
IMPACT OF THE NRITYAYOGSUTRA DANCE YOGA THERAPY ON SCHOOL CHILDREN'S MENTAL AND PHYSICAL HEALTH

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ABSTRACT

Context: The contemporary era witnesses numerous health challenges faced by children, encompassing issues such as obesity, hormonal imbalances, anxiety, depression, nutritional deficiencies, and compromised immunity. Addressing these concerns requires approaches that blend scientific rigor with engaging activities capable of captivating children's interest. NrityaYogsutra, a dance therapy program, was implemented in a government girls' school to address the physical and mental well-being of 55 seventh-grade students over a two-month period. This research aims to evaluate the program's impact on the students' health using a questionnaire comprising 16 objective questions focusing on various aspects of physical and mental well-being.

Aims: To monitor effectiveness of Nritya Yogsutra practices amongst school children of age group 11 / 12 yrs. at the level of mind and body. To observe Improvement in their cognitive function, joyful attitude, flexibility, stamina, personality, confidence, stability of mind and mental focus.

Methods and Material: For 2 months children Nritya Yogsutra program has been conducted in Government girls school, Nasik. 55 Girl students of 7th grade participated in this survey. A questionnaire of 16 objective questions was given to all the participants at the end of this survey. Followed the method of Likert scale and open ended questionnaire.

Statistical analysis used: Qualitative.

Results:

59.45% students wrote about great improvement in their physical and mental state of health, 32.92 mentioned slight improvements, 5.94 said no change while 1.67% experienced deterioration. So it proves that NrityaYogsutra practices are impactful to bring good positive changes in physical and mental health.

Conclusions: The findings derived from the analysis of the questionnaire responses underscore the efficacy of NrityaYogsutra dance therapy in positively impacting the mental and physical health of seventh-grade school children. The data reveals that a significant proportion of participants reported experiencing slight to great improvements across various health indicators, including joyfulness, rejuvenation, confidence, focus, physical strength, stamina, flexibility, and mental well-being. These positive outcomes suggest that NrityaYogsutra has the potential to address the contemporary health challenges faced by school children, offering a holistic approach that combines physical activity with mindfulness practices through dance, yoga and music.

Key-words: Joyfulness, Dance, Yoga, children physical and mental health.

INTRODUCTION

In the 21st century, the pace of learning and knowledge acquisition has accelerated to unprecedented levels, mirroring the soaring aspirations that reach for the skies. However, amidst this era of exponential growth, there's a profound impact on overall mental health. 1. Technological advancements, while offering myriad benefits, have ushered in a Moreover, the industrial revolution in food production has reshaped dietary habits, introducing health hazards amidst convenience. 2. While shifting family structures have 3,4,5,6, reshaped human values and culture. (Simultaneously, environmental factors, altered by human activities, manifest in rising temperatures, erratic rainfall, and unpredictable climates.

In this dynamic environment, maintaining the physical and mental well-being of children poses significant challenges. 7,8,9,10. Issues such as obesity, 11,12,13, hormonal imbalances,

14,15,16,17, anxiety, 18,19,20,21, depression 22,23,24, nutritional deficiencies, and weakened immunity demand careful attention. The prevailing lethargy among today's children 25,27., necessitates practices that engage their interest while adhering to discipline, systems, and scientific principles. It's imperative that such practices are not only joyful but also potent in promoting health.

NRITYAYOGSUTRA

A Fusion of Dance and Yoga for Physical, Mental, and Spiritual Wellbeing

NrityaYogsutra-a comprehensive solution that effectively addresses these needs. This innovative approach seamlessly integrates yoga and dance, merging yogic principles with the grace of Indian classical dance. Through well-structured, meticulously formulated techniques, NrityaYogsutra encompasses a blend of asanas, hastamudras, acupressure, and chakra meditation, all harmonized with soothing, meditative music. Extensively researched and tested among school children, NrityaYogsutra has garnered acclaim across various schools and age groups.

CORE PRINCIPLES OF NRITYAYOGSUTRA

- **Combining disciplines:** NrityaYogsutra draws upon diverse disciplines like dance, yoga, acupressure, and reflexology, offering a comprehensive experience beyond isolated practices.
- **Accessibility:** With 78 modified and newly formulated dance steps, NrityaYogsutra is designed for individuals of all levels, making it easily integrated into daily routines.
- **Mindful movement:** Each movement is performed with awareness and control, following the principles of yoga sutras while maintaining relaxation and a joyful experience.
- **Scientific approach:** NrityaYogsutra systematically engages every body part, from head to toe, incorporating acupressure points and reflex zones for enhanced benefit.
- **Rhythmic flow:** The practice is accompanied by soothing and melodious music, promoting positive brainwaves and a meditative state.

- **Pranayama integration:** By controlling breath and shifting movement tempos, NriyaYogsutra incorporates the benefits of Pranayama breathing exercises without requiring separate practice.
- **Aesthetic expression:** The use of Hasta Mudras adds an aesthetic dimension to the practice, enhancing its therapeutic value without compromising its health benefits.
- **Chakra activation:** NriyaYogsutra effectively stimulates and balances the body's energy centers (Chakras) for improved physiological and spiritual well-being.

In a notable instance, a comprehensive survey was conducted in one school, involving 55 seventh-grade students over a two-month period, to assess the effectiveness of NriyaYogsutra in enhancing physical and mental well-being. The data and reviews collected from this initiative offer compelling evidence of its efficacy. Many school teachers and principals have lauded NriyaYogsutra for its ability to engage students, enhance focus, and foster joy. They attest to its superior effectiveness and ease of implementation compared to conventional practices. With the participation of eight schools and approximately 1600 children, NriyaYogsutra stands as a beacon of hope, offering a transformative pathway to holistic health and well-being for the children of today and tomorrow.

SUBJECT AND METHOD

The research involved a longitudinal survey conducted in a government girls' school, wherein 55 seventh-grade students participated in the NriyaYogsutra program. The students' health was assessed using a questionnaire comprising 16 objective questions administered before and after the two-month intervention period. The Likert scale and open-ended questions were utilized to gather quantitative and qualitative data. Out of 55 participants, 41 submitted their completed questionnaires. The responses were tabulated and analyzed to evaluate the program's effectiveness in improving various aspects of the students' health.

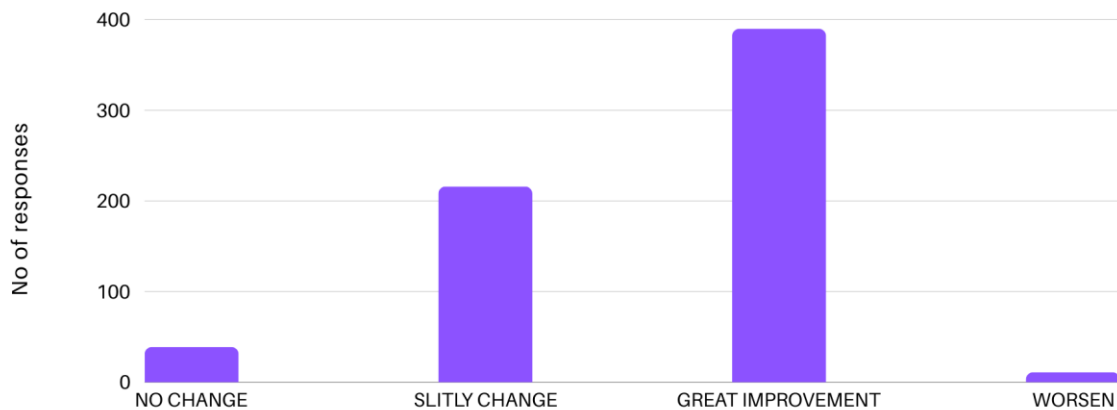
Sessions were conducted regularly by 2 experts of NriyaYogsutra in the school hall. Practices given to them were exclusive NYS practices for children NriyaYogsutra . NYS namaskar, NYS asanas like NYS ekpaadpranamasan , NYS natarajasan, NYS parshwajanuasan , NYS ekpaadasan, NYS hastamudras like NYS shankh, NYS mushthi, NYS samdrishti, NYS RZ and NYS chakra meditation practices along with breathing techniques has been conducted.

SURVEY REPORT

The reports gathered after all the sessions of 2 months duration shows following results. Please read the following chart.

(An open access scholarly, peer-reviewed, interdisciplinary, monthly, and fully refereed journal.)

		All Statements															Total	% Ans.	
Options	Que. Nos.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16		
1	NO CHANGE	0	0	2	9	2	0	1	3	2	3	3	8	0	0	3	3	39	5.95
2	SLIGHT IMPROVEMENT	8	18	6	13	12	17	17	7	21	19	16	11	17	10	14	10	216	32.93
3	GREAT IMPROVEMENT	33	22	32	18	25	23	23	30	18	18	22	22	24	31	24	25	390	59.45
4	WORSEN	0	1	1	1	2	1	0	1	0	1	0	0	0	0	0	3	11	1.68
																	656	100	



HISTOGRAM OF RESPONSES

		Statements on Mental health																Total	% Ans.				
Options	Ques Nos.	1	%	3	%	4	%	5	%	6	%	10	%	11	%	12	%	15	%	16	%		
1	NO CHANGE	0	0	2	5	9	22	2	5	0	0	3	7	3	7	8	20	3	7	3	7	106	8.10
2	SLIGHT IMPROVEMENT	8	20	6	15	13	32	12	29	17	41	19	46	16	39	11	27	14	34	10	24	409	31.22
3	GREAT IMPROVEMENT	33	80	32	78	18	44	25	61	23	56	18	44	22	54	22	54	24	59	25	61	771	58.88
4	WORSEN	0	0	1	2	1	2	2	5	1	2	1	2	0	0	0	0	0	0	3	7	24	1.80
		41																			1310	100	

		Statements on Physical health										Total	% Ans.		
Options	Que Nos.	2	%	7	%	8	%	9	%	13	%	14	%		
1	NO CHANGE	0	0	1	2	3	7	2	5	0	0	0	0	21	2.77
2	SLIGHT IMPROVEMENT	18	44	17	41	7	17	21	51	17	41	10	24	285	38.22
3	GREAT IMPROVEMENT	22	54	23	56	30	73	18	44	24	59	31	76	433	58.09
4	WORSEN	1	2	0	0	1	2	0	0	0	0	0	0	7	0.92
		746										100			

DISCUSSION

Following the administration of the NriyaYogsutra program to 55 seventh-grade girl students in a Government girls school in Nasik, the analysis of responses obtained from the questionnaire revealed intriguing insights into the program's impact on the physical and mental well-being of the participants.

The survey aimed to monitor the effectiveness of NriyaYogsutra practices among school children aged 11/12 years, specifically targeting improvements in cognitive function, joyful attitude, flexibility, stamina, personality, confidence, stability of mind, and mental focus. A total of 16 objective questions were included in the questionnaire, employing Likert scale methodology and open-ended queries to gather comprehensive feedback.

Upon statistical analysis of the responses, it was observed that a significant majority of students, comprising 59.45% of the total respondents, reported experiencing great improvement in their physical and mental states of health. This substantial portion of participants highlighted notable enhancements across various facets of their well-being, underscoring the comprehensive impact of the NriyaYogsutra practices.

Furthermore, a considerable proportion of students, accounting for 32.92% of the sample, mentioned experiencing slight improvement in their health condition. This finding suggests that even students who did not report significant improvements still recognized positive changes, albeit to a lesser extent, indicating the potential benefits of the NriyaYogsutra program across a diverse range of individuals.

Interestingly, a smaller percentage of respondents, comprising 5.94% of the total, indicated no change in their health condition following participation in the program. While this subset of students did not report noticeable improvements, their feedback provides valuable insights into the variability of responses and highlights areas for potential program refinement.

Finally, only a minimal percentage of students, amounting to 1.67% of the sample, reported experiencing deterioration in their physical and mental states of health. While this finding underscores the importance of monitoring for any adverse effects of intervention programs, the extremely low incidence of deterioration reaffirms the overall positive impact of NriyaYogsutra practices on student well-being.

The analysis of responses from the provided table offers valuable insights into the perceived effects of the NriyaYogsutra program on the physical and mental well-being of the participating students. Here's a breakdown of the analysis:

Fig. 1

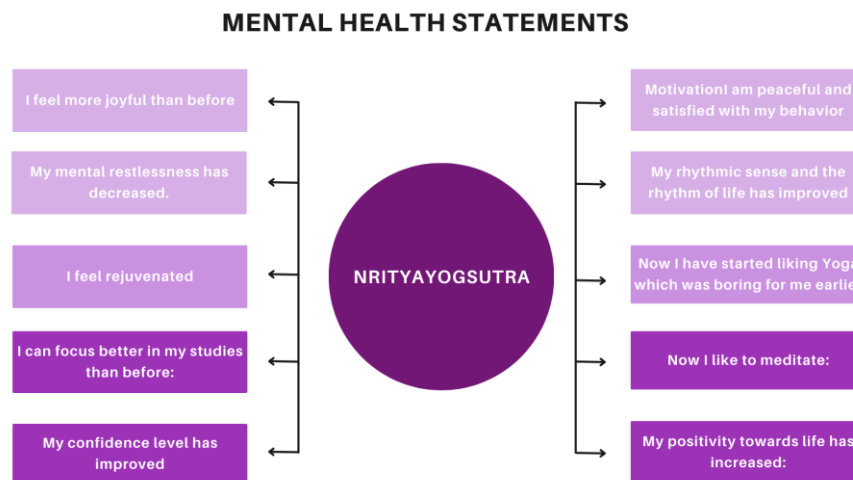
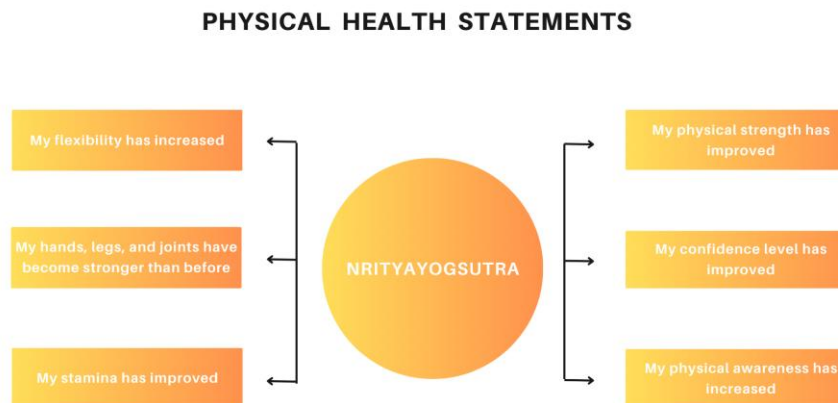


Fig. 2



1. I feel more joyful than before: A significant majority of students, accounting for 80% great and 20% slight, reported feeling more joyful, indicating a substantial positive impact on their emotional well-being.
2. My physical strength has improved: A considerable 54% great and 44% slight of students noted improvements in physical strength, highlighting the program's efficacy in

enhancing physical fitness.

3. I feel rejuvenated: A noteworthy 78% great and 15% slight of students expressed feeling rejuvenated, suggesting that the program helped them feel refreshed and revitalized.
 4. My mental restlessness has decreased: A notable 44 % great and 32% slight of students reported a reduction in mental restlessness, indicating the program's positive influence on mental calmness and stability.
 5. I can focus better in my studies than before: Several students, comprising 61% and 29% of respondents, mentioned experiencing improved focus in their studies, showcasing the program's benefits for cognitive function and academic performance.
 6. My confidence level has improved: A significant 56% great 41% slight of students indicated an increase in confidence levels, demonstrating the program's positive impact on self-esteem and self-confidence.
 7. My physical awareness has increased: Students reported heightened physical awareness, with 56% great and 41% slight indicating an enhanced connection between mind and body through the program's practices.
 8. I find myself beautiful and confident: A notable proportion of students, totaling 73% great and 17% slight, expressed feeling beautiful and confident, suggesting improvements in body image and self-perception.
 9. My stamina has improved: Many students, representing 44% great and 51% slight of respondents, noted improvements in stamina, reflecting the program's effectiveness in enhancing physical endurance and stamina levels.

 10. I am peaceful and satisfied with my behavior: Several students, accounting for 44% great and 46% slight of the sample, reported feeling peaceful and satisfied with their behavior, indicating improved emotional regulation and self-awareness.
 11. My sense of rhythm has improved and that has improved the overall rhythm of my life: A significant 54% great and 39% slight of students noted improvements in their sense of rhythm, which translated into enhanced overall life rhythm, potentially indicating a positive impact on overall well-being and harmony.
 12. Now I have started liking Yoga which was boring for me earlier: Some students, totaling 54% great 27% slight mentioned a newfound appreciation for yoga, suggesting positive changes in attitude and engagement towards physical activity and mindfulness practices.
 13. My flexibility has increased: Many students, representing 59% great and 41% slight of respondents, reported increased flexibility, highlighting the program's effectiveness in improving physical flexibility and mobility.
 14. My hands, legs, and joints have become stronger than before: A substantial majority of students, comprising 76% great 24% slight, noted improvements in strength in their hands, legs, and joints, indicating enhanced physical fitness and musculoskeletal health.
 15. Now I like to meditate: Several students, totaling 59% great 34% slight, expressed a newfound liking for meditation, suggesting increased interest and engagement in
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mindfulness practices.

16. My positivity towards life has increased: A significant majority of students, accounting for 61% great 24% slight, reported increased positivity towards life, indicating improvements in overall outlook and mental well-being.

CONCLUSION

In conclusion, the statistical analysis of responses obtained from the questionnaire demonstrates that NriyaYogsutra practices have a significant and predominantly positive impact on the physical and mental health of school children aged 11/12 years. These findings provide compelling evidence of the program's effectiveness in promoting holistic health and wellness among school children.

Abbreviations used: NYS for NriyaYogsutra.

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