

Simplified Physical Exercises and Yoga enhances positive psychological states in Young adults

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ABSTRACT

Yoga is an ancient mind- body practice that typically consists of breathing exercises, body physical postures and includes mind-related Meditation. The original goal of which was to promote higher states of consciousness to enhance the positive effect in Young adults. Postive psychological states focuses on the young adult's potential, shares several activities(personality, thinking) with underlying principles of daily life techniques as a behavioral practice to enhance young adult performance and state of experience. The major focus of positive psychology involves the study of changes of positive emotions, memory and anger. The techniques of simplified physical exercises (*abdominal exercises and Leg- stand exercises and also breathing exercises*) for 30-40 minutes and yoga intervention for 30-40 minutes which includes *breathing yogic postures*(15 minutes), *Supine series* (10 minutes), *Prone Series* (10 min) and *OM meditation* for 15 minutes. Hence, this type of both interventions is to help in young adults by proper descriptive method and including in life activities to enhance positive psychological life for adults.

Keywords: *Ancient mind, potential, positive psychological, Yoga and Physical exercises.*