



Yoga Education: A healthy Scenario of Prosperous India

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The word Yoga is 5000 years old. This word was used firstly by Lord Krishna in the battle field of Kurukshetra in an advice given to Arjuna. In Shrimad Bhagwad Gita, Lord Krishna says. The man who is capable of fighting the storms of lust and anger before the perishable body is destroyed he is the yogis in true sense and he is the happy man.

Yoga in truer sense is an art of living. It is not an invention of the individual, but it is a Sanjivani, a Prasadi for worldly man given by continuous search, sacrifice and asceticism of the saints, which makes like immortal. The life becomes fruitful in a right direction.

In this age of machines, the humans have discovered miraculous, modern technologies to lead a happy life and have made available tools for modern and luxurious life. We feel pride of being developed people of developed society. We should not criticize this development but as we involve ourselves in more consumption of these tools, as we depend more and more on them, we will be fed up of these thing after some time we will feel alone in the world, we will find ourselves to be incomplete and in satiated As a result, an unknown restlessness makes us uneasy. Are the physical diseases, mental tension, intellectual immaturity, social conflicts and unfulfilled happiness the purpose of our life.

In fact, the way we lead our life with mental hunger and thirst in this modern age, it is not a good sign for us and our future generations if we want to reform our present and future, We will have to resort to yoga, in today's busy life people are changing their routine works food habits and life styles due to which we are becoming untimely victims of many diseases. Inspire of having all types of facilities people find themselves to be unhealthy. Therefore, to make life more healthy and long through yoga, it is essential for every citizen to know what is yoga, and what its importance is

Yoga education should not be only for students but it should be given to citizens of all age groups so that should everyone becomes physically and mentally healthy and contribute to the nation someone

has rightly said. Healthy mind in a healthy body which means that healthy mind develops in a healthy body.

In current times the way we are depending on materialistic tools and rusting our body parts it will gradually make our body weak and useless. These materialistic tools not only effect our body but mind also which leads to our and our children's physical, mental and moral degradation if we want to raise physical and mental level of our citizens, we will have to make use of yoga education. For this, we should begin with primary schools yoga education should include in every level of education as an essential subject and its practical knowledge should be given to the students. Besides the yoga education should be made accessible to common people also for this the students and teachers should organize yoga workshop in surrounding areas and should make people aware along benefits of yoga so that they can be inspired for performing and teaching yoga and contribute in building a healthy, happy and prosperous India.

Thus, the importance of yoga in overall development of human beings very clearly shows that yoga education can lend to character building well benign and welfare of the society nation and the world.

The yoga education should be free from controversies and should be in the form of a sovereign religion it should be unbiased and free from class or caste differences our yoga education should reach to a higher leave so that every citizen becomes independent of materialistic world and bemuse a yogi, and should think about human welfare.

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