



# Yoga Education and its impact on the Human Health

**Mrs. Suparna Karan**

**Ghatal Rabindra Satabarsiki Mahavidyalaya**

**Assistant Professor**

**Department of Education**

## **Abstract:-**

*Yoga has great importance in present education system. The modern education system emphasizes on science and technology in which the material progress is being achieved, but the inculcation of ethical, moral and spiritual values and promotion of healthy life-style are totally neglected. In this context, it is an urgent need to integrate Yoga in modern education system in order to make all-round development relating to body, mind and spirit symphonically and thereby prevent the erosion of human values. Meditation has usually been connected with Eastern mysticism but knowledge is beginning to show that educating a "heightened" state of comprehension can have a major influence on our intellect, the way our forms function and our highnesses of liveness. The meditation is an important part of human being life since of its potentiality for construction human being a apposite national helping him to get fruitful education. The training and education shall be received by human being through the perfect mind. The mind would refine and statement from tightness through the meditation and yogic practices. Thus, the meditation is an undisputable central wheel of education.*

**Keywords: Yoga, Education, Human Health**

## **1. Introduction**

Yoga has great importance in present education system. The modern education system emphasizes on science and technology in which the material progress is being achieved, but the inculcation of ethical, moral and spiritual values and promotion of healthy life-style are totally neglected. In this context, it is an urgent need to integrate Yoga in modern education system in order to make all-round development relating to body, mind and spirit symphonically and thereby prevent the erosion of human values. The integration of Yoga education in the present system of education can endorse human values to reform attitude and behavior, relieve from stress and strain, build up healthy life-style, shape high moral character and develop refined personality of the students so as to make them a complete well-being. Hence, we have to understand the importance of Yoga in education and introduce it as a discipline and thereby focus on the process of integration in the curriculum. However, Yoga practices can lead students to the attainment of the highest goal of life-the self- realization of the potentialities inherent in them. Yoga education refers to the systematic teaching and learning of yoga practices, including physical postures (asanas), breathing techniques (pranayama), meditation, and ethical principles. Originating in ancient India and described in texts like the Yoga Sutras of Patanjali, yoga has become an important part of

modern health education. Today it is practiced worldwide and is recognized for promoting physical, mental, and emotional well-being. Yoga education is not limited to physical exercise; it aims at the holistic development of the individual. It integrates body, mind, and spirit. The word “yoga” comes from the Sanskrit term “Yuj,” meaning union or integration. Yoga education teaches discipline, concentration, healthy lifestyle habits, and awareness of the body and mind.

## 2. History of Yoga

Yoga can be traced back to the R̥gveda itself, the oldest Hindu text which speaks about yoking our mind and insight to the Light of Truth or Reality. Great teachers of early Yoga include the names of many famous Vedic sages like Vāsiṣṭha, Yajñavalkya, and Jaigīśavya. The greatest of the Yogis is always said to be Yogeśvara Kṛṣṇa himself, the propounder of Bhagavadgītā which is called as Yoga Śāstra an authoritative work on Yoga. Lord Śiva is also the greatest of the Yogis or Ādinātha.

Yoga has been part of man's activities directed towards higher spiritual achievements in India. The history of Yoga is divided into five categories:

- a. Vedic period
- b. Pre-classical period
- c. Classical period
- d. Yoga in Medieval Times
- e. Yoga in Modern Times

## 3. Objectives of Yoga education

The main objectives of Yoga education are as follows:

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.

## 4. Types of Yoga

The aim of Yoga is the attainment of the physical, mental and spiritual health. Patanjali has recommended eight stages of Yoga discipline. They are:

- a. Yamas- (internal purification through moral training preparatory to Yoga)
- b. Niyamas- (cleanliness, contentment, mortification, study and worship of God)
- c. Asanas- Physical postures or exercises
- d. Pranayama- (Control of vital energy/ Breath control)
- e. Pratyahara- (Withdrawal of the senses/ making the mind introspective)
- f. Dharana- (Concentration of the mind)
- g. Dhyana- Meditation
- h. Samadhi- Attainment of the super conscious state

## 5. Importance of Yoga Education

The importance of Yoga in Education is too enormous to ignore. Today's education is mostly information concerned with and it needs to qualitative changes in physical, mental, spiritual development of the students in a balanced way. The education with Yoga would improve mental faculties, develop positive health, inculcate higher values, provide peace and tranquility and build up moral character which can lead us to attain highest goal of life as well as education.

- a. The main bene Physical health
- b. Balancing both hemisphere of the brain

- c. Develop values
- d. Healthy emotional development
- e. Academic performance
- f. Sharpen memory
- g. Healthy living
- h. Develop cognitive and affective domain
- i. Improve senses

6. Integrated personality development fits of Yoga in Education are discussed below **Meditation:**

Meditation has usually been related with Eastern religion but knowledge is creation to show that educating a “sharp” state of perception can have a main crash on our mental power, the way our body function and our levels of resilience. Meditation is a part of yogic perform. Meditation involves in Pranayama which has been arranged by Niyamas of Yoga. By laying down his body on the floor like dead body, his limbs would be released from over tension and blood would be circulated round the body in a proper manner. When the blood reaches all the parts of the body, the entire body would function as normal. Thighs, knees, feet, assumes function in a relaxed manner. The meditation helps the mind to function peacefully by releasing all kinds of psychological tension. Hence the mental health and physical health would be coincided by the meditation. With the co-ordination and co-operation of the mind and body the human beings will be in a position to have better understanding capacity of the different ideas. The increasing unhappiness. Mindfulness meditation maintenances better directive of emotional responses and the cultivation of positive psychological circumstances.

**A. Positive Effects of Meditation**

The positive effects of meditation as are surprising and positively justify your thought and respect. Many successful professional people, superstars and athletic professionals practice regularly and enjoy the positive effects of Meditation. More and more industries want to optimistic positive and helpful supervise to join their companies encouraging staff to take part in helpful course including Meditation. One of the most significant positive effects of meditation is how it statements from our organizations. Meditation practice daily will focal you to a profounder level or relation and contemplation. If you want to be free of constant worry, pressure and stress the positive effectives of Meditation can provide you a life that is clam, peaceful happy and relaxed. Yoga offers new learning possibilities to a wider group of students than traditional sports or fitness curriculum, making it a valuable addition to any educational program. Additionally, adding yoga to a school's curriculum will help provide a quality physical education program as modification of traditional physical education yoga in sports as important as other think it helps us in different ways and different levels in a sports men life. Yoga can play a key role in cultivating mind control and concentration which helps a sportsperson to perform at their game.

It offers children and adults an opportunity to experience success in physical activity, which can help build a foundation of strong of life. However, curriculum specialists, teachers, trainers and students should know and analyze seriously the real challenges of yoga education in classroom settings and real life as well. The meditation is an important part of human life because of its potentiality for making man a good citizen helping him to get fruitful education. The meditation creates a kind of confidence among the minds of student’s memory, forgetting by heart recitation mind eye co-ordination would be created only by meditation which would help the man would become good trained person. The training and education shall be received by man through the perfect mind. The mind would purify and release from tension through the meditation and yogic practices. Thus the meditation is an undoubted inner wheel of education.

**B. Mindfulness and Concentrative Meditation**

- a. Meditative practices can be further differentiated into mindfulness and concentrative Meditation depending on the method of focusing attention.

- b. In concentrative meditation a mention is focused on only object which can exist in either inside or outside the self.
- c. Consultants of traditionalist meditation constrain their attentiveness to distinct experience and challenge to disregard other provocations in environment
- d. In contracts reactionaries of mindfulness Meditation be current to all present research is mainly on mindfulness Meditation.
- e. The discussion will after assumptions on whether findings got with mindfulness Meditation can generative to concentrative Meditation.

### C. Meditation Effects on Self Confidence

Meditation discusses to any arrangement of a personal of practices in which consultants compartment their minds or self-induce a approach of realization to appreciate some benefit.

1. Meditation is generally an in wardly oriented personal practice, which individuals can do by themselves.
2. Prayer beads or other ritual objects may be used during meditation many involve invoking or cultivating a feeling or internet state.
3. So we variety our survives so excited that crimated the smallest risk of looking at ourselves.
4. Glassy the Idea of meditation can panic people when they perceive the word egoless or desolation, they point that suffering persons states will be like being thrown out the door of a planetary ship to float forever in a dark chilling void.

### D. Need of Meditation in Becoming Educated

Research has scientifically proven that Meditation is a safe and simple way to balance your physical emotional and mental. State and more doctors are inspiring patients to practice Meditation to cure many stress related illness. One of the highest positive effects of Meditation is how it consents the body sorrow. One of the more important need of Meditation is how to regularly lead you to a deeper level or relaxation.

### E. Contemplation

Many successful professional people, celebrities and sports professionals practice regularly and enjoy the positive effects of Meditation. One of the greatest positive effects of Meditation is how it allows the body to distress. Normally life threading situations trigger of the stress response which enlces us to act without contemplation and deliberation and survive intense ideations using facts refluxed. If you want to be free of constant worry pressure and stress the positive effects of Meditation can give you a life that is calm and peaceful.

## 7. Impact of Yoga on Physical Health

Yoga has several positive effects on the physical health of individuals:

- a. **Improves flexibility and strength** – Regular practice of yoga postures increases muscle strength and body flexibility.
- b. **Enhances cardiovascular health** – Breathing exercises and relaxation techniques help regulate blood pressure and improve heart health.
- c. **Boosts immunity** – Yoga helps stimulate the immune system and improves overall body functioning.
- d. **Helps in disease prevention** – Yoga can reduce the risk of lifestyle diseases such as Type 2 Diabetes, Hypertension, and Obesity.

## 8. Impact of Yoga on Mental Health

Yoga education also plays a significant role in improving mental health:

- a. **Reduces stress and anxiety** – Meditation and breathing techniques calm the nervous system.
- b. **Improves concentration and memory** – Regular yoga practice increases mental clarity and focus.

- c. **Promotes emotional balance** – Yoga encourages self-awareness and emotional stability.
- d. **Helps in managing mental disorders** – It can support treatment of conditions like Depression and Anxiety Disorder.

e. **Social and Lifestyle Benefits**

Yoga education encourages a healthy lifestyle and positive social behavior. It promotes discipline, patience, and self-control. In educational institutions, yoga helps students develop better focus, reduce academic stress, and maintain a balanced lifestyle.

## 9. Importance of Yoga Education in Modern Society

In today's fast-paced life, many people suffer from stress, sedentary habits, and lifestyle diseases. Yoga education provides a natural and preventive approach to health care. The celebration of International Day of Yoga highlights the global recognition of yoga as an effective tool for improving health and well-being.

## 10. Conclusion:-

Yoga education plays a vital role in improving human health by promoting physical fitness, mental peace, and emotional stability. It provides a holistic approach to health that integrates body, mind, and spirit. Incorporating yoga education in schools, colleges, and community programs can contribute significantly to building a healthier society.

The meditation is an important part of human life because of its potentiality for making man a good citizen helping him to get fruitful education. The meditation creates a kind of confidence among the minds of students memory, forgetting by heart recitation mind eye co-ordination would be created only by meditation which would help the man would become good trained person. The training and education shall be received by man through the perfect mind. The mind would purify and release from tension through the meditation and yogic practices. Thus the meditation is an undoubted inner wheel of education.

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