

IMPLEMENTATION OF YOGA IN EDUCATION AS A STRATEGY FOR ENHANCING STUDENTS EDUCATIONAL ACHIEVEMENTS

RANJNA DEVI¹ DR. MUDIT RATHORE²

¹Research Scholar, University of Rajasthan, Jaipur, India

²Research Advisor University of Rajasthan, Jaipur, India

Corresponding Email: devi_ranjna@yahoo.co.in, prof.muditrathore@gmail.com

ABSTRACT

Yoga techniques has been practiced from ancient time in india.these techniques has been developed by Indian saints around or before second century BCE.it has been observed and found in literature that many chronic and incurable disease are cured by adopting yogic techniques in our daily life. In present era, yoga is adopted worldwide in different forms and each practitioner defining the yoga in its own form, but the basic aim of yoga is to use it for human mankind. One of the most practiced yogic techniques is breath regulation or controlled breath regulation using closing eyes and concentration of mind on inhaling and exhaling. This technique calm mind and body, which ultimately leads to many mental as well as physical health benefits. This technique doesn't need any special infrastructure as well as specialized trainer, so it can be easily implemented in class room environment for enhancing the student's concentration level. By adopting these techniques many studies have found that, it helps the students became more disciplined, energetic and their memory level also enhanced.

Keyword: yogic techniques, meditation, concentration, academic achievements.

1. INTRODUCTION

The science of yoga is an historic science and has been adopted by human before modern science. Thousands years ago, it was mainly used for self-enlightenment and spiritual progress. Although the exact origin of yoga is very difficult to find out, its traces found in

historic research like Indus valley civilization, where stone curved deity found which are sitting in yoga like positions. Also in historic manuscripts like Vedas the yogic techniques and their benefits for self realization found. In the Holy book Rigveda many description of yoga as a practice to control mind and body has been found. The

written description in systematic form found in the yoga-sutra which was written by Indian sage Patanjali. Patanjali is known as founder of modern age yoga and his contribution to modern world can never be underestimated. The work done by Maharishi Patanjali is most fundamental authenticated manual for yoga scholar, scientists in present time. The *Yoga Sūtras of Patañjali* are 196 Indian sutras (aphorisms) on Yoga. The eight-fold path also known as astanga yoga contains ethical guideline (yamas and niyamas), body position (asanas), breathing technique (pranayamas), control of the senses (pratyahara), deep concentration (dharana), meditation (dhyana) and the highest state of consciousness (samadhi). Among eight stages, the fourth stage that is controlled breathing or pranyama is the objective of our study. The word pran-yama is derived from ancient language Sanskrit which means controlled breathing. Breathing regulates human blood circulation in body and ultimately affects all parts of body. Historically yoga masters have realized the close connection between breath and mind. Hence controlled breathing (pranyama) given special emphasis in educational

objective achievements. One study by Zelano and colleagues (2016) has found that breathing is associated with complex brain functions and brain activities can be synchronized with breathing activities. It has been observed that facial expression can be recognized with nasal inhalation and exhalation, but not by mouth inhalation and exhalation. Breathing affects the brain and its functions. In yoga the self control of breathing deals with following features: variation in rate of breath, variation in depth of breathing, variation in inhaling and exhaling through nostril or producing sound during breathing. These variations are foundation for yoga breathing like anulom-vilom, pranyama, bellows yoga breathing or bhasrika, high frequency breathing or kapalabhati. The yoga practices in school have short history, slowly world has realized the importance and benefits of yoga in education system, earlier yoga had never been taken in serious way that can change health, academic performance or personality until last decade. Some schools see it as an alternative to physical education in future, government and other agencies continued to invest in yoga education for students within the school curriculum. Many investigations

conducted in yoga and in the field of behavioral disorders among children lead to conclusion that the benefits of yoga practice demonstrated with respect to physiological, psychological, emotional, and psychosocial functioning may be applicable to the impairments evidenced in these areas in behavioral disorders among students. yoga also help children learn to self-regulate, focus on the task and to handle problems confidently. Yoga can also improve balance, relieve tension and increases physical strength on practice it regularly. Students usually become distracted with their own mind, body and material objects. they lose sight their own true nature which is Blissful. The false identification makes them feel imperfect, limited, sorrowful and at a loss. so ultimate goal of yoga in education is to provide students with a way to cast of ignorance, make them get rid of imperfection and unite them with their true divine self.

2. OBJECTIVE OF STUDY

The main objective of this study is:

- To do analysis of breathing techniques and their main components.

- To find the importance of yoga in education.
- To develop yoga as a teaching strategies by integrating it with the chapter taught in classroom.
- To familiar students with focused meditation along with how to focus on topic taught in class room.

3. BREATHING TECHNIQUES AND COMPONENTS

There are various yogic techniques which are useful for mental as well as physical development of the students, but here we will study only two specific techniques which is related to our area of research. the two specific techniques of yoga which we will take under consideration are:

1. Anulom Vilom
2. Focused mediation

1. Anulom Vilom

Anulom Vilom is a form of Pranayama or breathing exercise which means extension of breath means prana.it regulates our breathing system .in increases the supply of oxygen to the brain. Due to this our brain functions in a better way and reduces anxiety and anger.pranayam calms the mind and helps in concentration of mind. Anuloma Vilom involves inhaling through

nostrils and exhaling each breath alternately between the left and right nostrils. Anuloma is opposite to Viloma. Pranayama is the regulation of breath or control of prana which is the stoppage of inhalation and exhalation the Sanskrit word prana means cosmic energy .it is life, Ayama means the control of the prana. So pranayama is the control of energy by concentration and by regulating the breathing. The science of pranayama teaches us how to reduce the respiratory and heart rate, while increasing the oxygen drawn by body while decreasing the outflow of breath.

Steps of Anulom Vilom Pranayama

Starting position: sit in the position of Ardh Padmasana or in any comfortable meditative posture and rest your hands on your knees.

- a) Using right thumb close the right nostril. inhale slowly through the left nostril. inhale as much as you can, this process fill your lungs with air.
- b) Remove thumb from right nostril. while you remove thumb from right nostril exhale in normal way.
- c) When you exhale use your middle finger to close left nostril then inhale with your right nostril and remove

thumb from the right nostril then exhale. Repeat this process for 5 to 10 minutes.

- d) During this process concentrate on your breathing.

Benefits of Anulom Vilom Pranayama

- a) It helps to improve concentration.
- b) It provides oxygenated blood to the body.
- c) It reduces anxiety.
- d) It calms down the mind.

2. Focused Meditation

Meditation is the yogic practice; this makes the body mind relaxed. it helps in improving concentration and induces peace in mind. Meditation involves in focusing on a single point. This could be breath, a mantra. a word or an object? In the beginning focusing of mind is difficult. therefore beginner start meditating or a short duration only and later on can increase its duration.

Practices for focused meditation

Sit in comfortable posture place your hand on your knees. sit straight, close your eyes gently and breathe normally.

Concentrate on your inhalation and exhalation. During this process your mind will go here and there. Try to concentrate on

your breath only. Give attention to your breath only.

Slowly open your eyes and remove the hands and relax.

Benefits of Focused Meditation

1. It gives deep relaxation.
2. It helps to reduce stress.
3. it helps in managing emotions.
4. It increases concentration.

4. FOCUSED MEDITATION AS A LEARNING STRATEGY IN EDUCATION

As we already know from above discussion that in focused meditation we generally focus on a single point which could be a breadth. a. a mantra. a word or an object. But in our research we will replace that single point with the study material. which is already taught in the class. In our study we will follows following process.

- a) First we will instruct the students to sit in meditative position.
- b) We will instruct the students to focus on the study material which is already taught.
- c) We will instruct the students to think and memorize the topic in meditative position.

- d) Students are asked to spend about five minutes in this process.

For starting intended focused meditation practice doesn't requires a special set of skills. In its most basic form all we need a comfortable seat, a . Conscious mind and to be mentally present .it may work so well, that we can. Meditate (for purpose of educational learning process) with very simple way. It will definitely help us to learn effectively and consequently will increase ' our memory level and problem solving abilities.

5. JUSTIFICATION FOR INTENDED RESEARCH

It is well known quotes "knowledge is not power until it is applied". We will work on this theme. It is scientifically proved that when we work on muscles they ' get stronger. Similarly brain function (concentration, memory) can also be enhanced by meditating. in our daily life we found that if a student gets low marks in their subjects, it is advised by everyone to concentrate on study. Concentration is ability to give all your attention to something. it is the process of careful thinking on something we are doing. Being able to concentrate is a crucial part of

learning process as well as in academic performance. Poor concentration means that someone has difficulty for staying on task because they may easily be distracted and hence cannot finish the work on time. Due to advancement of technology students are easily distracted from study and this leads to decrease in attention span and consequently low academic achievements. To solve this problem focused meditation will play a very crucial role.

6. CONCLUSION

Lastly we may conclude that yoga in education specially focused meditation practice in class room teaching can play an important role to achieve aim and objective of true education. so, we emphasis on initiative must be taken to design yoga integrated syllabus in school education. we have to take the initiative to spread awareness in society that yoga is not bound to any community or religion but it is a scientific technique that is well tested and highly relevant to current scenario in every aspect. With the help of active participation of school teachers and society the true potential of yoga benefits can achieved for inner development of overall personality of school students.

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