

# The Role of Yoga in Education

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**Abstract:-** The concept of yoga education has a unique status among philosophical notions, it's an ancient system of social, moral, spiritual and ethical code of conducts. Present century India is trying to build a modern image in the world, making efforts to make its presence felt in the global atmosphere. Bottom of the civilization our society has undergone huge changes and developments from uncivilized age to modern space age, basically due to commendable advancements in the field of science and technology. But all these advancements shall become futile, if man loses social and cultural ethics in life. Despite this remarkable progress is suffering from, casteism, communalism, fundamentalism, conservatism, materialism etc. hence the crisis in modern society has a long history as the problem of social re-construction demands that the problem in all its complexity. 'Education is the manifestation of the divinity already in man'. Yoga education aimed the development of proper attitudes, emotions and character in society. Yoga education is primarily concerned with the questions of value, with issues of ethics and social philosophy. Yoga education is required to uphold the dignity of human beings and it recommends different values which safeguard of the whole humanity. It takes the responsibility to device a system, method and aims to attain peace. No educational system is effective unless it incorporates into itself these ethical practices. So society, all civilization has been one persistent effort to live in harmony with other human beings. We must continue our until the whole world becomes our family.

**Keywords:-** Yoga, Education, Ethics and Childhood.

## I. INTRODUCTION

Restraint, Observance, Posture, Breath control, Abstraction, Concentration, Meditation and Spiritual absorption are the eight components of yoga, ahimsa, satya, asteya, brahmacharya, aprigraha, saucha, santosha, tapah, swadhyaya and ishwar pranidhan are the basic principles.

Hatha yoga scopes the physical, mental, intellectual emotional and spiritual developments of man which blossom to greater level. This brings a four fold consciousness- civic sense, patriotic urge, service zeal and spiritual aspiration useful for the society for holistic vision.

### ➤ *Yoga is a Science of Holistic Living*

It takes care all the aspects of human personality-physical, mental, social, emotional, intellectual and spiritual levels. Yoga acts as tool to develop the all-round personality of human being. Yoga is a science of life which guides and acts as a guardian between the period of birth and death. As per Indian philosophy, techniques acts by improving the physiology of a person. The nervous systems, endocrine system works to the optimum level. Yoga practice also acts as insulation to day to day stress, which is grass-rooted even at the childhood levels.

The foundation of the yoga as described by Patanjali is Yamas & Niyamas. These are the social and personal inhibitions and conjunctions. These disciplinary practices will help the child to come up as a healthy citizen of the country at all levels. This will further assist in developing the universal brotherhood, which is the need of the hour.

The Asana and Pranayama practice helps in developing the balanced physical structure, improving the tonicity of the muscles, improves memory and intelligent. Further, it controls the negative emotions and hence a tendency of positivity to life is developed under dualities of life.

The process of Dharana & Dhyana improves concentration and alleviates the anxiety depression and other psychosomatic disorders.

It is also mentioned. That, yoga karmeshu kaushalam, yoga teaches to perform actions, are take done selflessly unbiased, and without any gain. Result oriented desire. Human destiny is Swarga and Moksa (Liberation). Moksa in Advaita, Visitadvait and Dvaita, Jinism Buddhist concept of Nirvana, Samkhya yoga origin of yoga. Psychological and Historical yoga in the Bhagavadgita, Karma yoga, Samatva yoga, Gyan Yoga, Atma-samyama yoga and Bhakti yoga which designs the complete personality of person.

### • Schools of Yoga

Raja yoga (astanga yoga), Karma, Gyan, Bhakti, Buddhi, Hatha and kundalini. Through this man can attain his eternal stage.

### ➤ *Anatomy & Physiology of Human Body and Yoga Therapy*

The hormone and immune systems are regulators of the body. They influence biochemical and cellular processes throughout the body. The brain includes secretions of the major hormones and these hormones in turn, act on cells, tissues, organic systems, skeletal, muscular, circulatory, respiratory, digestive, excretory reproductive, endocrine and nervous system. During yoga practice there is reduction in oxygen consumption to the extent of 70% of the normal requirement. The heart rate goes down by 5 beats per minute. Substances, like lactic acid and cortisol increased due to stress decrease with yoga practice, relieving, tension headache, asthma, B.P. cardio-respiratory efficiency and insomnia.

### ➤ *Psychology and Yoga Therapy*

The relationship between the mind and body is the field of psychosomatic medicine. Disease is understood by accounting for all the process of the whole human organism.

The mental processes, sensation, perception, attention, memory, emotions and will. The yogic concept of its development causes and consequences of frustration and conflicts psychosomatic problems, and psychiatric ailments are cured.

Adjusting to the environment requires constant give and take between the individual and society. This makes a person vulnerable to tension and anxiety. In order to develop control over all aspects of personality. Marshi Patanjali developed yoga. Yoga has guidelines for behavior in the social milieu as well as exercises for development of control over the nervous system. Essentially the aim is to move from the state of waking to self-realization, through the eight stages from Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana to Samadhi. Yoga therapy is beneficial when practiced over a year.

Yoga is derived from Sanskrit word yuj, means connectivity, remembering, union. Yoga is the way of solution to all problems. Yoga is the restraint of Chitta operations. Chitta the conscience power is self established as in absoluteness. During yoga mind remains alert and awareness expands.

Further marshi Patanjali said. "Yoga chitta vritti nirodhaha". Mahari Vasisth said, "manah prashamanopayaha yoga ethiabidhiyate", means " Art of keeping ones mind blissfull is yoga". In Bhagavadgita, "Yoga Bhavati Dukha Nivarak yoga" salvage the sorrows of mind.

The practice of yoga is an art and science dedicated to creating union between body, mind and spirit. Its objective is to assist the practitioner in using the breath and body to foster an awareness of ourselves as individualized beings intimately

connected to the unified whole of creation. In short it is about making balance and creating equanimity so as to live in peace, good health and harmony with the greater whole. Yoga education is one of the most powerful ancient agencies in molding the character and personality of the individual and in determining the future of individuals and nations. It's a process of acquiring skill and dexterity in walks of life, true sense is a process of aiding the all-round development of an individual – physical, intellectual, social, moral and spiritual. Its one of the strong instrument of social change.

Yoga education means inculcating in the children a sense of humanism, deep concern for the well being of others and nation. This can be accomplished only when we instill in the children a deep feeling and commitment to values that would build this country and bring back to the people pride in work that brings order, security and assured progress. Yoga education is a broad framework of sensitizing the educational community towards human excellence based on personal experiences. It gives inner direction to man for his all round development centered in moral and spiritual consciousness and involves three components of human personality viz., cognitive, affective and conative. Further yoga education has three bases, philosophical or metaphysical, psychological and socio-cultural.

## II. CONCLUSION

In a nutshell, yoga can play a pivotal role in bringing up the child as a good human being to the self and society. By yoga the very purpose and meaning of education will be realized in its true sense.

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