

The Role of Yoga in Promoting Divyangajan Through Yoga for Differently Abled Children

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Abstract

Yoga is becoming more popular every day by day, not just for adults but also for children as well as more important for divyangajan (differently abled Person with special needs abilities are endowed with superfluous qualities and they can perform extra ordinary deeds .It can be used as an alternative therapy. Yoga can help to increase concentration flexibility and strength. It can also develop coordination and reduce stress and anxiety. There are a lot of benefits of yoga for children with special needs. Yoga practices, including breathing techniques (Pranayama) and meditation, can help reduce stress, anxiety, and promote mental clarity, which is particularly beneficial for individuals facing challenges related to their disabilities. Yoga events and classes for Divyangajan create a sense of community and belonging, reducing feelings of isolation and promoting social interaction. Yoga can help break down societal barriers and misconceptions about disability, fostering a more inclusive and accepting environment. Engaging in yoga can empower individuals to advocate for their needs and participate in decision-making processes related to their well-being The Ministry of Social Justice & Empowerment has been actively promoting yoga for Divyangjan through its various institutes and centres, organizing events, webinars, and yoga camps. Events like the International Day of Yoga (June 21st) often include yoga sessions and performances by Divyangjan, showcasing their abilities and promoting inclusivity. The Purpose of study is to introduce yoga as a therapeutic means to increase body awareness and strength for especially differently abled children. Yoga for the especially abled children will be fantastic early intervention program that can assure the healthy formative development and coping extra ordinary needs.

Keywords: Yoga techniques for Cwsn, Meaning of disability, classification of disability, therapeutic means.

YOGA

The word yoga is derived from the Sanskrit root word "yuj" which, depending upon the context, can have one of two different meanings. One meaning is ‘Samadhi’ which is defined as total absorption leading to a fully controlled state of the mind. The other meaning is ‘union’. According to Vyasa, the most authoritative commentator on the sutras, the word yoga means ‘Samadhi’ in the current context. In

many other systems of philosophy, Vedanta for example, yoga means ‘union’ where it implies the union of the individual self and the supreme consciousness called Brahman.

INTRODUCTION

On the occasion of the 11th International Yoga Day, persons with disabilities (Divyangjan) across the nation pledged to stay healthy through collective yoga programs. In line with Prime Minister Shri Narendra Modi’s vision of "Yoga for All," 10,000 Divyangjan performed yoga at various locations across India. Individuals with diverse disabilities, including visual impairment, hearing impairment, locomotor disability, intellectual and developmental disabilities, autism, cerebral palsy, and thalassemia, participated in mass yoga events organized by the Department of Empowerment of Persons with Disabilities. These events were coordinated with National Institutes, Composite Regional Centers (CRCs), ALIMCO, and NDFDC at 30 different locations across the country. The Department of Empowerment of Persons with Disabilities (DEPwD), Ministry of Social Justice & Empowerment, Government of India, celebrated the 11th International Day of Yoga on a grand scale and the event marked a significant milestone in inclusive Yoga, with participation from all 21 recognized disability categories under the Rights of Persons with Disabilities Act, 2016. He lauded Hon’ble Prime Minister Shri Narendra Modi for his pivotal role in globalizing Yoga and promoting accessibility for all. Highlighting Yoga as a “philosophy of inclusion,” union minister called upon society to continue fostering this spirit beyond the day’s celebrations, ensuring no one is left behind and the inner potential of every individual is recognized.

Meaning of disability-

A **disability** is any **physical, mental, intellectual, cognitive, or developmental condition** that **impairs, interferes with, or limits** a person’s ability to perform tasks or participate fully in daily life. The World Health Organization (WHO) Characterizes incapacity as ;Disability is an umbrella term, covering hindrances, movement constraints, and interest limitations. Different Types of Disabilities: List of 21 Disabilities, Details of various types of disabilities. This is a list of 21 disabilities identified under RPWD Act 2016 and their causes, examples, symptoms, treatment etc. There are innumerable types of disabilities that can affect a human being. Some of these conditions are more common than others. Some of the types of disabilities are recognized by the government in order to provide disability benefits to the needy ones. Often people wonder what the disabling conditions that are more prevalent are. Here is the list of 21 disabilities that have been identified under the [RPWD Act 2016](#) of India. 1) **Blindness** 2) **Low-vision** 3) **Leprosy Cured persons** 4) **Hearing Impairment** 5) **Locomotor Disability** 6) **Dwarfism** 7) **Intellectual Disability** 8) **Mental Illness** 9) **Autism Spectrum Disorder** 10) **Cerebral Palsy** 11) **Muscular Dystrophy** 12) **Chronic Neurological conditions** 13) **Specific Learning Disabilities** 14) **Multiple Sclerosis** 15) **Speech and Language disability** 16) **Thalassemia** 17) **Hemophilia** 18) **Sickle cell disease** 19) **Multiple Disabilities including deaf-blindness** 20) **Acid Attack victims** 21) **Parkinson’s disease**

Yoga for Divyangjan children with special needs

Yoga in promoting the well being and development of these children with special needs can be beneficial for individuals with disabilities or chronic health conditions through both the physical postures and breathe 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 and yogic therapy has been found to be beneficial in children with special needs children

Yoga Instructions for Divyangjan

Yoga practices can improve strength, coordination, balancing, respiration, eyesight and many other factor for children affected with children with special needs 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 .yoga asana twist the body making it move in every direction working bones ,muscles.

There are various types of yoga therapy, each tailored to address specific health concerns and personal needs. These types can include therapeutic yoga sessions focused on chronic pain management, stress relief, mental health, or respiratory issues. The different types of yoga therapy integrate breathing techniques (pranayama), physical postures (asanas), relaxation, and meditation practices to restore balance in both body and mind.

Yoga Therapy Techniques

Yoga therapy sessions typically include the following elements:

- Asana Practice: Tailored physical postures for specific health conditions
- Pranayama: Breathing techniques that regulate energy flow
- Mudras: Hand gestures for channeling energy
- Meditation: Mental focus to calm the mind and promote healing
- Philosophy and Spiritual Counseling: Guidance in adopting a yogic lifestyle
- [Chanting and Bhajans](#) : Sound therapy for mental peace
- Relaxation Techniques: Methods to reduce stress and promote deep rest
- Lifestyle Changes: Advice on nutrition, habits, and mindset adjustments. The goal of yoga therapy is to encourage overall well-being while addressing specific ailments.

Asana

Yoga is becoming more popular everyday not just for adults ,but also for children with special needs and 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 Viparita karani, Sarvangasana, Matsyasana, Halasana and Supta vajrasana alternating with standing postures such as Padahastasana, Trikonasana, Padangushtasana helps Increase blood flow to the head region.

Vrikshasana, Ardha chakrasana 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.

Standing Asanas:

1. **Tadasana (Mountain Pose):** A foundational pose for grounding and posture,
2. **Vrikshasana (Tree Pose):** Improves balance and concentration,
3. **Uttanasana (Standing Forward Bend):** Stretches the hamstrings and spine,
4. **Trikonasana (Triangle Pose):** Enhances flexibility and strengthens legs and core,
5. **Virabhadrasana (Warrior Pose):** Strengthens legs, core, and back.

Seated Asanas:

1. **Sukhasana (Easy Pose):** A simple, comfortable pose for meditation and relaxation.
2. **Paschimottanasana (Seated Forward Bend):** Stretches the spine and hamstrings.
3. **Ardha Matsyendrasana (Half Spinal Twist):** Improves spinal flexibility and aids digestion.
2. **Vajrasana (Thunderbolt Pose):** A seated posture that aids digestion. Prone and Supine Asanas:
3. **Bhujangasana (Cobra Pose):** Strengthens back muscles and opens the chest.
4. **Dhanurasana (Bow Pose):** Stretches the entire front of the body.
5. **Sarvangasana (Shoulder Stand):** Inverts the body and stimulates the thyroid gland.
6. **Halasana (Plow Pose):** Stretches the spine and shoulders.
7. **Matsyasana (Fish Pose):** Opens the chest and throat.
8. **Savasana (Corpse Pose):** A resting pose for relaxation and integration.

Pranayama

Pranayama is more popular every day alternative therapy. A Variety of physical, motor, socio, economical and cognitive issues affected children with special needs. 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. Kapalabhati is also very useful. Shitali and Shitkari Pranyama are useful for the people affected by the Down's syndrome and autism spectrum disorder as they have thickened tongue with difficulty in speech..

Yoga and Yoga Therapy:

Understanding the Difference While yoga and yoga therapy share similar roots, their approaches differ significantly. In yoga, a teacher designs sequences for general well-being, leading to mental and physical benefits, typically in group settings. On the other hand, what is yoga therapy? It takes a more individualized approach, where a yoga therapist creates a personalized plan based on the student's medical condition, age, and strength. Unlike general yoga classes, yoga therapy tailors each session to meet specific health concerns. The distinction between yoga and the various types of yoga therapy becomes even clearer in practice. For example, a session designed for depression will be vastly different from one focused on back pain. Yoga therapists are trained to handle a wide range of medical conditions and work closely with medical professionals to ensure the best care.

Principles of Yoga Therapy:

Yoga therapy operates on the understanding that the body and mind are deeply interconnected. Anger, stress, and emotional turmoil can manifest as physical symptoms like high blood pressure or skin problems. What is yoga therapy if not a holistic approach that addresses both the mental and physical aspects of health? One important aspect of yoga therapy is its focus on the five koshas or sheaths of the body:

1. Annamaya Kosha: The physical body
2. Pranamaya Kosha: The energy body
3. Manomaya Kosha: The mental body
4. Vijnanamaya Kosha: The wisdom body
5. Anandamaya Kosha: The bliss body

Benefits of Yoga Therapy- Each session of yoga therapy is designed to address specific symptoms or health conditions. Unlike regular yoga classes, which are more generalized, yoga therapy empowers individuals to take an active role in their healing journey.

1. Managing chronic pain
2. Reducing anxiety and depression
3. Improving sleep quality
4. Enhancing respiratory and circulatory functions
5. Promoting better posture and flexibility
6. Increasing physical and mental strength
7. Encouraging active participation in life

Conclusion

Yoga brings harmony between body, mind and emotion by practicing psycho-physical, emotional technique and Develop proper psychological attitude which it helps to overcome the negative feelings of disability and able to see the positive opportunities in the world to lead a healthy living .So, It is a powerful tool that combines the ancient wisdom of yoga with modern medical knowledge to treat and manage health conditions. With a personalized approach, types of yoga therapy offer a wide range of techniques and practices to restore health and well-being in body, mind, and spirit, by working with the different layers of the body, from the physical to the emotional, yoga therapy is holistic in nature, treating the root causes of illness while helping individuals lead happier, healthier lives.

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