



YOGA AND ITS INTEGRATION IN MODERN EDUCATION

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ABSTRACT :

Yoga education can be a supplement to a school and university education. It can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the nation.

KEYWORDS : Yoga education, integrated members of the nation

INTRODUCTION

Yoga education helps in self discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness. Briefly the aims and objectives of Yoga education are:

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

We looked at the role of yoga in education from various angles, including the type of education that was being provided to children throughout the world as well as the different levels of stress that children face in the classroom environment. The difficulties, problems, conflicts, distractions and dissipation of their energies were also considered. We started using certain principles and practices of yoga, firstly, as an experiment to increase the children's learning ability and, secondly, to inspire teachers to teach their subjects in a slightly different way.

Before going into the proper subject, it is felt that some terms should be properly defined or their meaning should be clear in our mind. Following are the terms or concepts of the present subject:

1. Concept of Education.
2. Concept of Modern Education.
3. Concept of Yoga.
4. Concept of Integration.

1. Concept of Education: Education is a broad and comprehensive term. 'Educare', the Latin verb from which the word "Education" is derived, means "to draw out". Education is a process of growth, development and constantly adding to the knowledge that enables individuals to make the best use of the facilities that they have been endowed with. In other words it means drawing out of the best qualities inherent in a person and eradicating his weaknesses.

2. Concept of Modern Education: Present day education is mainly based on systematic, logical and rational thinking governed by scientific methodology. Thus, we are living in an age of Science and technology – i.e. in Atomic and Computer era. There is not a single person who is not interested in and does not share a concern for the impact that Science and Technology make upon human values.

3. Concept of Yoga: yoga is the inhibition of the modifications of the mind. Thus, the word yoga is to be used both an "end" as well as a "means". This aspect is clearly elaborated in some of his sutras. Philosophy means "Love of Wisdom" and wisdom consists in

knowing how to live. In other words it is a study of realities and general principles or a system of theories on nature, things or conduct.

4. Concept of Integration: In the present age of science and technology, integrations is playing central role in our life. The concept of integration gives rise to another concept of a 'whole man' for getting a complete picture of a whole man; we should need a synthesis of all human sciences in a genuine way. The human sciences are biology, physiology, psychology and sociology.

Approaches of the Integration of Yoga in Modern Education:

To understand the Integration of Yoga in Modern Education lets get answer to the some of the following questions:

1. What is Yoga?
2. What aspects of yoga are to be integrated in modern education?
3. What extent is yoga to be integrated in modern education?
4. What manner is yoga to be integrated in modern education?

Let get one by one to understand the integration of yoga in modern education

1. What is yoga?

In modern concept the term yoga is defined as "Yoga is a science of man in depths, the science of conscious evolution or the science of human possibilities. The modern education is based on science and technology in which some of the best qualities are tending to disappear. Due to modern education productivity, creativity and resources are increasing but on the other hand the man is on the verge of losing moral, religious, cultural and social values which are the most important integral parts of education system. Due to modernization man is not getting peace of mind, becoming violent, aggressive as well as physical and mental disorders are increasing. The reason behind these events is the man's disturbed awareness created due to the disintegration of physique, mind, intellect and spirit.

In this context yoga is to be integrated in modern education because yoga has the complete message for humanity, human body, human mind and for human spirit as stated by Swami Kuvalayandaji. The meaning of integration of yoga in modern education is the harmonization of aims and objects of traditional and spiritual values with the values of science and technology to recognize man as a 'whole man'.

2. What aspects of yoga are to be integrated in modern education?

Modern education is disintegrated due to the lack of harmony between the body, mind, intellect and spirit which are the components of a whole man. To bring wholeness in man the human sciences like biology, physiology, psychology and sociology help to bring the harmony between the above described four components.

In this yoga helps the man and the eight limbs or aspects of yoga described by Maharshi patanjali will help to integrate body, mind, intellect and spirit.



3. What extent is yoga to be integrated in modern education?

What is the amount of time to be allowed to yoga? Modern man is at his best when he is dealing with analysis – his recent education has all tended in that direction. But he runs away from the realities when he comes to synthesis. The yoga, therefore, should be integrated in modern education to such an extent that the analytical and synthetic faculties of man should be balanced. In other words of yoga should be integrated in such a way that a harmony between external and inner-core of life should be maintained properly so that the wholeness is achieved.

4. What manner is yoga to be integrated in modern education?

Yoga practices are to be integrated in various behavioral processes:

- i) Some practices seem to influence the external behavior related to body.
- ii) Some practices seem to influence the internal behavior related to mind by acting on processes which are a common integral part of the production of behavior namely the ability to receive environmental stimuli, to consolidate, retain and restore information.
- iii) Some yogic practices seem to influence the intellectual behavior.
- iv) Some practices seem to influence the spiritual behavior by keeping a harmony between external and internal behaviors. The last two are the inner most behaviors are to be integrated in such a way that a harmony between various external behaviors of an individual is achieved. Integration of advanced stages or the psychological approaches / aspects of Asanas, Pranayams and Pratyaharas will lead to keep harmony between the internal behaviors. Dharana and Dhyana are to be integrated for intellectual behavior while the Samadhi will help to keep harmony of the spiritual behavior / spirituality.

CONCLUSION:

In this manner yoga is to be integrated in modern education for recognizing the 'self' or the 'Wholeness' of the individual. Yoga should be introduced as a physical training programme up to school level, anatomically and physiologically up to high school and pre-university level, as mind – culture in colleges and as a spiritual culture at University level. During the development period of the child most of the body developments take place through physical training, games, sports or drills.

Hence the yoga should be introduced as one of the parts of the physical education up to school level. As the child advances in age he becomes more mature and he knows the importance, peculiarity, merits, demerits and limitations of yogic practices and, therefore, from high school level onwards the higher and higher aspects of yoga should be introduced. In professional Institutions the advanced aspect of yoga in the form of training, treatment and research is to be introduced. An aspirant may pursue Dharana, Dhyana and Samadhi aspects of Yoga for his own self – enlightenment.

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