

# Role of Yoga Education & Yogic Practices during the Covid-19 Pandemic

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**Abstract:** Yoga is a way of a better living. It ensures great or efficiency in work, and a better control over mind and emotions. Through yoga one can achieve both physical and mental harmony. Health is the greatest blessing of all. Health is not just the absence of disease. To enable the individuals to lead a life of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Yoga is an ancient Indian way of life, which changes the Attitude of your mind and body, diet, and the practice of specific techniques such as yoga asanas (postures), breathing practices (pranayamas), and through meditation one can reach peak of their consciousness. Yoga education is primarily concerned with the questions of value, with issues of ethics and social philosophy. Yoga education is required to uphold the dignity of human beings and it recommends different values which safeguard of the whole humanity. It takes the responsibility to device a system, method and aims to attain peace. No educational system is effective unless it incorporates into itself these ethical practices. At recent time there has been an increased awareness and interests in health and nature remedies. The COVID-19 pandemic with 200 countries reporting casualties, increasing alarmingly moment-by-moment. Every human being on our planet has been affected directly or indirectly by this virus that has brought out the worst fears in each and every one. The current paper highlighting various Yogic practices which is very important for everyone during this lockdown. Why yogic practices are important? Because they are not simply physical as they performed through the body. But they are more Psycho-physical in nature. Practioner perform the practices through the body but they get results at mental and emotional levels. Especially in this stressful situation in Lockdown and this Covid-19 Pandemic Situation. The common layman must perform yogic practices such as asana, pranayama, bandha-mudra, shuddhikriyas or meditation etc. by which they get fitness at Physical level, stability at Mental level, harmony at Emotional level, maturity at Social level and upliftment at Spiritual level. In that sense, this situation is an opportunity for everyone to develop an all-round personality.

**Keywords:** Yoga, Yoga Education, Mind & Body, Pandemic Situation.

## 1. INTRODUCTION:

### 1.1. Meaning and Definition of Yoga:

Yoga is the movement of the body through different positions, postures, and poses. Yoga is a way of a better living. It ensures great or efficiency in work, and a better control over mind and emotions. Through yoga one can achieve both physical and mental harmony. To enable the individuals to lead a life of complete physical, mental and social well-being and not merely the absence of disease or infirmity. An educational system encompassing the mental, emotional, social and physical dimensions of health becomes imperative to bring about all around development in children.

### 1.2. Definition:

"Yoga is skill in actions." - Lord Krishna.

"Yoga is the way or method through which internal and external facilities of man meets in totality and changes occur and by which may achieve God or feel his existence and may become the part of Him." - Sri Aurobindo.

Yoga is a spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practised for health and relaxation. (<https://www.lexico.com/definition/yoga>). Yoga is a discipline to improve or develop one's inherent power in a balanced manner. It offers the means to attain complete self-realization. The literal meaning of the Sanskrit word Yoga is 'Yoke'. Yoga can therefore be defined as a means of uniting the individual spirit with the universal spirit of God. According to Maharishi Patanjali, Yoga is the suppression of modifications of the mind.

## 2. OBJECTIVES:

- To know Yoga and Yoga Education.
- To analysis Importance of Yogic practices in the Covid-19 Pandemic.
- To state guidelines for practicing Yogic Asanas.

## **2. AIMS AND OBJECTIVES OF YOGA:**

The aim of yoga is control over the mind. A man who can- not control his mind will find it difficult to attain divine communion, but the self-controlled man can attain it if he tries hard and directs his energy by the right means.

The main aim of yoga is integrating the body, mind, and thoughts so as to work for good ends. Modern life style leads to diseases, which are mostly due to poor food habits, heavy daily routines and to air and water pollution in turn easily affect the human body. The main objectives of the Yogic practices are to make one free from diseases, ignorance, egoism, miseries the affiliations of old age, and fear of death etc.

## **3. IMPORTANCE OF YOGA:**

The word ‘yoga’ is being taken from Sanskrit and means to unite. Yoga is not a religion, it is a technique that helps in keeping mind, body, and soul healthy. During the lockdown, people can face physical problems like obesity, laziness and can also face mental stress problems. In this situation, Yogic exercise can help you in balancing your physical and mental well-being. Yoga is an ancient Indian way to understand your soul. It clears your vision and makes you less worried about your problems. During the lockdown, people have many questions about this global pandemic which is affecting their daily life and creates tension in their minds. People are worried about their future, their jobs due to this pandemic economy may go down and it can cause a recession. There are many other questions in people's mind, they get anxiety due to this situation. By practicing yoga they can overcome any kind of anxiety. Yoga teaches you to stay calm in tension focus on a solution rather than thinking about the problem. By practicing different asana you can build your confidence and stay focused. Other forms of exercise assure physical fitness. Yoga helps in the development of the spiritual and stellar body. Yogic exercise generates cosmic energy in the bodies. The aspirant feels rejuvenated and energized. It gives physical and mental disciplines to gain a peaceful body and mind; it helps cope with stress and anxiety and keeps you in comfort. Yoga makes your body flexible and improves muscle strength and body tone. It increases respiration, energy, and vitality. Yogic exercise can do much more for your body from the way you feel, look and move. Daily practice of yoga can help lose weight, release stress, improve immunity and maintain a healthier lifestyle.

## **4. MIND AND BODY:**

Yogic exercise can practice by people of all ages and doesn't require any special skills.

The main aim of yoga in our daily life is to develop Physical, Mental, Social, and Spiritual health.

### **4.1. Develops our Physical health:**

In this lockdown, many people are facing the challenge to stay physically fit. People are at home and cannot go to the gym, gardens or out for a walk. So keep your body fit is the main challenge but by practicing yoga they can stay fit. In yoga, there are various exercises to improve your physical fitness. To maintain good health, additional exercises within the structure “Yoga in Daily Life” are the methods for purification of Hatha Yoga. It includes Deep Relaxation, Concentration Exercises as well as Mudras and Bandhas (special Yoga techniques).

### **4.2. Develops our mental health:**

During this pandemic period mental health is very important. One should practice yoga to stay mentally fit in this situation. Many organizations have appealed to people to stay mentally calm because any kind of mental illness can cause depression, anxiety, and other illness. They also have shared yogic exercise and how it can help you to fight mental problems or stress. Yogic exercises increase our body awareness, relieve stress, reduce tension, muscle strain, and inflammation, and improve our focus, calms our nervous system. These important benefits of yoga make it more important for our mental health and we should practice it daily.

### **4.3. Develops our social health:**

During this global pandemic, social health is the most important factor. A person needs to take care of themselves as well as their family also. Social health is the ability to be happy with ourselves and to make others happy. Yogic exercise improves your social health and teaches you to care and to connect with other people in society, to understand our social responsibilities, and also to help the community. By practicing yogic exercise which improves our social health we can also teach others to practice this exercise to stay relax in this pandemic situation. Social health teaches us to experience life in all its beauty. There are some social illnesses like drug addiction. Although, the govt. of India has stopped the selling of all non-essential goods which include liquor, and tobacco. People with alcohol problems facing major withdrawal symptoms and it could affect their physical well-being. People committing suicide due to the non-availability of alcohol. During the lockdown, many people consume alcohol for

entertainment but those who have addicted its nightmare for them to survive without alcohol. Yogic exercise to improve your social health can also help this kind of people who are facing withdrawal symptoms it can also help in overcoming this illness and gives them a positive aim and new purpose in life.

#### **4.5. Develops our Spiritual health:**

The good surrounding has a great impact on our psyche, build our personality and character. Positive surrounding plays a vital role in our spiritual development. By practicing yoga which improves our social health we can work for ourselves and can help others. It teaches us to do important and creative work for our community, to preserve nature, environment and how we can develop peace in our surroundings.

#### **4.6. Benefits of Yoga:**

- It develops the physical stability.
- It keeps a person young.
- It Strengthens the hamstring, calf, and back muscles.
- It relieves the stiffness of joint, particularly at knee, hip and ankle.
- It removes excess fat in the abdominal region.
- It gives more flexibility to the vertebral column.
- It is extremely beneficial to the spinal column.
- It will enlarge the thoracic cavity.
- It strengthens the back and abdomen muscles.
- It helps to make the maximum range of movements in all directions in the hip joint.
- It develops the balancing power in the body.
- It loosens the spinal column.
- It reduces the excess fat in the sideways.
- It strengthens the ankles and tones the muscles of the legs.
- It promotes the spinal bone growth.

### **5. ASANAS:**

**Asanas — (Postures)** Asana means holding the body in a particular posture to bring stability to the body and poises to the mind. The Practice of asana brings firmness to the body and vitality to the body and mind. The people of ancient Greece believed in the principle -A sound mind in a sound body By practicing asana one frees himself from physical disabilities and mental distractions. It is a state of complete equilibrium of body, mind and spirit asanas may be of the following types:

- Meditative Asanas
- Relaxation Asanas
- Cultural Asanas

#### **5.1. DIFFERENT ASANAS:**

Asanas are very useful and important from the view point of physical, mental and spiritual growth of an individual.

Methods of Doing Asanas

1. Sitting posture
2. Standing posture
3. Lying posture - Supine, Prone.

#### **5.2. GUIDELINES FOR PRACTICING ASANAS:**

We have to keep in mind that while going in for asana practice we have to adhere to general conditions with regard to dress time of practice place of practice etc., so as to achieve the maximum benefits.

**Dress:** What is the dress proper for the asanas? The minimum possible dress is recommended. More area of our body should be exposed to the atmosphere. The dress should be loose and preferably elastic in nature prefer cotton materials to other kinds.

**Time:** It can be practiced both in the morning and in the evening. The morning session will be good, because during the mornings the atmosphere is pure and calm and it is very easy to focus our mind in a desired direction.

**Place:** The place of practice is very important. While is practice you should not be disturbed by other external factors. place should be free from disturbance like pooja room or separate hall or better if you have open terrace. The place should have proper ventilation, free from dust, ants and quite calm in nature.

**Body:** Body should be clean, particularly our stomach, and intestine should be empty. We should finish our morning routines, take bath after 15 minutes of practice the asanas. The important instruction, the body should be light and fresh. Hence the asanas are done during in the early morning hours or during the evening.

**Sequence:** Usually the Yogic asanas are done along with Pranayama and meditation practices in the following sequence. Complete the asanas first, then follow it with Pranayama and go for meditation the last.

**Spread:** The asana is done on a flat horizontal surface covered with a clean blanket preferably a cotton cloth.

**Age limit:** According to yoga literature, both male and female can practice the asanas right from the age of twelve. However the children should not remain their final pose for long duration as adult's do.

**Priority:** For good results asana practice should begin with Savasana. This helps the body to attain normal metabolism level which is a suitable stage for beginning the practice.

**Concentration:** During the asana practice the concentration is a must it is easily achieved when you attempt to see the tip of the nose with your eyes or dry to see with your eyes the center of your forehead

**Initiation:** Yogic asana practice needs initiation from a teacher. That is in the initial stage the learning should be from an experienced 'Guru' is essential.

**Diet:** Yoga teachers insist that two quarter of the stomach volume alone should be filled with food, one quarter with water and the remaining quarter should be kept empty.

## 6. MEDITATION:

The greatest factor for spiritual life is meditation. In meditation we feel our divine nature. We do not depend upon any external help in meditation. Meditation can bring about a true personal transformation. As you learn more about yourself, you'll naturally start discovering more about yourself.

Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. During this lockdown period and pandemic situation of Covid-19, mental peace is very important and meditation is the best way to calm ourselves. By practicing meditation one can master his ability to focus on his goals. Meditation can be practice by any age group. Many people get frustrated by just sitting home and they get annoyed easily by small things. They lost their temper very quickly and get offended, so especially this kind of person needs to do meditation regularly it makes them calm mentally and emotionally. People can practice meditation also at home it just requires silence. There are tutorials available online or many videos to teach how to practice meditation. There are many different ways in different religions to practice meditation but the result is common, to achieve inner calmness and peace.

To experience the benefits of meditation, regular practice is necessary. It takes only a few minutes every day. Once imbibed into the daily routine, meditation becomes the best part of our day! Meditation is like a seed. When you cultivate a seed with love, the more it blossoms.

Busy people from all backgrounds are grateful to pause and enjoy a refreshing few minutes of meditation each day. Dive deep into yourself.

## 7. CONCLUSION:

In a nutshell, yoga can play a pivotal role in bringing up the child as a good human being to the self and society. By yoga the very purpose and meaning of education will be realized in its true sense.

On the basis of the foregoing discussion, it may be concluded that yogic exercise can help people in many ways during this global pandemic situation. People can stay physically and mentally fit by practicing yoga and meditation. Peoples need to practice yoga and meditation daily in their life to achieve a mentally calm and emotionally stable state. During this global pandemic, people are facing many challenges as there is a nationwide lockdown. It affects their daily routine as they can't go out for a walk or to the gym. But yogic exercise can help them to stay physically fit and trim. But it is more than that. The systematic yogic practices not only eliminate and control several diseases but also keep the mind perfect, clean and peaceful. That means the yogic practice gives both physical and mental perfection. Yoga and meditation have many benefits from a different perspective, it increases your physical strength, awareness, thinking ability and reduces your muscle strain, stress, tension and makes a person more calm and happy. May we as ONE HUMANITY stand our ground, may we fight the enemy within, overcoming the pandemic fear, thus strengthening our ability to fight the external enemy, COVID19.

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