

ROLE OF YOGA ON COGNITIVE DEVELOPMENT

Presented by:

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INTRODUCTION

- Cognition is the construction of thought process, including remembering, problem solving, and decision making from childhood through adolescence.
- It is purely descriptive behavior in form of information flow or function to the brain and it's stimulated to various parts of the body.

BRAIN-PARTS-FUNCTION:

- Brain is the part of central nervous system which lies within the cranial cavity. It consists of the following parts.
- Cerebrum.
- Cerebellum
- Mid brain
- Pons
- Medulla oblongata

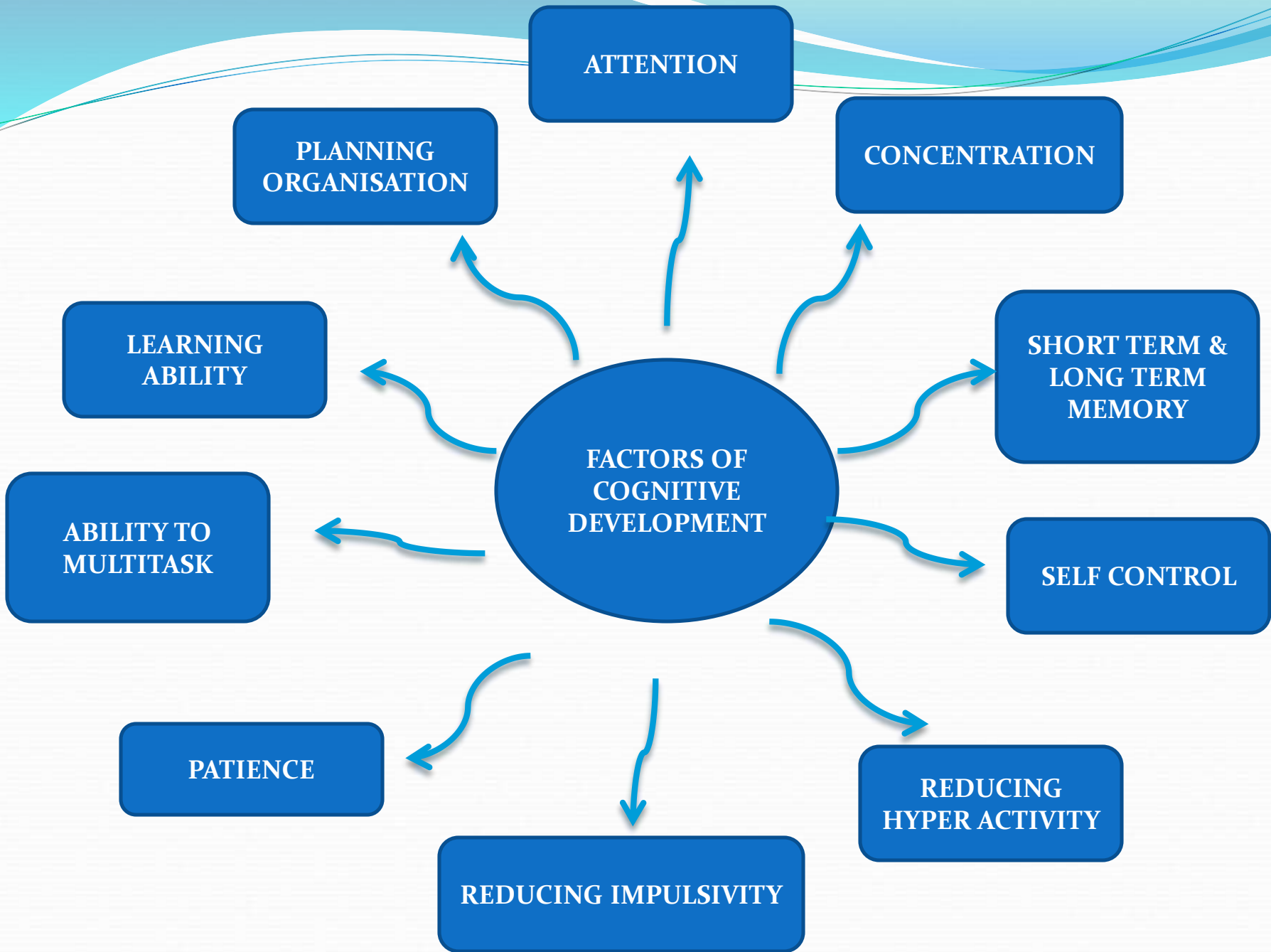
BRAIN



CEREBRUM

- It is the largest part of brain. It consists of two hemisphere right and left. Each cerebral hemisphere has four lobes.
- **Frontal lobe** :-Monitoring of complex thoughts, actions, creative ideas perceptions, memories, muscle movements judgment, insight, reasoning, expression of Emotions, decision making personality, will power etc.
- **Parietal lobe** :-Registration of sensory perception of touch, pain, heat and cold, knowledge about position in space etc.

- **Temporal lobe** :- Decoding and interpretation of sound , language comprehension , smell, memory etc.
- **Occipital lobe** :- Decoding and interpretation of visual information, shape, colour etc.
- Cognitive development typically refers to age related changes in knowledge and acts of knowing such as perceiving, remembering, problem solving, reasoning, and understanding. . Among the areas of cognitive development are information processing, intelligence, reasoning, language development, and memory.



● **Attention:-**

Attention is the taking possession by the mind in clear form with concentrating on one aspect of the environment while ignoring the other things.

● **Concentration:-**

Concrete fixing mind on one object. It has different categories in concentration such as cognition and learning, Intelligent Technologies, Reading Research, Cognitive studies of educational practice or creativity and cognition.

● **Short- term memory and long-term memory:-**

- It is a capacity for holding small amount of information in mind in an active readily available state for a short period of time.
- Long-term memory is ability to hold information in the mind and for longer duration and ability to retrieve information of things learned in the past.

● **Self control:**

It should have from the behavioral charts, environmental planning and self-contracts and it has been quite successful with relatively simple problems, of habit, such as smoking over eating and study habits.

● **Reducing hyper activity.**

Hyper activity of the mind leads to attention deficit and its build-up of excess energy in a person's neuromuscular system, it happens only during periods of nervous excitement or stress. To reduce hyper activity diet along with prescribed change in the yoga and sleep pattern.

● **Reducing impulsivity:-**

Impulsivity to risk-taking, lack of planning and making up, one's mind quickly. Impulsivity has been shown to be major components of various neuropsychiatric disorders.

● **Patience:-**

The time should spend to develop the qualities of an individual need to the patience. The parent or teacher should have patience to the develop the cognition abilities for the students and teachers them more active and conscious to be patience in the life carrier.

Ability to multitask:-

Ability of the brain to work on more than one task in parallel and multitask fashion.

Learning ability:-

The ability to concentrate and attend to a task for a prolonged period of time is essential for the persons to receive necessary information and complete certain academic activities.



Planning organization:

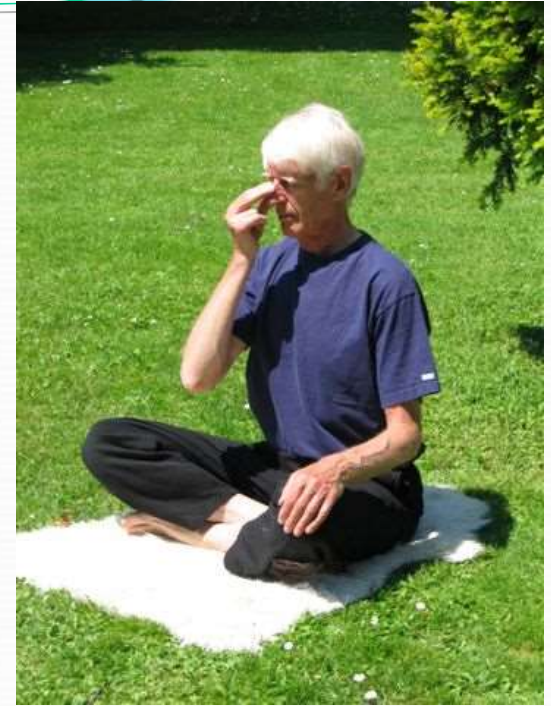
Cognition planning present a new model planning, it timely volume focus on the unique role of language as a cognitive tool, the development relationship of language to planning and thinking. The current research suggested that visual search, composition writing and managerial decision making to develop new methods for composing and rating scales for excellence in management.

Yoga can enhance a mindful, self-discipline, confidence, self-power, imagination and creativity. Through the regular practices of yoga in the form of meditation and pranayama.

● Pranayama:

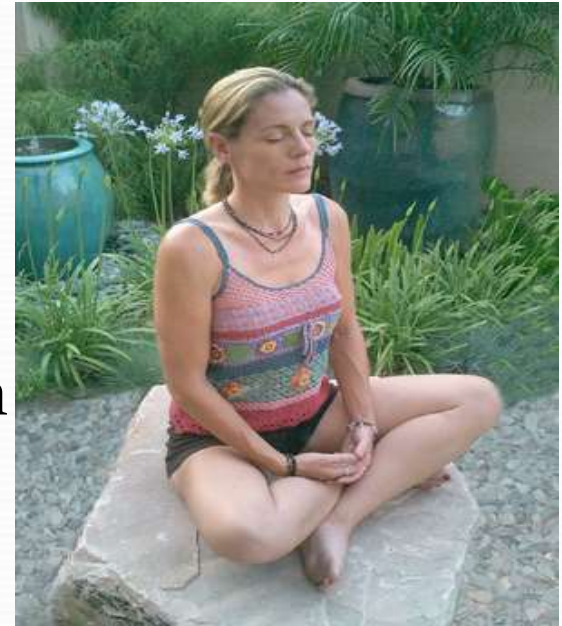
Pranayama is the yogic technique to bring the breathing in regularity, rhythmic and balanced. In pranayama by regular practices of kapalabhati, its refresh and stimulate the brain.

The pranayama which gives more amount of oxygen to the brain and makes individuals refresh and knowledgeable personality.



● Meditation:-

Meditation describes a number of different uses of the mind, from contemplation and concentration to devotion and chanting. Meditation can certainly be looked on as a healing process, emotionally, mentally and physically too.



Mindfulness meditation :

Mindfulness :

It is a state of mind that allows us to become highly sensitive and aware of our thoughts, feeling, physical status or consciousness itself.

Mindfulness Meditation:

In mindfulness meditation, they should be mindful / aware of all thought, feeling, sounds or image that enter and pass through your mind.



By regular practice of pranayama and mindfulness meditation can improve cognitive abilities in shaper, and intelligence of their mind.



Thank You