

Impact of Yogic Education In Our Modern Education System

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Abstract

The aim of this paper is to focus on the importance of value based education based on Yogic System. The present education system is robust and technology driven, it utilizes the in-depth research in teaching and learning process. The thinkers and educators of every era have been emphasising on the traits of human beings which needs to be developed in multiple ways. The innate potential of every indiyto be awakened. The incorporation of value based education and blending it with modern education system will complete the puzzle of human existence. A possibility of Holistic development which will be reflected in every strata of society. At present the development is unidirectional, men has landed on moon and sent Voyager to investigate the presence of life on this planet but the perfection of inner world is missing in human beings on this planet. Onslaught of psychosomatic and psychological disorders, lifestyle disorders and feeling of non acceptance towards life and it's offerings makes the educators think and rethink about filling the gap. This paper suggests a solution of complete development of human personality, which not only compliments the present modern education methodologies but also looks into the inner restructuring of human qualities. Thus, modern education system will be complete by incorporating value education based on Yogic Sciences and philosophy.

Keywords: Education, Modern Education System, Value based education, Yam, Niyam, Holistic development, Ancient Indian Culture.

Introduction

It is important to improve modern education with its increasing levels of academic achievement among students. This paper shows the contribution of the traditional Gurukula Education System in relevance to the Modern Education System. The concern of this paper is with the development of memory. Yogic Education is a learning system based on the practicality of life, which includes many yogic practices. It has more element of yoga than the Modern education system.

In the words of an ancient Indian saint Vasishtha, yoga is any effort to calm the mind. Yogic education has many practices in general to calm the mind like *asanas*, chanting of *mantras*, meditation, and *puja*. Generally when the mind is calm and clear memory improves. The foundation of the body and mind becomes stronger. It improves the personality of an individual he can memorise easily and develop the qualities of love respect and compassion.

The Concept of Education

Education is a broad and comprehensive term. Education is a process of growth, development and constantly adding to the knowledge that enables individuals to make the best use of the facilities that they have been endowed with. In other words it means drawing out of the best qualities inherent in a person and eradicating his weaknesses. Now, therefore, a time has come to utilise the modern education in proper way to get the best of it.

Concept of Yoga

For, knowing the concept of yoga very clearly, we have to consider Patanjali's philosophy which is the most authentic one, because it is based on a systematic methodology. According to him yoga is the inhibition of the modifications of the mind. Thus, the word yoga is to be used both an "end" as well as a "means". This aspect is clearly elaborated in some of his sutras. The kriya yoga described by him (Tapa, Swadhyaya Iswar-pranidhana) the eight parts (Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi) are the means to achieve Kaivalya (pure consciousness or Absolute spirit the ultimate goal of yoga) is the 'end', Kaivalya is that state of self – realization in which the purusa gets established finally when the purpose of his long evolutionary unfoldment has been attained.

The whole subject of yoga deals with the realisation of one-self through the Niras or Nirodh of the Chitta i.e. complete cessation of various disturbances and turbulences.

Impact of Yogic Education in Modern Education

Modern education is disintegrated due to the lack of harmony between the body, mind, intellect and spirit which are the components of a whole man. To bring wholeness in man the human sciences like biology, physiology, psychology and sociology help to bring the harmony between the above described four components. In this case yoga helps the man and the eight limbs or

aspects of yoga described by Maharshi patanjali will help to integrate body, mind, intellect and spirit. Modern man is at his best when he is dealing with analysis – his recent education has all tended in that direction. But he runs away from the realities when he comes to synthesis. He seems to have lost the secret of it because the modern education has left it out. Analysis is man's strong point, synthesis his weak one. It is very easy to break a thing up into parts and to study each part in separation but it is rather difficult to put the parts together again. Thus the wholeness seems to be baffled. The division between material thing and the spiritual thing is the result of analysis. The yoga education helps to keep a balance between the analytical and synthetic facilities of a man. It also helps to emancipate a man from all restraints and gives the power of self-expression and self-realization. The yoga, therefore, should be integrated in modern education to such an extent that the analytical and synthetic faculties of man should be balanced. In other words of yoga should be integrated in such a way that a harmony between external and inner-core of life should be maintained properly so that the wholeness is achieved.

Essence of Education

The American philosopher John Dewey had mentioned that, 'Education is not preparation for life; but life itself.' The education which not only inculcates life skills to lead a life which is free of difficulties but also to empower the innate potential present in every human being to lead a complete and fulfilled life.

The life as a whole, driven by the process of learning and developing a personality which is complete in every aspect will fulfill the vision of every great thinker of every age to create a society which utilizes education as an important building block. At present the notion to fill the gap which has been identified in the present education system arises because the output of the present education system in India is unidirectional and it has resulted in a disparity in individual human being as well as in the society.

The present education system with the advent of technology and application of innovative learning equipments, class of art infrastructure and methods of teaching and learning based on years of scientific research is unparalleled. All the inventions and development in the past two centuries is the result of modern education system. Nonetheless, few traits of human personality and it's interactions with nature is spiralling south. Due to which, with many positive outcomes there are few shortcomings that we experience.

To mention few, the climatic impact because of fast paced development, imbalance in Natural resources because of over exploitation of available resources, dearth of human qualities at every level, reduction in happiness index, quality of life and increase in many lifestyle and psychosomatic disorders.

Education will be complete in itself if and only if it awakens every latent potential in a man and which creates a positive impact on the individual and the society as a whole. If such thoughts are encouraged then it will curtail the limitations which are byproducts of present education system. This gap can be filled with value based education and blending the best of modern education system with our ancient culture, which advocates to live a life in accordance with natural laws. Ancient Indian education system focused primarily on character building and to create lion personality among men, who could face all situations of life, apply creativity and imagination to fulfill their dreams and invent new technologies to ease the difficulties of present day. Yogic system and its learning directs to create a disciplined life based on moral and ethical values. Further, it works on sharpening of mental faculties like memory, intelligence, analytical thinking and response to certain stimuli.

Swami Vivekananda famously said that;

'To me the very essence of education is concentration of mind, not the collecting of facts. If I had to do my education over again, and had any voice in the matter, I would not study facts at all. I would develop the power of concentration and detachment, and then with a perfect instrument I could collect facts at will.'

It implies that there is a need for the educators to look into the aspect which is lacking in the present education system, which is value based education. It will compliment the modern education as well as attune with the very nature of human beings. The qualities of greed, corruption, dishonesty is making a very robust and efficient modern education system hollow and weak from within. On the contrary if value based education is taught, it will definitely lead to an outcome which every civilization wished for their time. The right time is now, to harness best of both and experience a new dawn with promising future of the coming generation. A future with love in their hearts and technology at work, with a touch of care and solutions to eliminate the deadliest of the disease from the face of the earth. The promise can be done if we are ready to accept changes and modifications with our education setup and incorporate Yogic

education which supports building a human personality which is in unison with Nature both within and without. The deliverables from Yogic system should be utilised to impart values and systems like Yam and Niyam to start with from very early age. As mentioned, Yam and Niyam are Great Vows, which are tried and tested and true in every time and place.

Secondly, the Yogic aspect of Physical and Mental culturing will sensitise and sharpen the physical and mental skills, improve their Intelligence Quotient and Emotional Quotient. These developments have been scientifically proven time and again in various researches across the world. Therefore, Yogic application promises a complete development of human being which has qualities like Truth, Non-violence, lack of greed and excess hoarding, self-control, love for all, non discrimination, compassion and positive attitude towards life. A healthy mind in a healthy body, with a soul carrying love for all and which thinks about the welfare of others, can build a society where all can live without much constraints and difficulties. The seed sown today will become a blooming tree tomorrow and bear the fruits which will nurture the life of the future. Life which is complete in itself and it can be done by reforming the education system, with the Midas touch of Value based education offered by Yogic System of Education.

Conclusion

Yama (Social ethics – Ahimsa, Satya Asteya, Brahmacharya and Aparigriha). Niyama (personal ethics – Saucha, Santosh, Tapa, Swadhyaya) Iswar – pranidhana elementary or preparative stage of Asanas and Pranayamas are to be integrated in such a way that a harmony between various external behaviors of an individual is achieved. Integration of advanced stages or the psychological approaches / aspects of Asanas, Pranayams and Pratyaharas will lead to keep harmony between the internal behaviors. Dharana and Dhyana are to be integrated for intellectual behavior while the Samadhi will help to keep harmony of the spiritual behavior / spirituality. In this manner yoga is to be integrated in modern education for recognizing the ‘self’ or the ‘Wholeness’ of the individual.