

	Think India (Quarterly Journal) ISSN: 0971-1260 Vol-23, Special Issue-03 in collaboration with Indira Gandhi Government Girls Degree College, Rae Bareli, -229001, Uttar Pradesh, India Sponsored by Dept. of Higher Education , Govt. of U.P.	
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NATIONAL SEMINAR ON YOGA FOR WELLNESS AND POSITIVE HEALTH
14th - 15th December, 2019 (Saturday-Sunday)

UNDERSTANDING AND INSTIGATING PEACE THROUGH YOGA PRACTICES

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Abstract

Currently, yoga has become a functional skill in peace education and teaching. For understanding and instigating peace education, it is totally based on universally inherent five elements that are physical, vital, mental, intellectual and spiritual in all men and women everywhere without discrimination of any types to be manifested integrally. It promotes physical strength because children learn to use all of their muscles in new ways. Whether a pose is done standing, sitting, or lying down, each one can challenge various muscle groups, while helping a child become aware of his body and how it efficiently functions. It refines body and soul and provides balance and coordination within it. Peace is a key element of yoga. Peace is generated to promote mental and physical poise, as mental clarity and stability emerge from the effort of trying the poses. It also develops focus and concentration. As a result of this single focus to achieve a particular pose or stay balanced, yoga helps children to focus and concentrate in

school and get better grades. Yoga practices generate peace and boosts self-esteem and confidence. Yoga helps to instil confidence and to bring learning to children on an experiential level. Yoga teaches them to persevere, be patient, and work towards their goals. Yoga also provides tools for practicing compassion, mindfulness, generosity, focus, strength, and flexibility. However, it also strengthens the mind-body connection. Yoga helps children achieve a sound mind in a sound body by exercising the physical body and calming the mental spirit. Yoga can help to counter these pressures. When children learn techniques for self-health, relaxation, and inner fulfilment, they can navigate life's challenges with a little more ease. Yoga at an early age encourages self-esteem and body awareness with a physical activity that's non-competitive.

Introduction

Nowadays, yoga has become a functional skill in peace education and teaching. For understanding and instigating peace education, it is totally based on universally inherent five elements that are physical, vital, mental, intellectual and spiritual in all men and women everywhere without discrimination of any types to be manifested integrally. The proficiency of yoga can help every person to be healthy in all components or elements of their body leading them to be nonviolent and calm. Therefore, 21 June 2015 is being celebrated, the beginning of the UN International Year of Yoga let all people of the world be attentive of their five elements within them and grow integrally and primarily through perpetual practice of skill of yoga for their entire holistic health and sustainable nonviolence.

The foremost objective of yoga is to calm a stressful mind, producing inner peace and providing gentle stretching to engage the body, mind and soul correlation. Yoga is not only a form of bodily exercise or work out but a path to spiritual awareness and social combat. Some spiritual preachers link yoga practice specifically with democratic principles and practices. At present, our personal, ecological, and social situations present unique and direct challenges to every one of us to respond to the big existential questions of life and death, to look deeply into interconnection and dependence, and to fully actualize our arousing in a world distressed and in destitution. To be vigorous both physically, mentally and spiritually implores our compassionate, humane, and conscience selves, allowing for a critical transformation of the manner we interact with others.

This paper deals with the several ways to understanding and instigating through yoga practices. Firstly, an overview of the principles of peace, democracy, and yoga education is given

that how they serve as a foundation for peaceful pedagogy in schools. Secondly, self-empowerment belief systems are explained that how are they imperative to necessitate the possibility of peace in our life and in our classroom. After each principle or idea, the physical and mental skills are provided that why they are necessary for a democratic and peaceful school environment. At last, the implications for aligning this kind of pedagogy within the school curriculum by training teachers, gaining administrative support in providing a peaceful agenda for the school are being discussed, and how to get the community involved is being defined.

Investigating or understanding peace, social equality and yoga in education is very significant. Peace can be illustrated in several different ways. Peace in different countries depends on the kinds of brutality they address and the way peace is disseminated. Peace is more than just the absence of war, but the steadiness of forces on the macro and micro levels. Much like the balance of dualism such as, light and dark, male and female; each balances the other. Peaceful relations on the micro level are when countries are not in variances, but may focus on interpersonal relations, the sharing of resources, a focus on unity and diversity, defending freedom of expression and privileges, sustainable living on earth and finally, inner peace. Peace essentially attempts for the means to resolve disagreements without resorting to warfare or physical force, and for justice where human beings are treated with the dignity provided them by their human rights. Peace has a particularized context which implies peace of mind and the absence of phobia or being anxious about anything. These individual perspectives may be the workplace, friendships, families, schools, and communities to uphold righteousness and well being for all.

There are various factors work under contextualizing peace education and peaceful pedagogy. The definitions of peace education and peaceful pedagogy fluctuate depending on personal conviction and context. This kind of pedagogy permits schooling to be personal, compassionate, moral, participatory, holistic, and civic-minded. The challenged notions of what peace is and what it is not have been under discussion in peace education and research circles and cultural groups. Peace education is defined as a responsive pedagogy that develops knowledge, skills and dispositions for peace-building, for transformation of conflicts to prevent or stop violent responses to them, as well as for resolution of conflicts. More exclusively, it is stated that peace building occurs through learning how to maintain peaceful interactions in the face of conflicts. It also helps students acquire dispositions such as acceptance of diversity,

which reduce cross-cultural conflicts. It is also noted that the lack of specific curriculum focus on peace and that even democratic focus on decision-making fails to advance peace for the outvoted minority whose needs can be left unsatisfied. Therefore, it's important to include instruction in methods that bring about consensus in decision-making, for the good of everyone through processes such as deliberation and active listening.

The three main types of peaceful pedagogy are peacekeeping, peacemaking and peace building. Firstly, peacekeeping focuses on the get tough policies of peace through strength in which schools and governments alike build strong defence systems. The next, peacemaking incorporates conflict resolution and anti-bullying techniques. And finally, peace building provides a context for how non-violence can provide the basis for a just and sustainable future...which is proactive and seeks to avoid violence and conflict. Peace building also has its origins in inner peace. Inner peace is not just about thinking about oneself and ignoring the plight of others. It's the commencement of a journey in order to help others in a more compassionate and socially conscious way. Inner peace and nonviolence promotes empathy, compassion, and understanding the multiple perspectives of truth, educators committed to nonviolence in education encourage students to discover the ways they think about themselves and others, replacing fears, hostilities, negative accounts, and prejudices with nonviolent ways of thinking about self and others that respects the truth that can reside within each of us.

If we talk about place of yoga in peace education then yoga has a very great and important place in peace education, developed by the author of these lines, which is based on universally inherent five elements, through body, vitality, mind, intellect and spirit in all men and women everywhere without discrimination of any types. This peace education is unique in the sense of its concept (based on five elements in every man and woman), its methodology (based on science of self-learning), its techniques (based on skill of yoga), its access (for all men and women everywhere), its period of learning (for life-long), and its fee for learning (free of charge). Thus every man or woman is capable of unfolding his or her hidden physical, vital, mental, intellectual and spiritual energies integrally through perpetually self-learning with the practice and use of different techniques of yoga throughout his or her life. Therefore, yoga is a realistic skill in peace education which helps every man and woman to be healthy in all parts of

their whole body, i.e. physical, vital, mental, intellectual and spiritual leading them to be nonviolent.

Teaching yoga is very relevant for today's time for creating a nonviolent environment. Yoga is dexterous means for making the mind quiet and nonviolent, rather than a brutal and violent. It develops our ability to maintain inner peace at all times, in all actions and thereby achieve physical, vital, mental, intellectual and spiritual health. One may find the reference in the *Bhagvada Gita* about this calmness in action as the secret to achieving the skill to be nonviolent.

Partial enfoldment of these five components of men and women through the practice of yoga leads to violence either on self or/and on others. And total non-enfoldment of these elements due to non-availability and non-facility of practice of yoga compels men and women to be slaves of others. But full integral enfoldment of all these elements through practice of the skills of yoga leads men and women to be nonviolent. Thus lack and or rejection of awareness, opportunity, resources towards and about the five bodies within every man and woman, and also the ignorance about the importance of practice of yoga leads them to be violent, and reverse of this makes them to be nonviolent. Techniques of yoga integrates all the five bodies in every man and woman to grow harmoniously leading them to be lords like Buddha and Shri Krishna, Prophets like Jesus and Muhammad, and saints like Sri Ramkrishna and Vivekananda and like other highly enlightened spiritual persons in different parts of the world.

Therefore, since the beginning of the UN International Year of Yoga, let all people of the world be aware of the five elements within them and grow integrally through perpetual practice of skill of yoga for sustainable nonviolence where yoga brings together mind, body and breathe to produce perfect balance within us. In today's rushed lifestyle, Yoga can be the perfect addition to school curriculum as it can help children keep their minds calm and grow holistically.

Yoga is an amazing science of life and living. It is a limitless chasm of information which brings knowledge, knowledge which leads to wisdom. From time immemorial, it has helped bring greatness to the lives of many. It is a treasure that has been inherited thus far and must now be imparted for the benefit and welfare of future generations to come. Yoga benefits people of all

ages and is suitable for people at all walks of life. It all depends on the purpose of our practice, what we strive to achieve and what our ultimate goal is. For **managing stress and depression** Children nowadays have their hands full with school, extra-curricular, arts, hobbies, sports and the list goes on. With so many expectations for themselves, it can sometimes take a toll on their mental health. Hence, yoga is the ideal solution as it helps tackle stress and depression, giving a positive, happy and healthy attitude.

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