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“Effects Of Yoga On Education”

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Abstract

The allure of yoga's physical practice, or asana, has been the primary reason for its popularity in the West during the past 50 years. The majority of us are familiar with a particular kind of yoga that places a strong emphasis on asana practice. India is the birthplace of yoga, a spiritual science of self-realization that dates back thousands of years. Yoga teaches us to control our body and mind so that we can develop inner peace and a developing awareness of our soul, which is our innermost essence.

Key words: yoga, Education

What is Yoga?

There are many definitions of yoga.

➤ Yoga translates to "connection" or "union." The term "yoga" in Sanskrit refers to any kind of relationship, such as that between two planets in a horoscope. However, yoga refers to the conscious union of the small egoic self with the bigger Self in a philosophical sense. We can feel and experience something, someone, or an experience when we are connected to it consciously. Because connection is ultimately gratifying, humans seek it out. Being disconnected is the same as not being connected, and our most agonizing suffering stems from detachment. It causes estrangement and loneliness.

- Yoga is a science; that is, it is a set of methods that helps us make conscious connections with life and ourselves. The sensation of connection that arises from applying the procedures is also what matters. Numerous conventional yoga paths help us awaken our consciousness and connect to the ultimate truth. These systems provide us with the means to attain higher knowledge and the sense of connection. Examples of these systems are tantra, mantra, laya, kundalini, bhakti, jnana, karma yoga, and so forth. They fit many types of personalities. They provide each of us the freedom to discover our own truth and to get there via the channels of our own choosing.
- One of the greatest definitions of yoga was provided by the great sage Patanjali in the Raja Yoga system. Yoga, according to him, is the process of preventing mental changes (chitta vritti) so that the seer (drashta) can re-establish a connection with the (higher) Self. One of the six or seven main philosophies of India, Patanjali's method is considered the pinnacle of classical yoga philosophy. This definition, which is highly formal, articulates the ultimate goal of yoga. Even though complete re-identification with the Self is an uncommon goal, the path there is immensely rewarding. Actually, the foundation of yoga psychology is Patanjali's method of yoga, which is the process of transforming the limiting, boring, and ignorant mind into a self-effulgent, extraordinarily creative one.
- The unification of prana, the upward energy, and apana, the downward force, in manipura chakra, or the navel centre, is defined as yoga in the Hatha Yoga literature. Hatha yoga trains us to become masters of prana, the life force. Through gaining awareness of and skill with the life energy, we can open the door to our true nature. Self-realization, or Raja Yoga, can be attained by uniting prana and apana in the manipura chakra, which will unleash a tremendously potent energy. The Hatha Yoga Pradipika, Chapter 1, Verse 41, asks, "What is the need of practicing other asanas when Siddhasana (a powerful meditation posture) can acquire perfection? Upon stabilising the prana flow, the breath ceases on its own .
- The Kundalini definition of 'Yoga is the fusion of the pranic (pingala) and mental (ida) currents in the ajna chakra (third eye)'. Yoga strives to bring our body and mind together by uniting our dualism. The experience of the ultimate, transcending, greater Self results from this

My favorite way to define yoga is as any technique that helps us realize who we truly are and what life is all about. Yoga is any practice that makes us feel more connected to life and ourselves, as well as more aware of who we are. It might start with a cup of tea, as traditional tea rituals are practiced in Japan. Or perhaps it's the feeling of community you get from engaging in enjoyable activities like gardening or athletics. If we approach anything with awareness, it can become yoga. Being mindful is essential. Feeling and experiencing connection is made possible by awareness. We could be connected without even being aware of it if we lack awareness.

Aims and objectives of Yoga on Education

Yoga instruction can support academic coursework at schools and universities. In order for the students to become healthier and more integrated members of society and the country, it can help them psychologically and physically prepare for the integration of their physical, mental, and spiritual faculties' yoga education promotes self control and discipline, which increases awareness, focus, and consciousness to a great extent.

Briefly, the aims and objectives of Yoga education are

- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.

All these objectives could be dealt with in an integrated manner

Effects of Yoga on Education

Education is considered yoga has its various important effects. For that reason, various schools are practicing the yoga. The basic advantages of yoga are it helps in dealing with various difficulties, conflicts, distractions, problems, and dissipation faced by the children. By that manner, it will reduce the stress within the children during the education. Other than that yoga education for students results into the growth of the child psychology and for that reason, the curriculums of schools have added up yoga in school education. Thus the importance of yoga in education can be noticed the increase in rationality, emotional structure and creative output within the children. Striving for the increase in the physical activity within the children along with the cultivation of healthier outcomes laid the school authorities to know about the importance of yoga in school. As the society includes a broad variety of schools so the best yoga that can be practised within the schools. More specifically the concept of yoga revolves around the practical aspects of philosophy which indicates the connection of human soul to supreme power. The role of yoga in education as per the spiritual aspect helps the students to perform their daily duties in the day to day lives. Thus the distinctive features of yoga which will help in establishing a positive impact on children during education are.

- It enhances the self-realization or self-awareness within the children.
- It unfolds the physical, mental and spiritual attributes which eventually inculcates the social as well as ecological awareness within children.
- It helps the children for the pursuit of the transcendental state of psyche.
- It promotes uniqueness within the child.
- It promotes the perseverance as well as will power within the child.

- It helps in unfolding the creative consciousness.
- It helps in treating the physical difficulties by making the body active.
- Yoga provides ease to respiratory system, neuro-endocrine system, cardiovascular system and muscular-skeletal system to enhance the determination within the child. Regular practice of yoga helps the child in managing the stress disorders.

Conclusion

Yoga education could help someone gain a basic understanding of their personality, learn how to manage themselves in all situations, learn health-promoting techniques, develop a discriminating mind that can distinguish between the real and the unreal, and develop the composure to face life's dualities. Yoga instruction can improve kids' academic, athletic, and social lives in many areas. Yoga practices help with focus and concentration in the classroom, increased awareness and a balanced attitude in social situations, and enhanced athletic performance and coordination. Concepts like conditioning, synchronisation, and attention can serve as the foundation for yoga activities.

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