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IMPORTANCE OF YOGA IN MODERN EDUCATION IN 21ST CENTURY

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Abstract

The Non-existence as joint family system has adversely affected the present education scenario parallelly the absence of a holistic approach and an imbalanced growth of knowledge - dealing only with external world around us and not related to the inner-self of an individual. Education is to make successful, happier or better human being. Education is really the process of removing the ignorance that is covering our inner knowledge, which is absolute, which is perfect, which is eternal, which is supreme. Education' needs to be enriched with VALUES.

We need education to understand the value of education and the value of further education. There is no conscious effort made anywhere to bring about internal change in an individual. This harmony between inner and external process is termed as 'Spiritual Civilization'. We need to catch them young by physical deviations like games, Yoga, dance, gymnastics which helps them to inculcate values in their life's. Academics and Co-curricular Activities both help in teaching values. Meditation, Value Based Education, Music, Self analysis, Positive affirmations and Resolutions help in improving our character. The present generations are more for material benefits than spirituality which is mistook as a cup of tea for saint or guru's, hence the proper balance between the materiality and spirituality should be arrived which can be done with the help of Yoga.

Keywords: Yoga, Education, physical and Psychological health.

Introduction

Yoga is an ancient Indian body of knowledge. The word "Yoga" came from the Sanskrit word "yuj" which means "touniteorintegrate." Yoga is a physical mental, person's own consciousness and the universal consciousness. Yoga is a physical, mental, and spirit and spiritual practice or discipline which originated in India. There is a broad variety of schools schools, practices and goals in Hinduism, Buddhism and Jainism. The best-known are

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