

# **PROVISION OF YOGA EDUCATION IN THE SECONDARY SCHOOLS OF GREATER GUWAHATI**

## **CHAPTER I**

### **INTRODUCTION**

Yoga is a science as well as an art of healthy living physically, mentally, morally and spiritually. It is in no way limited by race, age, sex, religion, cast or creed and can be practiced by those who seek education for better living and those who want to have a more meaningful life.

Yoga is not a religion. It is a philosophy of life based on certain psychological facts and it is at the development of a perfect balance between the body and the mind that permits union with the divine i.e., perfect harmony between the individual and the cosmos. Many different interpretation of yoga have been handed down over the centuries. One of the classic definitions of yoga is “to be one with divine”. It does not matter what name we use for the divine- God, Allah, Ishvara, etc. Anything that brings us closer to understand that there is a power higher and greater than ourselves is yoga. When we feel in harmony with that higher power-that too is yoga.

Yoga helps children to listen to the subjects in the classes with no ill-will in the mind. Yoga exercises help them increase their innate talents. The present environment makes the children tense. Yoga releases them from this tension and enhances their memory. Yoga is indispensable for those who suffer from anxiety. It helps them to avoid anxiety. It helps to reduce the tense status. The reactionary status of yoga makes their thinking strong and they are encouraged to become proactive.

Yoga mentally helps develop one's individual potential. It further induces them to learn good activities; mental turmoil is eased. Differences between students are objectively classified. Yoga breeds glib students.

Students are scared when they listen to shocking news; when they face seminars, competitions and other problems, yoga training comes to their rescue. Some are unable to take correct decisions to achieve their goal. They are not able to perform normally. Their thought process is checked.

Yoga helps such people to regain their mental balance. Some are mentally disturbed when they face interviews and when they meet people in the higher echelons of society. A positive attitude towards yoga will help such people.

### **Historical Perspective:**

According to the historical viewpoint Yoga is dated back to the Harappan civilization. The seal of the Harappan age of about last part of the third millennium B.C., depicts the central male figure of a Yogi said to be the Hindu God Siva.

The Gita describes four kinds of Yoga, viz. *Karma-Yoga*, *Jnana-Yoga*, *Bhakti-Yoga* and *Dhyana-Yoga* (also known as *Raja-Yoga*). *Karma-Yoga* is the path of selfless action. *Jnana-Yoga* deals with the discrimination between Truth and Untruth, between the Eternal and the Ephemeral. *Bhakti-Yoga* demands total faith in and surrender to God. *Raja-Yoga* is the method of mind-control.

### **Yoga-Its Meaning & Terminology:**

The word Yoga is derived from the Sanskrit root “Yuj” which means “to join together”, yoking, and is applied in the *Rigveda* to indicate yoking of steeds. The term was soon applied from the control of the steeds to the control of sense, as in the *Katha-Upanishad*.

*Yajnavalkya* defined Yoga to be “the bringing together of the individual and supreme soul”.

It may thus be noted that the term Yoga from its root meaning “to join” has developed three connotations: 1) It signified a process by which the individual self is brought into contact with Brahman, the Absolute, the realm of the spirit; 2) It stands for

Samadhi which is a condition of integration, of “joining together” all mental functions;  
3) It stands for a primary stage of disjunction (viyoga) of desires from their objects.

### **Yoga- Its Definition:**

Yoga is defined by different Philosophers in different ways.

Patanjali has written in his Yoga Sutra that ‘Yoga is the control of the mind.’ Yoga works as a check on the vague wanderings of the mind and direction it to useful tasks.

The Bhagavad Gita says--- ‘Excellence in work is Yoga’ Excellence in work means doing any work efficiently. For performing any work well, one need to have a serene mind and Yoga is a way of living which calms the mind and improves one’s ability.

The ‘Gita’ says- ‘Equilibrium of mind is Yoga’. This means that to remain balanced in happiness as well as in sorrow.

Swami Vivekananda said, ‘Yoga awakes the dormant Vivinity that dwells in all of us’.

According to Sri Aurobindo, ‘Yoga is the process of all-round development of man’. Yoga helps in the complete development of an ideal personality.

### **Traditional Branches of Yoga:**

Under the Vedic system there are four main or primary Yoga branches from which most others types of Yoga emerge. They are

1. Jnana Yoga
2. Bhakti Yoga
3. Karma Yoga
4. Raja Yoga

### **Benefits of Yoga:**

Yoga emphasises on general well-being. Although Yoga has been shown to be beneficial in a variety of conditions, it is not considered a therapy for specific illnesses. Rather, yoga employs a broad holistic approach that focuses on teaching people a new lifestyle, way of thinking, and way of being in the world. In the process, however, it is also found to bring a myriad of healing effects. By attending to practices for improving,

regaining or retaining general good health, a person is likely to find that some of his more specific difficulties tend to disappear. Many of the healing effects of Yoga are clinically verified. However, one of the most important benefits of Yoga is its application in **relieving stresses, fatigue, invigoration and vitality and its anti-aging properties and its application for relaxing therapy.**

**The eight steps of Ashtanga Yoga are as follows:-**

- i) YAMA-** Yama means non-violence, truth, non-stealing, celibacy and non-acceptance of help.
- ii) NIYAMA-** Niyama is the practice of cleanliness of the body, the way to remain contented, austerities i.e. controlling the body by means of fasting, etc.
- iii) ASANA-** Asana is a particular manner of sitting posture of exercise which makes the body steady. To achieve this, one has to make an arduous effort.
- iv) PRANAYAMA-** According to Patanjali, sitting steadily in any asana and controlling the inhaling and exhaling process is Pranayama. Control over breathing is Pranayama. It is an art which, by means of different techniques, make breathing systematic and rhythmic.

**Pranayam has three stages which are as follows:-**

- a. Puraka (Inhaling):-** This stimulates the breathing process.
  - b. Techaka (Exhaling):-** It expels the impure air and toxic matter out of the body.
  - c. Kumbhaka:-** Its is the process if retaining the breath for sometime and also carrying the energy to the various parts of the body.
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- v) PRATYAHARA:-** Pratyahara is up two words, 'prati' means contrary and 'ahara' means food. Pratyahara means sense organs behaving contrary to their food.

- vi) DHARANA:-** To control tendencies of the mind at a particular point is called *Dharana*.
- vii) DHYANA:-** When the mind is trained to concentrate on a particular object inside or outside the body, the state is called *Dhyana* or *Meditation*.
- viii) SAMADHI:-** The stage of *Samadhi* comes after *Dhyana*. *Samadhi* is the ultimate aim of *Patanjali's Yoga*. When, while sitting in *Dhyana* one becomes oblivious of oneself and the act of *Dhyana* itself, that state is called *Samadhi*.

### Effects of Stress:

The following are the several ways that stress can affect the students thinking behaviour and emotional states.

- Anxiety
- Emotional instability
- Feeling overwhelmed
- Cognitive impairment
- Psychosomatic illness
- Anger

The stress could be putting student's health at risk, as many find themselves unable to unwind out of school. Basically, students play three different roles: at home, school and society. They face numerous problems while playing these three roles. So they are affected with extreme stress, anxiety and tension which finally affect their personality. All these problems have direct influence on the personality development and work efficiency of students. Sometime the pressures which bear down upon them threaten destruction or serious injury to their personality and then they judge themselves as being helpless. So to tone up their personality development, **Yogic science**- Yogasana, Pranayama and Meditation can be tried as a **technology**, which will help in improving the physiological and psychological aspects students.

### Yoga Education:

Yoga- the ancient art-form, originated in India. Yoga is a way of leading an ideal life and it ensures all-round development of one's body, mind and soul. In course of time

the traditionally evolved system of Yoga became a Science leading to the development of consciousness and finally in modern times Yoga is seen as the Science of possibilities, latent within oneself and helpful in dealing with crucial problems of human life.

The purpose of Yoga education is to attain self-awareness. Yoga suggests modification of individual's attitude and approach towards the environment. The training and teaching process of Yoga is referred to as the Yoga education. Yoga education ensures physical, psychological, interpersonal, professional and spiritual refinement of the human personality. Yoga in education leads to the development of harmonious personality and behavior at all the levels.

### **Importance of Yoga:**

The usefulness of yoga is as follows:

- I) At the mental level, Yoga helps to control anger, and to create noble feelings such as compassion and love in human beings.
- II) At the physical level, the regular practice of *Asana* makes one's body healthy and well balanced i.e. physical fitness is ensured through Yoga.
- III) At the intellectual level, Yoga helps to develop the power of intellect, i.e., the quality to discriminate between good and bad.
- IV) Regular practice of yoga keeps laziness away, conserves human energy in the body which can be utilized properly whenever required. The practice of Yoga increases efficiency and enables one to work more than otherwise.
- V) The practice of Yoga helps to increase one's power of concentration which helps one to excel in studies, games, music, dance and speech.
- VI) Yoga helps one to develop an ideal personality.

### **Yoga and Health:**

A beautiful body is a natural gift to keep it healthy and well balanced depends upon one's own effort. The regular practice of Yoga helps to keep the body well-balanced, healthy and active and also cures diseases effectively.

### **Yoga exercises help in the following ways:-**

- i) Obesity leads to various body ailments such as heart problem, high blood pressure, pain in the joints a little physical work. The practice of Yogic exercises do not allow fat to accumulate in the body.
- ii) Many people suffer from weakness because of their frail bodies. Even if they wish, they cannot have food to their satisfaction. Owing to a weak digestive system, they are unable to digest the food. Yoga increases the appetite and removes physical debilities.
- iii) With regular practice of yoga, the body sweats sufficiently which keeps skin diseases away. Perspiration helps to purify blood. When the body perspires, it helps in purification of blood by throwing the waste matter out of the blood and by increasing the count of white blood corpuscles (W.B.C.) in the blood.
- IV) Some children do not grow tall. Yoga exercise can help to gain height. If one practices '*Tadasana*' then one can increase one's height.
- V) In case of certain incurable diseases where medical science has failed the scientific method of Yoga has come to the aid of patients. This is so because the body and the mind are closely related. Many diseases-minor (cough and cold) to major (Cancer) diseases can be cured through Yoga.

A Good health is a source of great joy. A sick man is a burden not only on others but also on himself. Regular practice of Yoga will keep one healthy and one will participate in all the activities of life with joy and enthusiasm. To achieve this one will have to spare a little time daily in practicing Yoga.

### **Objectives of the Study:**

- i) To study the provision of Yoga education in the Secondary schools of Greater Guwahati.
- ii) To find out whether the required facilities for imparting Yoga education are available in the Secondary schools.

- iii) To find out the awareness of students regarding the importance of yoga in their day to day life.
- iv) To find out whether the School Authorities face problems in imparting yoga education.
- v) To offer provide necessary for improving yoga education suggestions to improve/implement Yogic education in the Secondary schools of Greater Guwahati.

**Hypotheses:**

- i) Only few schools have the provision of Yoga education at the Secondary level.
- ii) There is a lack of proper facilities in most of the Secondary Schools in imparting Yogic education to the students.
- iii) Most of the Principals are not aware of the importance and necessity of Yoga education in the secondary Schools.
- iv) Most of the students are not aware of the importance of Yoga in their life.
- v) The School Authorities face different problems in imparting/introducing Yogic Education in the Secondary Schools.