



RELEVANCE OF YOGA EDUCATION IN PRESENT DAY SOCIETY

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Abstract:

Educating people about yoga is becoming increasingly popular as more people look for holistic methods to improving their physical and mental health. Moreover, it has the potential to lessen stress, boost flexibility, and improve general health. Practices of self-care and mindfulness may be developed via the incorporation of yoga into school curricula, which can help students acquire life skills. Together, it fosters a sense of community and connectivity, so assisting individuals in navigating the difficulties of contemporary society with a sense of equilibrium and resilience. The practice of yoga has the potential to change individuals into healthier and more fulfilled persons, therefore contributing to a society that is more balanced and peaceful. Empathy and compassion are developed as a result, which ultimately results in meaningful connections and a feeling of belonging. The cultivation of inner calm, the management of stress, and the improvement of mental and emotional well-being are all benefits of regular practice. The benefits of yoga instruction are not limited to individuals; rather, they have a favourable influence on entire communities as well as on society to a greater extent.

Key words: Yoga, Education, Society, people, health.

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Introduction

The concept of control, addition, unity, connection, and process are at the heart of the Yoga Philosophy, which is an important component of Indian philosophy. In the same way as Numerology is concerned with knowledge and yoga is concerned with work culture, it was begun by Maharshi Patanjali and is comparable to both of these endeavours. One can achieve self-realization and mental purification via the practice of yoga, which is a discipline that honours one's own inner force in a balanced manner. The concept is referred to as a "dual philosophy," which acknowledges the presence of two main existences: nature and purity.

Yoga philosophy acknowledges the three inherent characteristics that are dictated by Numerology. These qualities are referred to as "*satta*," "*rajas*," and "*tamas*," and they represent kindness, majesty, and darkness, respectively. *Sattva* (which means "unity" and "kindness"), *rajas* (which means "emotion" and "work"), and *tamas* (which means "darkness") are our three terms. The concept of *satwa* pertains to purity, whereas *tamah* refers to nature.

Because it assists in the regulation of

the mind and the acquisition of God's benefits, devotion to God is a fundamental component of the practice of yoga philosophy. The soul, also known as *chitta*, is an attached existence that maintains a connection to the physical self while being independent of the bodily being. It is the five negative aspects of the mind known as "*sattva*" (*pramāṇa*, *viparjyaya*, *vikalpa*, *nidra*, and *smitri*) that yoga seeks to eradicate.

Students who participate in yoga classes see a beneficial transformation in their souls or spirits, becoming more self-assured, self-respectful, intelligent, disciplined, self-controlled, and able to express themselves more freely. Educating pupils about yoga not only makes them more strong but also raises their understanding of social and environmental issues, equips them with a universal consciousness, and motivates them to respect themselves and others. Through the practice of Raja Yoga, one can achieve a state of tranquilly, contentment, and completion, as well as retain a healthy level of energy and well-maintained health. Students are able to better manage their moods and emotions, avoid destructive behaviours such as greed, monetary gain, and self-centeredness, and achieve mental

equilibrium as a result of this. Another benefit of Raja Yoga is that it improves focus, eliminates weariness, brings the mind, body, and vocal cords together, eliminates negativity, and has the potential to transform lives by providing individuals with equality, tranquilly, and supernatural essences.

Those who engage in the practice of Raja Yoga have the potential to transform their ignorance into wisdom, their weakness into strength, their mismatch into unity, their limitation into eternity, their diversity into uniqueness, and their incompleteness into wholeness. The establishment of holy connections among all individuals, the cultivation of pure love, the propagation of brotherhood, the relaxation of the mind, the liberation of stress, the strength to confront challenges, the simplification of their life, and the instillation of compassion and open-heartedness in them are all outcomes of this.¹

There are eight components that make up yoga: restraint, observation,

posture, breath control, abstraction, concentration, meditation, and spiritual absorption. *Ahimsa, satya, asteya, brahmacharya, aprigraha, saucha, santosha, tapah, swadhyaya, and ishwar pranidhāna* are the fundamental principles that underpin yoga. The physical, mental, intellectual, emotional, and spiritual development of man are all explored in Hatha yoga, which allows for the cultivation of a higher degree of growth. A civic feeling, a patriotic impulse, a fervour for duty, and a spiritual aspiration are all brought about as a result of this, which is beneficial to the community in terms of cultivating a holistic worldview.²

Because it provides a harmonious combination of physical postures, breathing methods, and meditation that goes beyond the bounds of simple exercise, yoga has arisen as a beacon of holistic health and well-being in the 21st century. Yoga is an old practice that has emerged as a beacon. It provides skills to preserve balance, enhance self-awareness, and cultivate inner

¹ Borkakoty, B. (2024, February 2). Educational Significance of Yoga philosophy. *International Journal of Creative Research Thought*, 12(2). P. 313.

² Naragatti, S. (2018, December). The role of yoga in education, *International Journal of Innovative Science and Research Technology*, 3(12), pp. 352–353.

calm, with the goal of nourishing not just the body but also the mind and soul. The Ṛgveda, which is the earliest Hindu literature, is where yoga can be traced back to. In this text, the concept of yoking our intellect and understanding to the Light of Truth is highlighted. Some of the most renowned Vedic sages, such as Vāsiṣṭha, Yajñavalkya, and Jaigīśavya, were among the most influential instructors of early yoga. One of the most influential Yogis, Yogeśvara Kṛṣṇa, is the one who put out the Bhagavadgītā, which is considered to be the most authoritative text on Yoga. In addition to being regarded as the most powerful Yogi, Lord Śiva is also referred to as Ādinātha. The practice of yoga has been a component of the activities that people in India have been doing in order to gain better spiritual achievements.³

The physical, mental, social, emotional, intellectual, and spiritual manifestations of the human personality are all taken care of by it. A human being's whole personality may be developed via the practice of yoga, which works as a tool.

During the time span between birth and death, yoga serves as a guide and a protector, since it is a science of life. According to Indian philosophy, procedures work by enhancing a person's physiology in order to achieve their desired effects. Both the neurological system and the endocrine system are functioning at their highest possible degree. Practicing yoga also serves as a form of protection against the stress of daily life, which can be traced back to the early years of infancy. Both the *Yamas* and the *Niyamas* are considered to be the cornerstones of Patanjali's yoga instruction. These are the inhibitions and conjunctions that are shared by both individuals and society. The youngster will be able to develop into a healthy citizen of the country of all levels with the assistance of these disciplinary methods. It is imperative that this be done in order to further contribute in the development of worldwide brotherhood, which is the need of the hour. The practise of asana and pranayama contributes to the development of a physically balanced structure, enhances the

³Patal. (2019, January). Importance of Yoga & Meditation in Education,

International Journal of Research in All Subject in Multi Languages, 7(1), 72.

tonicity of the muscles, raises the level of intelligence, and improves memory. In addition to this, it has the ability to suppress negative emotions, and as a result, it fosters a propensity towards a positive outlook on life within the context of dualities of life. Anxiety, depression, and other psychosomatic problems can be alleviated via the practice of Dharana and Dhyana, which also facilitates improved attention. There is also a mention of it. The teachings of yoga, known as yoga karmeshu kaushalam, indicate that acts should be carried out in a manner that is selfless, impartial, and non-profitable. a passion that is focused on results. *swarga* and *mokṣa*, which means liberation, are the destinies of humans. Mokṣa in Advaita, Viśiṣṭādvait, and Dvaita, the Buddhist notion of Nirvāṇa in Jainism, and the Sāṃkhya Yoga tradition, according to which yoga originated. Karma yoga, Samatva yoga, Jñāna yoga, *ātma-samyama* yoga, and *bhakti* yoga are all types of *yoga* that are described in the Bhagavad Gita. These yoga practices are

responsible for the development of a person's entire personality.⁴

Through yoga education, one can acquire fundamental knowledge about their own personality, learn how to handle themselves effectively in all life situations, learn techniques for gaining good health, develop a discriminative mind that is capable of distinguishing between the real and the unreal, and practise equanimity when confronting the dualities that are inherent in life. Whether it be academic, athletic, or social activities, yoga education has the potential to improve all of the students' activities. It has been shown that practicing yoga may increase one's ability to pay attention in school, as well as one's stamina and coordination in sports, as well as one's awareness and attitude in social situations.⁵

With the goal of achieving the maximum possible level of human progress, education in yoga is not only a social requirement but also a spiritual imperative. Achieving God head, also

⁴ Naragatti, S. (2018, December). The Role of Yoga in Education. *International Journal of Innovative Science and Research Technology*, 3(12).P. 352.

⁵ Patal. (2019, January). Importance of Yoga & Meditation in Education, . *International Journal of Research in All Subject in Multi Languages*, 7(1), P. 73

known as the happiness that results from the merging of the empirical self with the transcendental self or God, is the ultimate goal of all forms of education, whether formal or informal. Self-discipline, on the other hand, suggests that yoga cannot be practiced if the human body is not in good health and if the individual has not prepared themselves morally. Through this particular facet, education becomes a societal need.⁶

In accordance with the principles of yoga, the purpose of education is to assist in the whole development of the human personality, as well as to liberate the human child from the physical, mental, and spiritual sufferings that they may experience. The implication of this is that education should take into consideration the physical, mental, intellectual, and spiritual development of one's students. In accordance with the principles of yoga, the purpose of education is to provide the student with the appropriate moral preparation, spiritual accomplishment, the development of a scientific attitude, as well

as the intellectual and logical capabilities. A additional meaning of this is to cultivate a society comprised of individuals who are the most virtuous in their ideas and deeds. Not only is the teacher a theorist, but they are also a demonstration in a scientific concept, the power of knowledge, the power of will, and the power of action. Education is a process that adheres to the principle of differentiating between different methods of obtaining knowledge in terms of attention. The core of the educational process is the discipline of both the body and the intellect, and contemporary educators are required to be aware of the inevitability of this component in relation to any type of education.⁷

Need of Yoga in present day education

It has been discovered that the concept of yoga has a substantial influence on education. Research studies have shown that students who practise yoga have superior academic performance than

⁶ Jayakumar, R., & Krishnakumar, R. (2015). A perspective of Yoga Philosophy in Teacher Education. *International Journal of Applied Research*, 1(8), p. 506.

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students who do not practise yoga. In general, students who are subjected to less stress tend to do better than those who are subjected to greater stress. In 2016, Minnesota University recommended conducting a study on the incorporation of yoga into educational settings. The findings of the study indicated that the incorporation of yoga into the curriculum might lead to good outcomes such as enhanced mental capabilities, increased academic capacity, and emotional control via the practice of yoga.

Not only is yoga a kind of physical exercise, but it is also a subfield of the field of medical study. Students are better prepared for a healthy future and to become true citizens and soldiers as a result of this, which is a supplement to formal education since it brings together the physical, psychological, and spiritual aspects of life. Students become more awake and aware as a result of yoga education since it helps them develop self-control and self-discipline, as well as boosts their focus ability. Yoga education seeks to accomplish a number of basic goals, including the development of good health, the practice of psychology, the maintenance of emotional stability, the invocation of moral values, and raising consciousness or awareness.

The benefits of yoga education include the development of nerves, the improvement of respiration, the inspiration of balanced muscle growth, the development of strong and flexible physical development, the balancing of physical consciousness and unity, the glorification of attitude and consciousness, and the promotion of correct physical development. Additionally, it helps to maintain the digestive system, blood circulation, and immunological system, it improves the immune system, it calms the body, it eliminates exhaustion, and it gives a pleasant sleeping mode. The practice of yoga not only enhances one's physical health but also brings about a major improvement in one's mental state. This is because yoga education is a form of meditation. Clearing and bringing tranquilly to the mind, removing worry, increasing focus, interest, perception, and memory capacity, improving listening ability and reaction, and encouraging fantasy and creativity are all benefits that come from this. Additionally, it helps eliminate feelings of exhaustion and worry, making pupils more likely to engage in rational thinking, correct listening, and action, and brings about a balance between

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Conclusion

Within the context of contemporary culture, yoga education is an essential instrument for fostering holistic health and a balanced way of life. As a result of its ability to revitalise the body, soothe the mind, and elevate the spirit, it assists people and communities in navigating the challenges of contemporary life with grace and resilience. A route to improved well-being and a more profound connection with oneself and the world may be found through the practice of yoga, which is rooted in

ageless knowledge. In order to have a happy society in the 21st century, the promotion of yoga education is not only a consideration; rather, it is an absolute must. Yoga provides a comprehensive approach that is beneficial to people of all ages and backgrounds, and it is becoming increasingly popular as people look for methods to enhance their physical, mental, and emotional well-being. Yoga gives techniques to manage well-being and lead a more balanced life, which, in light of rising levels of stress and mental health difficulties, is becoming increasingly important. Making one's mental and physical health a top priority is very necessary in order to thrive in the fast-paced world of today.

⁹ Patal. (2019, January). Importance of Yoga & Meditation in Education, *International Journal of Research in All Subject in Multi Languages*, 7(1), P. 72.

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