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## **Yoga: from Vedic to the present time and its role in learning English Language**

Dr. Shajaruddin

Assistant Professor of English

Shri Varshney College, Aligarh, U.P.

### *Abstract*

*“Yoga was my Destiny, and for the past seventy years, yoga has been my life, a life fused with the practice, philosophy, and teaching of the art of yoga.”* Iyengar, B. K. S.

*Yoga has been defined in many ways in India. It is nothing but a process of body and soul. It stable senses. It is a method by which one can overcomes all sufferings. It is an art of right living. It works on all aspects of person: the physical vital, mental, emotional, psychic and spiritual. Its aims are to remove ignorance from life, to develop consciousness of truth, pure, absolute knowledge, real self and love.*

*For any relationship Yoga is giving tips. It avoids mental pain, inspire for surrender and forgive and trust. It also builds a confidence in man and woman to have a fair sex. It releases stresses. As a human being we found in our surrendering that the body is actually one of the keys to entry into a state of inner peace, as are the silence and space all around us. Indeed, access is everywhere available. We come to see that our relationships are yet another doorway into spiritual enlightenment if we use them wisely, meaning if we use them to become more conscious and therefore more loving human beings.*

*To preserve and restore health, there are many Asanas that can control back pain, epilepsy, chronic fatigue and skin problems. Today the practice of yoga is widespread and there are numerous ways of practicing it; from outdoor venues, schools, community centers, gyms and studios to social media channels like YouTube and online videos.*

*Yoga is the spiritual science for individuals to unfold higher states of consciousness through different techniques.*

## Introduction

We are living in a busy world where we are losing the touch with ourself. It is full of mental stress and affecting our health. In this present scenario, the most important practice that can release stress from our body, calm our mind and increase our strength.

The history of yoga covers the ages from pre-Vedic period to the present time. It comes from Sanskrit language and means union or bridge. Yoga is a practice of hundreds of physical exercise, called 'Asanas'. The only aim of these Asanas are only to bring out the inner strength along with healthy body and peaceful mind yoga was first mentioned in 'Rigveda', a sacred collection of rituals, mantras and songs. Yoga motivates yogi's for samadhi or enlightenment.

Ayurveda and the other Vedic sciences as well as astrology is based on the principles of yoga. The vedic sciences which asserted our living tell about three paths of self-growth and self-awareness: yoga, Ayurveda and Jyotish. There are other sciences like vastu, Sanskrit and hasta samudrika which, directly or indirectly related to yoga. Yoga grows consciousness and spirituality through different techniques.

There are several definitions of yoga, but in general sense it is a union or yukti in sanskrit. Vinyasa krama yoga, is a branch of yoga that integrates body and mind by using the breath as a harness because the mind follows the breath, the mind part of the whole process and achieves elevated level of mental peace.<sup>3</sup>

Vinyasa, hatha, bikram, iyengar and Ashtanga are types of yoga which signify flow, hold and slow, hold musculoskeletal alignment respectively. Bikram consist a series of 26 postures and two breathing techniques.

Modern yoga is a vision of Swami Vivekananda lecture on the parliament of Religions in Chicago in 1893. In modern time there are many ways of practising it, from outdoors, schools, community centers, gyms and studios to social media channel like you tube and online videos.

Yoga for learning English as a second language is useful. ATESOL teacher, Lisa Morgan, an educator from USA, experimented with newcomers to USA. She offered teaching a short course to mothers of small children of meeting house pre-school, using yoga as a vehicle for learning English. The model was based on total physical response (TPR) and she found that children respond physically to parents' commands. Yoga can be pedagogically exploited and it is

appealing to learners, by naming postures. It can be man with holding posture, call up the image of natural element or any object cat, dog, cobra, fish, eagle, tree, mountain, chair and so on.

This playful aspect of yoga is fun for children. The poses of yoga can relate to vocabulary of English language as mountain pose.

yoga is becoming an influential exercise in the world United Nation's General Assembly incepted yoga in 2014 and on 21th June, 2015, International Day of Yoga celebrated. On second International Yoga Day, the ten days exhibition held entitled 'yoga in Indian Visual Arts', at Delhi's Indira Gandhi National centre for the arts. It depicted various aspects of yoga in Indian paintings, sculptures, scrolls, illustrated manuscripts and books through a selection of reprographic images.

Body is a medium of yoga and in addition to the physical body; the soul has several interpedently non-physical form, each of which is field of energy vibrating at a particular frequency level and density. The soul is expresses through elements-scheaths (koshas) , which is divided into physical body, astral body and causal body. These three elements serve as our daily experience in three states of mind – waking (jagrat) , dream (swapna) and dreamless sleep (sushupti). The soul is beyond these three states, being a witness to them.

It is common advice not to eat or drink anything for 2 hours before you practice yoga. It is also useful for reducing the effect of alcohol. A good yogi practices the rule of ahinsa by eating vegetables. It becomes conscious eater and voids the tendency of eating and repeat eating.

Yoga is universal practice. It is not a dogma which is related to any culture or religion. It is the traditional heritage of India from millenniums. It opens to all regardless of their birth and background. Yoga is free from greed, violence, sloth, excess, pride, lust and fear. These are the ineradicable forms of original sin ends our happiness. These unintentionally exist in us that cause many misfortunes.

The Karma Yoga is preached in Bhagvad Gita. Work is thy duty and reward is not thy concern, it says. Yoga has also been described as wisdom in work or skilful living amongst activities. It is the harmony of moderate life. It is to regulate the life and mind along with body, but with moderation. 'When the senses are stilled, when the mind is at rest, when the intellect wavers not-then, say the wise, is reached the highest stage', about Yoga says Upanishads. The control, steady and still mind is the goal of Yoga.

In Bhagavad Gita, Arjuna asks Sri Krishna : 'Krishna, you have told me of Yoga as a communion with Brahman (the Universal Spirit), which is ever one. But how can this be permanent, since the mind is so restless and inconsistent? The mind is impetuous and stubborn, strong and willful, as difficult to harness as the wind.' Sri Krishna replies : 'Undoubtedly, the mind is restless and hard to control. But it can be trained by constant practice (abhyasa) and by freedom from desire (vairagya). A man who cannot control his mind will find it difficult to attain this divine

communion; but the self-controlled man can attain it if he tries hard and directs his energy by the right means.'

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