

YOGA AS CARRIER PRESENT AND FUTURE

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ABSTRACT

Yoga is combination of two sanskrit words Yuj and aasana. Yuj mean connect or join together, Aasna means posture. Yoga philosophy was created by Patanjali who lived between 200 BC and 400 BC. Yoga philosophy is not just confined to India, It is practiced all over the world and has become more popular than ever before. Yoga help unify all aspect of all being (I) The physical body in which we live our daily life. (II) The energy body without which we will not have ability to do anything. (iii) Mind body that enable us to do our task. The relationship between yoga and modern science - it is important that more dedicated scientist take up yoga and that more Yogis study science so that we can build a bridge between two great evolutionary aspect of our civilization. Yoga has never been a intervention. Yoga practitioners, teacher, therapists, researcher must make a sincere and determined attempt to know the power yoga. Our youth has been facing problems because of competitive world and their unhealthy lifestyle. They are not aware of yoga and it benefits they are not able to bear stress and we find them facing drugs addiction, hypertension, suicide. Yoga helps in keeping their physical and mental health intact. It connects them with nature and develop great sense of discipline and self awareness.

Keywords: Yoga philosophy, Yoga and modern science, Power yoga, Yoga and youth.

INTRODUCTION

Yoga means Union it is the way to exercise and heal body, mind and spirit. It has been used as a part of traditional forms of health and healing for thousand of years. You are never too old to do yoga.

In fact, Yoga can be idea for number of age related health conditions. It's origin can be traced to northern India over 5,000 years ago. The word yoga first mentioned in sacred text called Rig Veda. Yoga is an ancient practice that build strength and awareness and bring together mind and body. It includes breathing exercise, meditation relax various muscle group.

Meaning of Yoga

Yoga is a sanskrit word translate as union. To join together, to bind together.

Yoga is group of physical, mental and spiritual practices discipline which originated in ancient India.

It is an art and science of healthy living. **Philosophy**

Philosophy is placed a most important role in determining the nature of any education. Although the nature of man and different invention affect education still the role of philosophy is the study of general and fundamental problem such as those connected with existence, knowledge, values, reason, mind and language.

According to Fichte

"Philosophy is the science of knowledge "

YOGA PHILOSOPHY

The word yoga is derived from the Sanskrit root yuj meaning to join or to unite. As per yoga scripture the practice of yoga leads to the union of individual consciousness with that of Universal consciousness. The author of this philosophy is Maharishi Patanjali has described yoga as a spiritual referred to as supplies control over the body ,senses and mind. A great practical and psychological form has been presented for the spiritual, mental and physical progress of human life in Yoga philosophy. It begin with the yoga sutra of maharishi Patanjali. It has been told that how a person can be successful in life by controlling the tendencies of his mind and can achieve his ultimate goal Nirvana.

Yoga Philosophy directs the practical path to attain knowledge. The main goal of this philosophy is to show men the path by which he can attain the ultimate goal of life yoga philosophy is divided into four parts

1. **Smadhipad** - description of samadh
2. **Sadhnapad**- means of achieving goals. V
3. **Ibhutipad**- description of supernatural abilities.
4. **Kaivalyapad** - description of salvation.

The first book of yoga philosophy is the yog sutra. There is description in the yog sutra from leading and efficient life to attaining salvation on the base of following points are included in the yoga curriculum for the knowledge of religion and spirituality and yoga practice should be given place in curriculum. For the noise of religion and spirituality, philosophy, ethical, psychology and yoga practice should be given place in the curriculum. Yoga philosophy build the curriculum psychological basis. The curriculum of infants based on the senses and sense organs of children. Language, Mathematics, social and factual effect of natural environment have been included in childhood curriculum. In the early youth infrases has been laid on making the above subject critical and logical. In Yoga philosophy the teacher is considered to be equal to God according to the yoga the teacher should be one who has realised brahm through Yoga. He should have complete knowledge of the secrets of yoga. According to yoga philosophy student should be a yoga seeker. He should practice yoga continuously ,he should be Satvik and cultured .

The objectives of yoga philosophy

1. Physical development
2. Intellectual development
3. Moral development
4. self training
5. Self-controlling
6. Self-control
7. Develop sense of public welfare

Power of Yoga

When we speak of yoga, it is the most right way to connect by making the balance of mind and body connection. Yoga is exercise which provide the strength to our mind and body both. It connect with meditation of mind and body through relaxation of body. By getting proper and controlled diet and to control over mind and body we can reduce the stress.

Anyone can practice yoga in form of exercise or as daily routine to become active in challenging life for teens and adult. During early age people belongs from Buddhism and Hinduism used meditation

and Yoga. To aware the people for yoga, the world level event is celebrated called **International day for Yoga** .

International day for yoga

The international day of yoga has been celebrated across world annually on June 21 since 2015, following its inception in the United General Assembly in 2014.

Yoga is physical , mental and spiritual practice which originated in ancient India.

The Prime Minister Narendra modi, in his US address in 2014, had suggested the date of June 21, as the longest day of year in the Northern Hemisphere and shares a special significance in many parts of world.

The draft resolution proposed by India was then endorsed by 177 member states. The first International day of Yoga was observed around the world on June 21, 2015.

PM Modi during his speech at UNGA said "Yoga is an invaluable gift of India's ancient tradition it embodies unity of mind and body thought and action restrained and fulfillment harmony between man and nature a Holistic approach to health and well being it is not about exercise but to discover the sense of oneness with yourself the world and the nature by changing our life style and creating consciousness it can be helping in well being. let us work towards adopting an International yoga day."

Yoga and modern science

Modern science has in recent year embraced much of eastern culture in the light of alternative medication. The turn around that the ancient art form of Yoga has made, seems to have come a full circle. Now professionals from all disciplines are describing it to clients for a variety of ailments for recovery and therapy.

Throughout the world ,the focus is starting to shift the inner experience. Having witnessed the miracles and power of mind, recovery from Life threatening illness healing through visualisation, regulation, and management of diseases through ancient spiritual practices. All this has naturally brought the potential for much research in the medical field, connecting biology and metaphysical claims. Modern science now give the ancient times of yoga and green Go signal.

Holistic medicine has been integrated the benefits of yoga with their medication for centuries. The Right Mix of modern technology and ancient wisdom could just be the recipe to make modern science invincible. Neuro-scientists and psychologist are constantly amazed by the way the practice of yoga can rewire the brain, improve neuroplasticity, cure a range of mental and physical disorder surpassing any medication and modern procedures.

Amazingly, Modern science is now viewing Yoga and Meditation as the final jewel in the medical crown. Yes, medicine will evolve as the years come. But how this ancient practice hold the answers to many modern day problems, is a beautiful mystery.

The age old adage 'Prevention is better than cure' resonates with everyone globally. Research bring to our notice that people with the daily yoga practice are highly unlikely to display health issues later on in life. Yoga generates overall well-being bringing a union of body, mind, breath and soul. Helping people eat better, sleep better, deal with pain, anxiety improving overall strength and resilience, contributing to a better quality of life. A happy person is a healthy person.

Yoga is making leeway in all areas of science. The close relationship between physics and

metaphysics has been a long-standing one, with one leading to breakthrough discoveries in another. In fact some cognitive psychologists are also researching with Yogis to explain the nature of consciousness and its process of taking form as conscious matter. True to the nature of this great and ancient practice which teaches interconnectedness, Yogic philosophy also seems to crop up in Astronomy! Concepts and secrets of space have been discovered in yogic text and have been integrated into the art form, they have been acting as a guide to many astronomers from early times till today.

The field of science has been greatly furthered by taking yoga into account. After all, this is the definition of making strikes in discovery. Digging into this gold mine bringing scientists and understanding of human limitlessness. The previously considered human limit has long been surpassed. How far we can go? Who can we become? Only science will tell.

Yoga and youth

Youth is a time of limitless energy enthusiasm and full of liveliness yet nowadays we really see the young having the kind of energy levels that we used to in the past what change that even that teams of today have become sluggish and lack of joy constant pressure to perform well in Academics extra curricular activities relationships combined with destruction through passive media consumption has led the younger generation to become a victim of sedentary lifestyle and poor health outcomes.

The solution to all these problems lies with going back to a more tranquil lifestyle in sync with nature. If only one could learn to study their mind and develop a mind to body connection. Yoga and meditation for youngsters, is the best way to navigate their turbulent years and inculcate a sense of well being.

Yoga and meditation can help with: Time management With regular practice of yoga for college students teams can have a relaxed and tension free mind that enables them to keep their energy levels high and finish their task at a faster pace.

Get rid of exam stress

- Yoga and meditation techniques can help teens improve their memory and concentration power consequently they will improve their grades and gain clarity in their thoughts **Better Relationships**
- Challenges in your relationships can take a role on your mental health and distract you from your studies, academic performance or the other important activities yoga techniques and philosophy can help you become resilient and teach you to soothe your mind when it is agitated you will be ended with the life skills to deal with your emotions and the people around you so that you can enjoy your life better and focus on things that are important.

Deal with peer pressure

- Generally people want to fit in a particular group and end up in similar activities that the group does and may end up developing that habit there peers might ask them to try smoking or drinking once and they might comply to look cool the initial curiosity may end up becoming an addiction.
- Yoga can help get rid of these dependencies . involving oneself in regular practice of yoga and meditation curb the need to get into bad habits out of peer pressure. **Enhance physical fitness**
- Addition and sedentary lifestyle result in loss of good health. Yoga techniques combined with a balanced diet can help to build a healthy body and a strong mind. It will enhance your immunity power and *keep illness at bay*.

Indian education and Yoga

When the entire world is admiring India for contributing yoga as a global cultural icon, it is

paradoxical that our education institutions need to be reminded about its immense potentials in moral and value education. This situation needs to be urgently corrected by affirmative action .

Yoga is one of the orthodox schools of our philosophical traditions. It is collective of physical, mental and spiritual practices which originated in ancient India. As a tribute, a dedicated university for Yoga -VYASA (swami vivekananda Yoga Anusandhan samsthana) has been established near Bengaluru.

NEP 2020 lays special emphasis on the physical and emotional well being of both student and teachers and yoga would add to their wellness. Dharmendra Pradhan (Education minister) suggested to NCERT to include ancient wisdom of Yoga in school curriculum. He addressing inaugural session of national Yoga Olympiad-2022 conducted jointly by education ministry and NCERT, suggested NCERT should conduct yoga Olympiads at school, block, district and state levels.

In this way, we came to know that how efforts has been made to make Yoga integral part of our education system.

CONCLUSION

Yoga is an ancient practice that has changed over time. In past it revolves around cultivating mental focus and expanding spiritual energy . But now people had been approaching yoga for their physical and mental well-being. Yoga has been benefiting from young children to old age person all over world. Hence, it has find its place at international level.