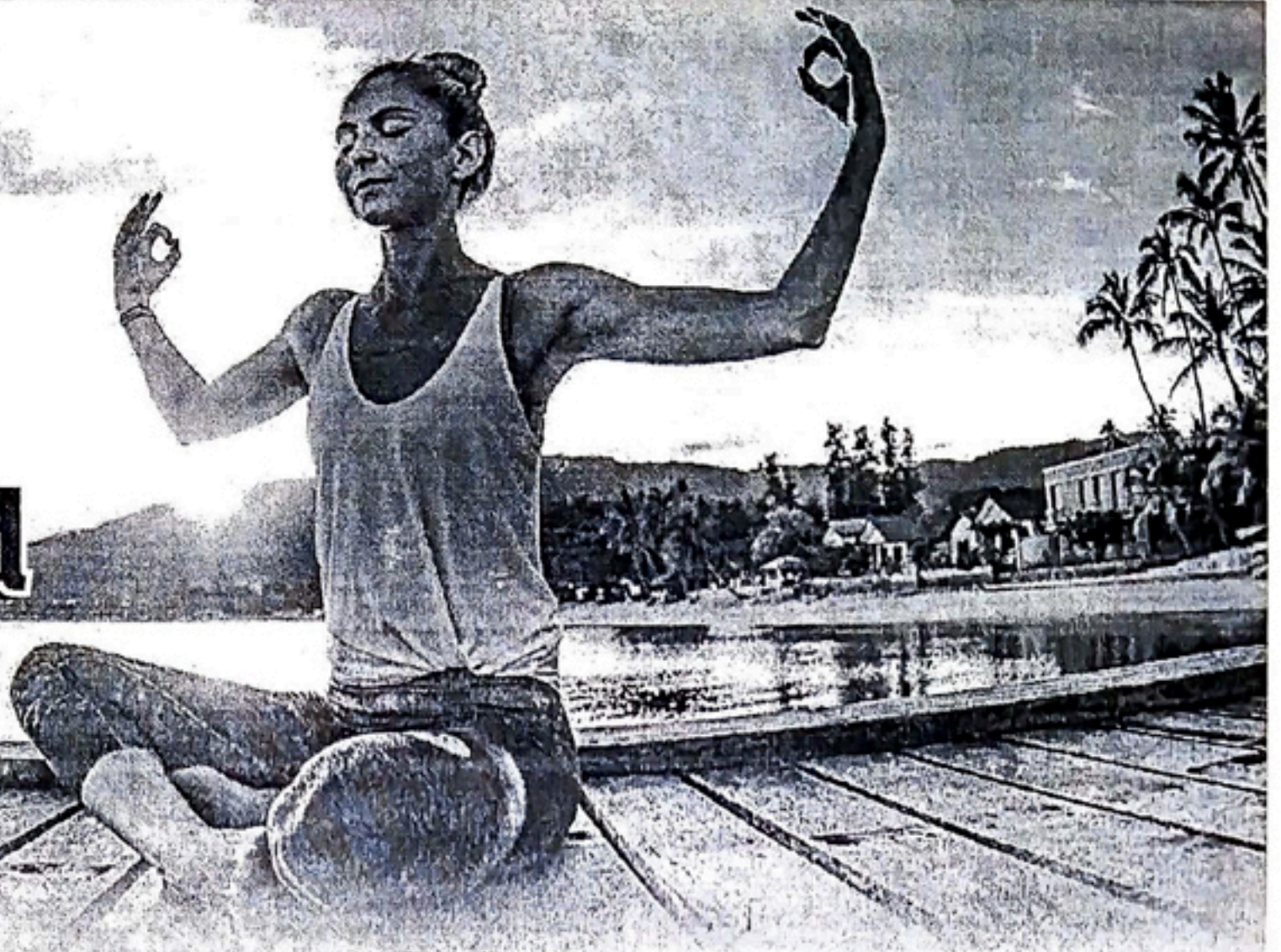


How To Use Yoga To Boost Your Mind Power At Any Age



MINOO JOKHI stresses that yoga is not just a set of exercises; it is a holistic science, promoting specific techniques for integrated development of one's being, be it physical, mental, emotional and spiritual

Yoga is a group of physical, mental, and spiritual practices, which originated in ancient India. According to the Bhagvad Gita, "Yoga is the journey of the self, through the self, to the self." People of all ages, be it students, grown-ups, working class professionals, senior citizens and various others can all immensely benefit from yoga.

Mind Body Connect

Yoga prevents memory loss and forgetfulness by making an individual calm and centered and also improves a person's focus and concentration. It can also improve your powers of recall by increasing circulation to your brain.

The greatest advantage to students is that they gain self-mastery and self-identity by its practice. Yoga is the tool through which one can attain so much.

The union that yoga brings to the body and mind is especially important for students, because it brings everything back to the body and away from the head. Not just students, even grown-ups who are having work-related stresses can do yoga and get relief and feel rejuvenated and work more productively.

As a child grows up and goes to a higher standard, yoga helps to manage the child's discipline, which helps the child to study bet-

ter and more productively. Yoga is not just a set of exercises; it is a holistic science, promoting specific techniques for integrated development of one's being, be it physical, mental, emotional and spiritual. Many individuals regularly practice yoga to diminish stress, pressure and help in unwinding.

Yoga teaches us the philosophy of "Be where you are, not where you think you should be".

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Yoga Asanas to Practice

Some useful yoga asanas for developing memory retention are as follows:

Shavasana: Lie down on the floor and close your eyes. Do not go to sleep. Hands on the ground.

Vajrasana: Keeping your eyes closed, be on your knees

and hands on your legs.

Sarvangasana: Keep both your legs high up and try to be on your head. Use your hands as support.

Pavanamuktasana: Pull your legs towards your nose. Keep eyes closed, avoid stress. Start with one leg at a time and then go to both legs together.

Brahmamudra: Sit in a yogic posture and close your eyes and move your head in all four directions. This is a very wonderful and essential exercise for memory development.

Learn to Meditate

Meditation, and its daily practice, also makes a huge difference. Not only does a person get peace of mind, but also the vision and confidence to recall and recollect more. Try taking a deep breath and then let it out, and thereafter keep on

breathing deeply and slowly.

While doing this, focus your attention on nothing but the various groups of muscles in your body. Start with your forehead and then relax those muscles. Go on to your shoulder muscles, then your stomach, legs, feet, toes. This systemic relaxation will bring on a kind of meditative state in a matter of few minutes.

Daily meditation helps the memory immensely.

Sit quietly in a comfortable position and start silently counting backward from 30. As your concentration improves, you can move the starting count higher to 80, 150, 250, 400, 700, 900 and more.

Of course, if you go higher, it will take more time but it is worth the effort. This exercise will improve your concentration and help you remember things better. Also try to recite ABCD backwards i.e. ZYXW.

Try slowly first and gradually increase your speed. You could make some mistakes initially but later will be fluent.

Aside from the physical benefits, one of the chief benefits of yoga is how it helps a person manage stress, which is known to have devastating effects on the body and mind. Yoga is very effective in developing coping skills and reaching a more positive outlook on life.

Yoga breathing exercises called Pranayam are very effective since they work as a tonic to reduce stress, anxiety, insomnia, headache etc. Yoga also works in improving the attention span. Long attention span

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ranges between 30-45 minutes, which leads to maximum levels of concentration.

While a short attention span only lasts for 7-10 minutes. This kind of attention is good when the work is not very important, but it will come in the way of students and all those who need long attention spells to accomplish their work successfully.

Math Trick

12 times 12 = 144.
13 times 13 = 169.
The reverse of 12 is 21 and have you observed 21 square is 441 i.e. the reverse of 144.
The reverse of 13 is 31 and have you seen that 31 square is 961 i.e. the reverse of 169.
Also 27 times 27 = 729; do not multiply the numbers, the reverse of 27 is 72 and 7 plus 2=9 and the answer: 27 times 27 = 729.

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