



Role of Yoga in Modern Education

Kanchan Taneja
Research Scholar
Deptt. of Education
Malvanchal University
Indore (M.P.)

Dr. Suraksha Bansal
Research Supervisor
Deptt. of Education
Malvanchal University
Indore (M.P.)

Abstract

The theoretical paper emphasizes on the role of yoga in modern education in order to control over stresses and tension, Promotion of positive health, increasing human skill and improve the quality of life etc is attracting people from all sections of the society. Human being are made up of three component body, mind and soul corresponding are needs health, knowledge and inner peace. Health is physical needs, knowledge is our psychological need and inner peace is spiritual need. When all three are present then there is harmony. If we peep in to the benefits of yoga, they are numerous. It improves physical fitness, stress, control general well being, mental clarity and greater self understanding. The Asana enhance muscle strength, coordination, flexibility and can help to keep our body fit. Yoga provides training of mind and body to bring emotional balance. The aim of all education undoubtedly is the attainment of human excellence and perfection not just in any field of knowledge or activity but life in totality.

Key words: *Yoga, Modern Education, Harmony and Equilibrium*

Introduction

We are living in 21 st century in which the technology storm destroys the human moral value. We are surrounded by number of gadgets on which we waste our precious time in doing nothing at all. To overcome from this situation the only way, is the value based education which has been wish for most of the nation because without it our present generation is just a branch of poor graduates and rich criminals.

After seeing this critical situation we are worried about present generation because their moral values are been destroyed by westernization due to which the bases of life come in darkness.

Value Based Education in Yoga

Yoga, the ancient science of India, is a conscious process for gaining mastery over the mind. Yoga harmonizes our growth and regulates balance which helps in total development.

Yoga is a science of holistic living and is synonymous with basic or real education. Hence yoga is being introduced in the educational system. Education is not mere acquisition of knowledge but is a process to manifest the perfection already in man. It should help a growing child to blossom in to fine flower. In Patanjali Yoga sutra the Yoga is defined as-

Yogash Chitta Vritti Nerodha

In simple words yoga is the resistance to stop chitta from forming various forms (Vrittis). In the Astang yog of patanjali it has been told that Yoga has the capability to enhance the every aspect of human life. To build a truly great character is the most glorious of human achievements. Such a man making education, in which India has all the technical know-how, handed down from time immemorial, should form the basis of our national efforts in the field. In most exquisite words have our ancient masters sung the glory of such a true education:

**Asato maa sadgamaya,
Tamaso maa jyotir gamaya,
Mtutyor maa amrutam gamaya,
Lead me from the unreal to the real
Lead me from darkness to light,
Lead me from death to immortality.**

Swami Vivekananda was very clear in portraying this concept of education of our ancient seers. Education is the manifestation of perfection already in man'. It is not mere cramming of information. Neither is it a mere sharpening of the intellect. It is a process of transforming a man to Man, a process by which man raises himself from his sleeping animal level to instincts, to a normal level and then become a great man, superman, divine man ultimately reaches divinity itself. Hence, education and yoga are almost synonyms.

The role of yoga education in modern education is very significant it is universal truth that every country needs healthy citizens. This aim can be achieved through the study of yoga education.

The main aim of yoga education to develop physical, mental, social, spiritual and emotional factors for this region yoga in education is becoming mandatory. Systematic introduction of Yoga technique, the right way, can certainly go a long way in reconstructing

the lost value system in our country which has been the prime cause for our decadence. This needs a systematic development of techniques, their scientific assessment to establish their usefulness to students at different levels.

Yoga with its usefulness to modern man to relieve his stresses and tension to the patients in prevention, treatment, rehabilitation and promotion of positive health to the professionals in increasing their skill and improve the quality of life etc. Research shows that the most stressed out generation is current young adult. It is common knowledge that stress can have serious health consequences. If unaddressed consistently a high stress level could become a chronic condition, which could result in a range of health problems including anxiety, insomnia, muscle pain, high blood pressure and weakened immune system. Research indicated that stress can even contribute to development of major illness such as heart disease, depression and obesity etc.

Much yogic research proved that yoga plays an important role in overall development of human personality, the role of yoga education in modern education is very significant. It is a universal truth that every country needs healthy citizens. Yoga in education has the power to heal everything, then why don't we link it with value based education?

Conclusion

If we connect Yoga with modern education, then our ancient tradition will be remaining alive and it will definitely bring the life of our youth on track. Whichever path or profession the youth may adopt if they carry yoga with themself, it will not only help in tackling problems, but will also eliminate stress, strain and lead them to create a society which will result in the progress of our nation.

References

- Saraswati, Swami, Satyananda. (2002) 'Dynamics of Yoga.' Yoga publication trust, Munger, Bihar India.
- Nagendra, H.R. (2003) 'Yoga in Education.' Swami Vivekananda yoga prakshana Bangalore.
- Xavier, Dr. G. Franais (2004) 'Yoga for Health & Personality.' Pustak Mahal, Delhi.

- Patel Girish (1986) 'Positive Health'. Prajapati Brahma Kumari Shakti Nagar Delhi.
- Shivananda, Swami (1997) 'Concentration and Meditation'. Tenth edition The Divine life society.
- Thakur Bharat (2005) 'Yoga for Weight loss'. Pub wisdom tree New Delhi.
- Rangan, R., Nagendra, H. (2009) 'Effect of Yogic education system and modern education system on memory'. International journal of yoga, 2, 55-61.
- Telles S. (2009) 'Practicing yoga postures possibly increases relaxation and reduces anxiety'. Medicalscience monitor, 15(12).