



CHETANA
International Journal of Education

Impact Factor
SJIF 2021 - 6.169

Peer Reviewed/
Refereed Journal

ISSN-Print-2231-3613
Online-2455-8729



Prof. A.P. Sharma
Founder Editor, CIJE
(25.12.1932 - 09.01.2019)

Received on 8th July 2021, Revised on 9th July 2021, Accepted 12th July 2021

Article

Yoga Education in Education System

*** Dr. Rakesh Kalra (Mongia)**

128, Ram Gali No. 3, Raja Park,
Jaipur-302004 (Raj.)

Email: kalrarakesh60@gmail.com, Mob.- 9414605767

Key Words: *Yoga Education, flexibility, realization, spiritual, realization etc.*

The present system of Education has mostly failed to achieve the objectives of integrated development of the body, mind and spirit of learners mere science and technology based information oriented education cannot make students to be a perfect well being. That is why we all feel the need of integration of yoga education in the existing system of education for all and development of students. The paper emphasizes on the role of Yoga in education and some suggestions on the ways of yoga education in the existing education.

The integration of yoga education in the present system of education can promote human values, reform attitude and behaviour, relieve from stress and strain, built up healthy life style, shape high moral character and develop refined personality of the students so as make them a complete well being. Hence we have to understand the importance of Yoga in education and introduce it as a discipline. Yoga of Pantajali (Raj-Yoga) and Hatha-Yoga.

The Astanga Yoga constitutes eight limbs i.e. Yama, Niyam, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Smadhi.

Relation between Yoga and education

According to Aurobondo-yoga is systematic practice towards self perfection by the unfoldment of the potentialities inherent in man.

Education is also the manifestation of the perfection already in man.

- Vivekanand

So the nature and aims of Yoga and education are same, the self perfection and self realization yoga deals with mind and behaviour and its modifications or refinement of behaviour or action, intellect and attitude. The practice of yoga can prevent psychological abnormalities, such as excessive irritations, anxiety and tension and lead the mind to equilibrium or undisturbed state which is required for performing academic activities.

Aims and Objective of Yoga Education

Yoga education can supplement 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 part of the society and of the nation. Yoga education helps in self discipline and self control leading to immense amount of awareness concentration higher level of consciousness.

Briefly the aims and objectives of yoga education are-

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

Yoga education can start from class 2nd to class 12th in schools and it can be a part of education in universities also yoga education can enhance all the activities of the students, be it academic or sport or social. Yoga techniques provide improved attention in studies, better stamina and correlation for sports a heightened awareness and balanced attitude for social activity.

By Practicing Yoga

- A. Improve flexibility and strength.
- B. Stand up straighter.
- C. Ease stress and anxiety level.

D. Reduce low back pain.

E. Improve sleep.

There are five main principles of yoga

1. Proper exercise (Asanas)
2. Proper breathing (Pranayama)
3. Proper relaxation
4. Proper diet and nutrition.
5. Meditation and positive thinking.

Strategy of integration of Yoga in Education

The integration of yoga in modern education needs much considerations.

1. Interoduction of Yoga in Stages of Education

Initially yoga should be interoduced as a part of physical education, but in higher education it should be studied as a separate discipline. Yoga education can be integrated in school education during the time set aside for P.T. but in a calm and quiet place creating the proper atmosphere for its proper study and practice. A dedicated and dynamic teacher can create an atmosphere for learning, the teacher should have deep experience of the concept he is teaching.

2. Designing of Curriculum

The curriculum of the yoga should be need based, graded and effective. It will have two parts. Theory and practice while framing curriculum of yoga we have to select Asanas, pranayamas etc as per age needs and development factors of students.

3. Providing adequate academic facilities

The integration of yoga education in the system of education needs adequate academic facilities, comprising qualified faculty members, spacious rooms for yoga practice.

4. Organization of Awareness Programme

As yoga is not only a school subject rather way of developing healthful living so the awareness programme on the importance of yoga in the present life should be organised.

Such programme may include lecture of experts, exhibitions, film show and T.V. programmes on yoga. The government and educational institutions should organize seminars, workshops and symposia on the practice of yoga and provide training programmes for the teachers.

The ultimate aim of yoga is to experience the truth by realizing the true nature of our 'self' and the universe. The one can become free from the chain of cause and effect (Karma) which brings us to earthly life again and again.

*** Corresponding Author**

Dr. Rakesh Kalra (Mongia)

128, Ram Gali No. 3, Raja Park,

Jaipur-302004 (Raj.)

Email: kalrarakesh60@gmail.com, Mob.- 9414605767