

Yoga Education And Its Relevance In Current Scenario

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Abstract: India is the country of Yogi's, Rishi's Philosopher's and Investigators from its origin. For development of any country like India, Education plays an important role. Education is those feet by which a society is moved toward the progress. According to Swami Ramdev Yoga education form the childhood is the necessary for the overall development in all areas. "Yoga" is methodized effort toward the self perfection by the expression of the potentialities latent in human being.

I. INTRODUCTION

Yoga not only provides a purposeful and aimed life but it also improves the stand end of the living. Yoga help in our all round development. Physical, Mental, Moral, Emotional and spiritual.

The word 'Yoga' is derived from a Sanskrit word "Yug" meaning to bind, join, attached to dissect and concentrate one's attention on, to use and apply. It is the union of man with "God". We can lay that the union of 'Atma' (soul) with 'Pramatama' (God). In Indian philosophy every thing is permeated by supreme spirit of which the individual spirit is a part.

According to the *Bhagwat Gita*, "One who controls his mind, intellect and ego being absorbed in the spirit with in him, find fulfillment and internal bliss which is beyond the pail lenses and reasoning."

Yoga can be used as the medicine for the treatment of various problems arising due to development and daily changing environment. Yoga makes our perfect and successful.

II. HISTORY OF YOGA

The tradition of Yoga was born in India several thousand year age. In vedic period Vedas are called vedic Yoga. Durning this time, the vedic people relied on Rishis or

dedicated vedic Yoga to teach them how to live in divine harmony.

The classical periods marked by another creation the Yoga sutra. Written by "Patanjali" around the second century, it was an attempt to define and standardize classical Yoga. Patanjali was a great scholar of ancient India. In post classical period Yoga is termed as the integration of mind and body activities. *Jnana Yoga, Karma Yoga, Bhakti Yoga, Raja Yoga* are the various systems of Yoga. Yoga is graded development of man. It is holistic system of education.

III. CONCEPT OF YOGA EDUCATION

Education is those feet by which a society is moved towards the progress. "Yoga" is methodized effort towards the self perfection by the expression of the potentialities latent in the human being. According to Upanishad as "Pranayama" is the first which comes into existence and "Hath Yoga" and "Raja Yoga". In the *Puranas* there is more emphasis on "Yama and Niyama" for the students. In *Puranas*, it is described that Yoga education is helpful for the students to increase their concentration power.

According to "Patanjal" Yoga is a complete control of the modification of the chitta (mind). Ratanjali describe the various form of Yoga which are beneficial to all organisms.

According to *John Dewey* "Yoga is the best way to go toward the reality or truth." For attaining the truth there is need of Yoga Education.

According to Swami Vivekanand "Yoga education removes all the ignorance which makes able to understand our self and understand the abilities so that veil of darkness can be removed and the knowledge can be gained. He describe the Yoga as a tool for gaining the truth and understanding the reality and remove the Maya or illusion form the life.

Shri Aurobindo Ghosh defines Yoga as:- "A methodized effort towards self-perfection by the expression of the potentialities latent in the being and a union of the human individual with the universal and transcendent existence are see partially expressed in man and in the cosmos." According to him Yoga education is very beneficial for overall development. Yoga is remedy for purification of mind and soul.

IV. CURRENT SCENARIO OF YOGA EDUCATION

Today national and international channels are telecasting seven and a half hours of "Yog Science" programmes of Swami Ramdevji regularly. Media has changed its out look recognized the usefulness of Yog, played a responsible role and become a major vehicles of communication yog the great mission taken by Swami ji For public welfare.

Around 50,000 teachers have been trained with an objective of fulfilling the dream of "Healthy India Healthy world" under Swami Ji for the implementation of Yoga education different universities offering various Yoga programmes and various. Yoga courses.

The major courses are:- Diploma in Yoga therapy, Diploma course in yoga education/Yoga therapy and certificate course in Yoga therapy or B.A/M.A, M.A/M.SC in Yoga therapy etc

V. JUSTIFICATION OF THE PROBLEM

Education is a life long process. It enables the mind to find out the ultimate truth of reality. Yoga education makes an individual a real human being. Yoga education equips the individual with social, moral, cultural and spiritual aspects and these makes life progressive, cultured and civilized. It removes the negative thoughts from mind and provide the positive attitude and abstract thinking. It is natural harmonious and progressive development of man's innate powers. So it is an important type of education essential for all individual to make them successful in their life.

STATEMENT OF STUDY

"Yoga education and its Relevance in current scenario."

OBJECTIVES OF STUDY

- ✓ To study the philosophical thoughts of different philosophers about Yoga education.
- ✓ To study the relationship between the Yoga education and compulsory education.
- ✓ To study the present position of Yoga in modern education system.

- ✓ To study the benefits of Yoga education.
- ✓ To study the relevance of Yoga education in present scenario.
- ✓ To study the various problems and solutions of Yoga education.

VI. BENEFITS OF YOGA EDUCATION

Regular practice of asanas, pranayama and meditation can help to and diseases like diabetes, arthritis, asthma, blood pressure, digestive disorders, chronic fatigue, arteriosclerosis and heart diseases. According to medical scientists. Yoga therapy is successful because of the balance created in the nervous and endocrine system which directly influences all the other system and organ of the body. Yoga education also helpful to solve various respiratory disorders skin diseases and many types of orthopedic deformities.

HYPOTHESIS

- ✓ Yoga education is positively correlated to our educational system.
- ✓ Yoga education brings relevant changes in current scenario.

DELIMITATIONS

- ✓ The study is confined to available literature work only.
- ✓ 50 Teachers of government and private schools of faridabad distict only.

VII. RESEARCH METHODOLOGY

Descriptive method of research was appropriate for the study under investigation for the present study the survey method is best suited to obtain the relevant information.

SELECTION OF THE SAMPLE

Sampling is the process by which relatively small number of individuals in order to find out something about the entire population from which it was selected. A sample of 50 teachers was drawn from both government and private schools belonging to Faridabad District by systematic random sampling method.

TOOL AND TECHNIQUES

The selection of the suitable instrument or tool has vital important for the collection of data in any field of Research. The research has used "Questionnaire" as a major research tool in his study for this study the questionnaire is best suited to collect desire information.

CONSTRUCTION AND ADMINISTRATION OF QUESTIONNAIRE

The questions can be framed out with the help of literature on the subject, consultation with colleges or a small group of actual respondents. The investigator give clear idea for filling up the questionnaire with suitable examples. The questionnaire is given to the teachers and enough time was provided for their convenience. It was collected an next day and the desire information was collected in the form of questions made by investigator. And this information helps investigator for providing analysis and interpretation of data.

STATISTICAL TECHNIQUES USED

Statistical techniques brings objectivity in interpretation of results. The data obtained form the questionnaire was analyzed with the help of simple percentage method.

VIII. MAIN FINDINGS

- ✓ It was found that Yoga Education is the best way to treat out various problems which may be related with social life and may be related with the student life so yoga education should be promoted in current scanting
- ✓ It was found that majority of the Teachers gives positive responses and in the favour of giving Yoga Education to the students.
- ✓ It was find out the various health problems like physical mental and emotional diseases including psychosomatic disorders drug addiction and social problems, will be solve by Yoga Education.
- ✓ It was find out that for healthy life there is need of learning the "Science of living." The science of living is evolved in such a way that everyone who would learn or master it will be able to accept the challenges met with in his individual as well as social life, national or international affairs.

IX. EDUCATIONAL IMPLICATIONS

- ✓ Yoga Education helps teachers to understand the mental level of students.
- ✓ It helps in the physical development of body. So it has been included in the syllabus of physical education. It helps to remove the physical, mental and social problems of an individual.
- ✓ It helps the teachers to understand the problems of students, find out their causes and solving them.
- ✓ With the help of Yoga education the teacher will motivates the students for achieving their goals.
- ✓ Yoga education included in curriculum will develops the moral spiritual and alchemic qualities among the individuals.
- ✓ Yoga education helps the students to solve their educational problems increasing their concentration power to retain the things and improve their learning abilities.

X. SUGGESTIONS FOR FURTHER STUDY

- ✓ The sample size of the present is 50. This type of study can be conducted on large size of sample.
- ✓ The present study is limited to teachers of Faridabad district only. It is suggested that a similar study may be conducted to the teachers of other district of Haryana and other states also.
- ✓ The present study is focused on the views of teachers only. It also can be extended to parents and students.
- ✓ The present study is based on the views of school teachers. It can be extended to lecturers of colleges and universities.
- ✓ The present study also can be extended to elementary school teachers.
- ✓ The present study can be further extended by including the more opinions of Yoga experts, Yoga teachers and Yoga practitioners.

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