

Integration of Yoga and Modern Education

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ABSTRACT

Yoga training can supplement school and college instruction. It can get ready understudies actually and intellectually for the reconciliation of their physical, mental, and otherworldly capacities with the goal that understudies can become better, smarter, and more coordinated individuals from the country.

KEYWORDS: Yoga education, integrated members of the nation

INTRODUCTION

Yoga education helps in self-discipline and self-control, leading to heightened awareness, concentration, and higher levels of consciousness. In brief, the goals and objectives of yoga education are as follows:

- 1) To enable the student to attain good health.
- 2) Practicing mental hygiene.
- 3) Having emotional stability.
- 4) Incorporating moral values.
- 5) Attaining higher levels of consciousness.

We looked at the role of yoga in education from a variety of angles, including the type of education provided to children around the world as well as the different levels of stress children face in the classroom environment. The difficulties, problems, conflicts, distractions, and wastage of their energies were also considered. We began using some of the principles and practices of yoga, firstly, as an experiment to enhance children's learning ability and secondly, to inspire teachers to teach their subjects a little differently.

Before going into the topic proper it is felt that some terms should be properly defined or their meaning should be clear in our mind. Following are the terms or concepts of the present topic:

Concept of Education: Education is a broad and comprehensive word. 'Educare', the Latin verb from which the word "educate" is derived, means "to bring out". Education is a process of growth, development, and continuous addition of knowledge that enables individuals to make the best use of the facilities they have been given. In other words, it means bringing out the best qualities inherent in a person and removing his weaknesses.

Concept of Modern Education: Present education is mainly based on systematic, logical, and rational thinking driven by the scientific method. Thus, we are living in the age of science and technology – that is, in the nuclear and computer age. There is not a single person who is not interested and concerned about the impact of science and technology on human values.

Concept of Yoga: Yoga is the prohibition of the instincts of the mind. Thus, the word yoga should be used for both "end" and "means". This aspect is clearly described in some of his sutras. Philosophy means "love of wisdom" and wisdom is knowing how to live. In other words, it is the study of realities and general principles or a system of principles on nature, things, or conduct.

Concept of Integration: In the present era of science and technology, integration is playing a central role in our lives. The concept of integration gives rise to another concept of the 'whole man' to get a complete picture of the whole man; We need a synthesis of all the human sciences in a real way. Human sciences are biology, physiology, psychology, and sociology.

Approaches of the Integration of Yoga in Modern Education:

Let us find answers to some of the following questions to understand the integration of Yoga in modern education:

What is yoga?

In the modern concept the word Yoga has been defined as "Yoga is the deep science of man, the science of conscious development or the science of human potential." Modern education is based on science and technology in which some of the best qualities are disappearing. Productivity, creativity, and resources are increasing due to modern education but on the other hand, man is on the verge of losing the moral, religious, cultural, and social values which are the most important integral parts of the education system. Due to modernization, man is not getting mental peace, he is becoming violent, and aggressive, and physical and mental disorders are also increasing. The reason behind these phenomena is the disturbed awareness arising from the disintegration of man's body, mind, intellect, and soul.

In this context, Yoga should be integrated into modern education because Yoga has a holistic message for humanity, the human body, the human mind, and the human spirit as said by Swami Kuvalayanandaji. Integration of Yoga in modern education means the reconciliation of the goals and objects of traditional and spiritual values with the values of science and technology to recognize a man as a 'whole man'.

Which aspects of yoga should be included in modern education?

Modern education has disintegrated due to the lack of harmony between the components of the whole human being – body, mind, intellect, and soul. Human sciences like biology, physiology, psychology, and sociology help in bringing harmony between the four components mentioned above to bring completeness to man.

In this Yoga helps man and the eight limbs or aspects of Yoga described by Maharishi Patanjali will help in integrating the body, mind, intellect, and soul.

To what extent is yoga to be integrated into modern education?

How much time should be given to yoga? Modern man is at his best when he deals with analysis – his recent education has moved in that direction. But he runs away from realities when it comes to synthesis. Therefore, Yoga should be integrated into modern education to such an extent that the analytical and synthetic abilities of man become balanced. In other words, Yoga should be integrated in such a way

that harmony is properly maintained between the external and internal core of life so that completeness can be achieved.

In what manner is yoga to be integrated into modern education? Yoga practices are to be integrated into various behavioral processes:

Some practices appear to influence external behavior related to the body.

Some practices influence internal behavior related to the mind by acting on processes that are a normal integral part of the production of behavior, namely the ability to receive environmental stimuli and consolidate, retain, and restore information.

Some yoga exercises seem to affect intellectual behavior.

Some practices appear to influence spiritual behavior by harmonizing external and internal behavior. The last two internal behaviors must be integrated in such a way that harmony can be established between the various external behaviors of an individual. Integration of advanced steps or psychological approaches/aspects of asana, pranayama, and pratyahara will maintain harmony between internal behaviors. Dharana and Dhyana are to be integrated for intellectual behavior while Samadhi will help in maintaining harmony in spiritual behavior/spirituality.

CONCLUSION:

Thus Yoga has to be integrated into modern education to recognize the 'self' or 'wholeness' of the individual. Yoga should be introduced as a physical training program up to the school level, as physical and physiological training up to high school and pre-university levels, as mental culture in colleges, and as spiritual culture at the university level. Most of the body's development during the child's growth period occurs through physical training, sports, or exercises.

Therefore yoga should be introduced as a part of physical education right up to the school level. As the age of the child increases he becomes more mature and he knows the importance, uniqueness, merits, demerits, and limitations of yoga practice and hence, should be introduced to higher and higher aspects of yoga from the high school level itself. Advanced aspects of yoga are to be introduced in the form of training, treatment, and research in professional institutions. A seeker can adopt Dharana, Dhyana, and Samadhi aspects of Yoga for his enlightenment.

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