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Research Paper

Holistic Development through Yogasana

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Abstract

The word wholesome development denoted to physical, mental, social, nuro-muscular and emotional development of an individual. Today`s busy life individual are woks like a machine; that`s why overall development are impossible. But if we go through various games, sports and specially yoga can be the only solution to overcome the problem. Yoga enables us to attain and maintain a dynamic sukasthanam - a dynamic sense of physical, mental and spiritual well-being. The Bhagavad Gita (II: 48) characterizes Yoga as samatvam meaning along these lines that Yoga is an amicable and adjusted condition of poise or equipoise at all levels. This might be additionally perceived as an ideal condition of dynamic prosperity wherein actual homeostasis, passionate equilibrium and mental serenity show in congruity. Yoga, physical postures and breathing exercises improve muscle strength, flexibility, blood circulation and oxygen uptake as well as hormonal function. Yoga can improve the quality of life in physical, emotional, intellectual, social and spiritual aspects

Itroduction

The word 'yoga' signifies "to consolidate or Yoke". It brings the body and psyche together to turn into an amicable encounter. Man is a physical, mental and otherworldly being; yoga advances a reasonable improvement of all the three. Yoga is a technique of discovering that

targets adjusting "Psyche, Body and Spirit". Yoga is a training with verifiable beginnings in old Indian way of thinking. Yoga is unmistakably not quite the same as other sorts of activity as it produces movement without causing strain and uneven characters in the body. Different types of actual activities, similar to high impact exercise, guarantee just actual prosperity. They have little to do with the improvement of the otherworldly or astral body. Yogic activities revive the body with inestimable energy and encourages. They have pretty much nothing to do with the improvement of the otherworldly or astral body. Yogic activities energize the body with inestimable energy and encourages human beings.

The Indian Sage 'Patanjali' defined Yoga as the process of Spiritual Development. In addition to this, he even came up with the different Postures, known as asanas and various Breathing Exercises, which are known as pranayama.

In the event that the current day circumstance is considered, it tends to be said that the idea of yoga has acquired prevalence in the western world because of the expanding awareness among people around the planet and a requirement for adjusted way of life. Another imperative marvel to be mulled over is hatha yoga; hatha yoga has gotten very famous among the westerns, it tries to advance wellbeing and prosperity through actual exercise. The normal act of asanas and breathing activities (pranayama) makes the body solid, graceful and sound.

Yoga can contribute straightforwardly to improve mental concentration and focus among human. It includes long, profound, moderate breathing, just as the coordination of mental fixation. Yoga consolidates strength and adaptability practices with unwinding and contemplation. Studies have uncovered that yoga has helped fix a wide scope of mental and actual medical issues, mostly among youngsters and kids. In the event that the current pattern of way of life as referenced above is again thought about, it tends to be said that, in spite of the days of yore, Children nowadays, infrequently include themselves in games and other comparable viewpoints and are fairly occupied with cell phones, videogames and other static diversion. Henceforth, Yoga and Meditation turns into a matter of Paramount significance in understudy life.

In the West, Yoga is being recognized for its numerous physical and mental advantages, for example, improved muscle tone, lower circulatory strain, stress alleviation, expanded essentialness, and mental clearness, yet the first motivation behind yoga was – and its

most elevated reason has consistently been – profound. Yoga is a study of involvement which is intended for the upliftment of mankind. Yoga is the craftsmanship and study of accomplishing valid, enduring satisfaction. It is a science since it offers explicit, useful strategies for getting these advantages. It is a workmanship, since its most noteworthy advantages come uniquely through touchy and instinctive practice; else it yields just shallow outcomes. Hence, Yoga ought not to be misconstrued simply as a science for treatment of certain infections. From a more extensive perspective it is a science which welcomes wellbeing and joy on causal, astral and actual planes. All the religions of the world talk about the heavenly association of soul and soul in without a doubt. Yoga (association of soul and soul) can be accomplished through any methods, however yoga as propounded by Maharishi Patanjali is the quickest way.

Yoga and Wholesome development

Because of materialism modern age is in the full of stress, tension and anxiety. Human beings have no time to think about leisure. So this makes us physically tired and mentally retriend. In order to get rid of physical fatigue and mental tension and stress, we devise certain means. We are fully in lifestyle disease. At this juncture yoga can wholesome develop for us. Here wholesome refer as physically, mentally, socially, emotionally, nuromuscularly development.

Physical development

Physical Dimension is identified with our body. It implies that all organs and frameworks of our body ought to be appropriately evolved and work. It suggests a sound body with no illness. Yogic practices like asana, pranayama, and bandha assume a helpful part in actual improvement of youngsters. There is a progression of asanas furthermore, pranayamas which help to improve the working of the body.

Social development

Primarily socialization, presumably the main part of the character improvement happens during outset, normally inside the family. By reacting to the endorsement and dissatisfaction of guardians and grandparents and mirroring their models, the youngster learns the language and a considerable lot of the fundamental conduct examples of her/his general public. The interaction of socialization isn't restricted to youth, yet proceeds all through life and educate the developing youngster and juvenile about the standards and

rules of the general public wherein she/he lives. Some critical components of this measure incorporate regard for other people, listening cautiously to other people, being keen on them, and voicing your considerations what's more, sentiments amiably, sincerely and obviously so you can be effectively heard and comprehended. Standards of yama incorporate these.

Spiritual development

This dimension is identified with the improvement of qualities. It is additionally concerned with self-actualization which is identified with perceiving one's potential and creating them to the most extreme. Appropriate advancement of this measurement encourages the individual to understand one's genuine personality. For otherworldly turn of events, yama, niyama, pratyahara and dhyana (contemplation) are useful. Yama and niyama help to build up our virtues while pranayama, also, reflection assist us with understanding our actual self. Reflection is exceptionally viable for the improvement of 'self'key components and are vital as these assistance us in the improvement of our associations with our companions, guardians, educators and others.

Intellectual development

Intellectual development is identified with the improvement of our psychological capacities what's more, cycles, for example, basic reasoning, memory, discernment, dynamic, creative mind, innovativeness, and so on Advancement of this measurement is vital as it empowers us to learn new things and obtain information and abilities. Yogic practices such as asana, pranayama, dharana, dhyana (contemplation) help to create focus, memory and consequently help in scholarly improvement.

Emotional development

Yogic practices are successful for improvement of enthusiastic measurement identified with our sentiments, perspectives and feelings. There are two sorts of feelings: good and negative. For instance love, generosity are positive feelings, while outrage and dread (test fear) are negative feelings. Likewise, our emotions and perspectives may be positive and negative. For passionate turn of events, positive sentiments, perspectives and feelings ought to be created and negative ones ought to be controlled, as the negative mentalities also, feelings fill in as a mind hindrance for the turn of events of character. Yoga assumes a basic part being developed of positive feelings. It brings enthusiastic dependability. It

serves to control negative feelings. Yogic practices, for example, yama, niyama, asana, pranayama, pratyahara and reflection help in enthusiastic administration. For instance, the guideline of peacefulness will shield us from negative feelings and create good sensations of affection and consideration. Essentially, other standards of yama and niyama will assist with creating positive feelings and perspectives in our own and public activity and hence help in the administration of feelings.

Conclusion

The Yogic and the Meditative practices are the ones which started in India and they have end up being of colossal significance for the general prosperity of any individual, consequently we as Indians have been honored with such a jewel of information and should utilize it in the correct manner. Accordingly, it turns into an obligation on our part to take this forward with us and utilize the equivalent and not let it go.

In Bhagavad Gita, Lord Krishna tells that the one who has attained to the state of Yoga (Yogarudda) as “the one who is unaffected by the senses, not attached to the fruits of action and has renounced all desires” (yadahinendriyartheshunakarmasuanushajateysarvasankalpasamniyasiYogaroodhtadauch yate - Bhagavad Gita :VI-4). This shows in a confined outer disposition towards the temporary material world and an advancement of the capacity to go inside oneself to locate a definitive everlasting reality.

Health and happiness are your birthright, claim them and develop them to your maximum potential” Quoted by Swamiji Gitananda Giri Guru Maharaj. So yoga is the best way for us to regain our birth-rights and attain the goal of our human existence.

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