

Yoga Plays a Vital Role in Education that Holds the Power to Transform the World

Dr. Malvika Kandpal

"Yoga is the journey of the self, through the self, to the self."

Abstract: *This paper discusses the integration of Yoga with the modern education, which will help the development of human potentialities. Yoga is an amazing science of life and living. It is a limitless chasm of information which brings knowledge, knowledge which leads to wisdom. From time immemorial, it has helped bring greatness to the lives of many. It is a treasure that has been inherited thus far and must now be imparted for the benefit and welfare of future generations to come.*

Keywords: Integration, Modern education, Potentialities, Union, Mind and Body

1. Introduction

Yoga is the Sanskrit word for 'union', and its aim is a balanced harmony of the physical needs, emotions and desires. Although the intellectual is clearly predominant within our Western education system, the close interdependence of mind and body is focused upon

Yoga has always been an integral part of Health and Physical Education, a compulsory subject, since 1988. The National Curriculum Framework, 2005, adopted a holistic approach towards health.

Education takes place when, the person is open to any new learning experience at any age, time and place with an open mind. The person who is open to learn Yoga, he has to go through all the stages and learn all the aspects.

The Yoga Education is based on four aspects –

- Bhavas or attitudes:
- Dharma (Duty and Discipline),
- Jnana (Knowledge),
- Vairagya (Detachment) and
- Aishvarya (Self-realization).

These four aspects are related and covered by Astanga Yoga, The Classical Yoga as Yama,

- Niyama,
- Asana,
- Pranayam,
- Pratyahar,-
- Dharna,
- Dhyana and
- Samadhi.

Yoga not only takes care of the physical well-being but also gives calmativ effect on the mental state making it clear that additional benefits of yoga are compelling. The educators have become highly interested in apprising students about yoga. When talking about the leading educational institutions, various surveys and reports suggest that this practice is already in the picture. Most parents encourage their kids to get into these classes as they are already familiar with the perks of it.

Yoga is a mystic blend of tradition and innovation and through the innovative environment of today's classrooms, we can take the tradition of Yoga to the younger generations.

Education is a chief instrument as well a catalyst of social transformation. Education enables humans to break through the shackles of orthodox beliefs and emerge as an enlightened person who can reason out.

Yoga is that tool that sharpens the mind to reason but hardens the heart. It lays emphasis on the basic human values such as truth, love, humility, compassion, forbearance, honesty and justice. It makes one conscious about one's rights and responsibilities. The education system in most parts of the world is filling up students' brains and minds with information without creating any support group outside the classroom environment where they can continue to grab the education.

During the late 1900s, Swami Niranjanananda Saraswati, Georgi Lozanov, a Bulgarian doctor, and Charles Smith, an educator from California founded System of Accelerated Learning and Training (SALT). SALT looked at the role of yoga in education from various angles, including the type of education that was being provided to children throughout the world as well as the different levels of stress that children face in the classroom environment. Initially, they started with some basic yoga practices in the classroom environment, taking some cues from the work of Research on Yoga in Education.

The classes begin and end with the practice of two Asanas and one Pranayama. So if a child has to take six or eight classes during the day, he or she is practising two Asanas and one Pranayama sixteen times each day at the beginning and at the end of each class.

After a few days of practice, the change was evident. The children who were practising yoga in the classroom saw a great improvement in their responses, creativity, receptivity, memory, willpower and behaviour. These children were more relaxed, focused, one-pointed and tranquil than their counterparts in other classes who were not practising yoga and who were more destructive, restless, violent and distracted.

2. Importance of Yoga for students

Six fundamentals elements of Yoga. They are:

- Living Together (Yama): It promotes living in peace, observing moral rules and learning to live as part of a group.
- Cleaning Body and Mind (Niyama): It aims to eliminate toxins and negativity by maintaining the health of the body and mind.
- Straightening the Spine (Asana): It emphasises the importance of correct posture to prevent back pain, to discover our bodies and control movements effectively.
- Breathing (Pranayama): It helps in controlling the breath that can lead to purification, inner confidence, and an enhanced ability to resolve conflicts and monitor aggression.
- Relaxation (Pratyahara): It focuses on learning to relax. Periods of silence and structured rest are deemed essential in order to revitalise a person, and plant the seeds of calmness and confidence.
- Concentration (Dharana): It helps in heightening concentration and learning abilities. With its help, visual memory and other senses are developed, which enhance mental capacity to enrich thinking, understanding and imagining.

In the age of immense competition, yoga certainly holds the power to calm a racing mind. With the help of yoga, students can understand their capabilities and can widen their mental horizon.

Few immediate benefits of adding the practice of Yoga in school:

- 1) Physical health and fitness. The ideal introductory Yoga practice involves starting off with subtle exercises or Sukshma Vyayam. These exercises loosen up the muscles and mobilize the joints in order to prepare the body for intense body movement.
- 2) Memory power and focus-Adding meditation to their everyday schedule will really bring a great shift to their mental activity. It will help them calm their minds and gain control over it as well.
- 3) Personality growth Practicing among friends and peers in the environment of the school will help children build a harmonious nature, one that gets along with everybody.
- 4) Alignment of mind, body and spirit It is only when the body, mind and spirit are in alignment by being healthy and positive that a child can truly grow.
- 5) Managing stress and depression Yoga is the ideal solution as it helps tackle stress and depression, giving a positive, happy and healthy attitude.

Yoga is above all the regular physical exercises as it paves the way for disciplinary lifestyle amidst the students. It serves both the physical body and the psychological aspect of a person. Gradually, one can develop a power to sense what's wrong and right,"

"It's equally important to serve the brain with spiritual knowledge and practices as one cannot apply the knowledge gained from education without the right sense of mind.

There are meditations practices involved in yoga because of which both the conscious and subconscious segments of the brain can be benefitted. It's important to practice overall yoga exercises in order to get the full benefit from it.

Yoga brings together mind, body and breathe to produce perfect balance within us and can be the perfect addition to the school curriculum.

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