

Yoga : A way for Peace Education

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ABSTRACT

Yoga is a physical and mental activity which keeps fits our mind, body, soul and brain. It is such types of activity which effectively control the functioning of our mind and all parts of our body. Peace Education is a process of teaching and learning to spread peace among child and individual to stop war, violence, quarrel, inner and outer conflict, stress, anxiety etc. We can perceive worldly pleasure by our sense organ but we perceives peace by clearing our mind , spirit and emotions. Yoga is a ultimate way to perceive peace by our mind and brain. Yoga is also one of the significant and realistic way to promote Peace Education so by the combined practices of Yoga and Peace Education we can control our body and mind in the right direction to spread peace in the whole world and makes every body lives(life) peaceful.

Key Words- Yoga , Peace Education etc.

Introduction -

"Yoga" is a physical and mental activity which keeps fits our mind , body, soul and brain. It is such types of activity which effectively control the functioning of our mind and all parts of our body.

"Yoga" basically derived from the sanskrit word "yuj" dhatu means unite or combine. It harmonizing our all parts of our body. The regular practice of yoga makes an individual fit fine calm and well being. It develop the sense of peace and feeling of tranquility with own environment . The ultimate aim of yoga practices is self development, self realization and free from inner and outer conflict of mind.

Patanjali defined yoga as in yoga sutra 1.2- "Yoga Chittavritti Nirodhah". It means yoga is the removal or exclusion of the fluctuations in the mind". "Chitta" means mind or consciousness, "Vritti" means the impulses of thought and "Nirodhah" means exclusion. It can be express in these words - clearing and makes fresh our mind of emotions and thoughts is known as "yoga". By the practices of meditation we can make still and balance our mind and get to know , what we are in real sense. The origin of yoga itself precedes from "yoga sutra" and it attributed to Lord Shiva as the first yogi(adi yogi) and Goddess Parvati his wife , as the first student. The union of Shiva (Consciousness and wisdom) and Parvati (Creative energy shakti) symbolizes the completion of whole through the fusion of the male and female and female energies. It is also symbol of the balance that the practice of yoga creates balance and peace within ourselves.

Another concept of yoga is depicted here below- "Yujyate Anena iti yogah" yoga means joining . It is joining of jivatma - the individual self with parmatma- the universal self. It is a expansion of the narrow constricted egoistic personality to an all pervasive, eternal and blissful state of reality.

The scope of yoga is portrayed in Bhagawan Gita and Upnishad is far more comprehensive. Swami Vivekanand express it in this way- " Yoga is the means of compressing one's

evolution into single life or a few months or even a few hours of one bodily existence". Yoga is a systematic conscious process which can compress the process of man's growth greatly.

Sri Aurobindo emphasizes an all round development of personality at the physical, mental, intellectual, emotional and spiritual levels. According to him it is a methodical efforts towards self - perception by the development of potentialities latent in the individual. It is a process by which the limitations and imperfections can makes an individual a super human race.

On the basis of above lines it can be concluded that yoga is a systematic process for accelerating the growth of a man in his entity. By this growth of an individual learns to line at higher states of consciousness. It is a solution of all round development of personality and growth of the culturing of intellect and mind.

Patanjali has express his thoughts through four chapter of his book "yoga sutra" well known as "Pada" means Chapter. The Four Pada are written below -

- 1 Kaivalya Pada- Put focus on absolute freedom. (Sutra - 34)
- 2 Samadhi Pada- On being absorbed in spirit.(Sutra- 51)
- 3 Sadhana Pada- On being immersed in spirit.(Sutra- 55)
- 4 Vibhuti Pada- It put focus on supernatural abilities and gifts.(Sutra-56)

The concept of astang yoga is also very - very important regarding yoga and peace, in english it is known as eight limbs. These eight limbs are collectively known as Limbeds. It is very-very important when you are practices yoga.The eight limbs of yoga gives inspiration to live meaningful and purposeful life with wisdom and peace.The eight Limbeds are written below - 1Yama 2 Niyam 3 Asaan 4 Pranayam 5 Prathyahara 6 Dharna 7 Dhayan 8 Samadhi . Thru these eight limbeds Patanjali explains the methods that allows the realizations of the real nature.

- 1 Yama- Yamaraj means Internal Purification through moral training preparatory to yoga.
- 2 Niyam- Niyam means cleanliness , contentment , mertification, study and worship of God.Niyam are conditions that allows our mind to become more satvic more balanced so that the movement of the mind (Chitt Vritti) can be easily mastered.
- 3 Asana - Asana is the comfortable and steady posture that we assume in order to get a balanced state of mind, useful for the process of meditation , witnessing and listening.
- 4 Pranayama - Pranayama means "extension of Prana" where prana indicate the vital energy. The awareness of prana is obtained through the correct use of the breath that's why the term pranayama usually refers to breathing exercises. The breath is considered to be the prana.
5. Pratrahara - Pratyahara means " withdrawal of the scenes". It is a prerequisite to meditation practices , during pratayahara we shift our awareness from the external to the internal.
6. Dharna - Dharna means concentration, where the attention is fixed on an object and the perfection of concentration leads to the object.
- 7.Dhayna - Dhayan (Meditation) means where the attention is fully absorbed by the object, the perfection of dhayna leads to the state of meditation.
- 8.Samadhi - Samadhi means attainment of the super concious state where the difference between subject , object and action that comments the two disappears. The self identification of mind frnds at the points.

There are twelve (12) concepts also associated with yoga , it is also included in it. These are - Yoga, Karma, Dharma, Swadharma, Manah, Buddhi, Samaskar, Vasna, Kriya, Viveka, Vairagya, Sannyash all terminology are directly and party related to peace.

Peace Education - Peace Education is a combination of two words one is Peace and another is Education. Peace means Science, Calm, Repose, ,Ataraxia, Serenity etc. These words are synonyms to the peace. On the other hand it can be express in this way peace means absence of violence, war, fight, quarrel and mental stress , anxiety, inner and outer conflict etc. Education means all round development of individual, on another point of view , Education means development of inner qualities within a child or an individual. So, Peace Education is absence of violence, conflicts and all round development and development of inner qualities through peace and by adaptation of the path of peace and it's process. Its aim is to inculcate the concept of peace in the child and in the individual.

Theresa M Bey and Gwendalyn U Turner (1995) express their views about Peace- Peace is the behaviour that encourage harmony in the way that people talk , listen and interact with each other and discourage action to hurt , harm and destroy each other. There are three basic sources of Peace that are written below. 1. Inner Peace - Inner Peace is a peace with self and self contentedness e.g.- Harmony and Peace with oneself, absence of inner conflicts, attachment with spiritual peace, sound health and hygiene etc.

2. Social Peace - Social Peace is for learning to live together, it is one of the important four pillars of learning as enunciated in the UNESCO report. " Learning : The Treasure with in" . Social Peace implies harmony in human relationship, conflict reconciliation and resolution, love, friendship, unity, mutual understanding, co- operation, brotherhood, tolerance of differences, democracy, community building, human rights, morality, ethics etc.

3. Peace With Nature - Peace with nature implies stopping the violation of her dignity through environment and ecological degradation, exploitation etc. Peace with nature is harmony with natural environment and mother earth.

The conclusion of the above lines regarding peace is that we motivates the people of any community and society to believe in the peace and behave like a gentleman develop and promote peace mentality and behaviour among people and children of the community and society.

Peace Education is a ultimate solution to stop war, quarrel, violence, fights, inner and outer conflict , anxiety, stress and depression etc. Peace Education is a broader concept, it comprises practical and spiritual connotations. Further Peace Education is a state of inner and outer calm, anxiety, it eliminate anxiety, stress, depression and ends of conflicts from mind and brain.

Definition of Peace Education

Peace Education is very important and meaningful when we take it in social, cultural , harmony among the people and in the context of integration of the country.

Definition of Peace Education :

* According to R. D. Laing (1978) - Peace Education is an attempt to respond to problems of conflict and violence on scales ranging from the global and national to the local and personal. It is about exploring way of creating more just and sustainable futures.

* According to Fran Schmidt and Alice Friedman (1988) - Peace Education is holistic. It embraces the physical, emotional, intellectual and social growth of children within a framework deeply rooted in traditional human values. It is based on a philosophy that teachers loves , compassion, trust , fairness , co- operation and reverence for the human family and all life on our beautiful planet.

* Another time by Fran Schmidt and Alice Friedman (1988) - Peace Education is skill building. It empowers children to find out creative and non- destructive ways to settle conflict

and to live in harmony with themselves, others and their world..... Peace building is the task of every human beings and the challenge of human family.

From the above definition it can be said that peace education is a solution to keep away children, and adolescence from violence in community and society. It's main aim is the holistic development of child and adolescence. Through Peace Education we try to impinge social, human and spiritual values in the mind of the children and adolescence. So as a conclusion its another aim is to develop a set of behaviour skills which is important and necessary for peaceful living and peace building than human beings can be benefited from it and live in peace, serenity and calm.

* According to UNICEF - Peace Education refers to the process of promoting the knowledge, skill, attitudes, and values needed to bring about behaviour changes that will enable children, youth and adults to prevent conflicts and violence both inner, overt, and structural efforts to resolve conflicts peacefully and to create the conditions and environments conducive.

So finally it can express in these words - it is a process of acquisition of knowledge, values, developing the attitude, skills, peace building, behaviour to live in union and harmony with our family members and peoples of the society with peaceful environment. As a human being we know that we can perceive worldly pleasure with our sense organ that are - eye, nose, tongue, ear and skin, without these sense organ any individual can't perceive the pleasure of physical world. Yoga is a process to increase physical and mental abilities to perceive the peace in real meaning so yoga is a ultimate way to realise it. So on the basis of above discussion it can be express finally that yoga is a one of the significant and realistic way to promote peace education. Through peace education we can stop war, violence, fights, quarrels, conflicts etc. It also includes practical and spiritual connotations by peace education we eliminate anxiety, stress, depression, inner and outer conflicts from our mind and spread inner and outer calm, serenity and peace. By the combined use of Yoga and Peace Education we can control our body and mind in the right way to spread peace in the whole world and makes every body lives peaceful. So every individual lives in peaceful environment.

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