

YOGA EDUCATION AND YOUTH PROBLEM

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Abstract

Higher education institutions in India is facing the trouble of rising indiscipline, frustration, disapproval among the students. It is claimed that yoga leads to association and peace. It is claimed that yoga leads to harmony and peace. Young people go through many problems in life such as learning disabilities; emotional problem; antisocial behavior; Lack of motivation and achievement; Psychosocial crisis. While yoga education as skill development approach recognizes the existence of adversities and developmental challenges that may affect youth in various ways, it may become as an we can also removed Loss and risk by this, It starts from the point of view of fully capable youth who are eager and aware to explore the world, gain potential and gain the ability to make a significant contribution to the world. The article examine two areas of research: (i) yoga can be an appropriate scientific intervention for youth problem and (ii) yoga as skill development for youth, especially in higher education institutions. This important article discusses yoga as a promising tool for coping with stress and controlling oneself as yoga provides training to bring youth to body, mind and emotional balance.

Key words: Yoga education, youth problem, skill development, higher education institution

Introduction

Youth are the foundation of our country's growth and future. Today's youth face numerous stressors, growing up in a globalized world, surrounded by electronic media and confronted with pressures from college and universities and increased competition in multiple aspects of life. To address these frustrations, today's youth is facing, yoga practice and yoga education could be assumed as life savior in such a tough and competitive world. The practice of yoga can be helpful in relieving stress of children and young people and can make a positive and constructive contribution to their mental health. In the book published on Yoga Education, the author claims that "Yoga is a powerful medium to develop the personality of children and enable them to face the present challenges and problems" (A. Balakrishna, p. .3, 2010))

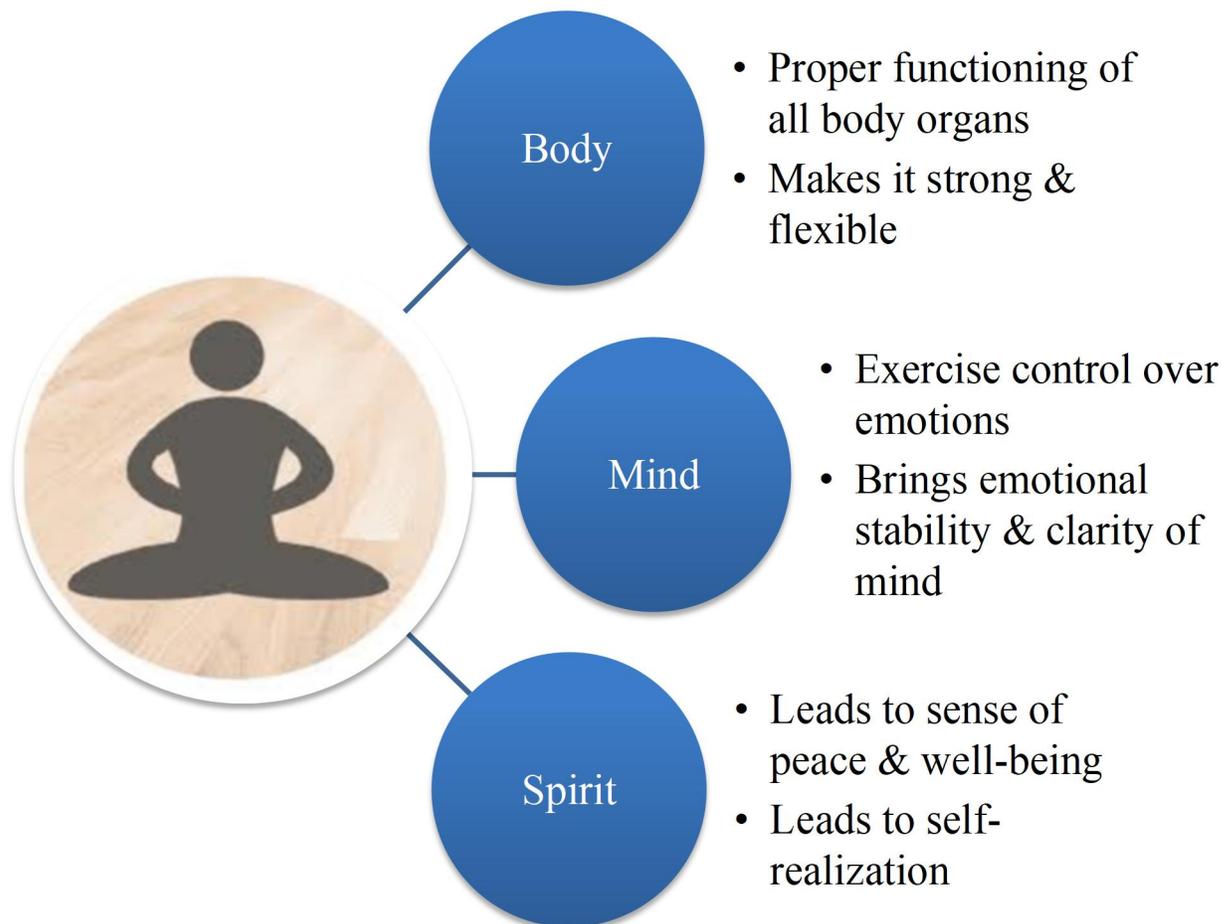
Brief Background to Yoga Education

The word "yoga" comes from the Sanskrit root yuj, which means "to join" or "to yoke". Yoga is one of the most ancient forms of mystic and human development practice which has originated in India. This practice had been found to be of great reverence in form of a holistic pattern of moral, mental and physical development. This practice was found to be very important and respectable for all round development of moral, mental and physical. Old Hindu texts of yoga are called Hatha Yoga Pradipaka, prescribing Shiva as the first teacher of yoga, while in the Bhagavad Gita Lord Krishna is considered as the teacher of yoga. Yoga has been an old tradition in India since Vedic times. Organized all yoga practices with Yoga Sutras by Maharishi Patanjali, the Indian sage tradition has made unprecedented contributions to the development of yoga through its knowledge, practices and texts. This

ancient study technique can be divided into three main categories; Pre-Patanjali period (before 500 BC). The Patanjali period (500 B.C. to 800 A.C.) The post-Patanjali period (after 800 A.C.) 500 B.C. The pre-Patanjali period up to 4500 B.C. provides the source of some yoga scriptures.

The Vedas, Upanishads, Buddhism, Jainism, Panini, the epics and the Puranas are the main sources of ancient yoga. Like the Upanishads, the study of yoga in India has a different meaning from other scriptures of the pre-Patanjali period (TR Srinivasa Iyengar, 1938). The Upanishads are secret or esoteric teachings, which are strong and important proponents of the spiritual philosophy of the Vedas. Rigveda, Samveda and Yajurveda Upanishad are associated with Trivedas, its yoga system is very mature and as old as Vedas. The Upanishads provide a proper examination of the accepted customs, practices and meditations of Yoga. Upon careful examination, one can recognize the deep mental and psycho-cosmological inquiry underlying these Vedic hymns.

Self-realization and self-development is the ultimate goal of yoga. Think of this exercise as a means and tool to rearrange and rebalance your vehicle (body) on a regular basis in The following image shows the fundamental functions of yoga :

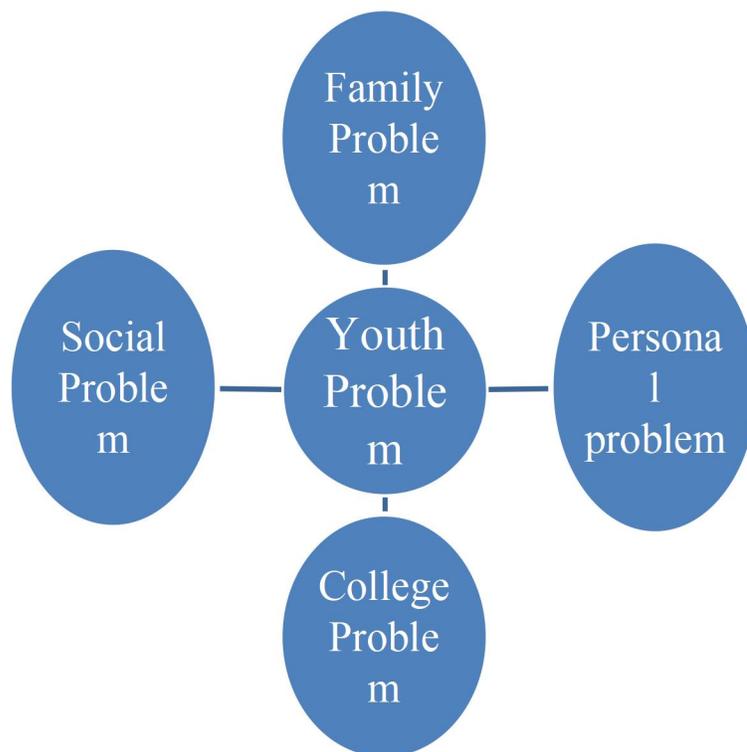


Education is when we are open minded to the experience of learning something new across age, time and place. The person who is open to learning yoga will have to go through all the stages and learn all the aspects deeply. The teaching of yoga is based primarily on four pillars - bhava or attitude: dharma (duty and discipline), jnana (knowledge), vairagya (separation) and aishwarya (self-realization). These four aspects are related to Ashtanga Yoga, the classical yoga - Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. Positive awareness changes in life by following duty and being disciplined. Awareness is necessary for knowledge to discriminate between good and bad, right and wrong, pure and impure, true and false. The intelligent person who is easily detached from those things, his personal growth will be stunted. The quality of dispassion is necessary for the power of concentration, which leads to the highest peak of self-realization and this is the main aim of yoga education.

Youth and their Problems in 21st Century

Youth is the most precious wealth of India. The United Nations defines youth as a period during which a person is being prepared and prepares itself to be an active and fully responsible member of society. This period of youth is identified by the United Nations to be 15 to 24 years. While the lower period remains 15 years, each country has adopted different maximum years ranging from 24 to 40 years. In India, it is taken as 15-29 years, which is approximately 27.5% of the total population (National Youth Policy,2014). Globalization exposes youth all over the world to various new standards and options. Youth is not a single category, and young people are not a homogenous group, but rather are diverse in gender, sexual orientation, economic situation, and ethnicity, among many other factors. Even with a more widely agreed-upon definition of youth, it is important to unpack the demographic and focus on its different dimensions.

Now youth not only have new resources in their lives, but are also expected to perform well. Different institutions in youths' lives, such as family, colleges, and the media, constantly provide stimulation as well as expectations. But at the same time, youth are facing several problems in the form of their family problems, college problems, social problems and personal problems. These problems can be shown as below:



Out of which **Personal Problem** is one of the most important area, which eventually put a great impact on different dimensions of their personality. Recent research shows that the most stressed-out generation is the current young adults (A. Sifferlin,2013).

There are other issues including human rights and justice; political participation and decision making; gender discrimination and health inequalities; Employment and education and migration opportunities. Young people around the world are organizing themselves, and demanding special attention to the issues that affect them. For youth, yoga is a good medium for their self-expansion, which is capable of affecting the overall development of their personality. Yoga has its roots in Indian culture, traditions and Vedas and is legal and scientific in content like any other academic discipline. They can be emotionally and psychologically disfiguring experiences and lead to a sense of internalized stigma and poor mental health.

Yoga Education : Aid to Youth Problem

For the problems and help of youth, Yoga is not less than a gift given by God, Yoga is capable of influencing the development of our personality. Yoga is an ancient discipline in Indian culture and traditions, which is world famous on self experiences. Its claims are verifiable in the same way as those of physics or medicine. While extensive research on young people and yoga practice is not available, but evidence of yoga's benefits is growing. One reviewed study found that yoga in schools helped students to improve resilience, mood, and self-regulation skills related to emotions and stress (S.Khalsa,2013).In assessing the research, the review authors determined that a yoga practice for youth can contribute to more self-confidence, more feelings of well-being, better emotional balance, improved physical fitness and greater respect for peers and others.

This has paved the way for the Consultative Meeting on Yoga Education in Universities, taken by Hon'ble Minister of Human Resource Development with Vice Chancellors in Bangalore on 2nd January, 2016 in which it was decided to set up Department of Yoga Arts and Sciences. Suggested the constitution of a committee on Yoga Education in Universities to look into the various aspects related to the establishment of Departments of Yoga Arts and Sciences A committee on Yoga Education in Universities has been constituted to look into the various aspects related to the establishment of Departments of Science and Yogic Arts and Sciences in Universities. Therefore, on Yoga Education in Government Universities, Prof. HR Nagendra, Chancellor, Swami Vivekananda Yoga Anusandhana, Samsthana, Bengaluru as a Chairperson.

Recently The Education Minister of India said that the National Education Policy (NEP) 2020 lays special emphasis on the physical, mental and emotional well-being of both students and teachers. He said, "Yoga has served humanity in reducing our sufferings and building resilience, especially in the post-Covid-19 era,". NCTE (Yoga Education, M.Ed. Programme, 2015) has made Yoga Education compulsory for all teacher trainees under B.Ed. & M.Ed. programme, thereby enhancing skills amongst them. It includes the module to discuss three main areas of the application of Yoga. These are:

1. Yoga and personality development,
2. Yoga and stress management, and
3. Yoga and self-development.

Yoga practice as skill development approach benefits youths' personality and hence solve their problem in the following manner:

Physical Problem of Youth :

- Overall muscular strength and tone are increased
- Aids in digestion and elimination
- Boosts metabolism and weight loss
- Improves flexibility
- Strengthens immune system
- Builds balance and coordination
- Improves overall body awareness

Mental Problem of Youth

- Develops concentration and focus
- Teaches students how to work with their minds
- Releases tension
- Improves quality of attention
- Develops mind/body connection

Emotional Problem of Youth

- Promotes emotional awareness and ability to manage emotions
- Encourages calmness
- Teaches students to respond, rather than react
- Promotes self control

Social Problem of Youth

- Boosts confidence
- Teaches self respect and respect of others
- Encourages altruism
- Develops empathy

Only over the last 10 years have some researchers been engaged in the study of yoga's beneficial effects on the youth's health and well-being, and this area needs further development (S.Danish,2012).This research is very valuable, and generally supportive of the potential positive impact of regular yoga practice in youth lives. However, there is also a need to reveal the nature and type of impact of yoga practice on youth, from a psychological perspective.

Conclusion

In view of the importance of Yoga in the present time, World Yoga Day is being celebrated on 21st June, today all the nations of the world are giving Yoga education an essential place in the educational curriculum of their country, because in the development of the individual and the nation. Yoga can play an important role.

Today the youth of the world is suffering from great mental pressure like anxiety, job insecurity, inflation, resource availability, political instability, economic inequality etc. Yoga can establish peace in the world by solving the above problems.

If the world is really serious about the fact that there must be peace in the world, then the only solution is Ashtanga Yoga. It is only through this that personal and social harmony, physical health, mental peace and spiritual happiness can be realized.

This research is very important, especially in supporting the potential positive effects of regular yoga practice in youth lives. While there is a greater need to reveal the nature and type of effects of yoga practice on youth from a psychological perspective. The arguments in conclusion are that children and young people need such help to internally listen to their physical feelings and thoughts. Thus, yoga can contribute to our healthy development and good mental health; Health promotion for youth needs to include improving their focus, self-esteem, empowerment and self-regulation. Studies show that young people need to develop based on their unique personalities and find a balance between their strengths and societal expectations and understanding of the world. Yoga can help us to grow, strengthen ourselves and make social contribution in a healthy way. The conclusion is that there is currently a need for more research on the nature and type of psychological and developmental effects of yoga practice on youth.

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