

# YOUNG MINDS WORKSHOP

## YOGA & MINDFULNESS HEALING ADHD

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### ABSTRACT

*Mindfulness is a psychological discipline, in which default mode of distractive thoughts, which is clicked off naturally, when we are not engaged on what we are doing presently is prevented by psychological process of creating awareness in present moment through different techniques. The name of this default mode, is called as default mental activity. Mindfulness have a positive impact on treating the problems related to ADHD – Attention Deficit and Hyperactivity Disorder which a common problem in Child and Adolescent Mental Healthcare space specially in country like India .*

*Research has shown that when we're not actually engaged in present, with what we're doing, our minds just very naturally move into the state of default mode, and that's where we find mind wandering, mental chatter, the judgement , the self criticism, that kind of thing, that we just find ourselves in throughout the day.*

*Sri Joydip Ashram , A participant of United Nations Global Compact did a qualitative research on how Yoga process and tools combined with Mindfulness practise , can be effectively used to create similar awareness, in the present moment and prevent the mind , to switch into the default state of distractive thoughts. These distractive thoughts, grows very high in a Child suffering from Attention Deficit and Hyperactivity disorder. There are several yoga process which can be used to make the mind calm and prevent distractive thoughts, helping to heal ADHD .*

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## **Concentration and Mindfulness**

Concentration and mindfulness, has one major difference and lot of similarities. They are both, a focussed flow of thought. However, in case of concentration, the focus is outward. In case of mindfulness, the focus is inward.

Our education system brings results on the base of quality of concentration. How well one can concentrate on a subject, will not only bring results and academic performance, but will be the basis of the growth of your career.

## **The Epidemic of ADHD**

The students who could not concentrate well in learning , are said to be facing ADHD – Attention Deficit and Hyperactivity disorder, or what we call commonly as learning disorder or difficulties. ADHD is a common problem in the Child and Adolescent Mental Health care ( CAMAH) space.

This affects Child and Adolescent population, who are suffering from different forms of Mental Health problems. Learning difficulties, also negatively affect the academic performance of a child. This leads towards obstacles on achieving his career goals, extending to negative growth in economic and social levels, in later stage of life. In collective terms, increasing number of cases in learning difficulties can also create human capital with unsound mental health, which could even hamper the economic progress of the country.

Along with this major problem, which can shape up to major calamity in terms of human calamity in India, there is a huge gap of the requirement and the supply, as ninety nine percent of child population is unattended in India, and they don't get Child and Mental Health (CAMH) services due to lack psychiatrist practising in this field.

Child and Adolescent population in low and middle income countries like India, constitutes 35% of the population. (Vikram Patel, 2007) . India, population is predominantly rural, rapid urbanisation and social change is under way, with an increase in urban poverty and unemployment, which are risk factors for poor child and adolescent mental health (CAMH) care.

### **Is Yoga practise a solution to ADHD ?**

The practise of Yoga improves the ability of concentration which has such a powerful influence on creating your livelihood. Though developing concentration a child can be helped to move his mind from, the default state of mind which is full of mental chatter, wandering, judgement and self criticism to a Mindful state of intense concentration where the perceptual flow can be aligned to the learning object.

*tatra pratyayaika-tânatâ dhyânam -*

*"In meditative absorption, the entire perceptual flow is aligned with that object."*

As Maharishi Patanjali puts out his sutras on meditation , many child do experience an entire perceptual flow aligned to an object, while moving through there daily life, sometimes while watching a movie , or reading a book , or observing his loved one intensely, or doing something which he loves . Though this moments are rare in the world of distraction created by whole lot of communicative devices, it is this moment , only child experience the precious things of life like - peace and happiness. This moments where the entire perceptual flow is aligned towards an object , is known as

concentration. When the same perceptual flow, aligns towards an internal object like mind , then it is called as mindfulness.

A concentrated mind will shift his concentration from one object to another, and soon will have problems on stress, as the object will continuously be changing in the external world. More sharper the mind will become with focussing on the external world, more it will face problems on stilling itself, as it would fill it up with the content for possessing and aspiring external objects. This aspiration of external objects will fill up the mind with more vrittis and with more vrittis, the awareness will take shape of this vrittis, which is influenced by the external events , relationship and objects. While it becomes so the mind will become a part which is engrossed in phenomenal world, with no capability to deconstruct it.

In the default mode of mind , where the mind wandering, mental chatter, the judgement , self criticism dominates , are actually caused by the Citta-Vrittis as mentioned by Maharishi Patanjali in his Yoga sutras. And to subdue this chitta vrittis many yogic principles process and tools would be helpful and effective as the psychological process and tools.

### **Yogic principles process and tools helpful on delivering mindfulness for curing ADHD.**

While the default mode of mind created by *Citta Vrittis creates an unsteady and unmindful mind , which can be subdued to create a mindful mind with the help of certain principles stated by Maharishi Patanjali.*

One of the first yogic principle which helps to subdue the default state of mind is to radiate friendliness , compassion , delight and equanimity towards all things whether pleasant or painful , good or bad. This equanimity of mind comes with Yogic practise

where one can sustain the stillness, he has achieved out of the Yogic practise. Bhagvad Gita refers this state as “Sthitha Pragna” where one is absolutely aligned with the pure awareness, and no patterns of consciousness like pleasant or painfulness, good or bad can affect his awareness.

When one practices yoga alongwith non attachment for a long period of time , he become grounded and then the default state of mind , cannot take over and he remain always mindful.

We can see the growth of awareness is directly proportionate to the mindfulness of a child where he is engaged in the present , and completely aware about their inner instruments and there functioning .

With this we can say , that if a child affected by ADHD is exposed to a regular practise of certain amount of certain yogic process , he could grow his awareness and that would lead him to create more intense perceptual flow for the learning object s he is encountering and that way give a primary care for a vast number of child through Yoga , who are unattended due to lack of practising child psychiatrist.

## For more in depth study please refer to Young Minds Books

The screenshot shows the product page for the Kindle edition of the book. The title is "Young Minds - Yoga for Young Adults: Silence of Yoga, in the middle of emotional turbulence of Youth Kindle Edition". It is authored by Sri Joydip. The price is ₹ 214.00, inclusive of all taxes, and includes free wireless delivery via Amazon Whispernet. The book is sold by Amazon Asia-Pacific Holdings Private Limited. It will be available on 12 May, 2019. The page also features a "Read on Any Device" button and social sharing options.

<https://www.amazon.in/Young-Minds-Silence-emotional-turbulence-ebook/dp/B07NLJQDG2/>

## About the Author

Sri Joydip is a Yoga teacher , Writer and Filmmaker who have studied Yoga and Psychology from Sri Aurobindo Centre for Advance Research , YPP [ with a special emphasis in Yoga for Stress Management] from Indian Institute of Management, Kolkata , Reiki Healing from Reiki Kendra , Creative Writing from British Council, Mindfulness for Peak Performance and Wellbeing [Online] from University of Monash Australia. He has 30 years of experience on practising Yoga and 14 years of teaching Yoga and taught Yoga to International bodies like US Consulate and also Corporate Bodies like Birla Corporation Limited, NSIC, ETA Maelco. He has written 3 books on Yoga – “Wisdom stimulus – Application of Bhagvad Gita in Management” , Living the Truth , Living Well and numerous articles in different magazines starting from *Speaking Tree, The Complete Herbal Guide Magazine , Cure Joy , Zenward and .BYR blogs.* He is the founder and Chairman of Sri Joydip Ashram.

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