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YOGA EDUCATION: A NEW PERSPECTIVES ON YOGIC LIFESTYLE AND WELL BEING

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Abstract:

Yoga is an ancient practise that aims to bring balance and health to an individual's physical, mental, emotional, and spiritual qualities. Yoga is a type of yoga. A lot of people think about Yoga as a tree. It has eight branches, which are called asanas (physical postures), pranayama (breath control), pratyahara (sense control), dharana (concentration), dyana (meditation), and samadhi (holy silence) (bliss). People in the West are becoming more interested in yoga, which has been popular in India for a long time. For both mental and physical health in today's world, yoga is a great way to stay healthy and look good. Yoga is important for both the individual and for a crime-free society. Good health starts with a healthy mind, and a good mind makes good citizens. This means that yoga is important for both the person and the country as a whole. Yoga helps us work with the nature of the mind, the nature of the human person, and how emotions live in our minds. This article focuses on Impact of yoga on the mind, body, and soul from the utilitarian point of view. Secondary data drawn from a lot of different books, journals, papers, and government reports.

Keywords: Mind, body, soul, academic performance, moral values, physical fitness.

Introduction:

Concept of asana :

The word "asana" is used in Sanskrit to describe a physical position. It's called asana and it means posture. When we do asana we relax our muscles, bones and nervous system, as well as massage our internal organs like the liver and kidneys. It's a light tan. The whole body is brought together in this way. The way we feel on the inside affects the way our brains work. When we are physically free of tension and stress, stiffness and tightness, our brains work better. "Asana," a Sanskrit term usually translated as "posture," literally means "at ease and calm," not "exercise" or "posture." You may be completely upside down on one arm, completely free of strain and worry. If you're successful, you'll be able to say, "I'm performing an asana." So, at the end of the day, it all comes down to understanding one's own body.

Concept of pranayama :

Pranayama yoga is much more than simply a kind of exercise. It's about expanding your consciousness, sharpening your brain, and improving your intuitive abilities. All muscles, limbs, and other external organs become active as a result of yogic activity. Control of the autonomic nervous system is done through conscious control and regulation of breathing, which is how it is done. This makes you more determined and gives you more willpower in general. Each part of the body should be focused on in order to pick up on small vibrations and feelings at the cellular level. There are also breathing techniques called pranayama, which are not yoga moves. The breath is linked to emotional and mental processes in a very important way. By synchronising our breathing rhythm, we can change our emotional, mental, and intellectual patterns. You may have noticed how your breath changes when you are scared or furious, but how do you breathe when you are peaceful and tension-free? Slowly and deeply, please. Certain parts of the neurological system, brain function, and emotional and intellectual expression are all influenced by the breath. Pranayama allows us to exercise deliberate control over our mental and emotional actions. For Mental and Physical Health, Asana and Pranayam are more beneficial.

Utility of Yoga:

When peace education is tailored to a country's social and cultural context and requirements, it becomes more successful and meaningful. Its cultural and spiritual aspects, as well as universal human ideals, should be enhanced. Peace, like conflict, starts in the human mind, so for peace to become a reality, one's mind must be calm. In other words, inner peace is needed to make peace a reality. Yoga helps people find inner peace and pleasure. You can think of yoga as an art or a way to live virtuously. It's a way to take care of your body, mind, and soul all at once. Patanjali, who lived around 700 BC, wrote the Yoga Sutra, which is thought to be the most authentic literature on yoga. He deserves the most credit for making yoga into a scientific system. Yoga's goal is to achieve physical, mental, and spiritual well-being. Yoga is divided into eight phases, according to Patanjali. They are as follows:

- *Yamas-* (internal purification through moral training preparatory to Yoga)
- *Niyamas-* (cleanliness, contentment, mortification, study and worship of God)
- *Asanas-* Physical postures or exercises
- *Pranayama-* (Control of vital energy/ Breath control)
- *Pratyahara-* (Withdrawal of the senses/ making the mind introspective)
- *Dharana-* (Concentration of the mind)
- *Dhyana-* Meditation
- *Samadhi-* Attainment of the super conscious state

Change mechanisms:

It's not clear how yoga helps people stay healthy, avoid getting sick, get better, or be better after they get sick. Yoga is thought to operate through altering the neurological system, cardiovascular system, and gene expression in a good way, according to several studies. When the vagal nerve is stimulated, the autonomic nervous system's parasympathetic activity rises, as does GABA (a neurotransmitter) activity in the brain. Breathing and body movement, like other types of physical activity, has a beneficial effect on cardiovascular health. Yoga also has a favourable impact on immune cell gene expression patterns. The breath, from a yogic viewpoint, serves as a link between the mind and the body. Almost all types of yoga include slow diaphragmatic breathing. Slowing and deepening the breath is the key to calming the mind. Because of this kind of breathing, yoga may help you restore mental stability, peace, and tranquillity. Through this calm and silence, practitioners are able to connect inside. Asana (postures), pranayam (life force practises), and dhyana (meditation) are all yogic practises that foster silence and listening within. On and off the mat, being nicer and gentler to oneself and others is an element of the practise. It's said that if your body is flexible, your mind will be flexible too. Those who have been hurt by this become more tolerant, forgiving, and less likely to be angry or sad. Yoga also helps people "return home" to their true

selves, in part by mimicking nature. Many of the asanas, like tree posture, dog stance, cat pose, snake pose, and many more, are based on animals and plants, like snakes and cats.

Savasana, also known as "corpse posture," is the last pose in a yoga class. It's when people lay down with their arms and legs open in deep rest. It is often the most popular part of the class, because it shows how the body moves and works. Dr. Ayurvedic: Most of the time, he tells his patients to take a nap so they can deal with the hectic pace of modern life. In yoga, people are also told to keep their hearts open. The heart is in the middle of the chakra system, in the middle of the seven chakras. This is where the heart is. It helps to do asanas like back bend, kapotasana, and ustrasana to make your chest bigger, which is where the anahata chakra, or yogic heart centre, lies. Yoga visualisations and pranyams help promote openness of heart. Less judgement, more acceptance of oneself and others, and a more relaxed attitude to life are often the results.

Impact of yoga on the mind, body, and soul:

Yoga improves self-awareness, self-management, and self-efficacy in a manner that team sports may not, allowing kids to develop critical life skills and make links to their daily lives. In other words, yoga teaches kids actual skills that enable them to take control of their own health rather than merely thrive on the field. Their needs and surroundings are important, so they learn to pay more attention to how they eat, move, and treat their bodies. Yoga gives kids a lot of control, and it also helps them learn important social, emotional, cognitive, and scholastic skills, like paying attention and focusing, making decisions, working with others, managing stress, and being kind. In yoga, students can be more introspective and quieter inside their bodies. They also have to ask big questions and take more responsibility for their ideas, emotions, and actions, which is why yoga is good for them. As a result, pupils are not only healthier, but also better equipped to confront future problems with confidence and resilience.

Yoga is reported to provide a variety of health advantages, including:

- Reducing tension,
- restoring flexibility,
- liberating the mind from mental problems are all benefits of this treatment.
- Reduces uneasiness, irritation, and confusion;
- prevents depression and mental tiredness;
- restores alertness, focus, and readiness to solve problems;
- increases self-awareness; achieves and
- maintains physical and mental health and relaxation.

Impact of Yoga on the human Mind:

Stress is experienced by students as a result of a demanding curriculum, intense rivalry for admission to prestigious institutions and universities, and unemployment. They have high expectations from their parents. Stress may have a beneficial or bad impact. Positive stress boosts your working capacity and performance, while negative stress can make you depressed. By medical research, stress is a killer that many people don't even know is killing them. Yoga can help with stress management in school by improving physical and psychological resilience, emotional balance, and pranic balance by removing the main problems in the mind. Asanas, Pranayama, Meditation, and other types of yoga may help students with self-healing and reducing stress in their minds. Those who do yoga are going to be healed by it in all of its forms. Modern lifestyle engagements have disrupted mental and bodily serenity.

Several ailments have developed from this way of living. Yoga is an effort to address such issues and may help with a broad variety of severity levels. Technical systems are embedded in yogic practises, and these systems aid in the maintenance of tranquilly and resilience. In addition, in-depth yoga helps you integrate your personality. Yoga may be used to enhance one's lifestyle, resulting in more positive attitudes.

- Yoga is beneficial for anxiety and sadness.
- Yoga helps to increase memory and focus.
- Yoga helps both mental and psychological health.
- Yoga helps people cope with terrible events.

Many individuals throughout the globe suffer from Post Traumatic Stress Disorder (PTSD), which is caused by traumatic events in their life. Flashbacks and nightmares are common among those who suffer from this mental condition. Hatha yoga has been demonstrated to be useful in alleviating the symptoms of PTSD.

Effects of Yoga on the Soul:

- Yoga may help you strengthen your relationships.
- Yoga has a calming effect on the mind.
- Yoga assists us in achieving inner serenity.
- Yoga assists us in coping with adversity.

Effects of Yoga on the Body:

- Yoga aids in the development of flexibility.
- Yoga may help you decrease your blood pressure.
- Yoga helps to relieve chronic neck discomfort.
- Yoga helps to create strong bones and
- Yoga decreases the risk of heart disease.

It's crucial to remember that yoga is a never-ending practise. The more deeply you get into your yoga exercises, the more rewarding the results will be. Yoga may actually open the door to peace, harmony, love, and laughter when practised on a daily basis.

Yoga and physical awareness:

The University of Oxford has done research that shows that yoga can help inmates who are stressed or depressed. It also improves attention and, more importantly, helps them be less impulsive. When yoga and meditation are done together, the connection between the mind and body gets stronger, which improves general fitness and well-being. During yoga postures, many types of yoga use regulated breathing. This is part of meditation, which is part of the physical exercises. Relaxing, letting go of your thoughts, and focusing on a steady breathing pattern are all ways to meditate without having to do yoga. When yoga and meditation are done on a regular basis, they both have been shown to be good for you.

Awareness of psychology and yoga:

Regular practise makes changes in the parts of the brain that can be seen. These changes may lead to better learning and memory, longer attention spans, and better self-referential processing, which affects how people see themselves and how they see others. Yoga and meditation, when practised on a regular basis, can produce positive results for students and others in general. According to some research, it has a physiological impact on humans that is similar to the advantages of antidepressants and anti-anxiety meditation, and so reduces mental stress and tension. Yoga and meditation are essential for maintaining healthy physical systems. Yoga enhances a person's physical and mental health, while meditation gives them peace of mind and control over their bodies. Yoga's ultimate purpose is not just to acquire and maintain excellent health, but also to realise oneself. A mortal human achieves the utmost satisfaction by recognising their actual self and letting go of their dread of death (Adiswaranda, 2004). Job burnout and organisational stress are things that happen in a person's job, like too much work, bad working conditions, and conflicting roles. Emotional exhaustion, depersonalization, and a drop in personal achievement are all signs of job burnout. Term "work depression" has been used to describe people who are tired of their jobs.

Effects of pranayamas:

Mental Effects -

- Stress, anxiety, and sadness are relieved;
- thoughts and emotions are quieted;
- inner equilibrium is restored;
- energy blockages are released, and so on.

Physical Effects –

- Body health preservation
- Blood purification
- Improved oxygen absorption
- Strengthening the lungs and heart
- Blood pressure regulation
- Nerve system regulation
- Supporting the healing process and therapeutic treatments
- Increasing resistance to infection

Yoga for everyone:

Getting an education is how a child or an adult learns about the world, how to do things well, and how to be happy. It makes a person more civilised, refined, cultural, and educated. Education is the only way to make the world a more civilised and socialised place to live. Its main goal is to make someone look good. As a cure-all for all problems, education has always been important in every place where people live. To solve all of life's problems, it is the only thing you need to look for. Yoga has a "global" effect because it helps people deal with stress inside their bodies, in the workplace, and in their relationships at school. If you are calm inside, you will naturally do well at everything you do. The more quiet you are on the inside, the more powerful your ideas and actions will be. Sri (Aurobindo 1969) says that the goal of yoga is to connect with the divine in the super mind and change the world. The goal of yoga is to let go of the intellect and enter into the divining truth of sachidananda, which is both static and moving, and to bring one's whole body into line with it. When yoga and meditation are combined, the mind-body connection is strengthened, which improves general fitness and well-being.

Conclusion:

In today's educational environment, there is a lack of a holistic approach and a lack of equal development of knowledge, which only deals with the outside world and not with an individual's inner-self. Asanas and breathing exercises are part of yoga, which is a way to build strength in the body and calm the mind. Is something that helps people with stress, anxiety, and sadness by using their mind and body to deal with them. Yoga assists us in maintaining emotional equilibrium. It enhances our mental health and alleviates worry and despair. Yoga increases memory and focus while also reducing the consequences of stressful events. As a result, yoga should be made a mandatory subject beginning in elementary school. Today, not only adults, but even youngsters, are involved in such crimes, which paints a very negative image of society. As a result, yoga enhancement is a current requirement for reducing bad emotions. It will also aid in the development of moral values in youngsters. Yoga is becoming more popular across the globe as a mind-body activity that is both accessible and affordable. It's because they don't want to get help from someone else and they think yoga is better than medicine for improving their mental health. With yoga, there are less side effects and it costs less than other treatments like pharmaceuticals and psychotherapy. It also makes you more physically fit and helps you become more self-reliant. Yoga's main goal is to make you more compassionate and to make you feel like you're connected to and one with all living things. As we said before, a healthy mind can only be found in a healthy body. As a result, physical and mental health

go hand in hand, and yoga helps the body stay healthy. Yoga has shown that it can help people improve their mental health. It is acceptable, accessible, affordable, and helps people become more self-sufficient. Yoga is the comprehensive technique to obtain mental balance, tranquilly, and refreshment towards general well-being and welfare of human beings in today's contemporary age of stress and tensions, mechanical living style. It is preferable to teach yoga to pupils at the school level, where it may be sustained, so that they can learn to cope with rising academic pressures and confront competitions more efficiently while maintaining a happy outlook on life. It is past time for us to return to our origins in order to achieve mental and physical well-being.

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