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Yoga and meditation as effective tools for mental and physical wellness

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Yoga is a globally known phenomenon to maintain synchronicity between body and mind. Its practice is a journey in itself starting from body moving to mental capacities and self actualization. As per Maslow's hierarchy of needs also, the journey of human needs and the evolution of mankind raises from mere biological needs to the need of self actualization. This brings the clarity that the natural form of our psyche is positive and progressive. Due to life challenges and complexities of experiences across the life span, human being unknowingly scatters himself from the roots of his existence. The term 'Yoga' is derived from Sanskrit language and it means 'union'. Here union is with reference to physical, mental and spiritual practices. Yoga delineates 196 sutras which are elaborated by Patanjali. Yoga is transferred through a guru (master) - Shishya (disciple) relationship. Spirituality is enunciated in well-known Indian scriptures like, Vedas, Bhagvad Gita, Upanishads and many more. Through regular practice of Yoga one can attain a disease free and fully functioning body and through regular practice of meditation one can attain a disturbance free mental wellness with lots of mental capacities making a person's performance extra ordinary from ordinary. Considering the mental illnesses, Yoga and meditation proves to be highly effective therapeutic techniques of healing and treating symptoms of psychological disorders. Through breathing discipline the hormones responsible of mood swings and negativity are balanced resulting into a healthy state of mind. Man's conscious efforts to throw out maximum carbon dioxide possible results into better capacity to solve problem and attain peace.

Biography

Jigar Parikh did his Doctorate in Psychology. He has been an enterprising and purposeful Associate Professor of Psychology, since 23 years. He currently serves at Shri P H G Municipal Arts & Science College, Kalol, affiliated to Gujarat University. He runs suicide prevention project with Indian Police and Government, since last 2 years. He delivers counselling services across the academic year to promote healthy psychological well-being of youth. Furthermore, he serves Guide ship in more than four universities and seven of his students are waiting to be awarded for the Doctorate degree. He aims at spreading knowledge with gist of his experiences to youth especially and society at large. For the same, he has been conducting seminars for audiences of all age groups on the themes interwoven to Psychology. Adding to his achievements, he has published seven research papers in national and international journals. He has successfully completed a minor research project on Child Labor under UGC.

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