
Yoga Dimensions in Contemporary Learning

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Abstract

The modern educational system is built on the matter-based worldview, which holds that everything is nothing but matter. This upward-causation hypothesis has been a defining feature of the scientific revolution. This scientific approach to intellect growth and its practical applicability to current living is used in modern schooling centred on bread-earning. While intellectual sharpening is vital, over-sensitivity caused by this sharpening frequently leads to large imbalances and risks such as depression in teens. As a result, a comprehensive education system to handle these problems is essential. While science is advancing toward a consciousness-based paradigm (downward causation) with awareness as the originating state and matter as the end result of condensed consciousness, the educational system should likewise embrace this holistic foundation. Yoga, as a comprehensive living science, promotes whole personality development on physical, mental, emotional, and intellectual dimensions, all with a spiritual foundation. It has the potential to provide the requisite value system, character, and nation-building qualities. A research overview of this four-fold personality development and four-fold consciousness growth - civic sense, service enthusiasm, patriot awareness, and spiritual desire - has been given. Based on these studies, integrated yoga modules for teacher training have been established, and thousands of instructors have been educated throughout India to introduce yoga at the elementary, secondary, and high school levels. Integrated yoga modules appropriate to higher education levels are also being designed to provide students graduating from the education system with a whole education that

includes not only bread-earning but also man-making, national-building, character-building, and value-based education.

Keywords: - *Integrated yoga modules Intellectual sharpening, comprehensive education system, Integrated yoga modules, Character-building, Value-based education awareness, spiritual foundation.*

INTRODUCTION

Modern Education

Our view of the natural world has changed dramatically during the previous four centuries. Corresponding educational changes are now required in society. To keep up with this increase in understanding, the modern educational system has evolved at a rapid pace. However, a larger shift looks to be on the way. Man has progressed from ignorance and superstitions to rational thinking as a result of the interaction. The intelligence is growing. Discrimination is used to its full potential. This shift has paid huge returns in terms of (i) meeting basic necessities like as food, housing, and clothing, and (ii) unlocking the mysteries of the enormous spectrum of the physical universe, from fundamental particles at the micro-level to galaxies and Milky Way's at the macro-level. Classical mechanics has been superseded by generalized rules such as relativistic mechanics and quantum theory. On the one hand, the current decade is displaying hints of new breakthroughs in

physics, microbiology, brain research, and medical sciences, and on the other, economics, technology, and social sciences. Sensitivity and a matter-based approach are beneficial, but too much of either can be harmful. As a result of such imbalances, new changes occur. Problems serve as stepping stones to greater comprehension. In comparable circumstances four to five decades ago, probability theory and quantum mechanics arose, offering up a new vision of knowledge. Our worldview will soon undergo a complete metamorphosis, predicted Professor Josephson, Nobel Laureate of the University of Cambridge, in his 1985 speech "Beyond Quantum Theory." We can go from the current matter-based world view to a more basic world view in which awareness, intelligence, mind, life, and so on are important and matter is secondary. That will be a complete 180-degree swing in science. And so will our educational approach.

If microbiologists began to recognise life as a separate entity, brain researchers have recognised the inevitability of using consciousness as the innate core of all brain functioning - the medical world has recognised the limitations of modern drug therapy in dealing with psychosomatic diseases and psychiatric problems, which are primarily based on a matter-based world view. As petro-based technology becomes more environmentally friendly, non-pharmacological approaches to healing are becoming more popular. In order to be more realistic, economic models have begun to include health expenses and expenditure on strain and stress risks; the conventional objective, linear models in economic theories have been replaced with non-linear, highly probabilistic, and complex models. Social philosophies have begun to examine the value system (G.N.P.) on which nations are categorised. Human well-being is replacing economic growth as the overall measure of social growth. All of this implies a complete shift. Educationists, too, are unsatisfied with the current educational model and are making quick modifications to the curriculum. We look to be on the right track.

As Professor Fritjof Capra correctly predicted in his book *Turning Point*, we are on the approach of a metamorphosis

and at a turning point. "We discover a direction, a new light in the Eastern knowledge the wisdom from the Vedas, Upanishads, and Shad Darshanas," Professor Josephson added, "in this journey towards a deep and profound shift in our world view." Many other progressive scientists and philosophers hold similar beliefs, and study is being conducted all around the world. As a result, educationists are investigating the Eastern philosophy of education.

Yoga in Education

Education is more than just acquiring information; it is a process of manifesting man's inherent perfection. It should assist a developing youngster bloom into a beautiful flower. Man-making education is required for the development of the child into a man. Emphasis should be placed on overall personality development and social consciousness in order to produce such guys. Then, it is not enough for our students to improve their IQ levels and gather more and more information in schools and colleges; the educational system should provide them with the opportunity to develop their physical, mental, intellectual, emotional, and spiritual bases (the four-fold personality development) for the development of a harmonious personality; the curriculum

should be structured in such a way that the civic sense, patriotism, service zeal, and spiritual urge (the four-fold consciousness) are developed. We should direct our education toward the objective of man-making and nation-building. If this fundamental orientation is established in our educational system, our society's current decadence will fade in the future, and beloved Bharat will reclaim her former greatness. Yoga, India's ancient science is a deliberate practise for acquiring mastery over the mind and personality development, which develops ordinary people to achieve greatness. The mechanical worldview of Newton and Descartes, as well as the traditional deterministic approach of objective experimental methods, have kept us running for the previous three to four centuries. Religious superstitions, blind beliefs, dogmas, rituals, traditions, etiquette, and habits have given way to rational thought and a comfortable existence. The outcome has been the era of science and technology. Education has also been adapted to the times, with a focus on science and technology.

This intentional practice of mastery allows us to awaken the hidden potentialities in all of us and blossom into Men with the fivefold personality development indicated

above. Yoga harmonises our development and, via balance, aids in entire development. Such development produces heavenly virtues such as love, affection, sacrifice, service, and so on, which form the foundation of the four-fold awareness. In this sense, yoga is a comprehensive living science that is associated with fundamental or true knowledge. As a result, yoga is being integrated into the educational system. Yoga has also become a popular trend. Yoga has been practiced by millions of people all over the world. The understanding of yoga is gradually deepening. Yoga is increasingly becoming acknowledged as a science of holistic life characterized by calm and poise, health and happiness, energy conservation and efficiency, rather than as a process of physical or respiratory acrobatics, if not as a rope trick! Yoga's utility to the modern man in relieving stress and tension, to patients in prevention, treatment, rehabilitation, and promotion of positive health, to professionals in expanding their abilities and improving their quality of life, and so on, is drawing individuals from all walks of life. Furthermore, its solid foundation in the Upanishads provides a fundamental knowledge of human pain in general, as well as a path toward greater and greater joy. Yoga provides a complete value system based on this wisdom; if

implemented in our education system from the start, we may develop an ideal society. Then we shall transition from the age of science and technology to the age of Yoga science.

Yoga in Education is increasingly necessary for these reasons. The appropriate approach to introduce Yoga Techniques may undoubtedly go a long way toward rebuilding our country's lost value system, which has been the primary cause of our decadence. This necessitates the methodical creation of techniques, as well as scientific assessments of their usefulness to students at various levels, which also aid in enhancing the appropriate approaches and removing the erroneous ones. Over the last three decades, the Vivekananda Yoga Anusandhana Samsthana (VYASA) has been active in this process of man-making and nation-building instruction. VYASA has created Yoga courses with this purpose in mind, and thirty years of Yoga research has shown their effectiveness.

a. Personality Development at the Physical Level: Does physical personality development require a hefty physique weighing 100 kgs? The following characteristics define an ideal body:

b. A proportional physique with all muscles relaxed and in a calm state. It's delicate as a flower and pliable to the core. It may instantly attain the hardness of a diamond. The first physical attribute of a good personality is the absence of anomalies in all of the organs and systems in the body. Thus, chronic and acute illnesses are nonexistent in such a physique. The therapeutic use of yoga is breaking new ground here. The second part of physical personality development is to make the body perform more efficiently by utilizing energy in the most regulated manner. The metabolic rate should be quite low during resting times. The body should only consume the appropriate quantity of energy during typical activity. At critical periods, under great demand, the activities of the organs co-ordinate so well that the necessary energy is summoned and flows lavishly into those regions that require more energy. The body gains all of the strength required to deal with the circumstance. This "stability" of the harnesses to function in such harmony, Yoga techniques can help you achieve this. Specialists in physical culture, wrestlers, athletes, and dancers are

particularly interested in and utilising YOGA in this application.

- c. **Personality Development at the Mental Level:** The ability to imagine - "creativity and steadfastness or willpower are two qualities of the mind that fall under this category of personality development." Yogic techniques have been shown to increase man's creative ability. As a result, yoga has drawn numerous singers, poets, film artists, engineers, and technologists. "Will power" is a necessary condition for all people to complete any endeavour, no matter how little or large the assignment. Yoga, by its methodical and purposeful practise of relaxing the mind, eliminates mental weakness and instils "willpower" in it. Each challenge arouses immense energy to confront the problem in such a mind, and courage becomes a part of the personality. Such a person, steadfast to the core, accepts life's challenges with marvellous sobriety and converts them into opportunities to accomplish his mission.
- d. **Personality Development at the Intellectual Level:** In the present period of science, a keen brain and the ability

of reason play an important part in the educational programme. Thinking and understanding are valued more in the learning process than mechanical cramming of knowledge. From the first grade, students are taught to think rationally and scientifically. However, among the 'intellectual elite' of society, this heightened ability of sharper intellect linked with deep forceful concentration has also chained man to the vortex of the strong grips of uncontrolled mind. He can't get out of it, no matter how painful it is. Personality growth at the intellectual level should comprise not only acute sharpening of the intellect but also mastery to emerge from the enslaving force of the heightened intellect. Swami Vivekananda correctly highlights "concentration and detachment" as two essential components of education. Not only should it be feasible to delve deeply into any subject at hand, but it should also be easy to emerge from it at any time. Again, it is the uniqueness of YOGA that may bring about this entire intellectual growth. As a result, many "intellectual suffers" are becoming interested in YOGA and joining its ranks. [8]

e. **Personality Development at the Emotional Level:** Our emotions drive our behaviour, especially at critical junctures. The hardships of the modern day represent a significant danger to man's emotional stability, maybe more than ever before. However, cultivating the growth of our emotional capabilities has no place in the overall design of schooling. Man appears to be lost in the middle of contemporary life's pressures and crises, unable to overcome his emotional conflicts/blocks and anguish. As a result, there is deep discontent, suffering, and mental illnesses, most notably depression. Yoga teaches us to sharpen and cleanse our emotions in a disciplined manner, and (ii) purposefully broadening and disseminating the overtones of such sensitivity. As a result, YOGA is an excellent instrument for the development of man's emotional personality.

Spiritual Basis

A guy may have a strong body, incredible creative force, a brilliant intellect, and a very sensitive emotional grasp, yet have no concept of spiritual advancement. He could not even be aware of the spiritual component. What, then, may be claimed to

characterise spiritual personality development? The Kathopanishat describes it as follows: We are all so organized that we usually gaze outside ourselves at the surroundings. The senses grasp the things around them - primarily the objects of the world outside, solving problems associated with them, unravelling mysteries therein, and using such knowledge to make our lives more comfortable and enjoyable; raising our children to perpetuate and sustain the society around us; striving to set patterns of behavior and transaction etiquettes, and so on.

We've been quite busy. Despite this pattern of existence, certain glimpses into the depths of our inner dimension appear on times during our lives. Few people get these glances, but those who do are astounded by the hitherto undiscovered dimensions concealed therein. The hunt begins; the quest begins. That is where Spirituality in life begins. Yoga is not only a method that leads man to his amazing hidden personality by bringing control over the body, mind, intellect, and emotional faculties, but it is also a strong tool for manifesting those latent potential abilities in him.

As man grows older, his desire to better himself grows stronger. In the process, he learns and comprehends the manifestations of Nature all around him. Great scientists and searchers of reality do not hesitate to venture into uncharted territory. It's going to be an experience for them. The fresh vistas of the inner world entice them to go inside. It is the openness, modesty, and humility of today's highly evolved scholars that drives their adoption of yogic practices in their quest. They are not prejudiced. Their previous searchers' appreciation of such advancements characterizes them. Yoga is assisting them in expanding their spiritual dimensions. This method of education for personality development is a continual function of one's degree of development. The more the growth of personality, the larger the educational implications and the unfoldment of perfection in him. Individual development is accompanied by the emergence of the previously mentioned four-fold consciousness. Let us attempt to define what we mean by them.

Civic Sense

This category includes the recognition of the importance of civil laws and regulations established by the state in accordance with jurisprudence, as well as a willful adherence to these codes of

behavior and a true execution of civic tasks as an impassioned citizen of the State. It must be made obvious to students that if we freely accept and follow the laws, there will be enormous delight, fulfillment, and progress not just for ourselves, but also for the entire society. Examples: Rules of the road - avoid going around the circle; strikes and destruction of civic amenities The state must strictly enforce these rules or else the "Tamas" in man will not be shattered. Citizens should accept such enforcements, and we should all work together to keep the law and order in the society, which is our primary responsibility.

Patriotic Urge

Patriotism is founded on the conviction that I am an Indian and that I should do all possible to promote the interests of the nation. This passion for the nation may be instilled in kids by making them aware of our magnificent culture, which is the oldest, of the wonderful resources our Motherland has supplied, and of the role India plays in sustaining world peace by spreading the message of true human values. We should focus our pupils' attention to our country's significant legacy while teaching history, geography, science, and so on. Most nations who have achieved enormous success and progress,

and built up their country quickly, have one thing in common: patriotism. Almost every person bears this sign of deep devotion for their nation. Even in insignificant deeds, patriotism is exhibited. They are willing to make sacrifices for the good of the country. In a hotel in Japan, a tourist misplaced his wrist watch. The management took his complaint seriously, and the police were called in to conduct the search. The guest was about to leave the nation, and the watch was nowhere to be found. While boarding the plane, the visitor encounters the Police Inspector, who apologises for the tragic situation and requests that the tourist take one of Japan's most costly watches. After he handed up the watch, he asked, "I would prefer it if you could keep this event to yourselves back home."

Patriotism is frequently regarded as disruptive, particularly in an age of global communications seeking global harmony and peace. A proper attitude toward nationalism as part of internationalism would keep this narrowness and extremism at bay. One is a member of his family, the nation, and the planet. There is no disagreement on this point. The names of scientists, technologists, historians, musicians, and others from their own nation, as done in Russia, might be one

way to instil self-confidence and affection for our elders. Another effective method is to research the lives of renowned patriots. Such patriotism may channel the kids' efforts in the proper direction for national welfare. Such an environment may foster brilliance in people. The national liberation movement had spread like wildfire throughout the country. At the altar of Mother Bharat, people sacrificed everything. The spirit had a profound and pervasive influence on the minds of all scientists, artists, and others. Most people's dormant potentials were awakened as a result of this. Only during this time period did the best talents emerge. Two Nobel prizes were presented for exceptional scientific and literary research. They were just emblems of the rise of brilliance.

Service Zeal

Students should be taught that there is more satisfaction in giving than in acquiring for them. Love is required for the wounded mankind all across the planet, which is plagued by greed and speed. The penacea is service. A new value system that prioritises love and service is urgently needed. Let us instil this in our children from the start.

Spiritual Urge

The spiritual desire is founded on an ardent search for the REALITY, the

meaning and purpose of life, the link between the world outside and inside, and the secret of happiness and pain. An appreciation for the grand spiritual heritage can be developed by understanding and experiencing even the most basic tenets of spirituality. The desire to promote and spread spiritual understanding emerges at this point. As Swamiji puts it, "Service to Humanity is Service to Divinity" is the spiritual lesson most pertinent to the current period. It must be instilled in pupils through various initiatives. VYASA, a spiritually oriented service mission, has been functioning its education wing using the above-mentioned Holistic method. Many elementary and secondary schools in India have begun to use our curriculum, which was designed for students' whole personality development and four-fold consciousness growth. VYASA taught a large number of Yoga Teachers in both government and private schools utilising this syllabus (about 40,000 from 1980 to 2010).

CONCLUSIONS

The above-mentioned review of published research can be expanded to demonstrate the effectiveness of integrated yoga modules not only at the school level but also at the higher education level, which can fill a gap in the current bread-earning

education system by shifting from a matter-based to a consciousness-based paradigm.

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