



INTEGRATION OF YOGA WITH MODERN EDUCATION AND PHYSICAL EDUCATION

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ABSTRACT :

The current course of action of preparing has commonly failed to achieve the objective of joined progression of the body, cerebrum and soul of understudies. Basic science and development based information masterminded preparing can't make understudies to be an ideal flourishing. That is the explanation the current creator has drawn nearer to focus in on the issue and contemplated the need of joining of Yoga Education in the current plan of preparing for all round headway of understudies by influencing upon its different estimations—the individual and social, scholarly and enthusiastic, psychomotor and lead and great and extraordinary. Regardless, it includes felt that how and the amount Yoga Education is to be introduced in the instructive arrangement. The current paper weights with respect to Yoga in guidance and put forth certain proposals on the strategies for coordination of Yoga Education in the current preparing.



Yoga offers new learning possibilities to a more broad get-together of understudies than standard games or wellbeing instructive arrangement, making it a significant development to any informative program. Moreover, adding yoga to a school's instructive program will help give quality physical preparing program as change of customary physical guidance yoga in sports as critical as other would presume it causes us in different habits and different levels in a games men life. Yoga can expect a key part in creating mind control and obsession which causes a sportsperson to perform at their game. It offers adolescents and adults an opportunity to experience achievement in physical development, which can help amass a foundation of strong of life. In any case, instructive program aces, educators, mentors and understudies should know and separate truly the authentic challenges of yoga preparing in homeroom settings and veritable as well.

KEYWORDS : *objective , great and extraordinary.*

INTRODUCTION :

Yoga has extraordinary criticalness in present guidance structure. The serious guidance system underlines on science and development in which the material progression is being cultivated, yet the instructing of good, great and significant characteristics and headway of strong lifestyle are totally ignored. In this particular situation, it is a basic need to organize Yoga in current preparing system in order to make all-modify headway relating to body, mind and soul musically and likewise prevent the deterioration of human characteristics. The blend of Yoga preparing in the current game plan of guidance can uphold human characteristics to change attitude and direct, quiet from uneasiness, create strong lifestyle, shape high great

character and make refined character of the understudies so as to make them a complete success. From now on, we have to appreciate the essentialness of Yoga in preparing and present it as a control and thusly revolve around the pattern of coordination in the instructive arrangement. Regardless, Yoga practices can lead understudies to the satisfaction of the most critical norm of life-the self-affirmation of the conceivable outcomes trademark in them.

physical preparing and sports. Yoga is one of the Indian philosophical structures that underline the criticalness of the work with the body to make sound practices and contemplations. Among all of its methodology the physical positions, called asanas in Sanskrit, are the ones that got. Recall that sports and tumbling have a spot with the degree of Physical Education. Once at some point in the past people said "it isn't just the victorious yet the fighting honorably that really matters", when where contentions happened was consecrated and the respect between competitors was fundamental. In our serious society the term Physical Education has been seen in different habits. Some state it is the "guidance of the body", which is encouraging the body to achieve a couple of aptitudes and limits as it is done, for example, in sports. Others think it is the "preparation to the body", which is ending up being simply to improve one's looks. Disastrously, this is the key inspiration driving why people join rec focuses, especially before the mid year.

Depending upon the different value systems education can be divided into four broad categories :

- i) Moral Education
- ii) Religious Education
- iii) Cultural Education and
- iv) Social Education

Moral Education :

From the begiining of our youth we have some great and terrible impressions. These may be acquired or because of various conditions and environmental factors. The ethical training must be with the end goal that the great impressions or worth frameworks are to be developed and terrible impressions must be destroyed. 'Set of principles' is the result of this instruction. The youngster gets good instruction generally from their folks, consequently it is the obligation of the guardians to grant legitimate good training to the kid with the goal that he will have the option to create on right way.

Indeed, the articulation Physical Education initially signifies "training through the body". It is utilizing the work with the body as a technique to arrive at the noblest objectives of instruction: self-sufficiency and morals in our associations with one another and the climate. It is important to recall that sports and aerobicic have a place with the extent of Physical Education. Once sometime in the past individuals said "it isn't simply the triumphant however the contending respectably that truly matters", when where rivalries occurred was hallowed and the regard between contenders was fundamental. Both Yoga and Physical Education in their birthplace utilize the body as an apparatus for creating perspectives and capacities that are critical to accomplish physical and psychological well-being. These days they can be viewed as correlative subjects. While the West created

Concept of Modern Education:

Present day training is mostly founded on precise, consistent and normal speculation administered by logical strategy. In this way, we are living during a time of Science and innovation – for example in Atomic and Computer period. There is certifiably not a solitary individual who isn't keen on and doesn't share a worry for the effect that Science and Technology make upon human qualities. Decisions, either by people or by society, are adapted and guided by the qualities. At the point when we take a look at current instruction, which is turning out to be increasingly Scientific and Technical situated, the best characteristics acquired in us are blurring endlessly. The advanced instruction has expanded the profitability, inventiveness and assets : while then again it has obliterated numerous human lives too. The ongoing advances in biotechnology, hereditary designing, PC writing computer programs are helpful while the decimation because of nuclear

bombs, utilization of harmful gases and miniature life forms in wars are the afflictions to human race. In current framework.

Concept of Yoga:

Theory signifies "Love of Wisdom" and shrewdness comprises in realizing how to live. As such it is an investigation of real factors and general standards or an arrangement of speculations on nature, things or direct. Vedanta uttar mimamsa, purva mimamsa, samkhya, yoga, nyaya and vaiseshika are the six frameworks of Indian way of thinking indicating the ways or ways for getting a thought of how to live. For, knowing the idea of yoga obviously, we need to consider Patanjali's way of thinking which is the most legitimate one, since it depends on an orderly procedure. As per him yoga is the restraint of the changes of the brain. Hence, the word yoga is to be utilized both an "end" just as a "signifies". This angle is obviously explained in a portion of his sutras. The kriya yoga depicted by him (Tapa, Swadhyaya Iswar-pranidhana) the eight sections (Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi) are the way to accomplish Kaivalya (unadulterated consciousness or Absolute soul a definitive objective of yoga) is simply the 'end', Kaivalya is that condition of self – acknowledgment in which the purusa gets set up at last when the motivation behind his long developmental unfoldment has been achieved.

History of Yoga

Yoga can be followed back to the Ṛgveda itself, the most established Hindu content which talks about burdening our psyche and understanding to the Light of Truth or Reality. Incredible educators of early Yoga incorporate the names of numerous renowned Vedic sages like Vāsiṣṭha, Yajñavalkya, and Jaigīśavya. The best of the Yogis is constantly supposed to be Yogeśvara Kṛiṣṇa himself, the propounder of Bhagavadgītā which is called as Yoga Śāstra a definitive work on Yoga. Ruler Śiva is likewise the best of the Yogis or Ādinātha. Yoga has been essential for man's exercises coordinated towards higher profound accomplishments in India. The historical backdrop of Yoga is separated into five classifications:

- Vedic period
- Pre-traditional period
- Classical period
- Yoga in Medieval Times
- Yoga in Modern Times

Objectives of Yoga education

The fundamental destinations of Yoga training are as per the following:

1. To empower the understudy to have great wellbeing.
2. To rehearse mental cleanliness.
3. To have passionate dependability.
4. To incorporate virtues.
5. To achieve more significant level of awareness.

Yoga instruction could assist with equipping oneself with essential information about one's character, to figure out how to deal with oneself well in all life circumstances, to learn procedures of increasing great wellbeing, to build up a discriminative psyche fit for knowing the genuine from the incredible and to confront the dualities of existence with composure. Yoga instruction can improve all the exercises of the understudies, be it scholarly or game or social. Yoga procedures give improved consideration in examines, better endurance and co-appointment for sports and an elevated mindfulness and adjusted disposition for social movement.

Importance of Yoga Education

The significance of Yoga in Education is too colossal to even think about ignoring. The present training is generally data worried about and it needs to subjective changes in physical, mental, profound improvement of the understudies in a decent manner. The training with Yoga would improve intellectual capacities, create positive wellbeing, instill higher qualities, give harmony and quietness and develop moral character which can lead us to accomplish most significant standard of life just as instruction. The primary advantages of Yoga in Education are examined underneath:

1. Physical wellbeing
2. Adjusting both half of the globe of the cerebrum
3. Create values
4. Solid passionate turn of events
5. Scholarly execution
6. Hone memory
7. Solid living
8. Create intellectual and full of feeling area
9. Improve faculties
10. Integrated character improvement.

Significance of reflection The word 'wellbeing' in Sanskrit intends to be set up in one's self. The body, psyche and soul must be in congruity. We have seven layers to our reality, that is body, breath, mind, astuteness, memory, personality and oneself. Thus, we have to find out pretty much all these and the strategies to keep them solid and in concordance, and that is the thing that Yoga and Sudarshan Kriya is about. With a couple of moments of reflection, our entire framework gets revived. There are four wellsprings of energy. The first is food, second is acceptable rest, and third is breathing, fourth is contemplation. By taking care of these four significant wellsprings of energy, we can reestablish our wellbeing. There are numerous advantages of breathing activities:

- without violence society
- without disease body
- without confusion mind
- without inhibition astuteness
- without trauma memory
- without sorrow sou
- Benefits for Physical Education

Yoga is then normally taken as an arrangement of physical instruction with a profound segment, in spite of the fact that the fact of the matter is the converse: Yoga is an otherworldly framework with a physical part. The act of asanas is yet just a little aspect of the total arrangement of Physical Culture and Education known as Hatha Yoga. Function of yoga in instruction from different points, including the sort of training that was being given to youngsters all through the world just as the various degrees of stress that kids face in the study hall climate. The troubles, issues, clashes, interruptions and dispersal of their energies were additionally thought of. We began utilizing certain standards and practices of yoga, right off the bat, as a trial to build the kids' learning capacity and, besides, to rouse educators to show their subjects in a marginally unique way. Our conviction was, and still is, that we are instructing our kids without considering or thinking about the development of their whole character. We are packing their cerebrums and brains with data without making any care group outside the homeroom climate where they can keep on guzzling education. We need to take a gander at what science says about the development of a youngster, what analysis says about kid brain science and how the hormones and organs adjust and impact the soundness,

passionate structure and innovative yield of the kid.

CONCLUSION

Basic science and development based information masterminded preparing can't make understudies to be an ideal flourishing. That is the explanation the current creator has drawn nearer to focus in on the issue and contemplated the need of joining of Yoga Education in the current plan of preparing for all round headway of understudies by influencing upon its different estimations—the individual and social, scholarly and enthusiastic, psychomotor and lead and great and extraordinary. The current paper weights with respect to Yoga in guidance and put forth certain proposals on the strategies for coordination of Yoga Education in the current preparing. Moreover, adding yoga to a school's instructive program will help give quality physical preparing program as change of customary physical guidance yoga in sports as critical as other would presume it causes us in different habits and different levels in a games men life. Yoga is then normally taken as an arrangement of physical instruction with a profound segment, in spite of the fact that the fact of the matter is the converse: Yoga is an otherworldly framework with a physical part. The act of asanas is yet just a little aspect of the total arrangement of Physical Culture and Education known as Hatha Yoga. Function of yoga in instruction from different points, including the sort of training that was being given to youngsters all through the world just as the various degrees of stress that kids face in the study hall climate.

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