

Relevance of Yoga Philosophy in Education

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Abstract -The present system of education has mostly failed to achieve the objective of all round development of the learners. So, Yoga Education plays a crucial role for bringing all round development of students by focusing upon its different areas the individual and social, cognitive and emotional, psychomotor and behavioral and moral and spiritual in all philosophical and religious system of India the teacher has given the toughest place because he gives his discipline towards the ultimate goal but in the yoga system without the teacher nothing can be obtained by the student, hence the place of teacher is inevitable. So as a student or teacher we should realize the concept of systematic procedure of yoga.

Key words-*Yoga philosophy, Cognitive, Psychomotor, spiritual*

INTRODUCTION

Yoga is an ancient pragmatic science which dealing with physical, moral, mental and Spiritual wellbeing of man over thousands of years. It is both science and art which show the way and art of living. In philosophy, physical body is stated to be only one aspect of health, mind and Spirit. Human being is a combination of material structure Organs and subtle invisible element consciousness. Yoga has great significance in present System of education. The modern education emphasizes on science and technology in which the material progress is being achieved the objectives of integrated development of the body, mind and Spirit of learners. That is why it is necessary to focus on the matter and considered the need of integration of yoga philosophy in the existing system of education for all round development of students by imparting upon its different dimensions- the individual and social, cognitive and emotional, psychomotor and behavioral, moral and spiritual. In this context, it is an urgent need to integrate yoga in modern education system in order to make all round development relating to body. Mind and Spirit harmoniously and thereby prevent the erosion of human values. The integration of yoga education in the present system of education can promote human values reform attitude and behavior,

relieve from stress and strain, build up healthy lifestyle, shape high moral character and develop refined personality of the students so as to make them a complete wellbeing. Hence, yoga practices can lead students to the attainment of the highest goal of life the self-realization of the potentialities inherent in them. Swami Satyanand Saraswathi has rightly pointed out "the yoga is a state of aloofness from the artificialities of life and relationship. Yoga is culture of tomorrow." (Saraswati, Swami Satyananda. 1993)

CONCEPT AND COMPONENTS OF YOGA

The term "Yoga" is derived from the Sanskrit dhatu yuj, which means "to join or bind", "to attach". It also means: "to direct and to concentrate on a particular point of thought, to work in full attention of mind and body. It is a true union of 'Atma'(soul)with almighty "paramathma"(God) "According to Patanjali, one of the profunder of classical yoga, Yoga is a conscious process of gaining mastery over the mind. He explained yoga as 'chit vrithi Nirodha', which means balanced mind brain system. According to consciousness in which the activities of mind and intellect come to a stationary state and wisdom comes to a standstill." (Sharma, Mani. 2004).

The Bhagvad Gita said-

Yoga is supreme success of life

Yoga is skill and efficiency in action

Yoga is the given of unfold happiness

So, yoga defined as the science of consciousness the science of creativity, the science of personality development, the science of self, science of body and mind. It is an augmentation of facts and life knowledge, gained from experience concerning the fundamental importance of a constant state of balance. As a subject, it deals with the realization of Absolute spirit (kaivalya) through Nirodh of chitta: complete cessation of turbulence of the mind for achieving self-realization. According to modern concept, Yoga is the manifestation of Divinity within by controlling or refining nature by action (karma yoga) or by worship

(Bhakti yoga) or Psychic control (Raja yoga) or Philosophy (Inana yoga)-by one or more or all of these. (Besanta, Annie, 1940)

In Indian philosophy metaphysical awareness always contains soteriological aim, and only metaphysical knowledge (knowledge of ultimate realities) is valued and sought, or its above procures liberation. Its only the knowledge that enable a man to be 'awakened by cast in off the illusions of this world of phenomena. By knowledge is mint the practices of withdrawal, where effort will be to make him find his own center, to make him coincide with his true spirit (Purusha atman). In Yoga philosophy it is pointed out that human suffering are rooted in illusion, for man believes that his psycho-mental life-activity of the sense, feelings, thoughts and volitions is identical with spirit, with the self. In such a way he mixes two autonomous but opposite realities, between which there is no real connection but only illusory relation. Hence naturally it should be the metaphysical knowledge for a leading us to the threshold of illumination that the true 'self. And it is this knowledge of one's self, in this ascetic and spiritual sense, that is pursued by majority of Indian speculative schools; The schools of most effective among them. The psychic state and sprite there is a difference of an ontological order; they belong to two different modes of being. Liberation occurs when one has understood this truth, and when the spirit regains its original freedom.

RELATION BETWEEN YOGA AND EDUCATION

There is a close relationship between yoga and education. Etymologically "yoga" means the process of joining of egoistic individual with the universal self. Yoga is systematic practice towards self-perfection by the unfoldment of the potentialities inherent in man. Education is also the manifestation of the perfection already in man. So the nature and aims of Yoga and Education are same - the self-perfection or self-realization.

Yoga is a process of gaining control over the mind through concentrating mind on any desired object and attaining a state of great "steadiness" at mental level. It integrates the whole personality by coordinating body and mind in a well balanced way. Education is also a process of all round development through culturing body and mind in an integrated way. Yoga

deals with mind and behavior and its modifications through Vicara' (enquiry). "Viveka'(discrimination between the pleasant and the God) and 'Vairagya' (dispassion). Education is also a process of modification or refinement of behavior or action, intellect and attitude. Yoga is the synthesis of philosophy, art and experimental sense which can enable the means for the fullest development of the human potentialities Education is also the product of integration of different subjects which aims at unfoldment of inherent capacities of an individual.

IMPORTANCE OF YOGA IN EDUCATION

The importance of yoga in Education is too immense to ignore. Today's Education is mostly information oriented and it needs to qualitative changes in physical, mental, spiritual development of the students in a balanced way. The education with yoga would improve mental faculties, develop positive health, inculcate higher values, provide peace and tranquility and build up moral character which can lead us to attain highest goal of life as well as education.

The manifold benefits of yoga in Education are discussed here precisely:

1 Develop Physical Fitness

Yoga plays a vital role in physical development of the students. The practice of Yoga would increase physical strength, respiratory capacity, circulatory function, muscle tone and flexibility of the bodies. It can also help to heal inflamed muscles and tissues quickly. Yoga can prevent the excessive flow of stress hormone for reducing the blood pressure and inflammatory responses.

2. Develop Cognitive and affective domain

Yogic practice can facilitate a proper cognitive and affective development of which include the development of intelligence and creativity, management of anger, culturing of emotions and maintaining inner silence. The practice of Yoga helps to improve concentration, channelize our energies judiciously, inculcate sattvagunas (goodness) for inner development and make our mind tension free which has a favorable effect on creativity.

3. Develop values and refine personality

Yoga Education can prevent the erosion of values and restore our Indian traditional values of truth, co operation, non-violence, peace, love and respect in order to promote healthy life style, to build up high

moral character and to develop refined personality of the present generation. The subtle human values and personality can be achieved through Dhyana - Yoga and Karma-Yoga which lead to achieve wisdom and personality development.

4. Balancing both hemispheres of the brain

The traditional subjects in the existing curriculum would help to develop only one side of the brain linear, logical and intellectual side of the brain i.e. left hemisphere. But the development of artistic, creative and intuitive side of the brain i.e. right hemisphere is being neglected for want of teaching suitable subjects. Hence the integration of yoga Education in the curriculum would provide students to cultivate the full potential of the left and right hemisphere of the brain. (Taimni, lk. 1979)

5. Provide healthy emotional development

Yoga has a vital role to act as a body-mind medicine. The regular practice of yoga helps us to control negative emotions like anger, fear, greed, and jealousy which cause hyperacidity, hyper-tension, and also develop positive emotions like love, compassion and affection which enable us the strength to combat stress and illness Yoga Education can bring about qualitative changes in terms of perception, attitudes; habits and life style of the learners.

6. Improve academic performance

The practice of yoga has a great role to reduce stress and strain of the students caused by excessive academic load and family pressure and ultimately help them to increase their academic performance: The study of International Journals of Yoga reveals that the practice of Asanas, breathing exercises and meditation would lead the students to diminish their stress levels and increase academic performance

7. Increase memory and attention

The practice of Yoga has a lasting effect on improving memory and the span of attention. The Indian Journal of physiology and Pharmacology in a study in 2003 has shown that the spatial memory of the practicing Yoga group has been improved 43% in comparison to other non practicing Fine Arts group and controlling group. Moreover, many Yoga practices, such as the repetition of mantras, Asanas, pranayamas and mudras enables the practioners to improve the span of attention or concentration of mind and enhance the capacity in forming and retaining memories through mind body co-ordination.

8. Providing healthy living

Yoga is a science of healthy (holistic), harmony (both inner and outer harmony) and bliss (self realization). Yoga acts as a body-mind medicine which handles the problems from the root and cures the disease by changing the life style, habits and proper Yogic practices. It is effective to handle the psychometric disease and psychiatric problems of man. Yoga can prescribe the principles of healthy living, identify potential causes of ill-health, provide a comprehensive view of holistic health and suggest to use Yoga as a preventive health care.

9. Integrated personality development

Yoga can enable us an integrated personality development with spiritual upliftment. Yogic exercises develop physical fitness, improve intellect, enhance will power, creativity and tranquility of mind, develop emotional faculties to handle the emotional conflicts, develop cognitive power.

10. Astangayoga

The 'yamas' and 'Niyamas' help us to develop subtle values in his life which lead to happier conscientious life. The practice of 'yogasanas' or physical postures would provide deep relaxation, bring a balance in the nervous system, develop capacity to come worries, anxieties and tensions and enable to gain health and mastery over the mind. The practice of 'Pranayama' would help to cleanse the respiratory system, stimulate the brain cells, improve memory and concentration power. 'Pratyahara' would strengthen the senses to withdraw from other objects. 'Dharana' consolidates the mind on a single thought and 'Dhyana' leads to meditation.

USE OF YOGA IN THE CLASSROOM

- It helps students and teachers to relax their body. It helps to provide effective treatment of a wide range of health problems.
- It helps students and teachers to develop their imagination power.
- It creates a healthy atmosphere for teaching learning process.
- It helps teacher and students to reduce their stress and tensions.
- It helps teacher and students to bring concentration.
- It helps to improve muscle tone, energy, stamina, strength and flexibility of teacher and students.

- It helps to burn up body's extra fat and provide a much-improved body shape or figure.
- It helps students and teachers to develop their decision-making competency.

EIGHT CONSTITUENTS OF YOGA

Psychologically, yoga deals with the mind and its modifications at intellectual and emotional levels. Hence in Yoga, the dispassionate outlook (vairagya), personal discipline (yamas), social discipline (Niyamas), friendly disposition (Maitri), compassion (karuna), ignoring the wicked (upeksha) are cultivated for attaining cheerful disposition (chittaprasadanam). Yoga has two streams -The Astangyoga of Patanjali (Raja yoga) and Hatha yoga. (Radhakrishnan, S.1968). The Astang yoga of Patanjali constitutes eight limbs. These are: Yama, Niyama, Asana, Pranayamas, Pratyahara, Dharaa, Dhyana and Samadhi,

1. The 'Yamas' are the social discipline that directs us in social relationships. The Yamas are -Ahimsa or stealing), Brahmacharya (celibacy).
2. The 'Niyamas' guide us how we should interact with our internal world. These Niyamas are Saucha (purity), Santosha (contentment), Tapa (Austerity), svadhyay (self-education) and Isvara - pranidhana (Meditation on the Divine).
3. The Yogasanas or physical postures is the use of body in a particular direction in order to gain health and Non-violence, Satya or Truthfulness, Aparigraha or Non-covetousness, Asteya (Nonmastery over the mind).
4. The Pranayamas is related to breathing technique for balancing the breath between the two nostrils.
5. The Pratyahara indicates the process of controlling the senses from rushing towards the objects in order to gain mastery over the mind.
6. The Dharana is to bind the mind on a single thought.
7. Dhyana is meditation and also effortless de-focussing
8. Samadhi is deep absorption or super consciousness.

METAPHYSICS OF YOGA

The yoga is interested in nature not in its cosmic operation but in its operation in the individual. Man who is called jivamanas and ahamkara. The yoga, however, to avoid complexity, calls everything mental as chitta. The yoga provides the practical discipline to man to get rid of all sorts of that arises due to

association with nature (prakriti) like all Hindu philosophical system it believes in rebirth, samskaras, the law of Karma and the ultimate state of kaivalya for the suffering individual soul.

EPISTEMOLOGY OF YOGA

The yoga school of philosophy considers - Pratyaksa (perception), Anumana (Inference), Sabda (word testimony of reliable sources) to acquire knowledge. "Pratyaksa" described as that arising from the interaction of five senses and worldly objects and also described inner sense, the mind etc. "Anumana" described as reaching a new conclusion and truth from one or more observations and previous truths by applying reasons. "Sabda" described the words, testimony of past and present reliable experts. Sabda means reliable expert testimony.

AXIOLOGY OF YOGA

The yoga philosophy is actually a fine fabric of psychology and ethics. The Astanga yoga clearly lays down the physiological, ethical and psychological discipline. Yama requires conserving the virtues of truthfulness, Non-violence, celibacy, non-stealing and non-collection. Non-violence is the highest Dharma of mankind and contains the basis of social morality. The Niyama yoga is concerned with the personal freedom indeed.

THE AIM OF EDUCATION

The aim of education according to the yoga is the comprehensive development of human personality and also to make human child, free from bodily, mental and supernatural miseries. This implies that education must care for the physical, mental, intellectual and spiritual growth of the pupil. The aim of education according to the yoga is the moral preparation of the pupil, spiritual attainment, the development of scientific attitude and logical and intellectual faculties. It further means is to evolve a society of person who is noblest in their thoughts and actions. The teacher is not only a theoretician but, also a demonstrator in a scientific notion, power of knowledge, power of will and power of action. The method of education believes in discriminative method in acquiring knowledge in terms of concentration. The disciplining of body and mind is the core of educational process and modern

educators must know the inevitability of this factor in any kind of education.

CONCLUSION

The system is therefore a challenge to a theoretical teacher of today who simply transmits knowledge from books to students. Thus, the difference between the most of the modern teacher and the teacher well versed with the implications of Yoga Philosophy in Education. In all philosophical and religious system of India the teacher has been given the highest place because he guides his discipline towards the ultimate goal but in the yoga system without the teacher nothing can be obtained by the student, hence the place of the teacher is inevitable. Without fulfilled realization of Yama and Niyama philosophical concepts, we won't get pure realization of Asana in Astanga yoga. So, as a student or teacher we should realize the concept of systematic procedure of Yama, Niyama and Asana etc.

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