

Need of Yoga for the Well-being of Students in Present Scenario: An Analysis

Mr Sanjib Phukan
Research Scholar
Assam down town University
Mail id : sanjibphukan71@yahoo.com

Abstract: Yoga has been enriching itself in terms of value, utility, impact, perfection in worldwide popularity and acceptance. Yoga has already created a niche in different societies of different countries. For its innate and endowed qualities, yoga has become a global phenomenon. Irrespective of culture, religion, and language, yoga is practiced not only in India, it is practiced as part of living but also in Arab countries, Europe, America, and Asian Countries.

Keywords: Yoga, Well-being, Practice etc.

Introduction:

The term 'Yoga' is derived from the Sanskrit root 'YUJ'. The original word 'YUJ' means to join, to yoke, or to unite. According to Yogic scriptures, the practice of yoga leads to the union of individual consciousness to that of universal consciousness. It indicates a perfect harmony between the mind and the body, man and nature. The aim of yoga is self-realization, to overcome all kinds of sufferings leading to the state of liberation. So it is acclaimed to be the oldest science of the world. Mythologically, Lord Shiva is considered to be the first teacher of Yoga. The beginnings of yoga were developed by the Indus-Sarasvati civilization in northern India over 5000 years ago. Patanjali defines the word Yoga in his second Sutra, and the definition hinges on the meaning of three Sanskrit terms.

The school life and college life are most formative years in students' life. Research has well demonstrated that most college students suffer from physical and mental health problems. The student community and youth of today urgently need emotional and psychological support to avoid engaging in contradictory affairs and to dissociate themselves from their grip. Everyone finds practicing yoga beneficial in one way or another. Yoga has become the means to achieve health, efficiency, productivity, and prosperity. Yoga in its original and modern context, it can be said that the scope of yoga ranges from simple relaxation to profound realization. The approach is incredibly valuable as a way to begin the individual's commitment to the important role of discipline in healing.

Yoga, according to Patanjali, is a methodical effort to attain perfection through the control of the different elements of human nature, physical and psychical. He insists on certain practices to cure the body of its restlessness and force it from its impurities. The main motive was to indicate how salvation can be attained by disciplined activity. The yoga psychologists admit concentration is a general characteristic of all states of mind; it is found in

its interest form in the state of Samadhi. In modern times, the yoga scheme of attaining perfection appears to be only an elaborate process of self hypertension. The yoga discipline is nothing more than the purification of the body, mind and soul.

Objectives:

Modern society places a high value on physical activity as one of the main elements of a healthy lifestyle. Yoga is one of the key elements in promoting health. It is a form of holistic living that contributes to the improvement of health as well as prevention and treatment of diseases. Nowadays millions and millions of people across the globe have benefitted by the practice of yoga which has been preserved and promoted by great eminent yoga masters from ancient time to this date. To evaluate the effect of integral yoga on human potential by assessing sustained attention, emotional intelligence, general health, personality inventory and to evaluate the correlations of each variable with other variables.

To study the immediate effect of Kapalabhati and breath awareness on human potential assessed by state anxiety, sustained attention and verbal spatial memory.

To study the immediate effect of deep relaxation technique vs supine rest on human potential assessed by state anxiety and sustained attention.

The yoga education can prepare the people physically and mentally for the integration of physical, mental and spiritual faculties so that the people can become healthier, saner and more integrated members of the society and of the nation.

Yoga can be approached from a therapeutic point of view. Bhagavad Gita, Patanjali's yoga sutra and yoga vaisista are three important texts on yoga which have a common theme, overcoming the human suffering that occurs due to fundamental ignorance of true nature of one's identity or self. Bhagavad Gita and Yoga Vaisista deal with this directly keeping Arjuna and Sri Rama as the central characters involved in existential dilemmas and expound how one could come out of them through yoga. There is a need to emphasize the fact that contemporary trends of yoga is reducing it to certain bodily exercises involving posture and breathing. There are many therapeutic benefits of yoga and it also serves to enhance psychological growth as humanistically oriented psychologists conceived it, should be emphasized that these are only fringe benefits of practicing yoga. In India, yoga is itself a system of psychology and there is a need to distinguish this from how contemporary psychological perspectives approach yoga.

Review of Literature:

Yoga is the journey of the self, through the self, to the self – Bhagavad Gita. Yoga is our ultimate connection with the whole universe and with our own beings endless capacity to live (Bhagawat Gita). The writer of Yoga and Psychology language, Memory and Mysticism, Harold G Coward mentions that Isvara is the source of knowledge par extraordinaire

because from the start Iswara was the original speaker who was omniscient and therefore of unquestionable authority. Isvara has no Karmic taint (ignorance, ego, sense, desire, hatred and clinging to life). Isvara is defined by a special kind of self or purusa that is beinglessly untouched by the taints of karmas. The presence of desire to remain active in the material world disqualifies one from enlightened status. Yoga assumes the humans are perfectible to a very high degree. It can be restrained, truthful and capable of noble silence of the five self restraints recommended in yoga truthfulness (satya) requires most discipline. Satya is the conformity of one's speech and mind (Citta vritti) with the thing itself.

According to Patanjali the goal of yoga is the complete overcoming of the Karmic traces and thus, in the end the annihilation of the unconsciousness. Yoga claims the human nature is not finite, that is ego limitations can be transcended. Yoga assumes a virtually limitless capacity for perfection in humans, where psychoanalysis has much grittier, more embodied stance.

For the sake of Psychoanalysis the desire is here to stay and while one can become more sub limited in the manner of expressing desire, it is always desire that provides the motivation for perception and remembering and any encounter with objects in the world.

From a Psychoanalytic point of view the required annihilation of memory traces, of the unconscious and transcendence of bodily desire entailed in the egolessness that yoga suggests, we may aspire to and that some dedicated yogis are said to achieve are not theoretically possible.

Some Philosophers and Psychoanalysis and yoga do have similarities. In theory both yoga and Freud agree that memory and motivation are parts of a single psychic process which also embodies choice or selection. Freud seemingly free actions are under the control of the unconscious and determinism in the psychic realm is carried out interruptedly.

The yoga sutras of Patanjali are one of the six darshanas of Hindu or Vedic schools and along side the Bhagavad Gita and Hatha yoga pradipka, are a mile stone in the history of yoga. The yoga sutras are an enormously influential work that is just as relevant for yoga philosophy and practice today as it was when it was written. The Sanskrit word yoga as used by Patanjali, refers to a state of mind where thoughts and feelings are held in check.

Methodology:

In the ordinary waking consciousness, introspection is the main route by which can look somewhat at objectively at what goes on inside our own minds, but as we have seen. The perspective of the Indian tradition the short comings all derive from the fact that in ordinary introspection, one looks with one part of the surface mind at what happens in another part of the same surface mind.

In this work various methods are used to elaborate the main theme. Mainly analytic method, historical method and psychological approach would be made during the research. At the same time questionnaire and interview method are also applied to have greater inside the relevance of yoga. Moreover hypothesis is made in research and also various assimilation has been made from various well known and reliable sources so that the research activity may be proceeded.

Need of yoga psychology:

The aim of yoga is the transformation of human beings from the natural form to a perfect form. Yoga is one of the many paths leading to release. Practical yoga psychology is an attempt to simply blend the teaching of yoga with those of psychology ,psychiatry and other branches of western science to give an overview of the human personality ,an idea of where mankind are going and guidelines to proceed on journey. Modern yoga practices often includes traditional elements inherited from eastern religion, such as moral and ethical principles ,postures designed to keep the body fit, spiritual philosophy, instruction by guru, chanting of mantras, Pranayama and stilling the mind through meditation. Yoga advocates progress toward the experience of Samadhi an advanced stage of meditation where there is absorption in inner ecstasy.

Yoga practice is an extension of the search for meaning in self, and integration of the different aspects of being. The ultimate goal of yoga is the attainment of liberation from worldly suffering and cycle of birth and death (samsara). Yoga entails mastery over the body, mind and emotional self and transcendence of desire. The yogi reaches an enlightened state where there is a cessation of thought and an experience of blissful union.

In the present age our attitudes towards life are fragmented and we are constantly running after objects of luxury in order to find happiness and peace of mind. We have forgotten that happiness and peace are very much a part of our essential nature and are within us.

These elements restrict the enjoyment of freedom and spontaneity in thinking, feeling and behavior. The moment of these modifications cease to exist, another vista opens, as Patanjali explains.

The experience of these inherent qualities is lost because we have lost contact with the core of our existence, the spiritual dimension which is the source of boundless energy, happiness and unfathomable peace. To actualize our inner potential we need to establish integration between our head (thinking), heart (feeling)and hands(behavior)which means discarding discrepancies in our thinking, feeling and behavior. To achieve this, yoga psychology recommends leading a disciplined lifestyle and developing a positive attitude towards the events of life.

The practicing of yoga helps to control the individual's mind, body and soul. Yoga brings physical and mental disciplines to achieve a peaceful body and mind, and it helps to control stress and anxiety and keeps human relaxing more. The regular practice of yoga helps to increase flexibility, muscle strength and body tone. The practice of yoga improves respiration, energy and vitality. The yoga asanas build human strength, flexibility and creates confidence level high. The regular practice of yoga help to lose weight,relieve stress ,improve immunity and maintain a healthier life of people. Patanjali says, 'yoga chitta vritti nirodh' which means yoga is the cessation of all the modifications of mind'. Vritti here means all the painful or non-painful elements of the mind which keep on surfacing in the forms of thoughts, feelings, emotions and neurotic tendencies.

Conclusion:

In the conclusion it is said that the Yoga is essential part of Indian civilization and culture. While using yoga to build a healthy body and mind one must use its benefits to strengthen perace,harmony and brotherhood. modern mind, in East or West the whole yoga scheme of attaining perfection appears to be only an elaborate process of self-hypnotization. It is noted that Patanjali's yoga, in its original form is free from the vagaries. The yoga discipline is nothing more than the purification of the body, mind and soul and preparing them for the beatific vision.

Now a day's yoga has become a worldwide phenomenon there is a need to emphasize the fact that contemporary trends of yoga is reducing it to certain bodily exercises involving posture and breathing, which is far from what yoga really means in its original context. There is no doubt that there are many therapeutic benefits of yoga and it also serves to enhance psychological growth as humanistically oriented psychologists conceived it, it should be emphasized that these are only fringe benefits of practicing yoga. Yoga is defined as skill in action, it is never meant to be understood as a technique to achieve some temporary gain with achievement motivation. Yoga as a way of living that ultimately leads to transcendental self-realization resulting personal transformation. The most people practice the hathayoga which includes physical postures (asanas) and some breathing techniques (pranayama). Asana and Pranayama helps to establish a strong foundation toward achieving the objectives of yoga. To achieve the final objectives of control over the mind, one needs to include the routine all the limbs in some form. Yoga changes an individual's perspective about life.

So Yoga, as understood in India, is itself a system of psychology and there is a need to distinguish this from how contemporary psychological perspective approach yoga. Therefore, there is a need to study yoga psychology as such. So it is regarded that both psychology of yoga and yoga psychology can be complimentary in advancing our understanding of human behavior. The effectiveness of yoga depends on the regularity and accuracy of the exercises. Therefore it is said that the yoga has been proved as a great science today.

International Day of Yoga has been celebrated annually on 21st June since 2015, following its inception in the United Nations General Assembly in 2014. It is a physical, mental and spiritual practice which originated in India. This year the theme of International Yoga Day is observed “Yoga at home and Yoga with family” due to the coronavirus pandemic, the world is facing a crisis.

In corroborating the very spirit, the government of Assam under the leadership of Ex-Chief Minister S. Sonowal adopted plans and programmes to create an ambient atmosphere for yoga practice in Assam. Sonowal said ‘Yoga is a way of living that aims towards establishing peace and creating a healthy mind in a healthy body. It helps to promote a balance development of physical, mental and spiritual self’. (22 June 2017, <http://in.economicstime.com> nets)

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