

THE ROLE OF YOGA PSYCHOLOGY IN EDUCATION

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Education makes the base of human personality . This personality can be talent-oriented as well as the value-oriented too. The human mind can be tamed to be an ideal human being if both of these two mental faculties are to be acquired in a balanced form right from the first step of their learning or teaching.

Generally the second factor i.e. value orientation in present day education system is totally being neglected as a result the present human society is becoming deprived of ideal human beings and the formation of neo-humanistic society is becoming impossible. The present education system is totally interested in creating only talent oriented youth who can serve the need of only one –sector of human society i.e. Industrial or any profit making business. This category i.e. talent oriented persons of human society has only one aim of their life that is to earn maximum physical wealth, and to become most happy person on the earth. But all this act as a mirage in the desert of their life. As a result they never got satisfied and spend their entire life in accumulation of Physical Wealth only. Thus they become the tool in the hands of big Industrialists and other business houses who never miss the opportunity to harvest their talent to earn maximum profit in a right or wrong manner without caring for their physical and mental fatigue.

As a result the desire to accumulate unlimited physical wealth of the world, created a huge disparity in human society. It has compelled large number of human being to lead a miserable life. Definitely this plight of human society came to existence because the present education system has never taught the unit mind the importance of value oriented education. The entire human society appears the society of money earning machines. An ideal human beings are rarely traceable .

Now the question arises how the value-oriented education can be introduced in the present education-system, so that an ideal human society , free from all social and financial crimes, could be brought to its existence. This is possible only if the teaching of young students is started with the “YAMA” and “NIYAMA” as defined in Rajadhiraj Yoga.

Human personality is guided by the various hormones secreted by different glands lying in our body .These glands are further controlled by the various plexus situated in the central nerve (Shushamana) of vertebral coloumn. These hormones if secreted in a normal and balanced quantity in the human body, the man acts very rationally giving due importance to the human values even at the cost of all his pleasures and luxuries of life. Such personalities can be assets in creating an ideal human society .

In the present education system the subject of “yoga-psychology” and the adoption of YAMA & NIYAMA are the prime need of the day. Right from the pre-nursery stage of education of small children Yoga-Psychology-Teacher shall detect the glandular defects in a child and shall prepare a master plan for the child to develop him to an ideal citizen of the future human society .The Yoga-Psychology, teacher shall also be the best advisor for the selection of career of the student.

At present the entire human society is being governed by the capitalistic setup (Vaishya era), so the human tendency is to choose the most money generating profession in his life irrespective of the values and talent, he is gifted by nature. Let attention be paid to nurturing the talents endowed in each child.

By adopting the above mentioned two factors in the present education system there is every chance to create an ideal human society and the education shall stand for its actual meaning i.e. “Sa` Vidya` Ya` Vimuktaye”

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