

YOGA FOR DIFFERENTLY-ABLED PERSON

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ABSTRACT

Yoga has been a way of exercise and relaxation in many cultures for a while now. It is a group of physical, mental and spiritual practices or disciplines that originated in ancient India. Yoga is an ancient Indian practice which involves moving the body and training the mind to achieve balance and well-being. The purpose of yoga is for each individual to be healthy, both physically and mentally, and able to reach his or her highest potential as a person. This paper emphasis the need of yoga for person with special need . Yoga is becoming more popular every day for all. Perhaps more important, for special needs persons, it can be used as an alternative therapy. Yoga can help increase concentration, flexibility, and strength. It can also develop coordination and reduce stress and anxiety. We can't forget the value yoga can have to help a child become more aware of their body. There are a lot of benefits of yoga for special needs persons and it is important to consider them all before deciding if yoga is the right fit for the all. Special needs experts agree that yoga activities make a positive impact on individuals with special needs. These activities improve mobility, strength, and digestion for individuals with disabilities. The purpose of this study is to look more closely at how yoga can help students with disabilities. Multiple studies have shown that there are many benefits from participation in yoga for students with disabilities. These benefits include self-regulation, social adaptation, self-esteem/confidence, concentration, and communication. All of these benefits help to improve the overall behaviour of the student in a positive way.

Keyword: - *Yoga, Health, Disabilities, Mental Health, Physical*

1. MEANING OF DISABILITY

A disability is defined as a condition or function judged to be significantly impaired relative to the usual standard of an individual or group. The term is used to refer to individual functioning, including physical impairment, sensory impairment, cognitive impairment, intellectual impairment mental illness, and various types of chronic disease. Disability is conceptualized as being a multidimensional experience for the person involved. The World Health Organization defines disability as: "Disabilities is an umbrella term, covering impairments, activity limitations, and participation restrictions. An impairment is a problem in body function or structure; an activity limitation is a difficulty encountered by an individual in executing a task or action; while a participation restriction is a problem experienced by an individual in involvement in life situations. Disability is thus not just a health problem. It is a complex phenomenon, reflecting the interaction between features of a person's body and features of the society in which he or she lives."

2. CLASSIFICATIONS OF DISABILITIES

Disability can be broken down into a number of broad sub-categories, which include the following types of disability.

- Vision Impairment
- Deaf or hard of hearing

- Mental health conditions
- Intellectual disability
- Acquired brain injury
- Autism spectrum disorder
- Physical disability.

2.1 Vision Impairment

Vision impairment refers to people who are blind or who have partial vision.

2.2 Deaf or hard of hearing

Hearing impairments can range from mild to profound. People who are hard of hearing may use a range of strategies and equipment including speech, lip-reading, writing notes, hearing aids or sign language interpreters.

2.3 Mental health condition

Mental illness is a general term for a group of illnesses that affect the mind or brain. These illnesses, which include bipolar disorder, depression, schizophrenia, anxiety and personality disorders, affect the way a person thinks, feels and acts.

2.4 Intellectual disabilities

A person with an intellectual disability may have significant limitations in the skills needed to live and work in the community, including difficulties with communication, self-care, social skills, safety and self-direction. World Health Organization of the United Nations Organization in International Classification of diseases and related problems (ICD -10), published the definition of Mental Retardation in 1992 which states:“Mental Retardation is a condition of arrested or incomplete development of the mind which is especially characterized by impairment of skills manifested during the developmental period which contributes to the overall intelligence, i.e., cognitive, language, motor and social abilities”.

2.5 Acquire brain injury

Acquired brain injury (ABI) refers to any type of brain damage that occurs after birth. The injury may occur because of infection, disease, lack of oxygen or a trauma to the head.

2.6 Autism spectrum disorder

Autism is an umbrella description which includes Autistic disorder, Asperger's syndrome and atypical autism. Autism affects the way information is taken in and stored in the brain. People with autism typically have difficulties in verbal and non-verbal communication, social interactions and other activities. Impairments usually exist across three main areas of functioning: * social interaction * communication * Behaviour (restricted interests and repetitive behaviours. Many people with an autism spectrum disorder also have sensory sensitivities, i.e. over or under sensitivity to sight, touch, taste, smell, sound, temperature or pain.

2.7 Physical Disabilities

A person with a physical disability is constrained by his physical ability to perform an activity independently such as walking, bathing, toileting, etc. A person can be physically disabled due to two reasons: Congenital/Hereditary – the person has physical disability since birth or the disability developed at a later stage due to genetic problems, problems with muscle cells or injury during birth. Acquired – the person acquired the physical disability through road or industrial accidents, infections such as polio or diseases and disorders such as stroke or cancer. Physical

disabilities may affect, either temporarily or permanently, a person's physical capacity and/or mobility. There are many different causes of physical disabilities but they can include inherited or genetic disorders, serious illnesses, and injury.

3. YOGA INSTRUCTIONS FOR DISABLED PERSON

For individuals with disabilities or chronic health conditions, it is best to learn yoga from a certified yoga therapist or yoga instructor who has the experience and background knowledge in teaching with disabilities. In a yoga class for individuals with disabilities, yoga asana are modified or adapted, and may be performed with the instructor's active assistance as needed. Although the instructor assists the child in getting into and out of a posture, keep in mind that the child is still doing the "work." Children should start with one-to-one yoga instruction, then progress to group classes when the child is ready - and if it is the least restrictive environment for the child, as determined by the yoga instructor and parents.

4. YOGA FOR DISABLED PERSON

Yoga can be beneficial for individuals with disabilities or chronic health conditions through both the physical postures and breath work. Each pose can be modified or adapted to meet the needs of the student. Yoga asana can be performed while seated in a chair or wheelchair. Yoga is the practice that enables one to achieve higher levels of performance, bringing out the hidden potentials from within. Systematic Yoga practice will increase the physiological and psychological well being. Disability affects their mental attitude. Yoga can be found everywhere and more and more people are taking it up. This is an activity that the elderly, pregnant women, and the physically disabled are taking up. Many are working on their alignment, breathing technique, and yoga poses, despite their physical condition. There are plenty of different physical activities that those with physical disabilities can do. Yoga can actually help a lot of those with physical disabilities through stretching, concentration, and meditation. A physical disability doesn't mean physically inactive.

4.1 ASANAS:

Although the 'differently able' people might not be able to practice all of the poses, there are many postures that are especially beneficial to them. Depending upon the type of disabilities, most of these postures can be modified for them. Asana work on the muscles and the joints, creating space within the body's structure to help increase circulation and improve flexibility. Postures like Viparitarani, Sarvangasana, Matsyasana, Halasana and Suptavajrasana alternating with standing postures such as Padahastasana, Trikonasana, Padangushtasana helps increase blood flow to the head region. Vrikshasana, Ardhakakasana and Natarajasana helps to increase concentration. Bhujangasana, Ushtrasana, Chakrasana, Dhanurasana improve confidence and the body stance. Simhasana improves stammering, stuttering and some ear, nose and throat defects of the people to maintain these postures.

4.2 PRANAYAMA:

It controls and regulates breathing and is very beneficial for the disabled. Good breathing can also help release deeply held physical and emotional tension within the body. Kukkuriya Pranyama, Mathangi Pranyama, Vyagraha Pranyama with Cheeri and Sharabha Kriya. Kapalbhathi is also very useful. Shitali and Shitkari Pranyama are useful for the people affected by the Down's syndrome as they have thickened tongue with difficulty in speech.

4.3 SHATKARMAS:

'Shatkarma' known as Shatkriya is a compound word consisting of two components: 'shat' meaning 'six' and 'karma' mean action or task. The word 'Kriya' and 'karma' has same meaning used in Hath Yoga. Dhoti, basti, neti, trataka, nauli and Kapalbhathi are the six process of detox in yoga which is known as Shatkarma or Shatkriya. These six techniques of yogic cleansing can make the body clean, strong and removes accumulated toxins in our body. This detoxification also improves the flow of prana into nadies.

4.4 MUDRAS:

Mudra is a hand gesture that guides the energy flow to specific areas of the brain. There are many types of Mudra designed to bring different benefits, depending on what we specifically need. They are done in conjunction with breathing to increase the flow of Prana in the body. By practicing it, a connection is developed with the patterns in the brain that influences the unconscious reflexes in the different areas. Mudra types are-Gyan Mudra (Mudra of Knowledge), Vayu Mudra (Mudra of Air), Prana Mudra (Mudra of life), Shunya Mudra (Mudra of Emptiness), Apan Mudra (Mudra of Digestion), Surya Mudra (Mudra of the Sun), Varun Mudra (Mudra of Water), Ling Mudra (Mudra of Heat). These mudras helps drive away depression, bringing out a sense of joy and happiness.

4.5 BANDHA:

Bandha means to lock, close-off, to stop. In the practice of a Bandha, the energy flow to a particular area of the body is blocked. When the Bandha is released, this causes the energy to flood more strongly through the body with an increased pressure. As the Bandha momentarily stop the flow of blood, there is an increased flow of fresh blood with the release of the Bandha, which flushes away old, dead cells. In this way all the organs are strengthened, renewed and rejuvenated and circulation is improved. Jalandhara Bandha. Later Uddiyana Bandha may be useful for disabled person.

4.6 DHYANA:

An unstable mind causes immense trouble. Luckily, the ancient science of yoga offers Dhyana yoga, a calming and soothing tool to tone down the dark thoughts of your mind. The practice of meditation in any form reduces the feeling of loneliness and gives peace of mind. It is very beneficial for the physically disabled, but a difficult practice for the mentally challenged.

5. BENEFITS OF YOGA FOR DISABLED PERSON

5.1 Developing self-awareness and self-soothing through breathing. The practice of conscious breathing (prana) can help people release tension, clear their minds and feel calm. Breathing in slowly for the count of five — then releasing the breath for the count of five — is a tool that people can use themselves, and help them feel more in control of their emotions.

5.2 Developing flexibility, strength and coordination. Yoga stretches and poses can address muscle rigidity and tension, to help people develop greater flexibility. It also helps children develop a greater awareness of their bodies and the space that they occupy in the world. Meeting people where they are in development when practicing yoga can help them experience improvement and feel a sense of accomplishment.

5.3 Developing sensory focus. As yoga uses many of the senses, it helps children with sensory processing. It can include slow (or no) movement, calming music, smooth mats, and dim lights, all of which help people to become aware of their feelings and movements, and channel their energy in a focused way. Sensory experience can help people feel relaxed and better able to concentrate.

5.4 Developing connections to others. Though yoga is an individual practice that can be adapted to any level of ability or skill, it is also a way to connect with others. Practicing yoga in a small group setting can help people connect to others and to their environment, which can help them to feel less isolated.

5.5 Developing confidence. Through repetition, the practice of yoga can help people build upon skills — and recognize their accomplishments. Consistent, gentle practice can help people build confidence in their own efforts and abilities.

5.6 Key point that can be increased by yoga activities

- * Yoga helps coordinate the activities of mind, body and emotions.

- * Reduces distracted state of mind thereby building up focus and concentration.
- * Improves activities of day today living to the degree which could never otherwise be achieved.
- * Improves one's ability and helps one to rely on their own selves making them independent.
- * Helps develop social relationships, and reduces frequency of violent emotional upsets.
- * Reduces the negative traits and tendency to cause injuries to self and others.
- * Develops a positive outlook improving self-confidence, self-sufficiency and sociability.
- * Improves interpersonal relationships.
- * Improves their loco motor skills and psycho-motor coordination.
- * Reduces obesity.
- * Controls drooling.
- * Helps in disappearance of facial tics.
- * Enhanced eye-hand coordination.
- * Improved attention span.
- * Reduces hyperactivity.
- * Improves appetite and sleep.
- * Improves overall health.
- * Increases immunity.
- * Reduces aggression.
- * Reduces dependency of drugs.
- * Increases the efficiency of the nervous system and thus helps in their rehabilitation.

6. CONCLUSIONS

There are millions of people who have some form of emotional, mental, or physical handicap that can limit their activities to varying degrees. Yoga is more about experiencing where you are now than about where you should be. Yoga for the handicapped is not an alternative to any form of therapy. It is a way of life, a philosophy that applies as much to the disabled as to anyone else. Yoga benefits include improved behaviour, improved concentration, increased verbal and non-verbal communication, improved self-regulation skills, self-esteem, and confidence for person with disabilities.

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8. REFERENCES

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BIOGRAPHIES

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