

YOGA IN EDUCATION

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What is Yoga?

- ✚ Yoga – Comes from Yuj (to join) – a conscious process for joining Individual Self with the All-pervasive (जीवात्मा to परमात्मा)
- ✚ Yoga is a process to raise ourselves from animal to normal levels of greatness featuring 'Tyaga and Seva' – service and renunciation and continue to raise to superhuman levels for the benefit of society and mankind



What is Education?

- Education is the manifestation of perfection in Man – Swami Vivekananda
- Education should be Man-making Education, not just Bread-earning – Swami Vivekananda
- Lord Macaulay's observation and the profound statement that lead to westernisation of education in India



Why Yoga Education?

- ✚ To restore the glory of Mother India and her value-based, cultural education
- ✚ To Build Ideal Social Orders featured by Health and Harmony, Peace and Bliss, Wealth and Growth
- ✚ 'To Manifest The Perfection Already In Man';
- ✚ To provide for instruction and training in Yoga and spiritual lore
- ✚ To provide for research and advancement and dissemination of four streams of yoga

Background

Education is the road that children follow to reach their full potential in life.

We need to save our children by providing

- Trained teachers
- Coaching to parents
- Ways for parents and community
- Power of expressing and opening the hearts
- Ways for overcoming the crisis during their education

Child development

- Definition:

- Change in the child that occurs over time. Changes follow an orderly pattern that moves toward greater complexity and enhances survival.

- Periods of development:

- Prenatal period: from conception to birth
 - Infancy and toddlerhood: birth to 2 years
 - Early childhood: 2-6 years old
 - Middle childhood: 6-12 years old
 - Adolescence: 12-19 years old

Domains of development

Development is described in three domains, but growth in one domain influences the other domains.

- Physical Domain:

- ☐ body size, body proportions, appearance, brain development, motor development, perception capacities, physical health.

- Cognitive Domain:

- ☐ thought processes and intellectual abilities including attention, memory, problem solving, imagination, creativity, academic and everyday knowledge, metacognition, and language.

- Social/Emotional Domain:

- ☐ self-knowledge (self-esteem, metacognition, sexual identity, ethnic identity), moral reasoning, understanding and expression of emotions, self-regulation, temperament, understanding others, interpersonal skills, and friendships.

Domains of development

In summary, development is very important at all level

- Physical
- Psychological
- Intellectual
- Social
- Spiritual

Education according to Swami Vivekananda

Education is not the amount of information that we put into your brain and runs riot there, undigested, all your life. We must have life building, man making, character making assimilation of ideas. If you have assimilated five ideas and made them your life and character, you have more education than any man who has got by heart a whole library.

Education according to Swami Vivekananda

Each soul is potentially divine. The goal is to manifest this divinity by controlling nature, external and internal. Do this either by work, or worship, or psychic control, or philosophy - by one, or more, or all of these - and be free. This is the whole of religion. Doctrines, or dogmas, or rituals, or books, or temples, or forms, are but secondary details.”

Research in Yoga Education

Yoga has been found to be a best technique in

- Improving the attention
- Verbal and spatial memory
- Short term and long term memory
- Cognitive flexibility
- Optical illusion
- Depth of perception

Research in Yoga Education

Yoga has been found to be a best technique in

- Planning
- Execution

Novelty

- Eye and hand coordination
- Learning

Yoga for Education (Sampoorna Yoga)

Yoga can be introduced not only for

- Physical healthy
- Psychological well being

Yoga for Education (Sampoorna Yoga)

But Yoga can be introduced as a best technique for

- Anger management
- Health management
- Stress management
- Time management
- Learning and Creativity management

Yoga for Education (Sampoorna Yoga)

Sampoorna yoga unfold the personality of an individual at all levels

- Annamaya kosa
- Pranamaya kosa
- Manomaya
- Vijnanamaya kosa
- Anandamaya kosa

Operational tools need to be adopted

Sampoorna yoga unfold the personality of an individual at all levels

- Asana and Kriya for Physical body
- Pranayama for Pranic body
- Meditation and prayer for mental body
- Reading scriptures and attending to moral classes for Intellectual body
- Developing the attitude of achieving the goal without expecting the fruits

Thank You