

Yoga in recent Education

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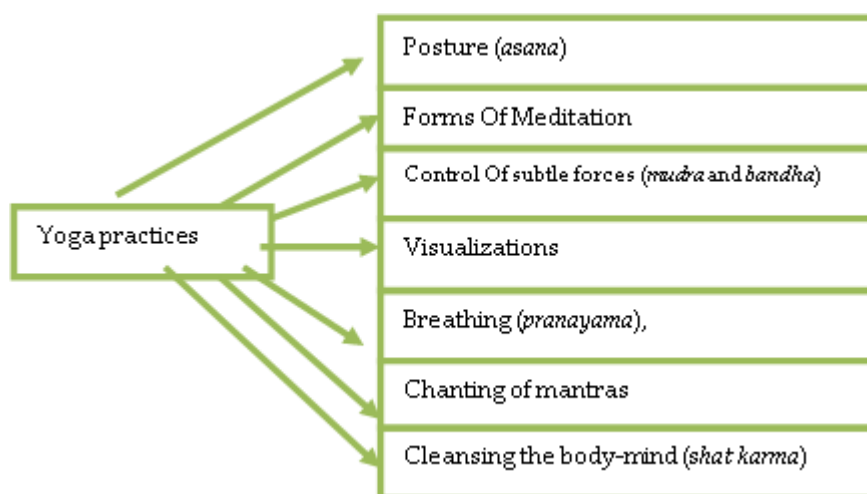
Yoga, self-development and self-realization

ABSTRACT

Yoga is an antique skill based on a harmonizing system of development for the body, mind, and spirit. The continued practice of yoga will lead you to a sense of calm and well-being, and also a feeling of being at one with their environment. The practice of yoga formulates the body strong and flexible, it also improves the functioning of the respiratory, circulatory, digestive, and hormonal systems. Yoga brings about emotional firmness and clarity of mind. In the practice of Yoga the ultimate aim is one of self-development and self-realization.

Yoga are the physical, mental, and spiritual disciplines that aim to transform body and mind. The term indicates a variety of schools, practices and goals in Hinduism, Buddhism (counting Vajrayana and Tibetan Buddhism) and Jainism, the best-known being Hatha yoga and Raja yoga. The universe itself is a person, though without the limitations and discrimination of our

human personality. This is what the science of Yoga calls the 'Purusha'. The Purusha, meaning a person or conscious being, is a Sanskrit term for the Cosmic Being behind the universe, the spirit within all things. The entire universe is a manifestation of the Cosmic Person.



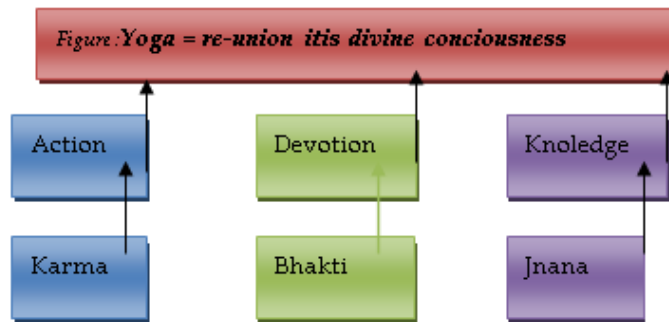
At its mainly practical level yoga is a process of becoming more conscious of who we are. Yoga techniques make easy balance and health, and unfold our dormant potential. Yoga allows us to be more alert of ourselves and feel connected. As such, yoga is a process of self-discovery. This leads us to self-mastery and self-realization. Yoga is a science, that is, it is a body of techniques that direct us to consciously connect with ourselves and with life, the knowledge of yoga. As yoga is a science, there is no dogma or belief system attached to it. Yoga merely tells us to do a sure practice and then to feel the upshot of that practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will enlarge mental peace and deep insight. In Sanskrit, the word 'yoga' is used to signify any shape of connection. In a philosophical sense, however, yoga means the aware connection of the limited little egoic self with the unlimited, eternal, higher Self.

the seer (drashta) re-identifies with the (higher) Self. Patanjali's system has come to be the essence of Classical Yoga Philosophy and is one of the 6 or 7 major philosophies of India.

Hatha yoga comprises postures (asana), breathing techniques (pranayama), purification techniques (shat karmas) energy regulation techniques (mudra and bandha). The description of yoga in the Hatha Yoga texts is the union of the upward force (prana) and the downward force (apana) at the navel center (manipura chakra). Hatha yoga educates us to master the entirety of our life force, which is also called prana. By learning how to feel and manipulate the life force, we right of entry the source of our being. Kundalini yoga is the science of healing the dormant possible energy in the bottom of the spine (kundalini). The meaning of yoga in kundalini yoga is the union of the mental current (ida) and the pranic current (pingala) in the third eye (ajna chakra) or at the base chakra (muladhara chakra). This merges duality in us by connecting body and mind and guides to the awakening of spiritual consciousness. In Shaivism, yoga is used to unite kundalini with Shiva. Mahabharata defines the purpose of yoga as the

experience of uniting the individual ātman with the universal Brahman that pervades all things. The Yoga Sutras of Patanjali are frequently labelled as Rāja yoga (Bhaskarananda,2001) It defines yoga as citta-vṛtti-nirodhaḥ (the cessation of the perturbations of the mind). The aim is to still the mind in order to reach Kaivalya, the "isolation" of puruṣa (the motionless

consciousness "essence") from prakṛiti (the primal matter from which everything is made, including mind and emotions)(Edwin,2009). In Hinduism, Raja yoga is considered as one of the six āstika schools (those which accept the authority of the Vedas)(Flood,1996) of Hindu philosophy.3 Meditation is one of the keys for Raja Yoga.



Tantra is the name given by scholars to a style of meditation and ritual which arose in India no later than the 5th century CE.(Einoo,2009) The earliest documented use of the word "Tantra" is in the Rigveda (X.71.9).[37]Tantra has influenced the Hindu, Bon, Buddhist, and Jain traditions and Silk Road transmission of Buddhism that spread Buddhism to East and Southeast Asia.Jain meditation has been the central practice of spirituality in Jainism along with the Three Jewels. Meditation in Jainism aims at realizing the self, attain salvation, take the soul to complete freedom5 .It aims to reach and to remain in the pure state of soul which is believed to be pure conscious, beyond any attachment or aversion. The practitioner strives to be just a knower-seer (Gyata-Drashta). Jain meditation can be broadly categorized to the auspicious

DharmyaDhyana and Shukla Dhyana and inauspicious Arta and RaudraDhyana.Buddhist meditation encompasses a variety of meditation techniques that aim to develop mindfulness, concentration, supramundane powers, tranquility, and insight. Core techniques have been preserved in ancient Buddhist texts and have proliferated and diversified through teacher-student transmissions. Buddhists pursue meditation as part of the path toward Enlightenment and Nirvana.[note 1] The closest words for meditation in the classical languages of Buddhism are bhāvanā[note 2] and jhāna/dhyāna.[note 3] Buddhist meditation techniques have become ever more popular in the wider world, with many non-Buddhists taking them up for a diversity of reasons.

Yoga in Pondichery



Plate : Notice at the entrance of AurovindoAshrama,



Plate : Entrance of Aravinda Ashram, Pondicherry



Plate :Evening meditation at Pondicherry

Yoga in Visva-Bharati

These all process of Yoga are practicing in the classes of Yoga Education of Department of Education, VinayaBhavana, Visva-Bharati



Pranayama for Nadi-Suddhi Pranayama during Meditation

Surya Bheda



Sitkari



Bhastrika



Yoni mudra



Shambhavi mudra



Transcendental Meditation Guided visualization





Trance-based practices



Plate UpasanaGriha/Prayer Hall (inside), built by Debendranath Tagore in 1863, Santiniketan which is still nourishing in Visva-Bharati

Visva-Bharati University is one of India's major Central Govt. funded autonomous university located in Santiniketan, West Bengal and was founded by Rabindranath Tagore (the first non-European to win the Nobel Prize in Literature in 1913) who called it VisvaBharati, which means the communion of the world with India. Since 2011, Department of Education of this University is conducting Yoga Education as a Special paper in

Master Degree programme under the supervision of Prof. SambhuCharanRoy and Dr. Sanat Kumar Rath. The consciousness among students about this subject is very high from its beginning here till today, for example; among 34 students 26 are now engaged in Yoga Education course with their special paper in 2013-15 session.



Image source: <http://wikimapia.org/28643014/VINAYA-BHAVANA-OFFICE>

Yoga Therapy in Hong Kong

“In recent years Hong Kong has seen a huge ‘yoga’ surge; yoga has become faster, harder, more - subsequently resulting in the unfortunate increase of yoga related injuries. The practice of Hatha Yoga is without doubt an excellent practice

for maintaining general health and wellbeing. However, in the classroom, the desire to do the poses regardless of an individual's actual ability can easily give rise to functional imbalances and compensatory patterns in their body which may result in a decreased range of movement, pain or even

injury. This is especially significant where there is stress, bad posture or other complications. Therapeutic Yoga is not merely for yoga enthusiasts but for anyone who recognizes and values the importance of a body that moves with grace and stability. Therapeutic yoga practice builds balance, ease, strength and better functional movement. It is an effective restorative blend of biomechanics, kinesiology, anatomy, physiology and pure awareness. And, when coupled with the ancient wisdom of the yogis then there is a unique formula for maintaining mind-body balance through movement, breathing and stillness. Although the benefits of Hatha Yoga can also be applied to Therapeutic yoga, Therapeutic Yoga is especially suitable for those who are experiencing aches and pains in their joints, reduced range of motion, restrictions due to injury or surgery etc. Its effects go further than the 'mat'. The practice can be carried through one's daily activities from low activity - sitting at a desk to the high activity of sports" (Jan Moor, 2011) web 19

RECENT TECHNOLOGY AND MEDITATION, June 2014 :

Rohan Dixit's innovation may not seem like much at first glance but his brainwave headset that helps you meditate aided by technology might be twenty first century's most revolutionary innovation in preventive healthcare.



"Yoga has been an integral part of Health and Physical Education that has been a compulsory subject up to the secondary school stage since 1988. The NCF 2005 adopted a holistic definition of health in which yoga is an integral part of it. Both yoga and physical education contribute to not merely the physical development of the child but have a positive impact on psychosocial and mental development as well. Playing group games have a positive impact on individual self esteem, promotes better interaction among children, imparts values of co-operation, sharing and to deal with both victory and defeat. Music therapy is one of the alternative forms of therapeutic treatments. The 21st century regulation of music therapy began after World War I and II in USA when community musicians of all types, both part-time and professional, went to hospitals around the country to participate for the thousands of war veterans suffering both physical and emotional trauma from the wars. The patients' notable physical and emotional retorts to music guided the doctors and nurses to appeal the hiring of musicians by the hospitals. The beautiful Jacqueline Fernandez, who recently opened a restaurant in Colombo that serves local the Sri Lankan fare, is giving her entrepreneurial ambitions a desi twist. She told

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us."The place will not only be a venue for absolutely organic food, but I also intend to expand it for yoga sessions."Magnus Carlsen (Norway) -Winner of the 2013 World Chess Championship. With Soccer, tennis, beach volleyball and yoga - he's taking his stamina very seriously. Sachin Tendulkar says yoga guru BKS Iyengar helped him a lot in his career. saying that practicing his asanas has helped him a lot in his glorious career. Impressed by the "energy and vigour" of Prime Minister Narendra Modi during his recent visit to the US despite being on fast, President Barack Obama has expressed his interest in yoga, officials have said. PTI | Oct 3, 2014, Since 2009 yoga has been a part of the annual White House Easter Egg Roll in the South Lawn. The Easter Egg Roll is the largest public event held at the White House for the last 135 years. An unprecedented 30,000 families experienced yoga each year with the event since 2009. Narendra Modi took a few moments in his UN General Assembly speech on Saturday to speak about yoga, and lifestyle changes that he said could help battle climate change. "Let us think about an International Yoga Day," PM Modi urged an audience of world leaders in New York. He said, "When we talk of holistic health care or going back to basics, I want to particularly mention Yoga." PM Modi described yoga as an invaluable gift of India's tradition. "It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change," he said. Edited by Deepshikha Ghosh | Updated: September 27, 2014. Contemporary Yoga Education centre in India

o Deemed University for Yoga Education in India

- Bihar Yoga Bharati in Mungar of Bihar
 - Swami Vivekananda Yoga Anusandhana Samsthana in Bangalore
- o Yoga Center Berhampur University, Berhampur, Odisha: Yoga Centre was established in the University for offering various teaching and training a large number of persons including University teachers, students, scholars, citizens and professionals have successfully undergone these courses.
- o P.G Diploma in Yoga Education, Utkal University.
- o The Bangalore University Yoga Centre came to existence on 12th January, 1995.
- o Centre for Yoga Therapy, Education and Research in Mahatma Gandhi Medical College and Research Institute, Pillaiyarkuppam, Pondicherry

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