



# Yoga Education for mental and physical wellbeing: A Review Paper

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## Abstract:

A dynamic expression of life. “Without health, none of other dimensions of our life means anything to us. Our health, family, possessions will mean nothing if we will have no health. Ohrnberger, Fichera and Sutton (2017) found that there is a strong link between mental health and physical health and past mental and physical have strong indirect cross-effects on current mental and physical health. Well-being integrates mental health (mind) and physical health (body) resulting in more holistic approaches to disease prevention and health promotion. . Yoga has been the subject of research in the past few decades for the therapeutic purposes. The paper highlights the importance of yoga for good health. Good health means mental and physical wellbeing of a person. Well being generally includes how satisfied a people are with their life. The factors that influence people’s wellbeing is both internal and external. Yoga can be said a state of bliss, freedom and happiness. The practice of yoga helps us to work with the nature of the mind, the nature of the human being, how emotions live in our mind. Yoga is system or way of life can be applied irrespective of age, gender, profession, state, conditions, problems and sufferings.

Key words: Yoga, Mental and physical wellbeing.

## Introduction:

Maharishi Patanjali defined the essence of yoga in the first sutras in his “Yoga Shastra” as “Yogah chitta vritti nirodah” which means “Yoga is restraint of mental operation (process)”. In the 1980’s yoga became popular as a system of physical exercise across the Western World. Swami Vivekananda defined as “It is a means of compressing one’s evolution into a single life or a few months or even a few hours of one’s bodily existence.” Sri Aurobindo emphasized integral yoga or supramental yoga for development of all round personality i.e physical, mental, intellectual, emotional and spiritual levels. According to him, “Yoga is a rapid and concentrated evolution of being, which can take effect in one life –time, while unassisted natural evolution would take many centuries or many births.”

A strong link has been found between mental and physical health (Nabi et al., 2008). Well being generally includes global judgments of life satisfaction and feelings ranging from depression to joy. If we look beyond the definition, well being is depended on internal and external feeling of a person. If a person is suffering from mental health issues, he is unable to cope with physical health.

## Development of Yoga:

Yoga is an ancient art based on a harmonizing system for development of the body, mind, and spirit. Yoga may be originated from pre-Vedic period. It originated in India 5000 or more years ago. In history of yoga, there are five categories such as Vedic period, Pre classical period, Classical period, Medieval Times and Modern times.

In Vedic period, yoga was considered as higher attainment through knowledge or revelation from universe through meditation. It comprises three yogas- Mantra Yoga, Prana yoga and Dhyana yoga .

The creation of the Upanishads marks the Pre-classical Yoga. The Upanishads further explain the teachings of the Vedas and Bhagavad Gita. Bhagavad Gita consists of 18 chapters and each chapter is called yoga. The Gita tried to unify Bhakti yoga, Jnana yoga and karma yoga.

Around the second century, Yoga Sutra is another creation of classical period. Patanjali's eightfold path of yoga ( Yama, Niyama, Asana, Pranayama, Dharana, Dhyana, Samadhi) .

During the mediaval era (500-1500 AD), different schools of yoga emerged i.e Bhakti yoga, Hatha yoga. Hatha yoga are in Bhuddist works from the eighth century.

In modern era , Integral yoga by Sri Aurobindo, modern yoga by Swami Vivekananda, Saint Ramakrishna , Paramahansa yogananda , Swami Satchitanandaa, Swami Sivananda Radha, Swami Satyananda and Swami Chidananda enlightened the era of yoga.

## Need and importance of Yoga Education:

The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with Universal consciousness. Yoga indicates a perfect harmony between mind, body and spirit. According to modern scientist, everything in the universe is just a manifestation of the same quantum firmament. We search for happiness out there in the objects of senses. But the happiness is right within us. So, the need for yoga is search for happiness. It is a state of bliss, freedom, knowledge and creativity. It is a state of silencing the mind. Upanishad propound that original state of silence is also the causal state of the entire creation. Yoga education helps in self discipline and self control. The importance of yoga education is to possess emotional stability, moral values, manifests truth, pure consciousness, Janna, bliss, love .

## Reviewed researches on yoga education:

Different research paper on Yoga education reviewed and summary of findings are as follows:

| Sl.No | Reviewed Paper   | Findings  |
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| 1.    | Effect of yoga practices on educational achievement: A short summary of reviews                                | Yoga practices improve performance of children in special memory task. It also helps to increase in memory level. Yoga practices helps children to develop a greater awareness of their body mind and emotions.   |
| 2.    | Benefits of Yoga in Physical education and sports  | Adding yoga to a school's curriculum will help to provide a quality based physical education program .Yoga can play a key role in cultivating mind control and concentration which helps a sportsperson to perform at their game. It offers children and adults an opportunity to experience success in physical activity, which can help to built a foundation of strong of life |
| 3.    | A Study on the Importance of Yoga Education in B.Ed. Curriculum  | Most of the B.Ed trainee are agreed about the importance and inclusion of yoga education in B.Ed syllabus and they consider that yoga education helps to develop sound mind, body and soul, good judgmental power , good habit, concentration, positive thinking, non-violence attitude, bold personality etc.  |
| 4.    | Yoga as a tool in peace education  | Yoga is effective in generating internal peace. Peace Education aims at the physical, emotional, intellectual, and moral-spiritual development of children within the framework of a deeply rooted tradition of human values, and as the practice of Yoga has a proven track record of achieving the above goals.   |
| 5.    | Yoga heals: The art of living a healthy life   | Yoga is a form of mental health promotion, illness prevention and treatment for depression. Yoga benefits on Mind, Body and Soul. Yoga has positive impact on health and wellbeing.   |
| 6.    | Yoga for educational stress management   | Yoga is effective for stress relief because aside from the physical benefits that yoga brings, it encourages a good mood, and increase in mindfulness, and a healthy dose of self-compassion.   |
| 7.    | Study of difference in the academic achievement of students who do not and do yoga in urban and rural schools. | Urban students who practice yoga is more than rural students. Therefore, the promotion of yoga is more in the city itself, because here the camps, seminars etc. are organized from time to time which creates awareness among the people. Urban students do yoga easily, so that their educational achievement is better than rural  |

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|    |  | students.   |
| 8. | Yoga - the treatment for emotional imbalance | A person who does yoga is better able to achieve the pink of psychological health. Yoga regulates a person's stress response system with its ability to lower blood pressure and heart rate as well as improve respiration. Yoga provides us with the means to deal with and resolve anxiety and depression without resorting to expensive medications. |

### Analysis and Discussion:

Yoga practices enhance remembering ability, mind control and concentration, good judgments power, positive thinking, develop bold personality, positive thinking towards life. It prevents depression, anxiety, stress and brings a sound physical and mental health. It helps to develop all round personality i.e. the physical, emotional, intellectual, and moral-spiritual development.

### Conclusion:

Without physical and mental wellbeing, no one can get a healthy life. Philosophy of yoga, psychology of yoga and practice of yogic processes are the basis of Science of yoga. Not only study of different yoga, but also practices of angas or limbs like yama (ahimsa, satya, brahmacharya, asteya, aparigraha), Niyama (saucha, santosha, tapash, swadhyaya, Ishwara pranidhana), asana, pranayama, pratyahara, dharana, dhyana, Samadhi, we will become more control over our's own body and mind. If we do yoga as a regular basis, we can gain mastery over one's own desires and this can lead us to overcome worries, anxieties and tensions.

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