



A ROLE OF YOGA IN EDUCATION

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Abstract: Modern Educational system seems to fail in the integrated development of the body. Mind and spirit. The present paper emphasis on yoga should be part of the syllabus and curriculum. But the cultivation of values are neglected in the present existing Education System. The values can be acquired through practice of Yoga and the individual transformation towards societal objectives. The right perspectives of value education should be achieve through continuous practice of Yoga in order to build character morality and fitness.

Key Words: Yoga, Transformation, Curriculum, Cultivation, Education

Education is a chief Instrument as well a catalyst of social transformation. Today's education is information oriented and an individual could not grow as a resistive one. In this situation, education goals and its purpose has once again to be reviewed and keep on discussion for better and useful educational system. That can bring about qualitative change in individuals perception, attitudes, habits, priority and goals. The present individual has become selfish, self- centered irreverent and cynical. The education with Yoga sharpens reasons but hardens the heart. It lays emphasis on the basic values such as truth, love honesty, humility, compassion, forbearance and justice. And it makes one conscious about one's rights and responsibilities.

Thus to impart real education for retaining the human health and values in the way of peaceful life. These can be achieved through Yoga that has imminent significance in the present value base education. Values are the concepts that describe human behavior, they are desirable ideals and

goals, which are intrinsic and can be achieved when an individual has a deep sense of the fulfillment.

These days in continuous changing conditions and gross erosion of values of individual to keep pace with the society in order to fulfill one's desire to be at the top. If an individual is anxious about his desires fulfillment in a contended manner without disturbing his peace of mind, health and body fitness. In this context one has to practice mental and body exercise this is possible with Yoga.

Yoga is the union of the individual soul with the universal spirit in Indian context. As patanjali says yoga based and well explained scientific principles. Now yoga has become an asset to the mind and body to the well practitioners. The assimilation and co-ordination is possible through yoga. That will be helpful to tackle any problem. These two are very difficult to achieve in modern scientific age. The individual higher capability can be achieved practicing yoga.

It is the best instrument for the development of personality. Through practicing yoga one can

consider Environment and Nature is holy in order to bring about physical, mental, intellectual and spiritual development of mankind. It is an instrument of erosion of human impulse. As Upanishads says yoga controls human body which being consider natural but today's humanity adopts other ways to gain control over them. Yoga acts as link between physical and mental stability of mankind.

As Mahatma Says Education means 'drawing out of the best in child and man-body, mind and spirit. This concept of Education is practicable through yoga Education. Yoga Education has got a impetus throughout the world with different of the peace. Yoga Education concentrates on physical Exercise for physical fitness and for strong healthy mind, it keeps relation with Pranayam Meditation and Asanas. According to Aurobindo all life is yoga. The erosion of human values of truth, cooperation, non – violence, peace, love, respect for parents, elders, authority and hard work is leading to the decay of moral and social fabric of society at a speed never witnessed in the history of civilization. Today mankind is leading life with stress and no slandered of life. The present education system is totally failed to initiate human activities and positive values of life. The only alternative before us is to promote yoga in Education system which brings the desired goals of the society.

The Indian culture and education is deeply rooted in spiritual and ethical values. Unless these values find their way into the life of students, education will lose its significance and will not fulfill its aim. Though we have made progress in knowledge but still we are not above the levels of our past generations in ethical and spiritual life. In some, we have declined from their standards. Today we have been successful in making professionals but not the human beings.

Thus, inculcation of human values is to be stressed up on in our system of modern education to prevent and combat world terrorism, tension, diversities, self-centered vision and violence. Through quality education restoring of humane values (viz., Social, Moral, Spiritual, Environment, Economical, Political and Work values) is possible. The main aim of value education is to reform attitude and behavior, to promote healthy lifestyle, to shape the high moral character and to develop refined personality of younger generation, who can prove themselves as the best citizen of a nation.

Radioactivity and radiation existed long before the evolution of the life on the earth, excessive radiation exposure is, no doubt, harmful and can cause genetic disorder, which may even be fatal. Further the slew of free radical production is conventionally attributed to too much urbanization, pollution and junk food. Apart from radioactive exposure and oxygen free radicals, many wrong habits and irregularity in lifestyles may lead to poor state of fitness and ultimately results in various health hazards. Therefore, there is a need to develop systematic strategy to educate the common people and making them conscious to prevent their fitness and health.

Yoga is of great relevance to mind-body medicine because of the way it looks at life. The yogic view of life is the best prescription even written for lasting peace and joy, which are independent of external events and circumstances.

Emotion is responsible for many types of disease. Psycho physiologically, emotions act upon our body through hypothalamus which controls (Autonomic Nervous System) and the endocrine systems. Negative emotions like anger, fear, greed, jealousy give rise to somatic illness where on the other hand positive emotions like love, compassion,

friendship affection etc. give the strength to combat the stress. Illness due to negative emotions includes hyper acidity, hypertension, insomnia, menstrual disturbances, loss of appetite etc.

Yoga plays a vital role as the ancient Indian healing art. Classical Yoga is a science of human psychology. It works on three-facet viz. mental, physical & social states resulting in improved health, lesser greed for possession & efficient management of human life.

Value Education is a process of education which involves working on the total personality of the individual keeping in view all aspects of personality development, the intellectual, social and emotional, will and character (Education ion values N.C.E.R.T, 1992, pp.22-30) The human values can be cultivated and retained through Dhyan-Yoga and Karma-Yoga lead to wisdom and understanding humanity.

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