

## Increasing Trend of Yoga Science in Modern Education System in India

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### ABSTRACT

Education is search of knowledge for perfection. Learning of human being begins just after one comes out of the womb of mother and continues till death. Learning is inherent ability of entire human race which gradually moulds his behaviour awakens potentials, perfect instruments, sets social, emotional life and integrates one's personality to live a life of success, prosperity, happiness, harmony, peace. Modern Education is based on accumulation of knowledge which strengthens memory bank directed to meet the demands of instincts e.g. sex, money, authority, position-the common standards set by the society in the contemporary world.

### CONCEPT OF YOGA

To live in harmony with oneself and the environment is the wish of every human. However, in modern times greater physical and emotional demands are constantly placed upon many areas of life. The result: more and more people suffer from physical and mental tension such as stress, anxiety, insomnia, and there is an imbalance in physical activity and proper exercise. This is why methods and techniques for the attainment and improvement of health, as well as physical, mental and spiritual harmony, are of great importance, and it is exactly in this respect that "Yoga in Daily Life" comprehensively offers an aid to help one's self.

The word "Yoga" originates from Sanskrit and means "to join, to unite". Yoga exercises have a holistic effect and bring body, mind, consciousness and soul into balance. In this way Yoga assists us in coping with everyday demands, problems and worries. Yoga helps to develop a greater understanding of our self, the purpose of life and our relationship to God. On the spiritual path, Yoga leads us to supreme knowledge and eternal bliss in the union of the individual Self with the universal Self. Yoga is that supreme, cosmic principle. It is the light of life, the universal creative consciousness that is always awake and never sleeps; that always was, always is, and always will be.

Many thousands of years ago in India, Rishis (wise men and saints) explored nature and the cosmos in their meditations. They discovered the laws of the material and spiritual realms and gained an insight into the connections within the universe. They investigated the cosmic laws, the laws of nature and the elements, life on earth and the powers and energies at work in the universe - both in the external world as well as on a spiritual level. The unity of matter and energy, the origin of the universe and the effects of the elementary powers have been described and explained in the Vedas. Much of this knowledge has been rediscovered and confirmed by modern science.

From these experiences and insights a far-reaching and comprehensive system known as Yoga originated and gave us valuable, practical instructions for the body, breath, concentration, relaxation and meditation. The practices that this book offers have therefore already proven themselves over thousands of years and have been found to be helpful by millions of people.

The system "Yoga in Daily Life" is taught worldwide in Yoga Centres, Adult Education Centres, Health Institutions, Fitness and Sports Clubs, Rehabilitation Centres and Health Resorts. It is suitable for all age groups - it requires no "acrobatic" skills and also provides the unfit, as well as handicapped, ill and convalescent people, the possibility of practicing Yoga. The name itself indicates that Yoga can be and should be used "in Daily Life".

The exercise levels were worked out in consultation with doctors and physiotherapists and can therefore - with observation of the stated rules and precautions - be practiced independently at home by anyone. "Yoga in Daily Life" is a holistic system, which means it takes into consideration not only the physical, but also the mental and spiritual aspects. Positive thinking, perseverance, discipline, orientation towards the Supreme, prayer as well as kindness and understanding, form the way to Self-Knowledge and Self-Realisation.

"Yoga is self-Conscious finding," says Sri Aurobindo. Sri Aurobindo further says, "By Yoga, we mean ..... a methodized effort towards self perfection by the expression of the potentialities latent in the being and a union of human individual with the universal and transcendent existence we see partially expressed in man and in the cosmos."

Yoga is a systematic approach towards every layers of existence of human being leading to perfection, harmony, integration, awakening, establishing values of perfection, harmony, integration, awakening, and establishing values of highest order. But the entire process is consciously undertaken so that every human being learns more and more about himself and his relation with external world and world beyond thereby discovers unity, perfection in speech, thought and action. Yoga calls every human being to learn and reeducate himself/herself to live a life of beauty, delight, knowledge, bliss, harmony and peace.

### **YOGA AND EDUCATION**

Real education is search for knowledge leading to perfection so yoga is also discovery of that knowledge which unites and unity leads to perfection. Real education is not merely accumulation of information in classrooms to meet the demands of one's instincts e.g. sex, money, authority but it is cultivation of that knowledge which transforms this lower why it is said "Sa vidya Ya vimuktaye." Means knowledge brings celebration (from lower nature of passion, cravings, desires, instincts etc.) Yoga is a science of transformation from animal nature to human nature and then human nature into superhuman nature, often, known as divine nature or divinity thus bridging the gap between "belief" and "behavior", "ideals" and "actions". Yoga does not advocate the imposition of moral and ethical values upon human being but brings about wider transformation of lower nature thereby awakening the higher latent principles within man which permanently establishes an order in human personality.

Modern education is lop-sided affair in which Rt hemisphere of the brain is developed at the cost of Lt. hemisphere of brain. Rt hemisphere is concerned with linear, sequential development, accumulation of information and facts and over dependence upon thought process devoid of feeling, creativity, aesthetic, moral and ethical values. Yoga if introduced in modern education will bring about a tremendous change in the psyche of growing, immature and open minds of school going students, and will lead to integrated harmonious development.

### **REAL EDUCATION-INTEGRAL-EDUCATION**

Integral education means a process of search of knowledge aimed at perfection within and in the external world, harmonious relationship with one's body, energy, emotions, intellect, and ego on one side and with society, nation, profession, relations on the other side. Integral education aims at perfection of teacher, taught and knowledge. As knowledge and way to impart knowledge by example, interesting episodes, relation to life and its activities. Here, yoga and modern education meet together and accelerate the process of evolution in young aspirants leading Self discipline, Self identity, Self evolution, Self esteem.

Modern education is objective oriented and directed towards acquiring information in a particular area which meets the demands of one's motive to lead a successful material life. Here, subjective part of personality is totally neglected which create a gap between "belief" and "behaviour" and "ideals" and "actions". Here, Yoga as an essential part of integral education, which will concentrate on the development, growth of subjective level

viz. body, mind, emotions, intellect, ego, energy so that Right perception, Rt knowledge, Rt action springs for Rt appreciation of happenings, circumstances, things in the external world. This will bring about integration of teacher taught and knowledge.

Yoga clearly states that there is material part of personality which includes body, energy, emotions, mind, intellect, ego and existential part of personality which is full of delight, bliss, knowledge, peace, harmony, unaffected by outer circumstances, events, relations, Yoga and its various practices which will serve as a guidelines for every endeavour, every action undertaken, every word spoken, every thought brought into mind in relation to existence with a motive to transform lower nature into higher nature, with a direction to lead a life of perfection harmony, delight and bliss.

### **IDEALS OF INTEGRAL EDUCATION**

Teacher, taught and knowledge imparted must be directed to perfection within and in the external world. The aim, motive desire, instincts must be directed to seek perfection awakening of inherent latent potentials, expression of highest noble qualities, action in tune with existence not governed by instincts, desires, fancies and social standards. Teacher in integral education not merely acts as a teacher for passing information but must act as a medium for manifestation of highest knowledge by example, personal influence, love, care. The student must be directed to act as a recipient of highest knowledge, open, attentive, receptive, interested to not only transform one's lower nature but manifest the highest qualities needed for perfection irrespective of subject, profession one chooses. Every subject should be related to one's daily life, activities, one's desires and motives, one's inclinations for attaining perfection and expression of potentialities within. Integral education must take care of student's requirement at every level viz physical, emotional, mental, energy, intellectual, spiritual, social levels through example and influence of a teacher, creating an inner environment in imparting knowledge is such a way that it becomes an integral part of one's life. In this way integral education will combine the best tools, techniques available with modern education system with yoga which will gradually integrate, purify, develop, direct, guide student's body, emotions, instincts, desires, ego and will ultimately serve the purpose of one's existence in the world and will create an order wherever he acts, goes and lives.

### **INGREDIENTS OF INTEGRAL EDUCATION**

Mere learning yoga is not yoga learning at all. Learning yoga as other subjects are learnt will not serve any purpose in life. Similarly, mere accumulation of knowledge in class rooms and utilizing the same for meeting the demands of instincts is not the education at all. Education is a search of knowledge so yoga is both have process, methodology so that learning transforms into living. Integral education means a system, a method by which everything learnt is also experienced by body, mind, intellect and ego as a unit and one starts living in that knowledge. As learning continues in spite of circumstances, events, relations, actions in one's life so Yoga and Education together continues to push man to learn the best, the highest, the richest and the greatest in human values, endeavour, science, art, creative pursuits and everything that is governed by existence beyond mind and is full of delight, bliss, peace, knowledge, harmony. There are many steps of integral education which must be introduced in gradual/phasic manner in the modern education for the total development of students. This total development includes Physical education, Vital Education, Emotional Education, Mental Education, Social Education and Spiritual Education.

### **PHYSICAL EDUCATION**

Physical education is not only the muscular development of the body but it is harmonious development of every part of body conscious control and discipline of the functioning of body, gradually correcting the deformities, diseases of the body. Physical education should not be introduced not concentrate only on the sets of physical exercises but it must begin with human being developed capacity of mind i.e. observation, choice and control. Man is Self Conscious being so various practices may be introduced to students to make him self aware by becoming aware of body, parts of body, their functioning and role in bringing harmony, physical health and positive influence upon mind. Following steps may lead to harmonious development of body, fit for receiving the higher knowledge, fit enough for transforming the lower nature borrowed from the animal nature.

I) Awareness of Body: Students must be made aware of body as a whole, its different parts, functioning of different parts together as a living system.

II) Peace Practise: Peace is an essential condition for right perception and right learning and right experience. Relaxation is a dynamic state of peace and silence is static aspect of peace. Both aspects should be taught practice of Shavasana or Kayastarg or Yoga-Nidra. Peace practice will help students to gather the threads of scattered mind within and they will spontaneously realize the importance of Peace. Peace is essential nature of man which keeps body, functioning of various parts of body, emotions in order and prevents dissipation of energy.

III) Awareness of four Instincts: The animal instincts within man viz food, sleep, sex and fear are responsible for immorality, chaos, violence in the society. Students must be made aware of these four instincts so that over indulgence, unconscious guidance and provocation of them can be prevented, directed to well defined pattern and transformed to higher and noble pursuits. Students must be made aware of food for energy not for taste, food for living for food. Food for keeping the body in energetic state not for diving into unconscious. They should be taught to create taste in food that is natural, fresh, and easy to digest.

Sleep is essential for recovery, rest and relaxation of body, mind, senses and ego. Sleep takes 1/3rd of man's life and one becomes totally unconscious. They should be taught how to enter into sleep after with drawing one's mind from external activities. This kind of sleep will bring deeper relaxation, conscious relaxation. Further Sankalpa (Resolve) undertaken before sleep will work in his psyche during sleep and make him a finer human being.

Sexual development takes place since the birth of a child by the pleasure principle he derives by drinking milk, in the process of defecation, thumb-chewing, manipulation of genitals and later on understanding the opposite sex, attraction to and results in sexual behavior. The students should be taught how to understand behavior of mind during pleasure and enjoying by deriving pleasure in certain activities, behavior and events. Sex is not a problem with those students who are devoted, one-pointed and directed towards higher pursuits in education. It is the problem of creating interest in students towards learning and acquiring knowledge for perfection. The students should be properly taught the pleasure, cause of pleasure and how pleasure conditions mind and blocks progress.

Fear or feeling of security is the basic instinct child learns during infancy but later on fear is learnt by him from parents, social and environmental influences. Later on fear either comes by past conditionings or from the awareness which leads to concentration of mind, control of unconscious activities of mind and releases stress and strain.

IV). Correcting the Breathing Pattern: The students because of mechanical life, agitation, animal instincts, and pressure acquire wrong pattern of breathing which continue to influence his behavior, mood, and temperament. They should be made aware and taught Chest Breathing, Abdominal Breathing and Yogic Breathing not only for vitality, energy, strength but also physical strength, mental pose, relaxation.

V). Breathing for Physical and Mental Well Being: Breath awareness for 5 minutes before and after the class brings physical and mental relaxation should be introduced to students. Further there are many practices of Pranayama may be gradually introduced to students for mental concentration, increasing memory.

VI) Nada-Practise: Sound that makes students curious, interested that's why noise has become one of the main problems in classroom. The sound, instruments in the body responsible for sound, importance of sound in expression and using sound for physical, emotional and mental development. There are many sounds employed in yoga leading to development. There are many sounds employed in yoga leading to development of personality, awakening of personality.

VII) Karma-Yoga: Students who are growing unable to direct their energy and wandering continue to waste their energy in Actions of fighting, quarrel, conflicts, emotional disturbances, fear etc. Many activities like



gardening, keeping chairs and table clean, keeping blackboard clean, games etc. are to be employed for giving right direction to their energy. Many groups may be formed amongst students of every class and may be given instructions to actively participate in school's cleanliness, gardening etc.

Students undergo mental education in schools by the way of acquiring information of various subjects daily from their teachers. There is no doubt that teachers put too much labour for delivering lectures but they do not pay any attention to draw attention of students and do not teach how to concentrate for grasping and deeper understanding of the subject. Similarly, moral and value education are imparted in the form of series of lectures which do not bring any impact upon students. Instead, they question the morality in the midst of social disintegration, behaviour of teachers in schools and parents at home, exposure to cinema, violence, hatred conflict, pressure from social groups, relatives etc. Man is basically good, virtuous in nature but it is learning unconsciously and by observing from nature, people around, parents behavior and other exposures that student's pure mind is polluted, conditioned results into mechanical and habitual pattern. Following practices may be involved for gradual development of mental faculties for true role of human being in the world.

### **SPIRITUAL EDUCATION**

Spirituality is different from religions. Spirituality is the basis of all religions. Spirituality ordinarily means an existence and experiences beyond mind. So religion should never be mixed with spirituality. Following practices and understanding may be utilized for spiritual education in students.

A) Unity Concept: The students should be encouraged to discuss what makes him/her different and same from others? What makes him/her moved by one's simplicity, greatness and goodness? These questions should be directed to find unity and one unitary concept/reality that is pure consciousness pervading in all animate/inanimate beings beyond symbols of Gods, Goddesses of different religions. The students may be introduced simple meditation techniques to experience emptiness within or one all pervading consciousness.

B) Miseries, Cause of Miseries: Students should be encouraged to discuss miseries and their underlying cause of miseries, disease, frustration, tension, violence, hatred, envy etc. And should be taught and made aware of these in their own personality and methods employed in prevention, treatment of them. Students who become aware of these two will never enter into unhealthy, negative actions.

C) Aim-Need-Desire-Motive: Students should be taught how to seek, what to seek, why to seek a particular thing in one's life and to what end? Generally, students either guided unconsciously or forced to desire or seek a particular goal which brings confusion, conflict in their personality resulting into abnormal behavior.

Students should be taught what is the purpose of their life on this earth? How they should act with reference to their needs and motives? Let there be motive of career oriented occupations but every student must be taught to understand, widen their mind and responsibilities that they are not only learning/aiming for one's profession for their vested interests but also for the society, nation and the whole world.

Yoga covers every facet of knowledge for human aspirant. It does not only calls for learning and living a yogic life in the midst of material world but also puts up a well-defined methods, disciplines to cultivate and develop one's personality to probe the worth of one's existence is not only for himself but for the entire human race on earth. Yoga shuns all limitations of caste, creed, race, religion, cult, dogma but proceeds scientifically, develops intellectual understanding of oneself and the world around him, alls for an integrated, homogenous all on experience of self and manifests the richest, the highest and the best qualities within man conducive to society, family, nation and world. Yoga, inspite of one's profession, occupation, activity makes him a global citizen of world beyond race, caste, age, sex and religion and this evolved man always aspires, strives for better world order, world-peace, unity, harmony, prosperity peaceful co- existence as geniuses of yester years and forefathers around the world has shown to entire human race.

### **The main goals of "Yoga in Daily Life" are:**

- Physical Health
- Mental Health
- Social Health
- Spiritual Health
- Self-Realisation or realisation of the Divine within us

**These goals are attained by:**

- Love and help for all living beings
- Respect for life, protection of nature and the environment
- A peaceful state of mind
- Full vegetarian diet
- Pure thoughts and positive lifestyle
- Physical, mental and spiritual practices
- Tolerance for all nations, cultures and religions

**Physical Health**

The health of the body is of fundamental importance in life. As the Swiss-born Physician, Paracelsus, very correctly said: "Health isn't everything, but without health everything is nothing". To preserve and restore health there are physical exercises (Asanas), breath exercises (Pranayama) and relaxation techniques.

Within "Yoga in Daily Life" the classic Asanas and Pranayamas are divided into an eight-level system, beginning with "Sarva Hita Asanas" (meaning, "Exercises that are good for everyone"). Seven other parts follow this preparatory level and lead progressively through the practice of Asanas and Pranayamas. Several special programs have been developed from the basic exercises: "Yoga for Back Pain", "Yoga for Joints", "Yoga for seniors", "Yoga for Managers" and "Yoga for Children". To maintain good health, other valuable exercises within "Yoga in Daily Life" are the purification techniques of Hatha Yoga. These involve Deep Relaxation (Yoga Nidra), Concentration Exercises (e.g. Trataka) as well as Mudras and Bandhas (special Yoga techniques).

An even greater factor in the maintenance of good health is the food we eat. What we eat influences both our body and psyche - our habits and qualities. In short, the food we eat has an effect upon our whole being. Food is the source of our physical energy and vitality. Balanced and healthy foods include: grains, vegetables, pulses, fruit, nuts, milk and milk products, as well as honey, sprouts, salads, seeds, herbs and spices - either raw or freshly cooked. Foods to be avoided are old, reheated or denatured foods, meat (including all meat products and fish) and eggs. It is also best to avoid alcohol, nicotine and drugs as these rapidly destroy our health.

**Mental Health**

In general, we are led through life by the mind and senses, rather than having these under our control. However, to gain control of the mind, we must first place it under inner analysis and purify it. Negative thoughts and fears create an imbalance in our nervous system and through this our physical function. This is the cause of many illnesses and sorrows. Clarity of thought, inner freedom, contentment and a healthy self confidence, are the basis for mental wellbeing. That is why we strive to gradually overcome our negative qualities and thoughts and aim to develop positive thoughts and behaviour.

"Yoga in Daily Life" offers numerous methods to attain mental wellbeing: Mantra practice <sup>[1]</sup>, the observance of ethical principles, the keeping of good company and the study of inspiring texts to purify and free the mind. An important tool in self-investigation and self-knowledge is the technique of "Self-Inquiry Meditation", a step-by-step meditation technique of Self-Analysis. In this meditation practice we come into contact with our subconscious, the source of our desires, complexes, behavioural patterns and prejudices. The practice guides us to become acquainted with our own nature - as we are and why we are so - and then beyond self-acceptance to Self-Realisation. This technique enables us to overcome negative qualities and habits and helps us to better manage life's problems.

**Social Health**

Social health is the ability to be happy within oneself and to be able to make others happy. It means to nurture genuine contact and communication with other people, to assume responsibility within society and to work for the community. Social health is also the ability to relax and experience life in all its beauty.

One of the growing problems of our times is drug addiction. It is a clear sign of social illness. The system of "Yoga in Daily Life" can assist in overcoming this illness and grant people a new, positive aim and purpose in life. The importance of keeping good, positive company has a great influence upon our psyche, as such

companionship moulds and forms our personality and character. Positive company is of great importance in spiritual development.

Living “Yoga in Daily Life” means to work for ourselves and for the benefit of others. To do valuable and constructive work for our neighbours and the community, to preserve nature and the environment and work for peace in the world. To practice Yoga means to be active in the most positive sense and to work for the welfare of all of mankind.

### Spiritual Health

This precept embraces the principle of non-violence, in thought, word, feeling and action. Prayer, meditation, Mantra, positive thinking and tolerance, lead to spiritual health.

Humans should be protectors, not destroyers. Those qualities that really make us human are the ability to give, understand and forgive. To protect life and respect the individuality and independence of all forms of life is a primary practice of the Yoga teachings. By following this precept greater tolerance, understanding, mutual love, help and compassion develops - not only between individuals, but between all humans, nations, races, and religious faiths.

A fundamental principle of “Yoga in Daily Life” is religious freedom. Yoga is not a religion - it is the source of spirituality and wisdom, the root of all religions. Yoga transcends religious boundaries and reveals the way to unity.

“Yoga in Daily Life” offers the spiritual aspirant guidance on life’s path through the practices of Mantra Yoga and Kriya Yoga. As the most highly developed beings upon earth, humans are capable of realising their real nature and inner Self, God. The spiritual goal of Yoga is God-Realisation, the union of the individual soul with God. The realisation that we are all one in our common root and connection to God is the first step.

Decisions regarding your health and wellbeing and a free, happy life, are in your hands.

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