

Yoga Education in Perspective of Physical and Mental Health for Human Excellence: A Review

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ABSTRACT

Yoga has originated in ancient India and popularized over the world. Yoga practise and education occupies a significant role to the present days. Yoga education and practices were started since the Vedic era by Guru's in Ashramas. In the modern age, 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. Many universities, colleges, certified institutes impart yoga practice and offering diploma and degree courses in India. Yoga practice is preferable since V1 class and it is a potential tool for children to deal with stress and regulate themselves. Yoga for young and older (Under Doctors Advice) provides training of the mind and body to bring emotional balance and strengthen both. Yoga is essentially a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body. Yoga has many types, especially Pranayama is one of these very significant, which helps in developing awareness of one's mind and to establish control over the mind. The widely practiced Yoga with various Sadhanas are restraints and Niyama's are observed.

Key Words: Yoga Education, Yoga Practice, Asanas, Yoga for Health, Yoga for Children.

I. INTRODUCTION

Yoga has long history since 5000 years and beginnings of Yoga were developed by the Indus-Sarasvati civilization in Northern India over . Sagi Maharshi Patanjali in pre-Vedic period is the father of Yoga who systematized and codified for existing Yoga still continue. The word Yoga was first mentioned in the oldest sacred texts, the Rig Veda. It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. Classic Yoga period is a prominent roye for developing and following. In olden days Yoga was being practised under the guidance of Guru and its spritual value was given special importance. It was a part of Upasana and yoga sadhana was inbuilt in their rituals in Ashramas. In classic period it is mentioned through of Vyasa on Yoga Sutras and Bhagawadgita etc. came into existence. In the Modern period, Yoga Guru's began to learn and practice of Yoga across the world and to attract the followers. In this connection, in 1893 Swami Vivekananda addressed in parliament of Chicago on Yoga and universality of the worlds religion. In between 1920 and 1930 Hatha Yoga made popularized by T. Krishnamacharya, Swami Sivananda and other Yogi's. T. Krishnamacharya opened the first Hatha Yoga school in 1924 in Mysore. In such a way IndraDevi opened her Yoga studio in Hollywood in 1947 to till today many pioneers including today's BaBaRamDeo.

II. Research Methodology

The present study is reports to know the effect of Yoga Education and practice on Human beings. and what are its advantages and disadvantages with respect to society. Further, to know possibility of practice and extensive implementation in our society. The main source of the data and information taken from various articles, various web sources like Yoga and Religious , Yoga Education, Patanjali Yogs and other books.

A. YOGA EDUCATION FOR MENTAL AND PHYSICAL HEALTH

The main purpose of the Yoga Education is to explain the effects of Yoga on mental and physical health. How Yoga is important of individuals daily life Yoga is an ancient art and science that aims for high-level wellness-physical, mental, and spiritual. The study is based on secondary sources. The main practice of Yoga are with asanas are essential for mental and physical health of the people. By performing daily Yogasanas one can attain good mental and physical health this new view states, that mental health is not solely comprised of a reduction of negative symptoms, such as stress or depression, but positive experiences as well, such as emotional well-being, happiness and self-realization. To study find out the mentally and physical Health benefits of yoga and its effects of mental and physical health in yoga.

Yoga Education is most preferable for children and adolescents. In primary and secondary education since 1988 as extracurricular activity. The experience of initiating yoga in school curriculum has been a mixed experience. Yoga invariably improves joint and muscular flexibility, which is crucial to the body's overall structural soundness. Enhanced joint and muscle pliancy translates to a greater range of motion, or an increase in the performance latitude for a particular movement or series of movements. Improves flexibility, strength, muscle form, and toning, Reduces pain in joints, back, arthritis, migraines, and muscle soreness, Stabilizes breathing and improves lung capacity, Improves blood circulation which detoxifies our body, Reduces blood pressure, Regulates metabolism and improves digestion, Balances the hormonal system. Mentally, Improves concentration, focus, and mental clarity, Reduces stress, depression, and anxiety through increased endorphin secretion, Mood stabilization, Improves sleep and reduces sleep disturbance, Increases feelings of well-being and self-image.

The ability to create a stress free mind is a significant benefit of yoga practice. The physical practice is used as a tool to enhance breath control, which helps improve focus and concentration, allowing clarity of thought and clear decision making. A valuable tool in any sporting arena, mental practice in any sport will teach you how to gain control of your emotional states, so arousal levels and anxiety don't impede our performance.

B. Yoga Asanas and Practice

Yoga is a part of this Vedic literature and was propounded by Maharishi Patanjali and elucidated eight limbs of yoga, namely - *Yama* (social ethics), *Niyama* (personal ethics), *Asana* (postures), *Pranayama* (life force), *Pratyahara* (turning the senses inwards), *Dharana* (one-pointed focus), *Dhyana* (meditation), and *Samadhi* (merging with the self). Yoga comprises of different schools of philosophy, for e.g. *Gyan yoga*, *Bhakti yoga*, *Karma yoga*, *Hatha yoga*, *Raj yoga*, *Mantra yoga*, *Shiva yoga*, *Naad yoga*, *Laya yoga* and many more. Of these, asanas are a part of the *Hatha yoga* tradition. Somehow, in today's age yoga has come to be associated with only physical postures whereas the central teaching of yoga is maintaining an unanimous state of mind.

As a beginner, often we equate yoga with some tough, limb-twisting poses. It's a simple process of uniting with yourself - using your breath, body and mind. And it's easy and effortless. Yoga for Beginners follows and to learn how it is new dimension to life, take the experts help to learn Yoga, wear comfortable dress, be a regular Yoga, stay in presence of light, warm-up before hitting the Yoga mat, Smile to take You through the miles, challenge Your limits - One Step at a time, every Yoga Asana Is unique, relax to recharge after finish Yoga.

III. CONCLUSION:

Yoga is a part of this Vedic literature and was propounded by Maharishi Patanjali nearly 5000 years ago. In classic period yoga is well developed and codified. Since pre-classic Yoga period to till today many Guru's, Swami's imparted yoga practice in Ashramas to today's certified institutes, colleges and universities. In Modern period, Swami Vivekananda, T.Krishnamacharya, Swami Sivanada to till today' Baba Ram Deo made popularized over the Globe. T.Krishnamacharya was first opened Hatha Yoga school, followed by Indra Devi in Hollywood studio. Yoga is not a religious practice, nor does it conflict with any religion, it is practice for improving human life. Yoga consists many types namely - *Yama* (social ethics), *Niyama* (personal ethics), *Asana* (postures), *Pranayama* (life force), *Pratyahara* (turning the senses inwards), *Dharana* (one-pointed focus), *Dhyana* (meditation), and *Samadhi* (merging with the self). For Yoga beginners must follow some tips and it is better under the presence of Guru.

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