



## YOGA & MEDITATION'S EDUCATIONAL IMPORTANCE

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### ABSTRACT

**“Educating the mind without educating the heart is no education at all.” - Aristotle**

The question “Is it inappropriate to assist your friends?” was a surprise to me when my very young child asked it. A number of years before appeared to be rather agitated and mysterious. The tyrant Yogi (new name) teases everyone; what is the motivation behind this behaviour? Could you perhaps explain the reason for the constant shouting that our teacher does? I think that if everyone did “yoga” in the same way that you do, this would ultimately lead to the development of kindness in people. The inquiry that I asked was, “What prompted you to assert that?” I asked in a light-hearted manner. The justification that was offered was that practicing yoga requires refraining from aggressive behaviour and refraining from yelling at other people. I was taken aback, gave it some thought, and then proceeded to witness my child laughing in a real manner before going back to her independent world. In spite of the fact that it could have seemed to her like an uncommon explanation or a fantastical idea, it shed light on my vision of the environment around me and gave my day-to-day existence a sense of purpose. Therefore, it is of the utmost importance to possess an understanding of the meaning of “yoga” in the lives of our children in connection to the modern, technological world in which they are developing. A contemplation of the phrase “Yoga” may bring to mind pictures of people twisted into a variety of positions that are inhumane. Despite the fact that “stances or Asanas” are a vital part of the “yoga” curriculum, they are not the only element of the practice. In a nutshell, tell me about your level of understanding regarding the practice of yoga. At the same time when the entire globe is getting ready to celebrate the International Day of Yoga, let us make an effort to shed light on the mysteries that surrounding it. The Sanskrit word “yuj” is the etymological antecedent of the English word “yoga,” with both notions emphasising the unification of individual and societal consciousness. Yogic practice began in India and spread to the rest of the world.

**KEY-WORDS:** Yoga, Education, Development, Performance, Growth.

### INTRODUCTION

In the context of the modern educational system, the term “Yoga” holds a significant amount of relevance. Despite the fact that the current educational method places a strong focus on “science and innovation,” which is where significant progress is being achieved, the teaching of ethical, moral, and spiritual values, as well as the promotion of a healthy lifestyle, are completely ignored. In this context, it is of the utmost importance to include “Yoga” into the existing educational system in order to promote the holistic development of the body, mind, and spirit, therefore preventing the loss of individual values. The incorporation of yoga education into the modern educational framework has the potential to harness individual strengths, therefore facilitating the transformation of mentality and behaviour, the alleviation of stress, the promotion of a healthy lifestyle, the cultivation of strong moral character, and the development of students' overall well-being. Subsequently, we need to determine whether or not “Yoga” is relevant in the field of education and then provide it as a discipline, with the primary emphasis being placed on its incorporation into the curriculum. Despite this, the practices of “Yoga” have the capacity to direct pupils



towards the realisation of the most important principle of life, which is the self-realization of the inherent potentials that are included within yoga and meditation in education.

### **HISTORY OF YOGA:**

The origins of yoga may be traced back to the Rigveda, which is the most ancient Hindu literature that discusses the training of the mind and understanding in order to reach the Light of Truth or Reality. A number of highly regarded “Vedic sages” including Vāsiṣṭha, Yajñavalkya, and Jaigīśavya are among the few educators of fundamental “Yoga” who include their ideas into their teachings. The one who is considered to be the most prominent among the “Yogis” is known as “Yogeśvara Kṛṣṇa,” the author of the “Bhagavadgītā,” as well as the “Yoga Śāstra,” which is considered to be the ultimate work on the subject of “Yoga.” In addition, Ace “Śiva” stands out as a noteworthy figure among the Yogis or Ādinātha. Individuals in India have been able to achieve significant success via the practice of yoga, which has been an essential component in their efforts. Over the course of its history, “Yoga” may be broken down into five distinct categories:

- Vedic period
- Pre-old style period
- Classical period
- “Yoga” in Medieval Times
- “Yoga” in Modern Times

### **REASON TO INTRODUCE YOGA & MEDITATION AT SCHOOLS**

The mission for really amazing procedures for preparing continues, as it has done through ages. With the disclosure and utilization of “yoga”, it seems, by all accounts, to resemble a progression will happen. The coherent exposure of the components of the different sides of the frontal cortex has helped the justification behind “yoga” and advancement of comprehension by figuring out the necessity for the execution of these disciplines in our lives. Since guidance is one of our principal objectives when we consider ways to deal with chipping away at our overall population, how we might finish up the thing is the best thing and the best method for instructing it. Up till now by far most of the educational system zeroed in on presenting capable capacities and encouraging the academic side of our tendency. In any case, there remains an absence of major in preparing which is pointed toward further developing us individuals. This has been left for gatekeepers, severe foundations to manage, but given the state of society today, there is still an open door to improve.

### **OBJECTIVES OF YOGA EDUCATION:**

The fundamental goals of “Yoga” instruction are as per the following:

- 1) To empower the understudy to have great wellbeing.
- 2) To rehearse mental cleanliness.
- 3) To have profound solidness.
- 4) To coordinate virtues.

Instruction in “Yoga” can provide essential knowledge about one's identity, facilitate effective coping mechanisms in various life situations, impart techniques for achieving optimal well-being, cultivate a discerning mind capable of distinguishing the authentic from the illusory, and enable the confrontation of life's dualities with equanimity. All of these benefits can be gained through the practice of yoga. It is possible to get each and every one of these advantages in order to gain a profound degree of comprehension. Students who get yoga instruction have the ability to improve all parts of their activities, including their



academic performance, their sports performance, and their social connections. Yoga has the potential to improve a person's ability to concentrate on their academics, boost their endurance and coordination for improved athletic performance, and foster a more balanced temperament and heightened awareness for improved social interaction. All of these benefits may be achieved via regular practice.

### **SORTS OF YOGA:**

What “Yoga” is all about is achieving success on all levels, including the physical, the cerebral, and the spiritual. According to Patanjali, the practice of “Yoga” has been proposed eight times. These are the items that are listed:

- “Yamas-(inward cleaning through moral readiness primer to Yoga)”
- “Niyamas-(tidiness, satisfaction, humiliation, study and love of God)”
- “Asanas-Physical positions or exercises”
- “Pranayama-(Control of fundamental energy/Breath control)”
- “Pratyahara-(Withdrawal of the resources/making the mind smart)”
- “Dharana-(Concentration of the cerebrum)”
- “Dhyana-Meditation”
- “Samadhi-Attainment of the extremely discerning state”

### **IMPORTANCE OF YOGA EDUCATION:**

When it comes to the field of education, it would be irresponsible to ignore the significant significance that the term “Yoga” holds. Students are required to undergo large emotional changes as part of the modern educational system, which ultimately leads to great improvements in both their physical and mental well-being. The modern education system places a substantial emphasis on factual information. Through “Yoga” education, it is possible to achieve a good quality of life and sufficient preparedness. Yoga education has the potential to improve mental capabilities, cultivate positive well-being, demonstrate higher values, provide tranquilly, and cultivate ethical individuals. We use the following approaches to conduct an analysis of the primary advantages that “Yoga” offers in the context of educational institutions:

- 1) Actual wellbeing
- 2) Adjusting both side of the equator of the cerebrum
- 3) Foster qualities
- 4) Solid close to home turn of events
- 5) Scholarly execution
- 6) Hone memory
- 7) Solid living
- 8) Foster mental and full of feeling space
- 9) Further develop faculties
- 10) Integrated character advancement

### **MISGUIDED JUDGMENTS ABOUT YOGA:**

In conclusion, there are several types of erroneous assumptions that are attached to the term “Yoga.” For those who are not native to India and are not well-versed in the customs of India, the term “Yoga” might indicate the following:

- Religion - definitive assessment, conviction, inner circle or - ism
- Wizardry, stunt, secret
- Real culture - high effect practice and a heart stimulating exercise



- Mental obsession
- Self humiliation, self torture

One's inner potential can be expanded by the use of the Sanskrit term “prosperity,” which means “prosperity.” The integration of the body, mind, and spirit in a healthy way is absolutely necessary. Every single person contains seven distinct aspects of existence, which are their physical shape, their ability to breathe, their intellect, their memory, their inner identity, and their sense of self. The essence of “Yoga” and “Sudarshan Kriya” is in the means by which these problems are addressed, as well as the methods that are utilised to maintain their health and harmony. The revitalisation of our complete framework is accomplished by only a few flashes of ideas. There are all four types of energy sources. The following is the order in which the steps are performed: first, nourishment; second, thorough relaxation; third, aeration; and fourth, mental reflection. The management of these four significant energy resources is the means by which we may revitalise our economic situation. Engaging in breathing exercises confers a number of benefits, including the following:

- Viciousness free society
- Sickness free body
- Confusion free mind
- Restriction free astuteness
- Injury free memory

Over the course of many years, researchers have investigated the effects of meditation on the lives of individuals. Studies have shown that meditation can help people recover from illness and produce feelings of tranquilly and well-being that are beneficial to their overall health. While adults and people with more experience are more likely to benefit from tests, even those who are just starting out can use them to determine their areas of strength. “Understudies” is a phrase that refers to the amount of time that an individual spends learning. Compared to adults, children in today's society are more bright and perceptive. On the other hand, the vast majority of students are still unaware of the value of critical thinking. They come across it all the time while they are attempting to incorporate it into their regular routine. Students will benefit in a variety of ways if they consistently engage in critical thinking while in genuine classroom environments. The following are some of the categories that students can benefit from when they engage in critical thinking:

- 1) Lower pressure
- 2) Move past despondency
- 3) Assists with moving past from terrible enslavement
- 4) Creating certainty
- 5) Individual change
- 6) Increment productivity of cerebrum working
- 7) Value life
- 8) Avoid sicknesses
- 9) Keeps understudies blissful
- 10) Expansion in IQ level

There are several benefits that come with reflection in the life of an undergraduate student. By assuming that students would be able to make it as a part of their regular, everyday routine, it is apparent that they will continue to be healthy, fit, and wealthy.



## CONCLUSION:

The practice of yoga is an essential component of any educational pursuit because, in comparison to conventional games or formal teaching, it introduces students from a larger variety of backgrounds to new learning possibilities. This makes yoga an essential component of any educational attempt. Incorporating the practice of “yoga” into an educational framework has the potential to simplify the process of developing a training program that is both of high quality and approved by the appropriate authorities. Taking this approach would be a break from the traditional ways of instruction, and it would contribute to the rapid growth of progress. Yoga is just as significant as any other philosophy when it comes to sports; it is useful to us on several levels and in a number of different ways. Yoga is a philosophy that is both vital and beneficial. In the future, it is anticipated that yoga will play a significant part in the development of attention and self-discipline, which will finally lead to an improvement in the performance of an athlete. Additionally, it provides both children and adults with the chance to observe substantial work that is still in the process of being developed, which may be of benefit in the process of making efforts associated with long-term planning. However, as a component of an enlightening endeavour, the genuine obstacles that are linked with “yoga” preparation in classroom settings ought to be addressed and explored by informed professionals, educators, mentors, and students. This is because the challenges are related with the true nature of the “yoga” preparation.

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