

ELECTRONIC DETOXIFICATION WITH YOGA AND MEDITATION

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ABSTRACT: Technology has become almost an integral part of our lives. The development and use of modern gadgets has also increased with the technological advancement. Technology and electronic gadgets have become near indispensable in our daily lives and almost everyone is addicted to these. Today's youth are putting technology to varied use, from texting, tweeting, chatting, online gaming, social media etc. The high dependency and unregulated use of electronic gadgets has led to serious health (mental and physical) implications. Yoga and meditation have proved to be effective practices to mitigate these health implications and find recommendation as therapeutic intervention not only in India but worldwide. This paper discusses the adverse health implications of unregulated overuse of electronic devices and the solutions offered by the Yoga to mitigate these through electronic detoxification. This article is of special significance to academia especially adolescent school going children since they comprise most vulnerable target group. Various health complications, addiction to electronic gadgets, can lead to and yoga postures to handle these have been discussed.

Keywords: Yoga, Electronic Gadgets, Electronic detoxification

I. INTRODUCTION

We cannot imagine our lives without modern gadgets and gizmos like mobiles, computers, tablets, i-Pad, radio, music systems and video games etc. Getting engulfed by the digital environment has become integral to life. A Nielsen study indicates that an American youth spends more than 10 hours with electronic gadgets each day. Another study conducted by the organization Common Sense Media, reported that 50% of teens feel addicted to their mobile devices. Available research also tells that while people can't imagine life without their digital tools, unregulated and overuse of technology can also contribute to stress. Excessive and prolonged use of these equipment finds manifestation in the form of deleterious health effects. A Swedish study found that heavy use of technology was linked to insomnia, depression, increased stress, and mood swings. The findings also indicated that using mobile in bed at night leads to anxiety, insomnia, and duration and quality of sleep. A study associated heavy technology use with mental health issues among adolescents and increased symptoms of ADHD. A research from the University of Pennsylvania has also revealed that a correlation between time spent on social media, loneliness and depression, and that constant connectivity affects work-life balance. Another study published in the Journal of Applied Research also found that technology use affects work-life balance, job satisfaction, job stress.

Various technological advancements for lessening the deleterious effect of electronic devices are popular in market like Electro Magnetic Field [EMF] shielding device, Shungite necklace, screen filters, blue light blocking plugin etc [1]. Digital detoxification is another way to mitigate these complications and to establish a healthier life style. Digital detox would involve predefined abstinence or setting limits to the use of digital devices and social media connections. Another natural and most effective ways of electronic detoxification [EDfx] is Yoga and Meditation. Yoga has now acquired global acceptance and is used therapeutically to improve human health not only in India but also in other countries. It has been found to enhance focus, clarity, memory and concentration, and helps in achieving heightened state of awareness of body and mind.

Yoga meaning ‘Union’ is a group of physical, mental and spiritual practices [2]. Pranayama is breath control exercises of Yoga. Yoga is more commonly seen as ‘Hath Yoga’ i.e. the physical postures, although it has other aspects like spiritual and mental. Controlling and concentrating the mental energies is called as ‘Meditation’. This review paper discusses various harmful effects of excessive and prolonged usage of electronic devices along with proven effect of Yogic Asanas, Meditation and Pranayam on eliminating/lessening these effects.

II. HEALTH IMPLICATIONS OF THE OVERUSE OF ELECTRONIC GADGETS AND YOGIC SOLUTIONS

1. **Headaches:** Complaints of headache are significantly higher in long interval smart phone users than in low users. There also is an association between screen time exposure and migraine: the more the exposure, higher is the frequency and duration of headache [3, 4]. Sang (2015) found that practicing of yoga reduced anxiety, headache and depression, and symptomatic medication use [5]. Available literature provides conclusive evidence that Yoga therapy is beneficial to prevent headaches and migraines. In a clinical Trial, few randomly selected migraine patients were given either conventional care or Yoga with conventional care for six weeks. The patients provided Yoga with convention care showed significant improvement in mitigating the frequency, intensity and impact of headache [6].

Important Yogic postures found effective to control headaches are:

- a. Shavasana: Relaxes Psycho-physiological system by inducing deep state of Meditation.
- b. Makrasana, Setu-Bandhasana, Padahasthasana, Marjariasana and Adhoukh-Shavasana: Cures headache by increasing blood circulation.
- c. Balasana, Paschimottanasana and Padmasana: Calms nervous system and reduces the feeling of pain [7].

Art of Living foundation has found following asanas effective and recommends these for headache and migraine patients:

Sookshma-Vyayama, Suryanamaskar, Ardha-Chandrasana, Trikonasana, Bhujangasana, Vakrasana, Ustrasana and Yog-Nidra [6].

2. **Lack of Concentration:** Yoga was found to be a promising treatment for ADHD symptoms in preschoolers (Samantha et al, 2019) [8]. According to an article published in ‘Japan Times’ excessive use of electronic gadgets caused sleep deprivation in school children. It also led to poor academic performance due to loss in concentration [9, 10]. Yoga helps to improve concentration and memory power with powerful impact on our body systems. The practice of concentration through Yoga is called dharna [11]. The result from a clinical study on 100 students who practiced Yoga for app. 3 months, showed significant improvement in attention, concentration and memory [11].

Important Yogic postures found effective to improve concentration are Nadi-Shodhan Pranayama, Kapal-Bhati-Pranayama, Vipassana-Meditation, Surya-Namaskar, Padmasana, Shavasana, Vajrasana and Vrikshasana. These have been found to improve ability to concentrate, generate calm and balance the nervous system and mind [11, 15, 17, 18].

Other yogic interventions found useful in this regard are:

- a. Paschimottanasana and Padahasthasana: Coordinates nervous and pranic energies [11,14]
- b. Sarvangasana and Bhastrika-Pranayama: Nourishes brain with more blood [11, 12, 16].
- c. Superbrain-Yoga: Harmonizes left and right side of the brain, induces calmness by distributing energy levels and stimulates thinking capacity [13].
- d. Bhramari-Pranayama: Refresh consciousness.

3. **Computer vision syndrome:** The American optometric association [AOA] has defined computer vision syndrome [CVS] as “a complex of eye and vision problems related to activities, which stress the near vision and which are experienced in relation or during the use of computer [AOA, 2013]”. Occupational safety at health administration of the US Government has defined CVS as a “complex of computer use related eye and vision problems. Studies suggest that app. 90% of US workers using computers for more than 3 hours/day experience CVS. [19-22].

A clinical study was conducted in which 30 subjects in the age group 20-57 working on computer (min. 6 hours/day, 5 days/week) were evaluated for symptoms of visual discomfort. Yoga group showed decreased scores in visual discomfort after two months [23]. Telles et al (2006) suggested that yoga practices reduced visual discomfort [24].

There are many yogic exercises that help to improve the functioning of the eyes, overcome electronic toxicity, improving tear film of the eyes hence reducing dry eyes and regains elasticity of muscle leading to improved vision [23].

Important Yogic interventions found effective to control CVS are:

- a. Eye Movement, Palming and Trataka: Improves vision, concentration, relaxes muscles and also impacts myopic eyes [25-29].
- b. Bhastrika-Pranayam and Kapal-Bhati-Pranayam: Cleanses lungs, improves circulation [29].
- c. Jala-Neti: Influences sense organ and strengthens vision [30].

4. **Hearing Loss:** Available literature suggests that yoga can relax of the neck muscles which improves blood flow to the ear region, helping prevention of hearing loss and tinnitus and improving functioning of nerves in the ear region (Taneja,2016) [31]. Loss of hearing by high frequency electromagnetic waves occurs due to damage of inner ear hair cells [32]. Plugging headphones for the whole day can damage ears especially when the sound of music is beyond permissible limits. Research shows that 72% of the subjects who use ear phones and headsets for more than 6 hours per day have hearing problems, while in case of 4-6 hours users it is 54%, for 2-4 hours it is 13%, and for 1-2 hour users it is 12% [14]. In a case study, 12 subjects diagnosed with chronic subjective tinnitus were asked to practice Yoga for 3 months. Tinnitus scores were compared before and after the Yoga classes using Wilcoxon Test. The study showed that Yoga practice may reduce symptoms of subjective Tinnitus [33].

Important Yogic exercises found effective to control hearing loss are:

- a. Bhramari-Pranayama: Produces echo in the ear which stimulates the hair cells and improves hearing capacity. Also increase in Nitric Oxide level plays a role in functioning of inner ear physiology by regulating cochlear blood flow
- b. Trikonasana, Matsyasana and Padangusthasana: Sends fresh blood to head and neck also clears ear blockage.
- c. Ardha-Chandrasana and Marjariasana: Improves coordination and body balance.
- d. Bitilasana and Balasana: Increases good blood flow [34, 35].

5. **Sleep Deprivation:** Short wavelength artificial blue light emitted by electronic devices delay circadian rhythm and suppresses release of sleep inducing hormone [36]. Research has showed that 76.4% of participant using electronic device for more than 3 hours a day experienced poor sleep quality [37].

By reducing physiological arousal and inducing total relaxation and positivity, Yoga has proven to be an effective treatment for sleep deprivation [39].

Important Yogic exercises found effective to control sleep deprivation are:

- a. Tadasana, Trikonasana, Vrksasana and Padmasana: Improves body balance, makes spine agile and relaxes body and mind.
- b. Padahasthasana: Stretches back muscle, makes spine supple and revitalizes nervous system.
- c. Marjariasana: Improves digestion.
- d. Shishuasana, Nadi-Shodhan-Pranayam and Yoga-Nidra: Calms and controls nervous system [38, 40].

6. **Musculoskeletal Syndrome:** Yoga not only helps blood flow and muscle relaxation. Research suggests an increase in GABA (Gamma-aminobutyric acid) level in the brain by more than 25% after just one yoga session of 60-minute. GABA is a brain neurotransmitter and the lower levels indicate a higher risk for anxiety, stress, tinnitus, and depression. Prolonged and daily use of computers, cell phones, video games etc. is associated with neck and upper extremity symptoms, clinical disorders and musculoskeletal pain in

children and adolescents [41-42]. In a university out of a sample of 503 students aged between 8-25 years, 251 suffered musculoskeletal symptoms in the upper limb, neck and shoulder regions, and 155 had discomfort due to excessive use of electronic devices [43]. Another study over 8 individuals with rheumatoid arthritis, who participated in a six week long Yoga program of 1.5 hour sessions, Yoga was found to improve flexibility and strength and alleviation in symptoms of pain and disability [44].

Important Yogic exercises found effective to control musculo-skeletal syndrome are:

- a. Ardhakaticakrasana, Padahasthasana and Virabhadrasana: Strengthens and tones arms, legs and lower back. Extremely beneficial for frozen shoulders.
- b. Sasankasana: Abdomen toning, stretching and strengthening of arms, shoulder and upper back.
- c. Suptavajrasana: Tones spinal nerves, makes the rear versatile and realigns rounded shoulders.
- d. Paschimottanasana: Stretches shoulder, spine and hamstrings, improves digestion and reduces fatigue.
- e. Bhujangasana: Makes spine stronger and flexible, stretches chest, lung, shoulder and abdomen [45-47].

7. **Stress:** “A condition when a person perceives that demand exceeds personal and social resources the individual can mobilize, is known as stress” as stated by The American Institute of Stress [48]. The stressors are many a times the very devices that we use to make our lives comfortable. These techno time-savers create unexpected mental and physical consequences [10, 48]. Excessive use of digital equipment also leads to repetitive stress injury [RSI], in which cytokines released and traveling in bloodstream are toxic to the nerve cells [49].

In case of stress, Yoga helps in lowering blood pressure and heartbeat. It also has a beneficial effect on the parasympathetic nervous system. It reduces the oxygen demand of the body and thus reduces the vulnerability to stress that can further lead to anxiety and depression [50]. Fang and Li’ clinical trial on a population of 120 nurses was randomized into two groups. One group attended the Yoga program while the other group did not. A six month follow up analysis reported a reduction in stress level in Yoga group [51].

Another clinical study over 25 healthy volunteers revealed a yoga induced reduction in Salivary Amylase activity. A decrease in salivary amylase activity depicts reduction in sympathetic response indicating thereby that Yoga has immediate and long term effect on stress and anxiety reduction [52].

Important Yogic exercises found effective to control stress are:

- a. Trikonasana, Bhujangasana, Vajrasana and Setu-Bandhasana: Increases both physical and mental stability hence reduces stress and anxiety.
- b. Padmasana, Siddhasana, Dhanurasna and Veerabhadrasana: Relaxes mind, lessens stress and fatigue.
- c. Padahasthasana: Increases blood circulation and stimulates nervous system.
- d. Sirsasana: Induces relaxation and fights stress. It deepens and calms the brain. According to a study, when the breath slows down, the blood absorbs more oxygen hence benefiting the brain [53].

8. **Brain Tumor:** The international agency for research on cancer states that cell phones have the potential to cause cancer due to electromagnetic fields produced by them. Research has shown that the frequency range 40 MHz to 6 GHz from electronic gadgets deeply penetrates inside tissue and produces changes in DNA shape and disrupts blood brain barrier. The rays from the cell phone while talking can penetrate the ear as deep as 6 cm and by decreasing the activity of protein kinase C and melatonin affect the pineal gland and hippocampus. The use of cell phone for more than 1hour/day for 10 years increase the risk of brain tumor as microwave frequency produces change in micronuclei more of children than adults. Radiations from cell phone have been found to aggravate brain tumor in 40 % cases [2].

Baba Ramadev believes that seven breathing exercise or “Pranayam” can successfully cure cancer within six to nine months [55]. Yogacharya Madan Gopal is of the view that regular practice of Yoga can cure brain tumor in six months [56]. A clinical study to assess the feasibility and efficacy of a couple-based Yoga indicated decrease in cancer symptoms [57].

Important Yogic exercises found effective to control tumors and cancer are:

- a. Anulom-Vilom and Legs-Up-the-Wall: Fresh oxygen and blood to the brain.
- b. Kapalbhata: Heat generated during kapalbhata breaks tumor in brain [55].
- c. Half-Sun-Salutation: Warms body, improves circulation.
- d. Reclining-Butterfly-Pose: Relives tension in shoulders and chest, particularly effective for breast cancer recovery.
- e. **Cat-Cow-Pose:** Improves flexibility and revitalizes [58].

9. **Cardiovascular Diseases:** According to a survey, the probability of heart disease in the people using electronic gadgets is 46% [54]. Yoga practice improves the body's strength and flexibility, which controls blood pressure, respiration, heart and metabolic rate [59]. Reduction in blood pressure on practicing Yoga and Meditation decreasing thereby the risk of cardiovascular diseases has been reported. [60, 61]. Manchanda, S.C. (2014) has reported the benefits of yoga in improving the LVEF, lipids, hyperglycemia and decrease in stress, anxiety and depression [62]. Patel and North conducted a randomized trial of Yoga practice in 34 less than 75 years old subjects. They were asked to do Yoga and general breathing exercise. A significant drop in systolic and diastolic blood pressure was observed that could further help in controlling heart problems [59].

Important Yogic exercises found effective to control Cardio Vascular Diseases are:

- a. Tadasana: Strengthen vertebral column and heart.
- b. Parvatasana and Bhujangasana: Stretches whole body, invigorates heart and improves blood circulation.
- c. Vrikshasana: Developed firm and balanced posture and boosts confidence.
- d. Uttanasana and Shavasana: Reduces stress, anxiety, depression, fatigue and blood pressure.
- e. Utthita-Hastapadasana: Controls weight, improves heart health [63-64].

10. **Carpel Tunnel Syndrome [CTS]:** Compression of hand's medical nerve due to continuous use of handheld electronic gadgets causing numbness, tingling and pain in the palm and wrist is referred to as CTS. Studies show that 92% of the intensive users experience pain or discomfort in the hand or wrist, but only 25% of the less frequent users experience discomfort [65]. In a clinical study over 42 individuals with CTS, Yoga-based intervention consisting of 11 Yoga postures designed for strengthening, stretching, and balancing each joint in the upper body was given to patients. Yoga group showed significant improvement in grip strength and pain reduction as compared to control subjects [66].

Important Yogic exercises found effective to control Carpel Tunnel Syndrome are:

- a. Shalabhasan: Improves circulation.
- b. Urdhva-Mukha-Shavasana and Anjali-Mudra: Strengthen wrist and increases circulation.
- c. Virbhadrāsana and Bharadwaja's-Twist: Therapeutic for CTS [67-68].

11. **Depression:** Depression is associated with elevated levels of cortisol known as the stress hormone. Studies have demonstrated reduced levels of cortisol in those who practice yoga. (Thirthalli, et al, 2013). Breathing exercises of yoga have also been observed with lowering cortisol subjects (Science News) [69]. A correlation is seen between increased symptoms of depression and suicidal thoughts in teens using cell phones and playing video games for more than three hours a day [70-71]. The level of inhibitory neurotransmitter GABA [Gama-amino-butyric-acid] is decreased in stress ultimately leading to depression. Researchers showed that GABA level in the brain increases immediately after Yoga [72]. A study over 52 women in the age group 33.5 ± 6.5 found significantly decrease in the depression, anxiety, and stress after 12 sessions of Hatha Yoga practice [73].

Important Yogic exercises found effective to control depression are:

- a. Uttanasana, Janu-Sirasana and Setu-Bandha-Sarvangasana: Calms brain, relieves stress.
- b. Bhujangasana: Stretches chest, lungs, shoulders and abdomen, relieve stress and fatigue.

- c. Salamba-Sirsasana: Fresh and healthy supply of blood to brain cells [74].
- d. Hatha-Yoga: Helps increase self-efficacy and esteem [75].

12. Obesity

Studies show that children who work daily for more than two hours on gadgets are more likely to become obese [76]. Researcher found that students with access to one electronic device were 1.47 times as likely to be overweight as kids with no devices [77]. Body Composition, Lipid Profile and Insulin Resistance [IR] of a sample of 10 obese boys (Body mass index [BMI] greater than 95 Percentile) were assessed after app. 2 months of Yoga training in a clinical study aimed at studying the effect of Yoga on metabolic parameters. Compared to control group, a significant decrease in Body weight, BMI, fat mass body fat percent and cholesterol level and significant increase in fat free mass and basal metabolic rate was observed in experimental Yoga group [78-79].

Important Yogic exercises found effective to control obesity are:

- a. Halasana, Bhujangasana, Naukasana, Dhanurasana, Parshwa-Konasana, Trikonasana, Ustrasana and Surya-Namaskar: Burns belly fat, regulates metabolic process, cardio exercises.
- b. Tadasana: Beneficial for spine and fat loss.
- c. Kaplabhati-Pranayam: Stimulates functions of endocrine organs and metabolic rate.
- d. Marjariasana: Regulates menstrual cycle [78].

13. **Male Sterility:** Male sterility can occur due to radio frequency radiations from cell phones and WI-FI 2.4 GHz. Since the trousers pocket used to carry cell phone is close to the groin area, radiations affect the motility of sperms and structure and function of testes. Leydig cells, seminiferous cells and testosterone biogenesis are also affected. Studies found that 17% of the patients who are using cell phones showed abnormal sperm motility [54].

Yoga helps to improve male reproductive health by acting on endocrine axes and also improving reproductive behavior, mood and also reducing anxiety and stress [79]. Sengupta et al (2013), in his extensive review of the subject, observed that Yoga is beneficial for reproductive health, reduces stress and anxiety, and triggers neuro-hormonal mechanisms by the suppression of sympathetic activity. Many other reports find regular yoga from early days to be beneficial for reproductive health.

Important Yogic exercises found effective to control male sterility are:

- a. Shalabhasana, Vajrasana, Padmasanasth-Yog-Mudra, Siddhasana and Kukutasana: Blood circulation in the lower abdominal and pelvic region and maintains genital health.
- b. Paschimottanasana: Eliminate excessive blood accumulation in lower abdominal area.
- c. Bhadrasana: Meditative postures to improve impotency [80].

14. **Photo Sensitive Epileptic Seizures:** Photo Sensitive Epileptic Seizures can be caused due to flickering light source, high intensity and brightness of light, sharp colors [red and blue], visual patterns [striped patterns] and close distance from the television screens [81-83]. The radiations from cell phones are also a potential source for epilepsy or other neurological problems. Researchers in Italy used Transcranial Magnetic Stimulation [TMS] to examine the effect of radiations generating from cell phones on the function of brain. They conclude that prolonged use of cell phones can be harmful to brain activity [84]. In Japan in 1995, 685 people mostly children simultaneously suffered epileptic seizures caused while watching animated TV show "Pocket Monsters". The rapid change in color of light caused the brain to fire electrical impulses more rapidly leading to muscular convulsions [85]. These seizures can be controlled by antiepileptic drugs but Yoga also potent solution to this problem.

Important Yogic exercises found effective to control Photo Sensitive Epileptic Seizures are:

- a. Sahaja-Yoga helps reduced seizures, change in galvanic skin resistance, blood lactate and urinary vinyl mandelic acid and EEG change in patients. Shantikriya Yoga increases alpha activity in occipital and prefrontal areas of the brain helping the brain to relax.

- b. Meditation increases limbic system activity, maintains normal homeostatic conditions, and regulates endocrine secretions and sympathetic nervous system through the hypothalamus [86-87].
- c. High frequency breathing exercise, Kapalbhathi activates alpha and theta spectral bands in the occipital region along with an increase in slower frequencies in the EEG [87].
- d. Shavasana: During this there is formation of new neurons [vaughn] that helps in rewiring of many parts of the brain to make it brain healthier and stronger. This asana leads to decreased size of amygdala which is over stimulates in high stress condition [86].
- e. Hatha-Yogic-Exercises affects electrical activity of the several area of the brain by implying the strong stimulation of somatic and splanchnic receptors leading to specific cortical representation areas localized around anterior and central parietal areas [88, 91].

15. Cognitive Development and Motor Skills

Increasing usage of tablets, smart phones, video games are hampering the development of motor skills in children leading to delayed cognitive development. Beneficial effect of yoga on physical, cognitive and emotional measures in children has been reported by Telles et al (2013) [89]. A group of 210 children below 17 years of age were placed in a personality development camp for 10 days of 10 hours per day and were asked to perform several Yoga Asanas, Meditation, relaxation techniques. After 10 days the study has shown that children who have performed Yoga regularly showed higher self-efficacy and improved performance when compared to control group [93]. Yoga can help in cognitive development and motor skills by controlling the heart rate that signals the brain to activate the parasympathetic nervous system. It increases the ability to focus and learn [90].

Important Yogic exercises found effective to build Cognitive Development and Motor Skills are:

- a. Hatha-Yoga: Releases endorphins which reduce the cognitive load on the brain.
- b. Meditation: Cognitive development [94-95].
- c. Vrksasana: Proprioception, focus and attention.
- d. Vajrasana: Vestibular and core strength.
- e. Super-Brain-Rocket-Pose: Effective and fast functioning of the brain and enhances thinking capacity [92-93].

III. CONCLUSION

Immersed in the digital work has become a part of everybody's and everyday life. Available studies indicate that teens themselves feel addicted to their electronic gadgets. Excessive and prolonged use of these equipment finds manifestation in the form of deleterious health effects such as insomnia, depression, increased stress, mood swings, anxiety, insomnia, duration and quality of sleep, increased symptoms of ADHD, depression and loneliness, and that overuse also affects work-life balance.

Digital detoxification is an important way to mitigate these complications. Yoga and Meditation have proved to be natural and effective ways of electronic detoxification [EDfx]. Yoga, in fact, has come to acquire a global acceptance for therapeutic use to mitigate technology related health issues. Yoga helps to achieve harmony between mind, body and soul. It drives away negativity and promotes healthy and happy life styles.

Few yogic postures like Pranayama are generic in their benefit for many problems like Lack of Concentration, Computer Vision Syndrome, Hearing Loss, Sleep deprivation, Obesity and Brain Tumor. Likewise, Padahastasana and Paschimottanasan are beneficial in Sleep Deprivation, Musculo-skeletal syndrome, Headache, Lack of Concentration and male sterility.

However, few yogic exercises are specific in their use like Bhadrasana and Kukutasana for Male sterility and Yog-Nidra for headache and sleep deprivation.

This review paper discusses various harmful effects of excessive and prolonged usage of electronic devices along with proven effect of Yogic Aasanas, Meditation and Pranayam on eliminating/lessening these effects.

Authors also conducted a study to ascertain the differences in the use of electronic equipment and social media among students from urban and rural areas of Uttarakhand, and observed a stark difference in patterns. The respondents were selected randomly during field visits. We observed that though the social media has permeated the lifestyle of rural students also areas, but most of the students from rural area are engaged in physical works like

agriculture, cattle rearing and general household works and walk on an average three kilometer each day. Their relatively higher involvement in physical activities coupled with organic food habits help them to be more attentive, healthy and happy. They were found to be more focused in their desire to achieve. All these factors make them less vulnerable to addictive behavior towards electronic gadgets and social media. Our observations are suggestive of changing the lifestyle pattern of both the parents as well as the students of urban area. Since most of these options for physical activities might not be available in urban areas, Yoga can prove to be a viable option for them to train the mind and body alike.

With half of its population under the age of 26 and a projection by 2020 at 29, India is the youngest country in the world with great demographic dividend. Policy makers are enthusiastic on India entering the cusp of this dividend. With knowledge based economy fast emerging as the agent of national development, lack of quality education can make this dividend a nightmare. National Curriculum Framework categorized Yoga as an integral component of health and physical education and suggests it to be made mandatory subject till the secondary school. National Education Policy, 2020 also lays a focus on more holistic and multidisciplinary education. With findings compiled through this review in view, the authors suggest that the curricula at every level should include courses and projects and experience in the area of yoga as a part of promoting value based education. The authors feel it to be an important skill to empower youth to harvest demographic dividend of the country.

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