Abstract

Yoga is an agreement between the individual and the universe, between thought and act and between spirit and God. The Central government of India is currently working on including Yoga in the syllabus of all of India’s schools as part of Health and Physical Education. Yoga for Youth is to provide an alternative to typical ‘physical education’ which is neither violent, nor competitive, nor hierarchical, but rather, is supportive of each individual’s growth, self-integration, and socialization. By using songs, movement activities, popular poems, folktales and hands-on materials, Faith has taught students the anatomy of their bodies, calming strategies for stress relief and especially to listen to their breath, because breath is life. Both yoga and physical education contribute to not merely the physical development of the child but have a positive impact on psychosocial and mental development as well.

“Rather than teaching children to compete with each other, yoga teaches children to access their own inner resources by helping them develop a mind-body connection. With this connection, they will be able to live their lives from a place of inner wholeness and balance, relying on their own strength, guidance and support throughout their lives.” When we practice yoga, harmony comes by discovering, experiencing a new consciousness within that is beyond mind. This consciousness is of the nature of delight, peace, harmony and bliss. When this consciousness descends down into mind, body; it purifies this body and mind; it eliminates all discords between body and mind. Yoga not only brings inner harmony but also outer harmony with nature, with people with society and with the external world. This paper will discuss how harmony of body, mind and emotion comes because of yoga. When we practice yoga, how it awaken the inner consciousness or spiritual consciousness within.

Keywords: Physical Education, Intergration, Harmony

Introduction

With the development of the atomic bomb, a fatal border has been crossed. For the first time in his history, man has the power to end his own existence. In fact, the means of destruction are already so gigantic that the term “Over Kill” is only to appropriate, Peace has therefore, become a necessary condition for man’s survival. To be in a position to abolish war or to achieving global peace requires internal harmony and peace within the nation states. Under these circumstances, there is a great need for peace building and peace making therefore, we have to reconsider our own objectives of education and ensure that the principles of right living and non-violence are incorporated into the process of Education. Responding to this need, the National Curriculum Framework (2005) by NCERT has underlined that education must develop sensitivity in individuals to their social environment.

Education is search of knowledge for perfection. Education means using instrument of human frame for reaching harmony, perfection, integration, and better and better response to the challenges in the world. Education leads to learning and learning leads to change in behavior.

Learning begins the moment one comes out of the womb
of mother and continues until death. Learning is inherent ability of human race that moulds his behavior, awakens ones potentials, perfect his attitudes and perception, sets standards of social, emotional, mental and intellectual life, brings changes in the outer and internal world.

Quite evidently, student age is the crucially important period which enriches one’s personal life, nurtures social adjustments, fosters friendship and understanding and affects one’s whole life pattern. Seen from this perspective, one could very well understand the critical necessity of teaching students, youth and young leaders the art of living together, in mutual respect, justice, love and peace.

According to UNESCO Constitution, 1945, “Since wars begin in the minds of men, it is in the minds of men that the defenses of peace must be constructed” It is a big responsibility to take on the task of educating for justice and peace. Teachers have an inherently powerful job. We have the privilege of standing at the front of a class and guiding students through lesson plans that we have prepared. Teaching peace is about helping students to find their voices, to listen to themselves and to each other, to trust themselves and to learn more about themselves.

According to Maria Montessori, “The first essential is that the teacher should go through an inner, spiritual preparation-cultivate certain aptitudes in moral order. This is the most difficult part of her training, without which all the rest is of no avail…she must study how to purify her heart and render it burning with charity towards the child. She must ‘put on humility’ and, above all, learn how to serve. She must learn to appreciate and gather in all those tiny and delicate manifestations of opening to the child’s soul. Ability to do this can only be obtained through genuine effort towards self-perfection.”

Something magical is happening in classrooms across the country. It is an effort to make the study of peace a formal part of school. Not only can education mitigate the impact of conflict by providing safe spaces and developmental opportunities for children; it can also actively transform the roots of conflict and build peace.

Factors of Arising Conflicts and Violence

1. **Individual Difference**: In society, men are not alike in their nature, attitudes, ideal, interest and aspirations. Due to this difference, they fail to accommodate themselves which may lead to conflict among them.

2. **Cultural Difference**: Culture is the way of life of a group. It differs from society to society. The culture of one group differs from the culture of the other group. These cultural differences among the group, sometimes cause tension and lead to conflict.

3. **Clashes of Interests**: The clash of interests of different people makes conflict inevitable. The interests of the workers clash with those of employers lead to conflict among them.

4. **Social Change**: Conflict also arises due to the difference between rates of social change. The change in the moral norms of a society and man’s hopes, aspirations and demands leads to conflict. The conflict between the old and new generations is owing to social changes. Conflict is an expression of social disequilibrium.

These are major factors in creating violence and conflicts among individuals, societies and nations. Here individual is the basic unit of all these conflicting groups if this basic unit can be treated at its foundation stage then it is easy for every nation to avoid war, violence and conflict. To inculcate peace in the mind of individual, yoga can be helpful. Yoga should be added as a component in the curriculum to create peace in the mind of child at every stage of education.

Yoga is derived from a Sanskrit word “yujir” meaning to yoke, to bind, to unite etc. here the word union represents the best and the highest union so that human being can live, move and act in Health, Harmony and Happiness, perfection, beauty, peace, light, knowledge, eternal love and ananda or ultimate bliss. It aims at the melodious progress of the mind, body and the soul.

“With the promise of focus, peace of mind, awareness, balance, flexibility, and strength, Yoga offers ‘the missing piece’ of the puzzle for teachers everywhere.”

This union further conveys that there is disintegration within human being that is to be integrated and united for manifestation of the best and only the best in human race. The best in human race can only be achieved by manifestation of highest possible values, attitudes, skills, knowledge by transforming all that are negative, violent, stressful and sufferings. Yoga brings an end to all sufferings -physical, mental, emotional, social, professional and spiritual. The ancient scriptures claim that yoga is practiced to bring an end to all kinds of sufferings. There are sufferings physical in the form of many diseases, mental
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in form of many psychological problems (i.e. violence, conflict, stress, anxiety etc.) and natural calamities in the form drought, famine etc. Yoga is practiced not only to achieve perfect health but also to achieve professional, personal, social and spiritual excellence in life. Yoga following the inner path of spirituality dropping aside all rituals and rites of religion brings all religions to one single platform. Yoga understand the root cause of all sufferings facing the human race, offers a sound philosophy and different practices to bring to an end to all sufferings.

Yoga is a learning of self in relation to outer world and in relation to transcendental world of highest consciousness so that even the field of unknown becomes united with the known so that every action taken leads to joy, happiness, perfection and integration.

Modern education strengthens the mechanical, habitual mind so that the information can be stored easily and effectively. This information gathering system has to be stronger in order to meet the demands of lower nature, ego, sex etc but it kills spontaneity, naturalness and harmony within. The aim of modern education is definitely perfection but this perfection is not clearly defined, as there is no holistic concept in modern education system.

Yoga is in fact education of the self and modern education is the education of external world. Yoga is education of self in relation to outer world and modern education is the education of the external world in relation to self.

Nowadays Yoga is becoming more popular among people of the world. Yoga is a philosophy of life to support final goal of life. Yoga is an accurate science. It aims at the melodious progress of the mind, body and the soul. Realizing the importance of Yoga, there is a tremendous development in India and in foreign countries of Yoga Universities, Colleges and schools engaged in educating, research and practices of Yoga.

Modern education and yoga both are search for knowledge aspiring for perfection. One demands perfection in the outer world and the other in the external world. Both external and internal worlds of human being are important as they both together can bring true happiness, integration and prosperity. It is essential for the modern man to grow externally as well as internally so that there is total or holistic growth of human being in all directions. The person must also grow with knowledge grows in the mind will be the right education in the present world. It is further important to give due importance to the growth of subjective faculties with outer growth of information in the mind to bring about harmony in the external and internal world.

The central government of India is currently working on including Yoga in the syllabus of all of India’s schools as part of Value Education. “Rather than teaching children to compete with each other, yoga teaches children to access their own inner resources by helping them develop a mind-body connection. With this connection, they will be able to live their lives from a place of inner wholeness and balance, relying on their own strength, guidance and support throughout their lives.” Yoga is an agreement between the individual and the universe, between thought and act and between spirit and God.

Yoga for Peace

Yoga Education for children includes teachings of Yoga to children of all ages. The teachers should know the exact needs of children and how Yoga can be helpful in their everyday life. Teachers should be trained to teach Artistic Yoga, Athletic Yoga, and Rhythmic Yoga and Yoga Sports to the children. The complete orders are given for Asana, Pranayam and Meditation (Concentration) techniques.

Yoga transforms the brain and brain has deposits of all our past impressions, conflicts, dualities, problems and worries, brain further is full of deposits of instincts that becomes active in daily life and we experience hatred, anger, jealousy, frustration and many other negative traits. When we practice yoga, brain transforms into peace, harmony and love. It is always full of love, beauty, creativity, energy, delight and many other positive traits. This is the first transformation we can experience after practicing yoga. When we practice yoga, a stage comes, our mind is transformed means our mind pours down higher consciousness that is full of intuition, inspiration and revelations and all these tells us to follow the path what is right, peaceful and harmonious. This state of mind is free from distractions, anxiety, stress, problems and miseries.

Various Types of Yoga Courses

Various types of Educational courses in Yoga are available today.

- **Yoga Sopan** is one of the easiest courses in Yoga Education. Mainly this course is for the beginners. Duration of the course is five days. It contains various simple movements of arms and legs, deep breathing, meditation and Omkara Japa.
• **Yoga Pravesh** is one-month duration course. Suryanamaskaras and different types of breathing exercises are taught in this course. Course conductors deliver lectures related to Yoga in this course.

• **Yoga Parichaya** is a certificate course in Yoga. The duration of this program is one and half month. It includes some lectures on several topics. At last, there is a final exam of the participants’.

• **Yoga Pravin** is a Diploma course in Yoga Education. A research work is mostly undertaken in this project. The training contains more purification process and pranayams.

• **Yoga Pandit** is a Bachelor program in the Yoga Education. There is only one Yoga Pandit training center in Nashik currently.

The Benefits of Yoga

1. Respecting and listening to self and others
2. To grow positive thoughts and good humour
3. Maintaining the health of the body and mind
4. To straighten the spine and develop correct posture
5. To learn that physical activity can lead to relaxation of body and mind
6. To develop correct breathing
7. To manage stress and regulate energy levels
8. Learning to relax and rest the body and mind
9. To install periods of silence and structured rest
10. To improve receptivity to teaching and to enhance learning
11. Learning to concentrate, develop visual memory and creativity
12. To raise the pleasure of learning
13. Through continued practice Yoga postures can have a profound effect on the inner dimensions of life, establishing deep calm, concentration, emotional stability and confidence.

Why Teachers Use Yoga in the Classroom

• It helps children to develop their imagination
• It creates an atmosphere of peace, and it is calming to the children and the teachers
• It balances energy
• It focuses the children before a class activity
• It helps children who are stressed
• It brings clarity [and concentration]
• It energizes students
• It is a tool to change the energy from outdoor dynamic movement to inside mental reflection and vice versa
• Taught students how to control their bodies, which is really difficult at a young age
• Provided a physical outlet for students who may experience emotional or behavioural anxiety from time to time
• Inspired self-awareness and self-confidence
• Helped take children’s minds of everyday mishaps
• Helped children concentrate and focus
• Helped children relax at will and overcome stress

Both yoga and physical education contribute to not merely the physical development of the child but have a positive impact on psychosocial and mental development as well. Playing group games have a positive impact on individual self-esteem, promotes better interaction among children, imparts values of co-operation, sharing and to deal with both victory and defeat. Similarly yoga practice contributes to the overall development of the child and various studies have shown that it contributes to flexibility and muscular fitness and also corrects postural defects among school children. The experience of introducing yoga in school curriculum has been quite a mixed experience. There is a tendency for yoga to be reduced to mere physical exercise that defeats the very essence of this practice. At present there is a shortage of trained yoga teachers that is related to the non-availability of adequate number of institutions that have the capacity and expertise for this purpose. If yoga is to be effectively integrated then the government would need to overcome the shortage of yoga teachers beginning with the senior secondary level and then consider classes from sixth to tenth. In the interim period teachers who are trained in physical education are also getting some training in yoga education. It may be worthwhile to review the syllabus and pedagogy of the teacher’s training programme offered by different colleges and deemed universities in this area.
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