 dimensions fall into four categories. These four categories are known as Buddhi, Manas, Ahankara, and Chitta.

JUNE KING'S STUDY ON EFFECTS OF YOGA ON CHILDREN WITH BEHAVIOURAL PROBLEMS.

There are many reasons why children today develop behavioural problems. Needs of the young are no different from the last two generations, but the modern

child finds himself in a society where changing marriage partners, intense materialism, television, the pressure to achieve and conform can prove to be an overwhelming stress. All these create an environment in which raising an emotionally secure child is difficult. Coping with and learning from undue stress is part of adult living, but for many children it comes too soon.

Children suffer emotional problems for biological, cultural or social reasons and frequently with a combination. Psychiatric disturbances in children may be linked to premature sexual maturation in which the nervous system and hormonal secretions are out of balance, or it may be linked to parental rejection, family repression or a chronic physical ailment.

Children who are labelled socially maladjusted or delinquent have often suffered early deprivation or maternal rejection. Children cannot express their problems correctly because their powers of expression and knowledge of their own psychology is not mature enough. Hence children usually express their problems in their behaviour.

Yoga in the womb The emotions of the mother during pregnancy have an important effect on the development of the child. Highly stressed mothers are more likely to produce children who develop maladaptive behaviour, hormonal imbalance and endocrine disturbances.

If the mother's body is producing massive amounts of adrenal steroids during pregnancy as a result of chronic anxiety, maltreatment or fear, the infant in the womb automatically shares in these stress hormones. They pass right through the placenta. The infant is locked into a free floating anxiety, a kind of permanent body stress. Locked into this tension the infant in utero cannot develop mentally or develop the bonding with the mother in preparation for birth. Physical growth goes right ahead while mental growth struggles along as best it can. If it does not spontaneously abort, it will be born deficient in intelligence if not body, highly prone to early infantile autism or childhood schizophrenia or dysfunctional in a wide variety of ways. The child must be trained in the womb. Life in the womb is more powerful and more receptive because you can change the entire structure of the DNA molecules.

Practice of yoga nidra during pregnancy helps create favourable conditions for uterine growth and development by relaxing the mother and balancing ida and pingala. Meditation also helps in the same way by controlling the negative thoughts and emotions. There are several asanas and pranayama practices which help, too.

The yogic household Children are strongly influenced by the structure of their environment and the personalities surrounding them. The child principally learns from imitating our actions and psychological states. If you let your own psychological state get messy, it is instantly replicated in the child.

Children learn problem-solving mostly from seeing how their parents deal with things. Therefore, the best thing to do is to live the way you would like your children to live, find ways to make the situation more positive. A child is in a natural meditative state periodically. He attends out there, then phases out and moves within on a regular basis. There is a tendency to lose this natural meditative state at around seven during the shift to operational thinking. Unless it has been guided into a natural mature form, this natural process can be lost. If the parent is meditating, the child will pattern that adult meditation. When the child makes it into operational thinking or the first stages of abstract thinking and has a structured form of meditation pattern established, he will be able to shift back and forth between the various states of consciousness.

Imitation behaviour seems to be a natural reflex or instinct which is present within one year, therefore the best teaching method for children from four months to three years would be the parents themselves doing yoga. For children aged between two and six, yoga can be presented in the form of play, but behind the actuality of play there has to be a clear theory of how a mind and personality might grow. If the child grows up in a yogic household he would have a good chance to grow into a problem-free adult. This means your child should become your sadhana.

Yoga in schools It has been found that when students discover that they will not be criticized or excluded, their whole attitude toward the use of their bodies changes. They become more involved, less self-conscious. In competitive sports often the child is made to feel inadequate and gets labelled 'unathletic', which can form

deep complexes that show up in later life. Yoga is enjoyed by children. They can move easily into the asanas while developing their balance and relaxing their muscles. The children would become better balanced and easier to control and would not be left with a sense of inadequacy.

⁴ Influence of the pineal gland. In a child at the age of seven or eight the system goes through an enormous change, as the pineal gland starts to decay. If the health of the pineal gland is maintained for a few more years of adolescence, then the emotional development of the child is delayed, preventing premature emotional reactions, and they are able to develop into a boy or girl with a balanced outlook.

When the physical, mental and emotional development of the child is not synchronous, it can result in diseases such as diabetes, epileptic fits and psychological disturbances. Such children do not understand the meaning of discipline and become terrorists in society. Due to the high level of disturbing hormones in the blood at the degeneration of the pineal gland, there is an imbalance between the mental and vital fields. They are unable to coordinate with each other and glands such as the thyroid and adrenals do not work in coordination. So, disruptive behaviour is often seen at this age. Yogasanas in general and concentration practices in particular maintain the health of the pineal gland.

Yoga as a direct way of helping children with problems. In yogic terminology, emotional disturbance is the result of imbalance between manas shakti and prana shakti. Excess mental energy and lack of prana causes withdrawal, depression, anxiety, and lethargy. If the child has excess prana and not enough manas shakti, he will become destructive and disruptive. Such children can benefit from yogic discipline. Pranayama together with asanas work directly on the brain and the endocrine system, therefore on the mind and emotional levels of the child, helping to re-establish harmony. The disturbed child also needs to alleviate his anxiety and guilt, and drop his defence mechanisms so that normal personality growth can continue. Yoga nidra will release the repressed feelings from the unconscious levels of the mind.

Antisocial behaviour reflects a lack of conscience and a need for love. We can teach the child through yoga techniques how to resolve personal conflicts. Many delinquent children have pent-up feelings of anger and aggression. For them karma yoga can help to release and re-channel their energies in a more constructive way.

For a child who suffers extreme anger, shashankasana is most helpful. This helps the flow of excess hormones from the adrenal glands which are responsible for self-control. This will also overcome irrational fears and other upsets. For emotionally distressed children who find inactivity almost unbearable, a combination of movements such as surya namaskara will be a good practice to use before yoga nidra.

The thyroid gland has a profound influence on the physical, emotional and mental development of the child. The practice of sarvangasana influences the secretions of the thyroid. Through the practice of pranayama the child can be helped to integrate all the forces of his personality. If a child is not able to concentrate or obey his parents or develop his social consciousness, it does not mean he is 'bad'; it means he is not capable. Through the practices of yoga the brain can be re-adjusted and made to work more efficiently.

In dealing with emotionally unstable children we must remember that they are not necessarily receptive, cooperative or obedient. Therefore, one must remain objective and introduce the techniques so they appeal to the imagination of the child. If the child experiences even a brief period of mental relaxation he will gain some insight into his own behaviour.

Young people are prone to experiences which could be termed spiritual or transpersonal, especially during adolescence. A greatly increased appreciation of nature, beauty and recognition of the inner-connectedness of life and the value of loving one's fellow beings is experienced. Such visions may conflict sharply with their experience of everyday life. This duality can lead to a sense of meaninglessness and psychological dissonance. This still developing personality seems woefully inadequate to cope and thus can cause the adolescent to lash out and reject authority. The other direction it may take is an existential crisis, challenging the very meaning of life and human existence. Without a creative and healthy means for resolving these

issues they will often turn to alcohol and drugs in a desperate attempt to escape or discover themselves. Meditation can contribute to mental development and a clearer sense of identity and spiritual unfolding.

Some successful work done with children A yoga camp was held in Quebec for twenty children aged five-fifteen with problems ranging from emotionally disturbed, learning disabilities and behaviour problems. The camp experience was based on Behavioural Modification. Learning disability treatment and yoga principles of health were used. All children improved in their specific areas of disability, some significantly while for others the result was positive, but not pronounced. They showed greater body awareness. The most outstanding changes occurred in their behaviour. All the misbehaviours that these youngsters had been exhibiting were no longer in evidence.

Studies conducted in the US and Europe with hyperactive children who were taught yoga nidra displayed significantly decreased hyperactivity levels, improved attention span, decreased fidgeting, fewer random movements, noises and actions, and reduced levels of skeletal muscle tension.

MS LORAIN RUSHTON'S WORK ON THE IMPACT OF YOGA IN CHANGING THE BEHAVIOR OF SCHOOL CHILDREN.

Ms Loraine Rushton is a leading authority on yoga for children in Australia. She has trained over thousands of yoga teachers, school teachers and those who work with children throughout the world how to teach yoga in a way that is meaningful. She found a simple three step process to improve the behavior patterns of children.

Yoga teaches us that:

THOUGHT leads to FEELING leads to ACTION.

If we focus on the action, we will never get to the cause of the action or make a lasting change. Whereas if we can train the mind and thoughts, then we have the ability to set a child's mental blueprint for life. If do this daily, they become more than someone who educates, but someone who can make a difference.

Yoga is a science for how the mind works and through thousands of years of study, we have hundreds of exercises to do this.

The 3 step process was given to group of teachers at a conference was this: Move. The easiest way into the mind of a child is through movement and yoga has specific movements that will quieten down the mind. Breathe. Once quieter, we can use breathing techniques and mindfulness exercises to calm it enough to build awareness. Be Positive. Lastly, we focus the mind on something positive or replace the negative thoughts with happy ones.

It is never too early to start a yoga and meditation practice to develop mental discipline with children and the gifts that we give them will last a lifetime.

THE STUDY BY 1)THE MASSACHUSETTS GH, 2) HARVARD UNIVERSITY, 3) THE BRITISH PSYCHOLOGICAL SOCIETY ABOUT THE HEALING QUALITIES OF YOGA ON PATIENTS WITH NEGATIVE BEHAVIORS & PTSD DISORDERS.

Yoga is one of the most powerful tools for restoring balance to our mind and body. In yoga one can experience a state of restful awareness where the mind is awake though quiet. In the silence of awareness, the mind lets go of old patterns of thinking and feeling and learns to heal itself.

Scientific research on yoga is accelerating with the growing awareness of numerous benefits, including a decrease in Hypertension, Heart disease, Anxiety, Depression, Insomnia, and Addictive Behaviors .

A groundbreaking study by Massachusetts General Hospital found that as little as eight weeks of yoga & meditation not only helped people feel calmer but also produced changes in various areas of the brain, including growth in the areas associated with memory, empathy, sense of self, and stress regulation.

Yoga brings us home to the peace of present moment awareness and gives us an experience of profound relaxation that dissolves fatigue and long-standing stresses.

According to a Harvard University article, yoga helps in regulating a person's stress response. It strengthens the memory and improves concentration. There is a

limb of yoga known as Dharana, the practice of concentration, that is widely famous because it helps us understand the what it means to clear the mind and calm our senses. So it proves that yoga improves mental as well as psychological well being.

According to the British Psychological Society, yoga involves concentration and is all about breathing techniques a great way to relieve stress and sooth the mind.

Yoga reduces the effects of traumatic experiences. There are many people in the world who have developed a condition known as Post Traumatic Stress Disorder (PTSD) often as a result of powerful and unpleasant incidents in their lives. People with this mental illness often experience flashbacks and nightmares. A form of yoga known as Hatha Yoga has been shown to be effective in reducing PTSD symptoms.

YOGA FOR THREE MAJOR HUMAN BEHAVIORAL DISORDERS FOUND IN CHILDREN & ADOLESCENTS.

The most common disruptive behaviour disorders in children & adolescents include 1) Oppositional Defiant Disorder (ODD), 2) Conduct Disorder (CD) and 3) Attention Deficit Hyperactivity Disorder (ADHD). These three behavioural disorders share some common symptoms, so diagnosis can be difficult and time consuming. A child or adolescent may have two disorders at the same time. Other exacerbating factors can include emotional problems, mood disorders, family difficulties and substance abuse.

Oppositional Defiant Disorder (ODD) is a condition in which a child displays an ongoing pattern of an angry or irritable mood, defiant or argumentative behavior, and vindictiveness toward people in authority. The child's behavior often disrupts the child's normal daily activities, including activities within the family and at school. Some children with ODD go on to develop a more serious behavior disorder called Conduct Disorder (CD)

Children with Disruptive Behaviour Disorders and learning disabilities often feel anxious and uptight. These children may benefit from yoga as a way to help regulate the Stress Response System.

Yoga postures and controlled breathing may also improve mood and functioning, making it possible for all children to lower the amount of anxiety they experience.

Yoga for anxious children gives them opportunities to:

Build self-esteem and confidence by improving their skills.

Practice in a safe, non-judgmental environment.

Feel like members of a community.

Learn how to control their breathing.

Practice calming visualization techniques.

Learn that movement can combat feelings of anxiety.

Poses for Reducing Anxiety

Many yoga experts say that certain poses are better at treating anxiety. The most effective poses usually focus on balance. Some of the best options include:

Child's pose

Tree pose

Warrior III

Headstands are commonly suggested, too, but parents should monitor their children to make sure they do not attempt poses that could cause injury.

Attention Deficit Hyperactive Disorder (ADHD) affects millions of children and adults in the United States. It is one of the most common Neuro Behavioral disorders in adolescents and can follow directly adulthood.

It is commonly estimated that in a classroom of 30 students, one in three will be eventually diagnosed with ADHD, and many adults suffer from it, but are simply unaware that they have it. Unfortunately, the vast majority of these children and adults will simply be treated with the use of modern medications, when there are natural alternatives and healthier solutions for their bodies.

One of the best natural solutions could be the practice of yoga.

In fact, a study conducted in Germany in 2006, showed significant relief and improved focus in children and adults alike who practiced yoga regularly.

Asanas can provide excellent relief in regards to ADHD symptoms, as they allow increased oxygen and blood flow to the brain -- which can have a balancing effect on the nervous system as a whole.

They can help you to learn to lengthen and deepen the breath, which allows for an overall feeling of calm.

Children and adults who suffer from ADHD often find themselves unable to connect their bodies and their minds, and yoga allows for precisely that connection to occur. The main goals are to quiet the mind and develop concentration.

Another incredibly important benefit in coping with ADHD is learning how to settle yourself when things feel out of control. Yoga teaches deep breathing which eases the mind, allowing you to cope much easier in difficult situations. It also increases your awareness to allow you to better control your emotions.

Yoga & Mindfulness Meditation strengthens your ability to control your attention. It teaches you how to observe yourself and to focus on something. And it trains you to bring your wandering mind back into the moment when you get distracted. It can also make you more aware of your emotions so you're less likely to act impulsively.

Yoga & Meditation is thought to help with ADHD because it thickens your prefrontal cortex, a part of your brain that's involved in focus, planning, and impulse control. It also raises your brain's level of dopamine, which is in short supply in ADHD brains.

Research shows that Yoga & Mindfulness meditation can be very helpful in relieving ADHD symptoms. One landmark UCLA study found that people with ADHD who attended a mindfulness meditation session once a week for 2 1/2 hours, then completed a daily home meditation practice that gradually increased from 5 to 15 minutes over 8 weeks, were better able to stay focused on tasks. They were also less depressed and anxious. Other studies since then have had similar results.

A STUDY FROM ASHFORD UNIVERSITY, SAN DIEGO, CALIFORNIA, USA ON PRACTICING YOGA FOR BEHAVIOR MANAGEMENT IN EARLY CHILDHOOD EDUCATION.

With awareness for early childhood education on the rise, it's important to take a deeper look into the myriad building blocks that make up the education of young children. When kids play with each other in the classroom, they not only gain foundational concepts of formal learning, but they also achieve socialization, modeling, and behavior management, among other lifelong lessons. The latter adds value at school and in the home, and there are many strategies you can implement as an educator or parent to instill behavior management from a young age.

Instructors Kathleen Kelley and Kristie Bodamer in the College of Education at Ashford University say that finding and implementing ways to effectively manage behavior in the early learning environment is where early educators spend a lot of their time. "Young children need a lot of guidance and support in understanding how their personal interactions with others affect the learning environment as a whole," says Kathleen. Kristie agrees, "Early childhood educators need to have a wealth of behavior management tips up their sleeves in order to meet the needs of each diverse group of children in their care." One approach is practicing yoga techniques, such as movement, breathing, and mindfulness.

Yoga for Behavior Management If you thought yoga was reserved for Saturday morning classes at the gym, think again. Yoga offers benefits for people at all ages, skill levels, and body types. Nicole Rich, keynote speaker for the Early Childhood Education Virtual Conference hosted by Ashford University, explains that educators, therapists, caregivers, and parents can use simple and effective yoga techniques to improve behavior and self-regulation in the school, home, and community. Yoga, and its core components of movement and mindfulness, can enhance focus, attention, and learning in young children. "There are many effective strategies for improving attention in children with developmental challenges, allowing them to process information more efficiently to improve both academic and social skills," says Nicole.

Gaining National Recognition The National Association for the Education of Young Children (NAEYC) recognizes the interrelation of all domains of learning and supports activities that improve attention, focus, and emotional regulation. It's crucial that young children, especially those with autism, ADHD, and developmental delays, are provided ample opportunity to strengthen their ability in choosing appropriate behaviors. Doing so enhances growth and development. Further, many school districts across the nation have adopted health and wellness policies that support physical activity for students, and practices such as yoga support these policies while teaching important self-regulation techniques to our most vulnerable learners. Research on the impact of yoga on children is more prevalent than ever and has documented positive effects on childhood development.

The next time we consider behavior management for young children, we have to be sure to include yoga techniques. Yoga, along with other child development resources, can add great value to early childhood education. Attend the Early Childhood Education Conference to confer with faculty and learn more about early childhood education.

STUDY ABOUT YOGA ON BEHAVIOURAL DISORDERS WITH LATEST MEDICAL EQUIPMENTS 1) ELECTROENCEPHALOGRAPHY & 2) POSITRON EMISSION TOMOGRAPHY (PET) 3)FUNCTIONAL MAGNETIC RESONANCE IMAGING OR FUNCTIONAL MRI (FMRI).

Yoga can Modulate Brain Mechanisms that affect Behavior and Anxiety - A Modern Scientific Perspective. The research papers published in NCBI (The National Center for Biotechnology Information) a part of the United States National Library of Medicine (NLM), a branch of the National Institutes of Health (NIH) by Dr.Divya Krishnakumar, Dr.Michael R Hamblin, and Dr.Shanmugamurthy Lakshmanan, finds that the neural pathways and circuits in brain can in fact change with learning and with mental exercises, and yoga may be a harmless way to encourage the growth of new neurons (neurogenesis) along with the formation of new connections between existing neurons (synaptogenesis). By tying together the neurobiological effects of neurotransmitters, brain waves, mental exercise and the empirical evidence from the

psychological experiments, it is evident that yoga is an effective treatment for anxiety, and it does not suffer from any side effects. It may also function as a preventive medicine; therefore, it is highly recommended to everyone and not limited to patients suffering from disease.

CONCLUSION

Yoga can cure behavioural disorders & bring good results in all people irrespective of their age or health issues without any side effects and it may reduce all possible negative affect and increase the positive affect within a week.




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