

Research article

Yoga: Sadvidya of Skill Development in Educational World

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ABSTRACT

Education takes place when, the person is open to any new learning experience at any age, time and place with an open mind. The person who is open to learn Yoga, he has to go through all the stages and learn all the aspects. The system of educating children has to be different. It has to be combined with certain practices which can remove their psychological blocks, which can make them aware of the psychological changes that happen in their body and brain, which can make them aware of their own distractions and which can give them the ability to focus on the theme of the subject they are studying. Yoga has been shown to improve memory in adults and children, a benefit that would seem certain to improve academic performance. The importance of an education in the ancient art and science of Yoga is undeniable. Yoga education can supplement school and university education. It can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the society and of the nation.

Introduction

Today, with sophisticated and technology aided education, a child and student will learn things at a great speed/ understanding while, in absence of our moral values and over exposure of media, they are also learning things that will destroy the core of humanity, respect, discipline, integrity and such. To meet these needs, specialists of *Yoga* feel proud to inculcate *Sadvidya* via *Yoga* into our students. Ofcourse, the ultimate goal of *Yoga* is *moksha* (liberation), although the exact definition of what form this takes depends on the philosophical or theological system with which it is conjugated. The importance of *Yoga* education is also evident in how it helps in self-discipline and self-control, leading to

immense amount of awareness, concentration and higher level of consciousness.

Aims and Objectives of Yoga Education

Yoga education could help to equip oneself with basic knowledge about one's personality, to learn to handle oneself well in all life situations, to learn techniques of gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity.

Briefly the aims and objectives of *Yoga* education are:

- 1)To enable the student to have good health.
- 2)To practice mental hygiene.
- 3)To possess emotional stability.
- 4)To integrate moral values.
- 5)To attain higher level of consciousness.

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All these aims and objectives should be incorporated in an integrated manner.

Yoga education can enhance all the activities of the students, be it academic or sport or social. Yoga techniques provide improved attention in studies, better stamina and co-ordination for sports and a heightened awareness and balanced attitude for social activity. This makes the importance of Yoga education quite clear. Yoga education can be integrated in school education during the time set aside for P.T. but in a calm and quiet place creating the proper atmosphere for its proper study and practice.

Clear concepts are necessary in teaching Yoga because the scope of Yoga education is vast. Yoga practices can be built around concepts like conditioning (preparation), synchronization, concentration, relaxation, self-reliance. (These have been elaborated in "Teaching Yoga". Yoga teaching/learning should be experience based, i.e. the student should gain direct experience of the subject taught to fully realize the importance and value of Yoga education. Here the skill and knowledge of the teacher come into full play.

A dedicated and dynamic teacher can create an atmosphere for learning. The teacher should have a deep experience of the concept he is teaching to convey the essence and scope of Yoga education in full to his students. The teacher should have good rapport with the students. The teacher should be trained and experienced in knowing the physical and psychological needs of the students in various age groups. As Yoga deals with life and learning, these concepts should be integrated into life situations through various methods available to the teacher.

As the Yoga teacher gains experience, he may have to acquire skills of a counselor for the problems the student faces at the physical, psychological and spiritual levels of his personality. Counseling can be done during the time allotted for recreation.

Principal meanings of Yoga Education

As per Scholars "Yoga Education" has principal meanings:

1. *Yoga*, as a disciplined method for attaining a goal;
2. *Yoga*, as techniques of controlling the body and the mind;
3. *Yoga*, as a name of one of the schools or systems of philosophy (*darśana*);
4. *Yoga*, in connection with other words, such as "*hatha-*, *mantra-*, and *laya-*," referring to traditions specializing in particular techniques of yoga;
5. *Yoga*, as the goal of Yoga practice.
6. *Yoga* with infusion of Artificial Intelligence is an appropriate example of togetherness of science and spirituality for the sake of peaceful, joyful, wishful and sustainable developed one world and one family.

In spite of that the core principles of "*yoga*" were more or less in place, and variations of these principles developed in various forms over time:

1. *Yoga* is a meditative means of discovering dysfunctional perception and cognition, as well as overcoming it for release from suffering, inner peace and salvation.
2. *Yoga*, as the raising and expansion of consciousness from oneself to being coextensive with everyone and everything.
3. *Yoga*, as a path to omniscience and enlightened consciousness enabling one to comprehend the impermanent (illusory, delusive) and permanent (true, transcendent) reality.

Yoga Education and Holistic Well-Being

Yoga is a precious gift to mankind. Yoga is the union of mind and body; thought and actions; discipline and actions. It connects us with the nature. With a healthy body and mind, we can pave the way towards a better society. Yoga is not just a set of *asanas*, it brings positive changes in one's lifestyle making him a better aware and responsible human being. Whether we are a working professional, a housewife, a student or a retired person, Yoga has its benefits in every stage of the life cycle.

Below we are listed the benefits of Yoga:

- Holistic Well Being True health isn't just being physically fit but also mentally and emotionally.
- With the help of different postures, *pranayamas* and meditation, one can achieve holistic well-being and unlock his dynamic self. This also paves the way for creativity and innovations at work.
- Stress Buster Daily life is an accumulation of different types of stress, work stress being one of the major ones. This affects our minds and bodies in many more ways than we can even imagine. A few minutes of daily yoga can help us to release stress and be much more productive than we already are.
- Busy professionals have a lot of demands on their time and allocating time for yoga just doesn't factor. But what if they understood the potential benefits to their work and home lives? Stress in the workplace today is a major consideration for employers and anything that can be introduced to alleviate this is a potential benefit to both employers and the employees.
- Less stressful employees will be more productive and are less likely to need time off through illness. Less stressful employees are likely to have happier home lives and this in turn leads to increased productivity. It is an established belief that yoga is not only an activity which one should put in his own life, but one that employers should actively encourage, either by establishing classes, or even allotting time in the work day for training sessions.

Yoga Education, Growth of Artistic and Creative Mind

We looked at the role of yoga in education from various angles, including the type of education that was being provided to students throughout the world as well as the different levels of stress that students face in the classroom environment. The difficulties, problems, conflicts, distractions and dissipation of their energies were also considered. Our belief was, and still is, that we are educating our students without considering or caring for the growth of their entire personality. We are cramming their brains and minds with information without creating any support group outside the classroom environment where they can continue to imbibe education. The brain is only the medium through which we educate our mind. The mind is a composition of four different faculties, which in yogic terminology are defined as *manas*, *buddhi*, *chitta* and *ahamkara*. The word *manas* means to rationalize, to think about something. *Buddhi* means intellect. *Chitta* is an area of consciousness where impressions are stored. *Ahamkara* is the concept of ego.

In the modern education system, we are feeding only one aspect of the mind - *buddhi*. We are not dealing with the *manasa* aspect, which deals with the faculty to know what is right and what is wrong. We are not dealing with *chitta*, where impressions of knowledge are stored in the form of memory and experience. Nor are we dealing with *ahamkara*, the ego. Rather we are cramming *buddhi* with information without boosting up the other aspects of our mind. Therefore, despite all our education, we are not able to apply it constructively and creatively in our lives.

In order to balance the other aspects, we teach children the arts. We encourage them to practice music, to paint, to perform plays. We encourage them to use their creativity. But if you compare the influence of the different lobes of the brain, you will find that the linear and logical are more pronounced than the artistic and creative. This is one point.

Yoga Education and Increase Learning Ability

We have to initiate using certain principles and practices of yoga, firstly, as an experiment to increase the student's learning ability and, secondly, to inspire teachers to teach their subjects in a slightly different way. Education takes place when, the person is open to any new learning experience at any age, time and place with an open mind. The person who is open to learn Yoga, he has to go through all the stages and learn all the aspects. The Yoga Education is based on four aspects – a. *Bhavas* or attitudes: *Dharma* (Duty and Discipline), b. *Jnana* (Knowledge), c. *Vairagya* (Detachment) and d. *Aishvarya* (Self-realization). These four aspects are related and covered by *Astanga Yoga*, The Classical Yoga - as

Yama, *Niyama*, *Asana*, *Pranayam*, *Pratyahar*, *Dharna*, *Dhyan* and *Samadhi*.

The *Yama and Niyama*, Restraints and Observance cover the *Dharma*. How to perform once duty and how to live a disciplined life? *Asana* and *Pranayama* cover *Jnana* through awareness and personal practical experiences. *Pratyahara* and *Dharna* cover *Vairagya*. How to detach from the surroundings through controlling the five senses, *Dhyana* and *Samadhi* cover *Aishvarya*, the pure consciousness.

The practice of duties and disciplined life brings awareness. The awareness brings knowledge and wisdom to discriminate good and bad, right and wrong, pure and impure, true and false. So the wise person will easily detach from the things that are not suitable for his personal growth. The virtue of Detachment brings the power of concentration, which, leads to the highest stage of self-realization.

Yoga education takes place much more at sub-consciousness level. Our learning experience becomes a life style! It becomes a part of our day-to-day living. Thus the whole process transforms the person from the gross to the subtlest level of experiences and consciousness.

Yoga Education, Physique and Physiological Toning

The benefits of yoga include increased flexibility, muscle tone, vitality, energy, cardiovascular and circulatory health, weight loss and athletic prowess. Yoga can also help control pain associated with arthritis, headaches, carpal tunnel syndrome and more. *Yoga* features a series of stretching exercises that help relax a person's body and mind. Beginners can start with easy stretch poses and gradually work up to the ones that require more flexibility and balance.

Proper breathing pairs with the various stretches to create a full-body balance. Breathing is often rhythmic and slow. Some stretch poses call for specific breathing patterns that help the person relax and keep the posture straight.

Yoga is ideal for people who cannot perform rigorous exercise due to certain health conditions. Regular yoga stretches can help lower cholesterol and high blood pressure. Some medical professionals advise those who have heart problems or a history of stroke to take part in yoga.

Conclusion

Yoga on one hand concentrates on keeping man healthy and on the other hand, it is cohesion with physical development and good habits to keep human body healthy. Education a thought by Mahatma Gandhi is drawing out of the best in child and man – body, mind, and spirit. 'This concept of education is practicable through yoga education. Integration of yoga in education will be found easier and more effective for the proper integration of yoga in modern education.

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