

Generating the Awareness of Yogic Practices in the Distracted Scientific World

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ABSTRACT

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Yoga plays an important role in motivating the people whether young or old in the cultivation of healthful habits and attitudes. The need for yoga education in schools has developed through the years as the teachers and common public have now come to realize the significance of providing healthy learning experiences that result into healthful and happy living for common children and people. During last few years, people have become more conscious about their health. Now, people have understood the cost of life as the corona and other diseases disturbed the entire world and changed the mentality of people towards the expenditure on healthy life style and health. Today, people have become very health conscious upto a considerable extent as it results into promotion of yoga education. Yoga education emerged as a prominent professional area. As a profession, it helps the individual as well as people in organization to realize the significance of yoga practices. Mass media can play an important role in generating the awareness of yogic practices among children and common people upto a large extent.

This paper highlights about the role of educational programmes to inculcate the awareness of yogic practices among young children in this highly technocratic and scientific world.

Keywords : Distracted Scientific World, Yoga Practices, Teenagers And Educational Programmes

I. INTRODUCTION

Science has always been considered both boon and curse. It is the mother of all inventions and discoveries. Out of them, instruments of mass media ie means of information transfer to a large heterogeneous and widely disperse audience are affecting the lives of people. Basically, there are three major functions of mass media (a) influencing (b) informing (c) entertaining. Today, the latest invention in the field of education is the use of

mobiles, online classes and watching videos on YouTube channels in study pattern especially during covid -19 lockdown periods. Now, children need not be present personally in the classes being held at long distances. They can avail the online classes while sitting at their homes. YouTube plays a creative role to boost up the knowledge. Mobile phones are very handy and small in size they can be put in small pocket easily. On the other side of the uses of mobiles show the negative impacts upon the children's personality, study pattern, eating habits, family

relations academic achievements and above all, late night sleeping habit. Children especially teenagers are found watching the videos on the YouTube late in nights.

It disturbs the sleeping pattern of children and next day morning's complete freshness of mind. After passage of months, children are found very stressed and depressed due to mobiles as a means of powerful distraction, habit of neglecting the studies and having insufficient sleep at night while children are found enjoying in attending the calls of their friends and relatives long hours. Teenager students usually are found sitting in back benches, because they are addicted to watch videos while the class is on. All these make eventually the school going children stressed and depressed. Yoga plays a creative role to help the teenagers to get rid of fear, anxiety and depression upto a large extent.

Today, we all are living in the modern era, with rapid changes in the life style and ignoring all natural phenomena's concerning our daily life routine which produces many mental problems. It is difficult to tackle and manage the outcomes of mental disorder/problems like stress, anxiety, frustration, conflict and sleeping problem etc. Around the globe, 60%* people are facing psychological problems or mental stress. It is very true that even medicines are not helping the mentally disturbed people in the desired results ie for mental peace. Today, people are advised to do yogic practices daily to avoid the chances of mental disturbances or high tension or depression. People started believing that yoga is the preventive technique in the area of mental disorder. Now, we need the knowledge for the perfect mental health.

The practice of yoga originated in India about 5000 yrs ago and has been adopted and practiced till today over the world with different names. Yoga is an

ancient form of exercise that focuses on the strength, flexibility and breathing to boost up physical and mental well being of an individual. Yoga means union or connection, join or attach. It refers to the joining or integrating of all aspects of the individual- body with mind, and mind with soul to achieve a happy, balanced and useful life. The main components of yoga are postures and breathing. Maitri Upanishad says, "Yoga is said to be the oneness of breath, mind and senses; and the abandonment of all states of existence." The Bhagavad Gita says that yoga is the journey of the self, through the self, to the self; while Yoga Sutra mentions, "yoga is the control of whirls of the mind." Along with Hinduism, Buddha during 6BC, started teaching Buddhism that lays stress or emphasis upon the significance of meditation and practice of physical postures ie Asanas.

Objectives

1. To understand the concept and aims of Yoga
2. To highlight the various elements of yoga
3. To mention the significance of yoga practices
4. To study the concept of meditation and advantages
5. To know the main obstacles in the process of meditation
6. To study the various educational programmes for yoga practices in schools

Concept and Aims of Yoga

Yoga is an ancient system for physical, mental and spiritual wellness. It is a process of self discovery and leads us to self mastery and self realization. It contains practices to strengthen the body, focus the mind and steady the emotions. yoga is often said to be for uniting the mind, body and spirit. In it, the body, mind and breath all are seen as a union of these different aspects of every human being. This integration results in internal peacefulness. British Psychological society accepted the significance of Yoga saying that Yoga involves concentration on the breath and body, which makes it a greater way to

soothe a person's mind and relieve worries. By helping discharge the tension and stress, Yoga poses and breathing exercises keep a person free from such negative elements. As a result, a person who does Yoga is able to achieve the pink of psychological health. The benefits of Yoga are as following-

- To develop physical, emotional and mental health through the regular practices. Different techniques, postures and movement, and breathing exercises, relation and concentration, self-inquiry and meditation. The regular practice of yoga promotes a sense of peace and well being.
- To make the body strong and flexible and improve the respiratory digestive and hormonal system
- To bring about emotional stability and clarity of mind and put pressure on the glandular system of the body which results in better health
- To cure the physical ailments and correct the alignment of the body through yogic poses. It strengthens bones and muscles, improves posture, breathing and increase energy and stamina of the body
- To clean and detoxify the body by increasing the circulation of fresh blood through body
- To help in breast cancer, arthritis , knee osteoarthritis, mood, anxiety and stress problems
- To increase the blood flow and levels of hemoglobin and red blood cells through allowing more oxygen to reach body cells and enhance their functions
- To be beneficial in lower blood pressure, relief in back pain and arthritis and boosting of the immune system and also helpful in attention deficit disorder
- To help in reducing cholesterol and risk of heart attack

The Various Elements of Yoga

Everything in nature is made up of five basic elements- earth, water, fire, air and space. The knowledge of these five elements allows the yogi to understand the law of nature to attain the greater health, knowledge, wisdom and happiness. The knowledge of these five elements is considered to be the basis of yoga therapy and ayurveda. Each element is responsible for different structure in the body-

1. Earth forms solid structure such as bones, flesh, skin, tissues and hair
2. Water forms saliva, urine, semen , blood and sweat
3. Fire forms hunger, thirst and sleep
4. Air is responsible for all movement, as expansion, contraction and suppression
5. Space forms physical attraction and repulsion, fear too.

Ashtanga Yoga

Maharishi Patanjali, the great sage is considered as the compiler of the Yoga Sutras. Yoga shows the way to live the better life. Eight limbs of Ashtanga Yoga-

1. Yama (Abstinence or restraints and promoting ethical behaviour) Ahimsa, Satya, Asteya, Brahmacharya and Aparigarh
2. Niyama (Observances of healthy attitude) – Saucha/purity, Santosa/contentment, Tapa/endurance, Svadhyaya/self-study, Isvaranidhan/ dedication
3. Asanas – (Body posture of integration of asana)
4. Pranayama – (Breathing practice)
5. Pratyahara –withdrawal of senses
6. Dharana- concentration on object
7. Dhyan – meditation
8. Samadhi- salvation/ the realization of universal of bliss, connect to God

Significance of Ashtanga Yoga

Yama and Niyam- these crate a balanced atmosphere around the yoga practicing individual. Yama makes

the self restrains mainly five - Ahimsa, Satya, Asteya, Brahmacharya and Aparigarh. All these takes our mind away from day to day tension. While five niyamas - Saucha/purity, Santosa/contentment, Tapa/endurance, Svadhyaya/self-study, Isvaranidhan/dedication. All these are related to morality and sociality.

In modern era, people are not following these and moving the life towards material world. Yoga practices teach the people to lead the life as per asthanga yoga says.

Asanas- The third stage of eightfold path is the stage of our spiritual growth. Through the practice of asanas, we develop the habit of discipline and the ability to concentrate which is necessary for meditation. Yoga postures are fabulous practice to have a metabolism in proper order and health intact. When each part of our body organs works properly, no disease can attack easily.

Pranayama- It means the practice of breath control and promotes the silencing power and stability of mind, high blood pressure, diabetics and thyroid problems.

Pratyahara- It refers to the withdrawal of senses. Sense organs are considered as responsible for psychosomatic disorders. If a person has strong will power with the help of yoga practices, keeps the sense organs under control then his life becomes free from these disease.

Dharana- It is the sixth stage in which concentration on one object/ point without diversion is made. In it, we try to learn how to slow down the thinking process by concentrating on a single mental object.

Dhyan – it is the seventh stage ie meditation. Where as in dharana practices one point attention, in dhyan, a stage of being keenly aware without focus. At this stage, the mind is quieted and still, it produces no thoughts at all. Regular practice gives us the identification of self consciousness.

Samadhi- it refers to oneness or realization of deep connection with the Divine. The person remains

meditating only on the internal part and undergoes in the states of super ego. At this stage, soul or self (atma) units with Bramha.

Mental Benefits of Meditation

- Anxiety decreases
- Emotional stability improves
- Creativity increases
- Happiness increases
- Intuition develops
- Gaining of clarity and peace of mind
- Problems become smaller
- Sharpening the mind

The Main Obstacles in the Process of Meditation

Some of the obstacles coming in the way of meditation are as follows-

- Carelessness
- Disbelief
- Languor
- Laziness
- Worldly ambitions
- Wavering mind or worldly distractions
- Unhealthy physical body or Disease

The various Educational Programmes for Yoga Practices in Schools/Colleges

- Visits to yoga centers with students
- To conduct yoga and naturopathy classes and training in college
- To celebrate the yoga day in the college campus
- Debate and seminars over health issues to be conducted
- To provide learning material over yoga education
- To arrange the visits of speakers having ample knowledge og yoga education
- To tell about taking the precautions against diseases like cardio vascular ailments, cancer, obesity , drug addiction etc
- To provide facilities for display and exhibition over significance of yogic exercises

To be precise, it is worth mentioning that yoga practices have revolutionized the minds of the educated as well as illiterate ones. Like a powerful weapon, we can save our young children from distractions like spending many hours on TV, YouTube video on mobile, video gaming with the help of yoga practices. The calm mind can concentrate more on one point.

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