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## Relevance and Utility of Yoga Education in Present Scenario with special reference to NEP 2020

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### Abstract:

Yoga is a physical, mental, and spiritual discipline that originated in ancient India. It involves physical postures, breathing techniques, and meditation. The goal of yoga is to cultivate physical and mental well-being, as well as to achieve a state of spiritual enlightenment. There are many different styles of yoga, each with its own emphasis and techniques. Some styles are more physical and focus on building strength and flexibility, while others are more meditative and focus on relaxation and mindfulness.

**Key words:** Yoga, Education, enlightenment, meditation, etc.

**MEANING OF YOGA**-“In Plain and simple form, yoga is the union between the body, mind, and spirit. That’s the origins of yoga and that’s how it is practiced in the East,” says Miriam Amselem, yogi of nearly 30 years. “It is a place of discovery and connection with your own body that encompasses balance, proper stretching techniques, breathing, meditation, centering the mind and spirit — that’s yoga in its real form.”

Yoga is a physical, mental, and spiritual practice that originated in ancient India. It involves physical postures, breathing techniques, and meditation practices that aim to improve flexibility, strength, and relaxation. The holistic approach to health in yoga emphasizes the interconnectedness of the mind, body, and spirit, and aims to promote overall well-being and balance.

Types Of Yoga- yoga ignores the “no pain, no gain” philosophy that’s rife in fitness communities. Yoga is not a place to push through, go beyond your edge, or ignore your body. The primary tenet is ahimsa, or non-harming, and that starts with choosing the right type of yoga for you. The basis of Ashtanga yoga is the Yoga sutras (Sanskrit Verses) of Patanjali. We will consider the different aspects of yoga while remaining under the guiding principles of Patanjali's Yoga (Ashtanga yoga). The Asana, Pranayama, Dharana, Dhyan & Samadhi or the Yama and Niyama are systematically described by Patanjali in his Sanskrit Sutras (verses).

Yama (Principles)

Niyama (Personal Disciplines)

Asana (Yoga Positions or Yogic Postures)

Pranayama (Yogic Breathing)

Pratyahara (Withdrawal of Senses)

Dharana (Concentration on Object)

Dhyan (Meditation)

Samadhi (Salvation)

In general, practicing yoga can help improve flexibility, strength, and balance, as well as reduce stress and anxiety. It can also improve sleep, boost the immune system, and increase mindfulness and self-awareness.

### **Holistic Health Approach**

Holistic health is a approach to healthcare that focuses on treating the whole person - mind, body, and spirit. It recognizes that all aspects of a person's life are interconnected and that optimal health can only be achieved when all aspects are in balance.

Holistic health practices may include yoga, as well as other modalities such as acupuncture, herbal medicine, massage, and nutrition. The goal is to address the root cause of health issues and to promote overall well-being, rather than just treating symptoms.

Meditation is an important aspect of yoga and is often incorporated into yoga practices. Meditation involves focusing the mind on a particular object, thought, or activity to train attention and awareness. It can help to calm the mind and reduce stress and anxiety, and has been shown to have many health benefits, including improved sleep, reduced blood pressure, and improved immune function.

In addition to physical and mental benefits, many people also practice yoga for spiritual growth and self-discovery. The holistic approach to health in yoga can help individuals cultivate a sense of inner peace and connection with the world around them, leading to a greater sense of overall well-being.

### **Yoga and mental health**

Yoga is a physical, mental, and spiritual practice that originated in ancient India. It involves physical postures, breathing techniques, and meditation. Many people practice yoga for its physical benefits, such as increased flexibility and strength, but it can also have positive effects on mental health.

Research has shown that yoga can help reduce stress, anxiety, and depression, as well as improve sleep and overall well-being. Yoga can be particularly helpful for people who have experienced trauma or chronic stress, as it can help regulate the nervous system and provide a sense of calm and balance.

Overall, yoga can be a useful addition to a holistic approach to mental health care, but it's important to remember that it is not a substitute for professional medical treatment. If you are experiencing mental health issues, it's important to speak with a mental health professional for proper diagnosis and treatment.

### **Yoga and physical health**

Yoga is a physical, mental, and spiritual discipline that originated in ancient India. It involves a series of postures, or asana, and controlled breathing techniques, or pranayama, which are meant to strengthen and stretch the body, improve flexibility and balance, and calm the mind. There are many benefits to practicing yoga, both physically and mentally. Some of the physical benefits include:

Improved flexibility and range of motion

Improved muscle strength and tone

Improved respiration, energy and vitality

Improved cardiovascular and circulatory health

Improved athletic performance

Improved balance and coordination

In addition to these physical benefits, yoga can also have positive effects on mental health and well-being. It can help to reduce stress and anxiety, improve sleep, and increase feelings of calm and relaxation. It is important to note that yoga is a low-impact form of exercise and can be adapted to suit people of all ages and fitness

levels. However, it's always a good idea to consult with a healthcare professional before starting any new exercise program.

**Yoga and spiritual development**—Basically Yoga is a spiritual practice Many people who practice yoga believe that it can help improve physical and mental health, as well as promote spiritual growth and development. Some forms of yoga, such as Hatha yoga, focus more on the physical aspect of the practice, while others, such as Raja yoga, place more emphasis on the spiritual and meditative aspects. Regardless of the specific type of yoga, the practice generally involves a combination of physical postures, breath control, and meditation. It is believed that by practicing yoga regularly, an individual can cultivate greater physical and mental well-being, as well as increase their spiritual awareness and connection to the world around them. One of the main goals of yoga is to cultivate inner peace and harmony. This is achieved through the practice of mindfulness, which involves being present in the moment and cultivating a sense of calm and clarity. By focusing on the breath and the body during asanas and meditation, practitioners can learn to quiet the mind and let go of distracting thoughts and emotions.

**Yoga & Society-** In addition to promoting inner peace and harmony, yoga can also contribute to creating a more peaceful and harmonious world. This is because the practice of yoga encourages compassion, understanding, and non-judgment towards oneself and others. As people become more mindful and self-aware through their yoga practice, they may become more inclined to act with kindness and understanding towards others, leading to more peaceful relationships and communities. Overall, the practice of yoga can be a powerful tool for promoting peace and harmony, both within oneself and in the world around us.

**Importance of yoga for school children's** Yoga can be beneficial for school-aged children for a number of reasons. Some of the potential benefits include:



**Improved physical health:** Yoga can help children improve their flexibility, strength, and balance, which can contribute to overall physical health and wellness.

**Improved mental health:** Yoga can also help children improve their focus, concentration, and overall sense of calm and relaxation. This can be particularly helpful for children who are dealing with stress or anxiety.

**Improved social skills:** Yoga can be practiced in a group setting, which can help children develop social skills and learn to work with others.

**Improved academic performance:** Some research suggests that yoga may have a positive impact on academic performance, as it can help children improve their focus, memory, and problem-solving skills.

It's important to keep in mind that each child is different, and what works for one child may not work for another. It's also important to consider the individual needs and preferences of each child when deciding whether to incorporate yoga into their routine

### **Importance of yoga to Enhance working environment**

Yoga is a physical, mental, and spiritual practice that originated in ancient India and is now widely practiced around the world. It involves physical postures, breathing techniques, and meditation, and has been shown to have a number of benefits for both physical and mental health. In a healthy work environment, incorporating yoga and mindfulness practices can help employees manage stress, increase productivity, and improve overall well-being. Here are some specific ways in which yoga can contribute to a healthy work environment:

**1-Reduces stress:** Yoga and mindfulness practices can help employees manage stress and reduce feelings of anxiety and overwhelm. This can lead to a more positive and productive work environment.

**2-Improves focus and productivity:** Yoga and mindfulness practices can help employees stay focused and improve their overall productivity.

**3-Increases physical health and well-being:** Regular practice of yoga can improve flexibility, strength, and overall physical health, which can contribute to a sense of well-being.

**4-Promotes teamwork and communication:** Yoga and mindfulness practices can help employees develop better communication skills and work more effectively as a team.

Overall, incorporating yoga and mindfulness practices into a work environment can help create a positive and healthy culture for employees, leading to improved well-being, productivity, and teamwork

### **Yoga and Education-**

In some countries, yoga is included as a compulsory part of the physical education curriculum in schools. This is often the case in countries where yoga has a long history and cultural significance, such as India. In other countries, yoga may be offered as an elective or extracurricular activity in schools. There are many potential benefits to including yoga as part of a student's education. Yoga can help improve flexibility, strength, and balance, and it can also help reduce stress and improve overall well-being. Some studies have also shown that yoga can improve academic performance, as it can help students focus and concentrate better in class. It is worth noting that some people may have concerns about the inclusion of yoga in schools, particularly if it is being taught in a way that is not sensitive to the cultural or religious backgrounds of students. It is important that any yoga instruction in schools be inclusive and respectful of the diversity of the student

## Yoga and NEP 2020

The National Education Policy (NEP) 2020 is a policy framework in India that aims to reform the country's education system. It aims to provide equitable and inclusive education to all, and to improve the quality and relevance of education. It also aims to promote research and innovation, and to strengthen the linkages between education and industry. As for the relationship between yoga and NEP 2020, yoga is mentioned as one of the subjects that can be offered at the school level in the NEP. The policy states that schools should offer a range of physical activities, including yoga, as part of the physical education curriculum. Yoga is also mentioned as a subject that can be studied at the undergraduate level in colleges and universities, as part of the new interdisciplinary academic programs that are being introduced under the NEP. Overall, the NEP aims to promote a holistic approach to education that includes both physical and mental well-being, and yoga is seen as one way to contribute to this goal.



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