



INCLUSION OF VALUE EDUCATION AND DEVELOPMENT OF HEALTH COUNSELLING THROUGH YOGA

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Abstract

A value stands for ideals humankind lives for. Anything which satisfies human want thereby has a value. In brief, what is effective is valuable. What is good or beneficial to individual or society has a value. Religion, faith, morality, honesty etc. are considered as value. Values are part and parcel of the philosophy of a nation and that of its educational system. They are the guiding principles of life which are conducive to all round development. Values and education are closely related. Our sense of values develops through education. Values are embedded in educational practice. Values are a set of principles or standards of behavior. Values are the guiding principles in day-to-day behaviors of every individual. ‘Yoga’ means ‘to add’, ‘to unite,’ or ‘to attach.’ In simpler words yoga means ‘combined.’ The ultimate objective of yoga is ‘moksha’ or liberation. Consistent routine of yoga over an expanded time frame can help us to reach our inward self. The physical asanas orchestrate the body and adjust the sensory system. The breathing practices or pranayama quiet and adjust body and brain. Family pressure, financial instability, academic stress, peer groups and the like can cause degeneration of values in the students. Yoga’s combination of breath and movement can help alleviate social and academic stress and clear the mind. Yoga helps them get along better with one another, which fosters a more positive learning environment highly favorable for inculcating value education. It works to reduce problems including insomnia, high heart rate, headaches and general aches. Sound mind resides in a sound body. If a healthy and fit body is achieved by the students, value creation will be an easier task for the teachers.

Keywords: Value, Value Oriented Education, Yoga

Introduction

‘All the orthodox systems of Indian Philosophy have one goal in view, the liberation of soul through perfection. The method is by yoga’- Swami Vivekananda

Etymologically, the word ‘yoga’ has been derived from the Sanskrit word ‘yoking’ meaning ‘joining’. It is the means or technique for transforming consciousness and attaining moksha (liberation) from Karma and rebirth (samsara). It is a practice by means of which a spiritual seeker strives to control nature to make the soul fit for union with the supreme soul and to attain union with God and thus the liberation of the soul from the rounds of rebirth and death.

Yoga is a group of physical, mental and spiritual practices or disciplines which originated in ancient India. There is a broad variety of yoga schools, practices and goals in Hinduism, Buddhism and Jainism. The origins of yoga have been speculated to date back to pre-Vedic Indian traditions as mentioned in the Rig-Veda, but most likely developed around the 6th and 5th centuries B.C.E., in ancient India’s ascetic and sramana movements. Following the success of Swami Vivekananda in the late 19th and early 20th century, yoga gurus from India later introduced yoga to the west.

In its most common literal sense, ‘yoga’ means ‘to add’, ‘to unite,’ or ‘to attach.’ In simpler words yoga means ‘combined.’ The ultimate objective of yoga is ‘moksha’ or liberation. Yoga follows the principle of discovering dysfunctional perception and cognition as well as overcoming it for release from suffering through inner peace and salvation. Example of this principle is found in Hindu texts such as Bhagavad Gita and Yoga sutras and in a number of Buddhist Mahayana works as well as Jain texts. Yoga is a path to enlightened consciousness enabling one to comprehend the impermanent and permanent realities.

In a narrow sense, value means the amount for which a thing can be exchanged in an open market. But in a wider sense, factors which affect human behavior are regarded as values. A value stands for ideals humankind lives for. Anything which satisfies human want thereby has a value. In brief, what is effective is valuable. What is good or beneficial to individual or society has a value. Religion, faith, morality, honesty etc. are considered as value.

Values are part and parcel of the philosophy of a nation and that of its educational system. They are the guiding principles of life which are conducive to all round development. In the words of John Dewey: ‘The value means primarily to prize, to esteem, to appraise, to estimate, it means the act of cherishing something holding it and also the act of passing judgment upon the nature and amounts of values as compared with something else.’



Values and education are closely related. Our sense of values develops through education. Values are embedded in educational practice. Values are a set of principles or standards of behavior. Values are the guiding principles in day-to-day behaviors of every individual. These are regarded as desirable, important and are held in high esteem by a particular society in which a person lives. Every educationist in modern times has emphasized the importance of value education. They are of the opinion that wrong and inappropriate education is the cause of devaluation in human character.

Value education means inculcating in children a sense of humanism, a deep concern for the wellbeing of others and the nation. Value education refers to a program of planned educational action aimed at development of character and morality. This can be accomplished only when we instill in the children a deep realization of commitment to values that would help in the development of the country by assuring order, security and progress.

In the domain of physical education, there are values of health, grace and beauty. In the domain of emotional education, we discover values of harmony, friendliness, endurance and perseverance. In the realm of mental education, the values that emerge are those of impartiality, quest for truth, calmness and silence. The values pertaining to aesthetic development would be those of vision of beauty, creativity, joy and goodness.

The University Education Commission (1948-49) observed: Education is initiation into the life of spirit, a training of human souls into the pursuit of truth and the practice of virtue. The Kothari Commission (1964-66) laid stress on moral and spiritual values: The expanding knowledge and the growing power which it places at the disposal of modern society must be combined with a strengthening and deepening of the sense of social responsibility and a keener appreciation of moral and spiritual values.

Yoga- Its Benefits for Inculcation of Values and Health Counselling

Consistent routine of yoga over an expanded time frame can help us to reach our inward self. The physical asanas orchestrate the body and adjust the sensory system. The breathing practices or pranayama quiet and adjust body and brain. The yoga nidra discharge strains at different levels of the body and brain and prompt an inward feeling of amicability. With regular practice of yoga, we become more sensitive to the kind of food our body asks for which helps in keeping a check on our body weight. Yoga is completely a natural approach to manage daily stress and strain of our life. Yoga can be used as a therapeutic measure to reduce stress even though it has become chronic. Self-control and self-regulation is ensured through regular practice of yoga.

Yoga for Student's Health Counselling

Our system is a seamless blend of the body, mind and spirit. Any irregularity in the body affects the mind and similarly unpleasantness or restlessness in the mind can be manifested as ailment in the body. Yoga stands for connection, joining or merging. Though we all apparently seem to be different human beings, in essence, each one of us is the same infinite and immortal being. Since our senses, ideas and beliefs are so limited, we are unable to experience the oneness, the infiniteness of the Supreme. Hence, we must awaken such energy, knowledge and wisdom within our students, who are the most worthy citizens of the nation, whereby they can overcome the limits of the physical level and also the emotional, mental and spiritual levels as well.

During the early stages of development students show ineffective coping strategies like anger, distraction, avoidance and the like. They are likely to experience academic and behavioral problems such as low-test scores, discipline related issues and dropping out school. Educators can support the health, well-being and academic success of the students by incorporating yoga classes as yoga can be used to control conditions such as depression, anxiety, stress and behavioral disorders.

Participation in yoga sessions helps to improve overall wellbeing of a student. The value of such sessions extends far beyond physical activity. The wide range of asanas, pranayamas and meditation techniques provide supportive and nurturing environment to the students who thereby gain the opportunity to attain concentration, self-confidence through kinesthetic learning. The yogic activities enable students to focus on releasing tension through relaxation. They can thus easily manage unproductive stress and other school related anxieties.

Yoga Promoting Value Oriented Education

The term 'value' refers to those desirable ideals and goals which are intrinsic in them and which, when achieved or attempted to be achieved, evoke a deep sense of fulfillment to one or many or all parts of what we consider to be the highest elements of our nature. Values are intrinsic in nature and they are ends in themselves.

The role of education in the changing social scenario is becoming very challenging. Today, there is multiple information centres such as internet services, coaching classes, various audio-visual aids that provide a flux of information to the students. The



teacher's role as the only source of knowledge has been marginalized. The society is becoming more materialistic and values appear to be pushed into the background.

Only an ideal educational system can lead a society in the right direction. The students are to be made familiar with the essential values such as, optimism, motivation, willingness to learn, truth, nonviolence, creativity and ability to never speak or think ill of others.

A wide, suitable, rich, attentive, quiet and silent mind is an asset not only for the discovery of the deeper ethical, aesthetic, psychic and spiritual realities, but also for manifesting their powers. The body by nature is a docile and a very faithful instrument. But it is very often misused by the mind by various dogmas, some rigid and arbitrary principles. These are the causes of bodily fatigue, exhaustion and disease. The body must therefore be free from the tyranny of the mind and this can only be achieved through yoga.

Yoga is a practical philosophy involving every aspect of a person's being. Human beings are made up of three components-body, mind and soul and corresponding to these, there are three needs such as, health, knowledge and inner peace. Health is the physical need; knowledge comprises our psychological need and inner peace is the spiritual need. This inner peace can be experienced through yogic meditation. The practice of breathing techniques calms the mind. Yoga teaches the evolution of the individual through the development of self-discipline and self-awareness.

Family pressure, financial instability, academic stress, peer groups and the like can cause degeneration of values in the students. Yoga's combination of breath and movement can help alleviate social and academic stress and clear the mind. Yoga helps them get along better with one another, which fosters a more positive learning environment highly favorable for inculcating value education. A school in Milwaukee instituted a yoga program consisting of two classes per week for students in kindergarten through 8th grade. The classes gave emphasis on respectful behavior. After a year, the school's number of disruptive incidents decreased by more than half.

Yoga teaches students to better manage their emotions and reactions as well as to respect the feelings and emotions of others which certainly is a pre requisite to develop values. If practiced regularly, yoga can yield great results that can be really beneficial for the students. Some proven studies have revealed that yoga essentially has a biochemical effect on the human body that resembles the benefits of antidepressant and anti-anxiety medications and thus can help a lot to relieve mental tension thereby preparing the mind to adopt good humanistic values. Yoga helps in providing students healthy ways to express and balance their emotions, helps to create an atmosphere of confidence and self-esteem, supports character development and emotional intelligence. Yoga leads one to self-realization, helps in awakening the divinity and infinite nature.

Yoga promotes cardio respiratory and musculoskeletal health, which improves an individual's overall wellbeing. It works to reduce problems including insomnia, high heart rate, headaches and general aches. Sound mind resides in a sound body. If a healthy and, fit body is achieved by the students, value creation will be an easier task for the teachers.

Conclusion

Modern education must promote value-based training to the students where emphasis should be given to truthfulness, honesty, integrity, humanity, wisdom, justice, steadfastness and the like. Yogic environment and philosophy encourage the training of the students' mind to inculcate the aforesaid values. In combination with breathing techniques, yoga trains them to clear their mind and remove distractions. Meditation, a technique used in various yoga styles, helps in building concentration. To end we can state that practicing various yogic skill set is an asset for the students who are required to build their character through value-oriented education.

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