

# Study on Advancement and Impact on Yoga and Value Education

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**Abstract – The advancement of the technology is coming into the new syllabus and it is coming with the information overload. Competitions, exams and tests not only manifests into academic anxiety and examofobia, it also manifest into regression and guilt. Practice of Yoga not only help to keep the mental body strong and supple but also incorporate mental activities, disciplines that help to develop attention and concentration and stimulate the creative ability that are latent within human body. Yoga helps bring about subtle attitudinal changes in life. If taught earlier on in life. It can be implemented only in Schools, and it may bring a revolutionary change into the society. Being able to harness ambition in a positive manner rather than through negativity will not only help the student excel but also make them a healthier and happier person for the country and community. The education of teachers is paramount to improving the quality of education of children, for teachers are instrumental in developing in children positive attitudes, stimulate curiosity, awaken their creative potential, promote understanding and tolerance, helping children understand themselves and the environment they live in, and eventually develop in them the moral consciousness, sensitivity and responsiveness to the needs of society. The materials have been developed under the guidance of an expert advisory committee comprising known scholars of Yoga education from different parts of the country and from different Yoga schools of thought. Each module is divided into units of study which provide a theoretical base to the main theme. The last unit in each of the modules is practice-based. In the last unit, which is named “Practicum”, the yogic techniques including Āsanās, Prāṇāyāma, Bandhas, Mudrās or Kriyās (ṣaṭ kriyā) have been systematically explained stepwise and illustrated with the help of graphics or photos of postures. Along with procedures of the concerned yogic practices, precautions or special instructions, if any, have been clearly mentioned so that the sādḥaka, after initial training under the guidance of an adept practitioner can practice on one’s own. Do’s and Don’ts have been given as and when required.**

**Keyword: Yoga, Value Education, Effectiveness, Technology, Human Body.**

## INTRODUCTION

Education is a formative procedure, which happens in one's very own person because introduction and interaction with individuals and other stimuli in the earth. Because of this interaction the individual procures a mastery of knowledge and additionally right attitude, appreciation, aptitudes, considerations and procedures, which empower to use the knowledge and set up the individual to live proficiently in the society and contribute to propel the society. Knowledge affects the living and as an outcome ones education must be ceaseless to adapt to the consistently rising issues of regularly evolving society. Therefore one of the essential objectives of education is to empower every last individual to know about the capabilities and to create them to the greatest degree.

Education can engrain in the youngster a sense of maturity and responsibility by conveying the coveted changes as indicated by the necessities and requests

of constantly changing society as a basic part. Talking all the more to be perfectly honest, education gives monstrous advantages to the kid. An accomplished individual is known everywhere throughout the region. That individual can address the conflicting

Difficulties and hold over every one of the challenges, which stand up to in everyday living. Other than this, education culturists the individual and aides in fulfilling the requirements everywhere throughout the globe. In this way education readies the Individual like a bloom, which spreads generally its fragrance around the earth. Generally the individual will resemble a bloom without fragrance.

## DEFINITIONS OF VALUE

Value actually implies something that has a value, something valuable, dear and beneficial. Henceforth somebody is prepared to languish and forfeit over. Values are an arrangement of standards or measures

of conduct. In the expressions of John Dewey, "The value implies basically to cost, to regard, to evaluate and to gauge. It implies the demonstration of accomplishing something, holding it and furthermore the demonstration of condemning upon the nature and measures of values as contrasted and something unique".

The expression "value" was first time utilized as a part of financial matters, at that point spread to numerous other disciplines, including rationality. Value is utilized as a part of numerous routes, for example, great, best, right, and so forth. It can be utilized as solid nouns, for example, his value or her value framework or Indian value framework, alluding to some protest or individual or society that is valued or judged to have value. As an abstract noun, values are utilized as desirable, and in addition advantageous. Values are likewise utilized as verbs prefer – profitable, valued, to value, to acknowledge, to value or to assess and so on.

"Value" is gotten from the Latin word "Valerie" which means to be solid and energetic. To be of value is to have certain Excellencies. From a historical view point a value might be characterized as "a thing which is great". A broadly acknowledged concept of value in traditional Indian rationality as "Truth" "Goodness" and "Magnificence" i.e. 'satyam, shivam and sundaram are considered as interminable values.

## RELATIONSHIP BETWEEN VALUE AND EDUCATION

Value education is a process of developing in the tyke's knowledge, aptitudes, attitude, values and conduct designs that society thinks about desirable to have, both as an individual and as an individual from the society. Hence education in its points, educational programs and techniques ought to be indivisibly bound up with values. Society hopes to protect and advance its values through education through desirable changes in the youngster's mindset, feeling and is the way one acts as per perfect and satisfactory life. Subsequently value education suggests that something ethically satisfactory and beneficial is being transmitted i.e. the substance of education ought to be beneficial and passed on in ways that can't be protested by anyone whenever.

Education in autonomous India has experienced intense changes however in the meantime education couldn't pay expected worry on the compelling part of students; however the requirement for empowering and developing values among students have been brought up. The most critical recommendations in regards to value education were made by Indian Education Commission (1964-66). "The first and the most imperative objective of the national example, is development of fundamental social good and profound values". Commission additionally prescribed that separated from Education such values ought to be made a vital piece of school programs. For the most part, a few periods ought to be separate in the

time table for this reason. Value education was particularly underscored in Indian Education Commission (1964-66) as, "In the circumstance that is developing, it is similarly critical for us to give a legitimate value introduction to our educational framework." The Commission planned that understudies ought to be presented to values amid their education process.

## YOGA AS A MEDICINE TO PROMOTE HEALTH

Larry Dossey has achieved the conclusion that around 1950, scientific medicine transcended the unthinking methodology of physical medicine and entered the time of mind-body medicine. The scientific premise of mind-body medicine dwells in psychoneuroimmunology. There is presently plentiful confirmation to demonstrate that misery and despondency impede the capacity of the immune framework, while peace, love, expectations and joy improve immuno-capability. Yoga is of incredible relevance to mind-body medicine due to the way it takes a gander at life. The yogic perspective of life is the best solution even composed for enduring peace and joy, which are independent of external occasions and conditions.

Yoga assumes a vital role as the antiquated Indian healing workmanship. Traditional Yoga is an exploration of human brain science. It takes a shot at three-aspect viz. mental, physical and social states bringing about enhanced wellbeing, lesser covetousness for ownership and productive administration of human life. The salubrious mental impacts of yoga decrease the likelihood of ailment. In any case, if disease occurs, the same mental impacts help self-healing and alleviate symptoms. On the off chance that even that bombs, as it once in a while should, yoga ensures that ever when harassed with a hopeless or agonizing malady, the individual isn't hopeless. Concepts of mind-body medicine are being utilized adequately in the Integral Health Clinic (IHC) of All India Institute of Medical Sciences. IHC utilizes yoga as the foundation of psycho-profound change required for utilizing the forces of the brain to recuperate the body. Yoga has now turned into a basic piece of scientific medicine. Humanity has everything to pick up from this creative amalgamation of the old and the new.

Yoga is a scientific framework, which gets harmony body and brain. It is extremely levelheaded and scientific strategy by which a condition of harmony as a primary concern and body is accomplished. Self-flawlessness or condition of eternity is yoga. The yogic concept alludes to the working of body and brain for a homeostatic instrument, which contributes to an adjusted incorporated working in both external and inside stimulants. The mental squares, for example, push, pressure, absence of attitude, inspiration and so forth. are elements of inner awkward nature and are not because of any external variables. The essential worry of yoga is to recognize

the components causing sick wellbeing. Fitting strategies i.e. Asanas, Pranayama, Mudras and Bandhas meet the particular medical issues, for example, asthma, arthritics, back agony and so forth. Yoga is both preventive and therapeutic. On the off chance that yogic standards and systems are utilized as a part of appropriate way a wide range of afflictions can be cured. This yogic framework is Yogapathy.

## **BENEFITS OF YOGA IN EDUCATION**

**Self (education of self-realization):** Yoga renders self-education. Yoga is only the education of self-mindfulness. Yoga encourages how to live with shrewdness, not with the common introductions. Introduce education system makes introduction towards external world such a degree, to the point that one bit by bit begins losing the attention to his being i. e. self-mindfulness.

**Quest for the Transcendental State of Psyche:** The foremost point of Yoga system is the quest for the supernatural condition of minds i.e. Nidhidhyasana, accepted as a fundamental part of the old Indian system of study and education. Samadhi prompts the Nididhyasana state which additionally escorts the astuteness. Here one thing ought to be certain that the way for supernatural condition of mind is a continuum, as specified in the Yoga-Sutra (2/27), not an "all or none" wonders, as it is usually comprehended.

**Improvement of General Awareness (Attention Vs Awareness):** The targets of Yoga, other than causing physical, mental and spiritual unfoldment in an individual, are additionally the inculcation of social and ecological mindfulness inside oneself.

**Advancement of Uniqueness:** While talking about the part of Yoga in education, the individual distinction and uniqueness of a man ought to be given due place. At the point when incomparable awareness is reflected through the individual uniqueness of sundry spirits, it gives a select delight and distinctiveness in the creation. Generally the world will be repetitive. Yoga had faith in the uniqueness of the individual soul, that is the reason in Yoga, numerous a ways and practices were recommended for wannabes for their spiritual advancement.

## **REVIEW OF LITERATURE**

Oak et al., (2006) assessed a 30-day yoga program, trailed by month to month followups for the consequent a half year on large Indian. Private Yoga Group (RYG) demonstrating a reliably, however statistically not-huge, diminishing pattern in all the four components of uneasiness, articulated in IPAT's A.S.Q Test. Non-private Yoga Group (NRYG), Aerobic Group (AG) and Control Group (CG) have demonstrated reliably high scores indicating the

quality of dread. All the four gatherings have demonstrated an ordinary range score in factor C (passionate precariousness), L (suspiciousness) and Q3 (low poise) implying at nonattendance of hypochondriac propensities in Indian hefty. The examination is characteristic of a plentiful extension for long haul interventions of yoga in rehabilitation programs for the stout, as a rule and for the Indian corpulent, specifically.

Present day science now trusts that the reason for wellbeing degeneration, rot and untimely maturing lies in free radicals in the body. Truth be told, the results of free radicals are profoundly receptive called responsive oxygen species (ROS) viz., Superoxide anion radical ( $O_2^-$ ), hydroperoxyl radical ( $HOO\cdot$ ) and so forth. In this examination Superoxide anion radical ( $O_2^-$ ), Glycosylated Hemoglobin and blood glucose levels of 40 clinically affirmed diabetics were evaluated (Bera, Mahapure and Shete, 2006)

Vijayalakshmi.G (2006) opined that values are the notable highlights of the individual's conduct in the society. The data were gathered from 40 educators working in Telugu medium and 40 instructors working in English medium school. The factors incorporated into the examination were sex, level of school, medium and territory. The technique embraced was test review. The outcomes uncovered that there is huge distinction just amongst provincial and urban instructors and no noteworthy contrast was seen amongst male and female, essential and optional and Telugu and English medium school educators.

Gayatri (2008) understudies the attitude towards values and their practices in relations to certain identity factors among B.Ed understudies. Discoveries uncovered that attitude of B.Ed understudies was certain on the wellbeing, just, knowledge, social, stylish, power and religious values

Vijayalakshmi.G (2006) opined that values are the notable highlights of the individual's conduct in the society. The concept of value is so profoundly implanted in human activities and considerations that one should attempt to execute it. The value administered conduct design is reflected in the behaviour examples of individuals. Be that as it may, the world at exhibit is going through such value struggle, which is showed in all fields of life. Education framework took after at exhibit is for the most part materialistic as opposed to value based. The aftereffects of her examination on teacher's impression of school children's values uncovers that values are most imperative to be incorporated and shown appropriate from youth.

Veerpal (2010) led an exploration titled 'Viability of Jurisprudential Inquiry Model of Teaching on Value Inclination of School Students' that planned to feature the adequacy of jurisprudential request demonstrate (JIM) on value slant of auxiliary school understudies

having a place with various knowledge and financial status (SES) gatherings. Keeping in mind the end goal to see the impact of medicines on value slant, specialist utilized the four-way factorial settling cum-crossing test plan. Forty understudies were exploratory gathering to treat with JIM and forty understudies were in charge bunch instructed through conventional strategy. The treatment went on for four months. There were four parallel gatherings under every treatment, i.e. high insight and high SES, high knowledge and low SES, low knowledge and high SES and low insight and low SES. The investigation chose five values, in particular, untouchability, scientific viewpoint, citizenship, self-restraint and collaboration.

Commonality with the writing in issue territory causes the scientist to find what is as of now known, what others have endeavored to discover, what strategies have been promising and what issues stay to be unraveled (Creswell, 2011). Survey of related writing is a fundamental piece of any examination work. Survey finds, read, assess and report all the related research works in the territory of study. Survey of related examinations gives knowledge aggregated from effectively existing investigations and works in the field of values, value orientation of establishment and value education. This section presents portrayal of looked into investigate reports and concentrates identified with the subject and factors of the present examination.

Saoji (2006) has led an investigative examination to discover the significance of value education in the Gram Geeta of Tukodoji Maharaj. Title of the examination was 'Diagnostic Study of Value Education in 'Gram Geeta' of Respected National Saint Tukodoji Maharaj.' A poll in view of the different values portrayed by Gram Geeta was developed by the examiner. A mix of The Historical Research and Survey Method has been all around utilized for the examination. Data has gathered from 500 ministers of Gram Geeta through the poll and from the 50 specialists through Interviews. The examination demonstrated that Gram Geeta of Tukodoji Maharaj is compelling to execute values. It can instill the values like Patriotism, Dignity of Labor, Punctuality, Sensitivity towards Nature, Humbleness, Cleanliness, and Respect for All Religions, National Integrity and Scientific Attitude. Study induced successful execution of Gram Geeta for school understudies to advance their value sense.

## CONCLUSION

Inside limitations, the present examination will make determinations as Yoga contributes to keep up one's Health Related Fitness. Yoga can be utilized as a treatment to control distinctive psychosomatic issue. Writing based Yoga Modules, as exhibited in this investigation, for enhancing one's Health, Health Related Fitness, and Value Education appear to be valid. Patanjala Yoga is more disposed towards enhancing one's health and value education, though

Hathayoga rehearses are discovered helpful to enhance one's health related fitness. Along these lines, "Traditional Yoga" is an arrangement of Health for advancing Health Related Fitness and Value Education.

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