

# RELEVANCE OF YOGA EDUCATION IN 21<sup>ST</sup> CENTURY

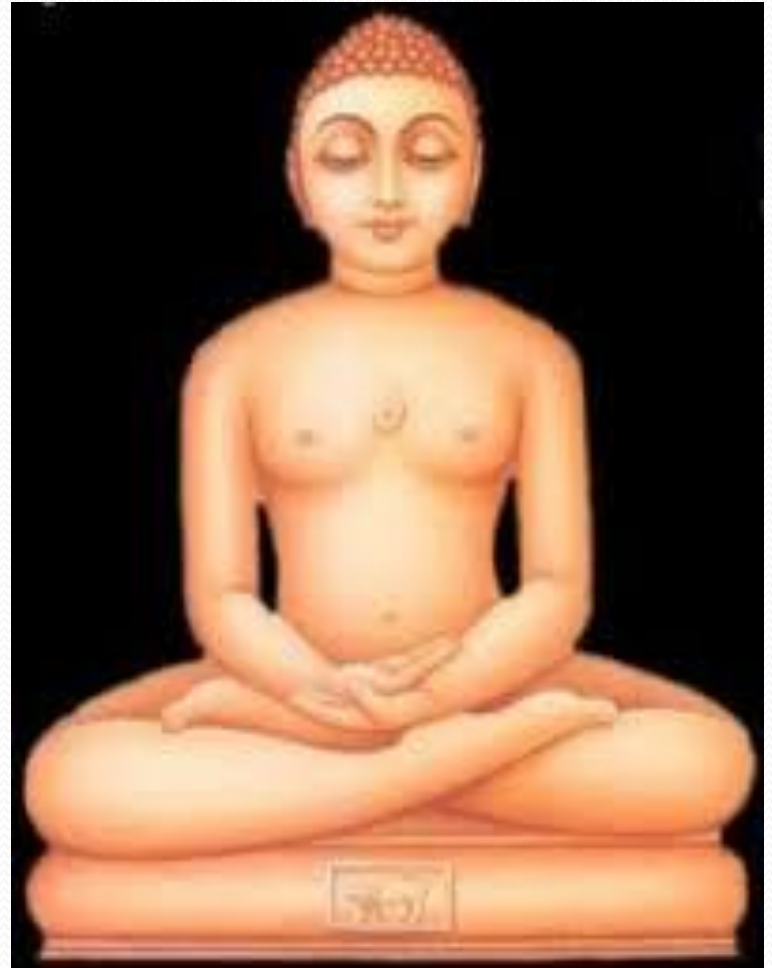


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# WHAT IS YOGA?

- **Yoga:** “Chitta-Vritti-Nirodha” — **Moharshi Patanjali**
- *Patanjali wrote Yoga sutra (196 sutra)*
- **Yoga** is often describe is ‘skill in action’.
- **Yoga** is that extraordinary, exemplary, unique India technique, helping man to develop a deep awareness of him of-every vibration and pulsation within , at the body, mind and intellect levels, by virtue of which he can master the forces internal and external.



# PURPOSE OF THE STUDY

- 1. Importance of Yogic Practice in Modern Era.
- 2. Develop Awareness among peoples
- 3. Improve the Spiritual State.
- 4. Yoga helps to make fit people.

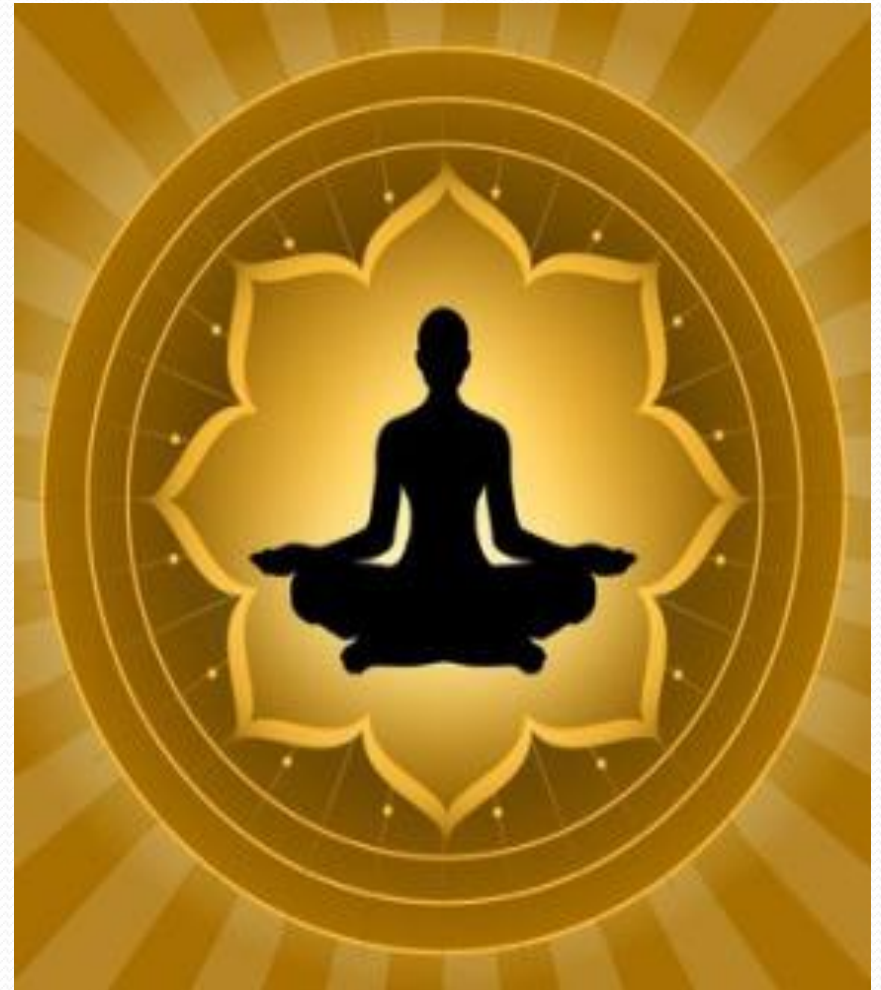


# STREAMS OF YOGA

1. JNANA YOGA
2. BHAKTI YOGA
3. KARMA YOGA
4. RAJA YOGA
5. HATHA YOGA
6. MANTRA YOGA
7. LAYA YOGA OR KUNDALINI YOGA

**Bhakti yoga:** *There are nine mode of devotion of-*

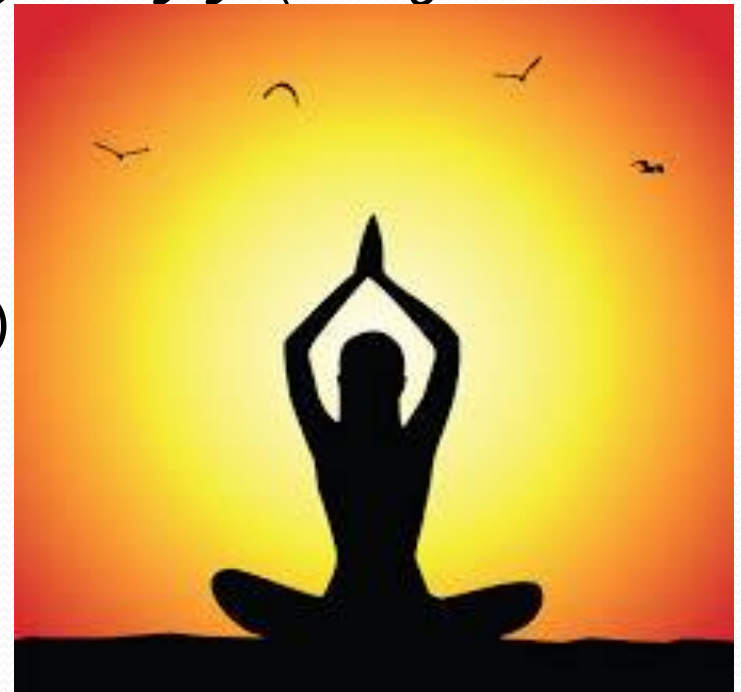
I. Shravana II. Kirteena  
III. Smarana IV. Pada V.  
Archana VI. Vandana VII.  
Dasya VIII. Sakhya IX.  
Atma Nivedana



# ASTANGA YOGA

There are eight limbs of yoga. They are-

- **YAMA** (Self-discipline): There are five Yama- *a)Ahimsa b)Satya c)Asteya d)Brahamacharya e)Aparigraha*
- **NIYAMA**(Social Discipline or Code of conduct): There are five Niyama- *a)Saucha b)Santosha c) Tapas d)Svadhyaya (Strengthen the Knowledge) e) Ishvara Parinidhana*
- **ASANA**(Posture)
- **PRANAYAMA** (Breath control)
- **PRATYAHARA** (Sense withdrawal)
- **DHARANA** (Concentration)
- **DHYANA** (Meditation)
- **SAMADHI** (Superconscious state)



# YOGA ASANAS

- **Yogasana:** “Sithiram, Sukhanam, Asanam”-Maharshi Pathanjali
- There are three thousand postures (Asanas)
- **Classification of Asanas:-**
  1. Meditative
  2. Cultural
  3. Balancing
  4. Reluxative

## Type of Asanas:

1. Standing
2. Sitting
3. Lying on the Prone
4. Lying on the supine



# SURYA NAMASKARA



*We should practice twelve postures of Surya Namaskara one by one and before practice every posture, we salute different name to God Surya with chants (mantras) following:*

1. Om Mitraaya namahaa
2. Om Ravaye namahaa
3. Om Suryaaya namaha
4. Om Bhaanave namahaa
5. Om Khagaaya
6. Om Pushane namahaa
7. Om Hiranyagarbhaaya namahaa
8. Om Marichye namahaa
9. Om Aadityaaya namahaa
10. Om Savitre namahaa
11. Om Akaarye namahaa
12. Om Bhaaskaraay anamahaa

- **Benefits:**
- **1. Physiological Benefits:**  
a) Strengthen and Relaxing the muscle. Increase the flexibility in the joints. Massaging the internal organs. Balancing the secretion of endocrine glands. Toning up the nervous system. Detoxification of the skin.
- **2. Psychological Benefits:**  
Enhance the willpower. Increase the memory power and concentration. Reducing the stress, depression and anxiety and balance the emotion.
- **3. Spiritual Benefits:** Increasing the awareness. Awaken the psycho-physiological energy, activating the chakras.

# PRANAYAMA

- **Four aspect of Pranayama:**
- 1. Puraka      2. Rechaka      3. Antar Kumbhaka      4. Bahir Kumbhaka
- **Breathing practice:**
- 1. Abdominal Breathing      2. Thoracic Breathing      3. Clavicular Breathing
- **Type of Pranayama:**
- 1. Surya Bhedana      2. Chandra Bhedana      3. Anuloma-Violma/Nadi Suddhi      4. Ujjayi      5. Bhramari      6. Sadanta      7. Vastrika
- **Pancha Pranas:**
- 1. Prana (Between larynx and top of the diaphragm)
- 2. Apana (Large intestine, kidney, anus and genitals)
- 3. Samana (Between heart and navel)
- 4. Udana (Above the neck)
- 5. Vyana (Whole body)





# KRIYA

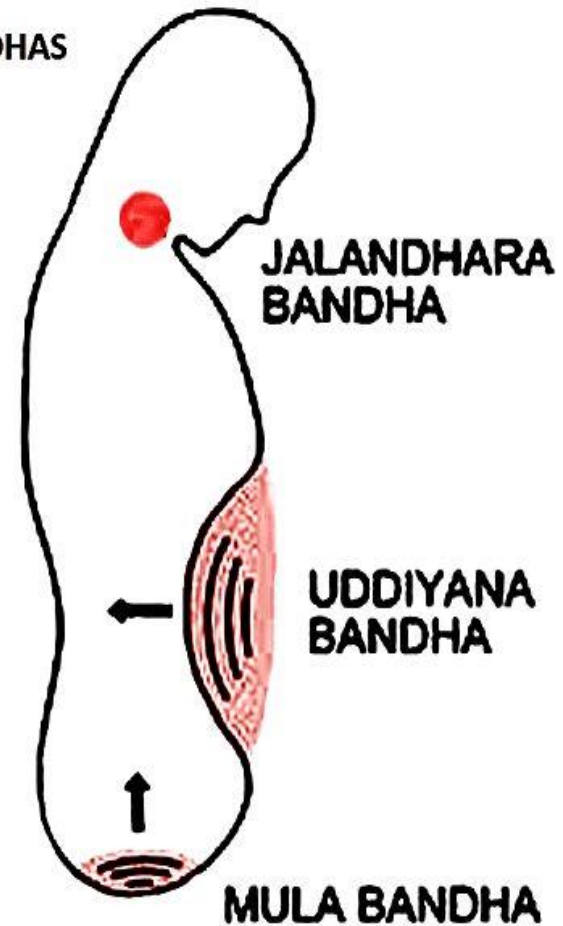
- **Kriya** are the yogic technique to cleanse the internal organs. According to 'Hatha Yoga Pradipika' of *Swatamram*, there are six cleansing techniques called Shat Kriya. They are:
  - **1. Kapalbhati**
  - **2. Trataka**
  - **3. Neti** (Jala, Sutra, Dugdha, Ghrita)
  - **4. Dhouti** (Vamana, Vastra, Danda)
  - **5. Nauli** (Uddiyana, Madhyama, Dakshina and Vama Nauli )
  - **6. Basti**



# BANDHAS

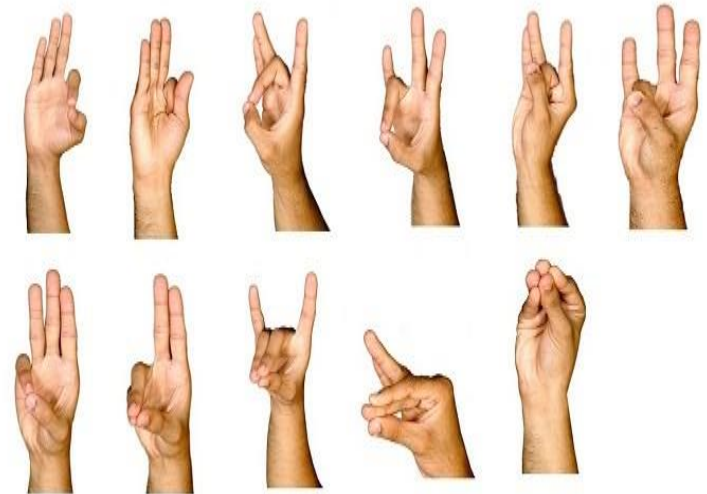
- **Bandhas** are neuro-muscular lock. Bandhas are safety locks used during the process of Breath-holding. Kumbhaka. There are three type of bandha-
- 1. Uddiyana bandha (Abdominal lock)
- 2. Jalandhara bandha (Glottis lock)
- 3. Mula bandha (Anus lock)

THREE BANDHAS



# MUDRA

- **Mudra:** The sanaskrit word 'Mudra' means as 'Gesture' or 'Attitude'. Mudras are described as psychic, emotional, devotional and asthetic gesture or attitude.
- **Type of Mudra:**
  1. Chin Mudra
  2. Chinmaya Mudra
  3. Adi Mudra
  4. Brahma Mudra
  5. Maha Mudra
  6. Asvini Mudra
  7. Yoga Mudra
  8. Viparit-karani Mudra
  9. Kechari Mudra
  10. Jnana Mudra
  11. Shanmukhi Mudra
  12. Yoni Mudra



## Benefits:

Mudras are important psycho-neural fingers lock, which makes meditation asanas more powerful. The palm and fingers of the hands have many nerves root endings, which constantly emit energy. Specially maha mudra cures constipation, piles, enlargement of spleen, indigestion, chronic gastritis etc. Yoga mudra helps to cure the diseases of abdominal and pelvis, tones up the nervous system specially the lumbro-sacral nerve.

# YOGIC CONCEPT OF HUMAN BODY

- PANCHA KOSA:
- 1. Annamaya Kosha: *Asanas, Kriyas, Diet and Relaxation*
- 2. Pranamaya Kosha : *Pranayama Practice*
- 3. Manomaya Kosha : *Meditation*
- 4. Vijnanamaya Kosha: *Notional Correction through counseling*
- 5. Anandamaya Kosha: *Practice of joy in all circumstances*



# KUNDALINI YOGA (SHERPENT POWER)

- The unitive discipline of the serpent power (kundalini shakti), which is the fundamental to the Tantric tradition, including Hatha Yoga.
- **There are seven chakras –**
  1. Muladhara Chakra(4 petals)
  2. Swadhistana Chakra(6 petals)
  3. Manipura Chakra(10 petals)
  4. Anahata Chakra(12 petals)
  5. Visudha Chakra (16 petals)
  6. Agna Chakra (2 petals)
  7. Sahashra Chakra (1000 petals)

## There are fourteen nadis:

1. *Sushuma*
2. *Ida*
3. *Pingala*
4. Gandhari
5. Hastajiva
6. Kuhu
7. Saraswati
8. Pusha
9. Sankhini
10. Payasvini
11. Varuni
12. Alambusha
13. Vishvodhara
14. Yasasvini



# DHYANA OR MEDITATION

- The English word 'meditation' is derived from the Latin word 'meditatio' which means "to think, contemplate devise, ponder, and meditate. The greatest help to spiritual life is meditation. In meditation we divest ourselves of all material conditions and feel our divine nature.
- In modern life style has high exposure to anger, hate, fear and other negative emotion. Meditation helps an individual overcome these emotions to facilitate a calm peaceful mind and healthy and stress free body. Meditation promotes relaxation, develops self-concept, self-confidence, positive attitude and socialability and reduces stress as well as anxiety.
- **Type of Meditation:** 1. Mindfulness meditation 2. Focus meditation 3. Movement meditation 4. Mantra meditation 5. Spiritual meditation



# SAMADHI

- Patanjali defines two broad categories of samadhi: *samprajñata samadhi*, or samadhi with higher knowledge, which occurs through the absorption of the mind into an object; and *asamprajñata samadhi*, “beyond higher knowledge,” a very high stage in which there is no object of concentration; rather, the yogi’s consciousness is merged into absolute consciousness, *Purusha*. Because only *asamprajñata samadhi* destroys the seeds of all *samskaras* remaining in the *chitta* (the mind-field) and thus gives ultimate freedom, or *kaivalya*, it is the only state that brings about an alteration of consciousness which is completely permanent. *Asamprajñatasamadhi* is extremely difficult to attain because of the high degree of mental purity, desirelessness, and non-attachment which is required to achieve it.



# BENEFITS OF YOGA

- 1. Improves your flexibility
- 2. Builds muscle strength
- 3. Perfects your posture
- 4. Prevents cartilage and joint breakdown
- 5. Protects your spine
- 6. Better your bone health
- 7. Increases your blood flow
- 8. Boosts your immunity
- 10. Drops your blood pressure
- 11. Regulates your adrenal glands
- 12. Makes you happier
- 13. Founds a healthy lifestyle
- 14. Lowers blood sugar
- 15. Helps you focus
- 16. Relaxes your system
- 17. Improves your balance
- 18. Maintains your nervous system
- 19. Releases tension in your limbs
- 21. Boosts your immune system functionality
- 22. Gives your lungs room to breathe
- 23. Prevents IBS and other digestive problems
- 24. Gives you peace of mind
- 25. Increases your self-esteem
- 26. Eases your pain
- 27. Gives you inner strength
- 28. Connects you with guidance
- 29. Helps keep you drug free
- 30. Builds awareness for transformation
- 31. Benefits your relationships
- 33. Guides your body's healing in your mind's eye
- 34. Encourages self care



**THANK YOU**

