

YOGA

PHILOSOPHY AND EDUCATION

A Contemporary Concept

Dr. Sristidhar Biswas



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By Prof. (Dr.) Sristidhar Biswas

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Contact +91 8910283448

Email: punaschabooks@gmail.com

Web: www.punaschabooks.com

*Dedicated to
my Parents*

FOREWORD

The book is a comprehensive discussion on yoga and yoga philosophy and focuses on diverse aspects of yoga affecting human life and human society. Yoga is rooted in Indian tradition and Hindu culture and philosophy and has presently transcended its traditional boundary and reached the stage of almost universal acceptability and above all, been recognized as a normative as well as a practical science. It is because yoga as education and science carries a good many number of practical utilities that have recently been discovered. The writer of the book has made an in-depth study on yoga and expounded in a scholarly manner the details of yoga as health education, human education, social education, political and diplomatic education, medical education and spiritual education.

The book provides a detailed analysis of the effects of yoga on human body, mind and spirit and clarifies in simple and lucid language various related concepts which are felt to be abstruse in understanding for many students and teachers who are interested in the acquisition of knowledge of yoga both as a philosophy and a science. The writer has systematically and successively chapterized the contents of the book to provide a full, coordinated concept of yoga philosophy to all those who seek to acquire all-embracing knowledge about the immediate and long-term benefits of yoga for both physical and mental development.

The writer deserves great appreciation in presenting the immense range of yoga knowledge to the readers within the chapterized frame of the book. It had been so long less known to the common people and students in general that yoga is limited to the three-dimensional utility in human life, that is, body, mind and spirit but through this book he has confidently highlighted the multi-dimensional utility of yoga to benefit not only an individual but human society and the world as well.

Ancient Indian spiritual men made yoga as an inseparable part of life, and the reason of it was known to a limited number of people. The writer of this book has dared to explain in detail the reason in such a way that makes the reason crystal clear even to an ordinary reader. The writer is quite rational and logical in his view that the regular attachment to yoga not only benefits an individual physically, mentally and spiritually but helps him

rationalize the process of thinking, systematize the functioning or working of his mind, broaden his outlook, socialize his behavior, and develops a sense of amity, fraternity and unity. I appreciate the writer's effort to deal with the systematic development of broad human attributes such as empathy, sympathy, inclusiveness, values and co-operation as the direct effect of attachment to yoga on human mind.

The book concludes its discussion with ample light of the importance of yoga on politics, diplomacy, global co-operation and world peace. I believe that the book provide deep interest to all in not only in yoga as physical and mental exercises but also in knowing the role of yoga in national and international politics introducing a new branch of knowledge in political science and international relations known as 'Diplomacy'. The book is believed to be used as a text book for graduate and post graduate courses as yoga education and yoga philosophy incorporated in the university syllabi.

Prof. (Dr.) Kalyan Pandey
National Institute for Teacher Education
Khetri, Kamrup, Assam

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PREFACE

The book has been designed to present Yoga as the fundamental philosophy of sound mind, sound health and the perfect ways of sound thinking to attain strong morality and basic human values essentially required for the journey of life towards high ideals that create and provide an invulnerable spirit for perfection of life. In this work my main aim has been undertaken just to focus on various aspects of Yoga education that encompasses human development as well as contemporary health issues and their management. Yoga is viewed as yoga education, which promotes physical, mental and Psychological well-being of human beings. In India, our ancient seers and Gurus considered the practice of yoga as a way of life through educational process to keep the students, in all aspects, physically, mentally and spiritually sound. In modern times, the teaching and training of yoga has emphasized the study and practice of yoga in the development of values for promoting physical, mental and emotional health of man across the world. Yoga education leads to the development of integral dimension of personality. To achieve this target, modern educationists are trying to improve the quality of education with the help of Yoga system. Yoga education is relevant in helping an individual to achieve physical and mental health and in changing our attitude towards life and environment. It boosts up our creativity and develops self-control and morality. Thus, Yoga can play important roles in self-development.

The very nature of human being is happiness and blissful. But man seeks happiness and bliss from the external world, while the source of happiness is within. Man, usually becomes confused with his or her own body, mind and material objects. This leads him to feel imperfect, sorrowful, and limited. Yoga seeks to provide people to remove this ignorance and makes aware about their true divine self. In this 21st century, the entire world is considering yoga as the ultimate and beneficial practice to lead a healthy, harmonious and peaceful life. Yoga may be considered as the most important branch of knowledge, because it is needed by all and can be cultivated according to the ability and interest by all irrespective of colour,