

YOGA : A POWERFUL WAY TO HARMONY AND PEACE**Anindita Banerjee****Assistant Professor, Lokenath B. Ed. College****Email : animampi2@gmail.com****Abstract**

It is established fact that “Health is wealth”. To live in peace and to deal healthy life, we must follow healthy life styles. The modern world is continuously facing a pandemic of lifestyle disorders which require changes to be made consciously by individuals themselves. Yoga is the powerful motivational way which has great importance to harmonize our life and to live in a peaceful life.

The present paper has adopted a systematic examination and analysis of existing literature, including articles, journal papers, books, and other relevant research topic to understand how to harmonize our body, mind and soul and stay in peace with the help of yogic activities. The study finds out that the yoga is that powerful motivational process, which improves and supports stress management, mental health, mindfulness and brings in greater harmony in our thoughts, deeds and actions.

Keywords : Yoga, Harmony, Peace, Mental Health**Introduction :**

Yoga is a mind and body practice that can build strength and flexibility. The word ‘Yoga’ is derived from the Sanskrit root ‘Yuj’ which means ‘to join’ or to unite’. Yoga leads to the union of individual consciousness with that of the universal consciousness, indicating a perfect harmony between the mind, body and soul. Yoga, as Patanjali famously defines it, is the “restriction of the fluctuations of consciousness”. Lord Krishna describes “yoga as the path to self-realisation and union with the divine. Yoga is the journey of the self, through the self, to the self”.

Catherine Woodyard (2011) stated in his paper ‘Exploring the therapeutic effects of yoga and its ability to increase quality of life’ that yogic practices enhance muscular strength and body flexibility, promote and improve respiratory and cardiovascular function, promote recovery from and treatment of addiction, reduce stress, anxiety, depression, chronic pain, improve sleep pattern.

Arndt Bussing *et al.* (2012) stated in their paper ‘Effects of Yoga on Mental and Physical Health : A Short Summary of Reviews’ that yoga provides a life-long behavioural skill, enhances self-efficacy and self-confidence and is associated with additional positive side effects.

Siddappa Naragatti (2020) stated in his paper “The study of Yoga effects on health” that easy practice of regular yoga technique helps to improve the quality of life.

Ajay Bhardwaj (2019) in his paper ‘Universal application of yoga for peace and harmony’ stated that yoga gives permanent solution to these global problems. There is the need of the moral, ethical and cultural refinement of the individual personality on a worldwide scale by spreading and practicing the age-old philosophy of yoga.

Swami Vivekananda very clearly remarked that as the reflection of the moon on the sea is broken or blurred by the waves, so is the reflection of the Atman, the true self, broken by the mental waves. The yoga makes one aware of his own true nature : who am I ? And

with this awareness the whole world changes.

Yoga – Harmony :

Yoga brings harmony across all levels of our existence, from the body, breath, mind, spirit etc. and unite them, in harmony. It cultivates mindfulness, reduces stress and promotes mental clarity and emotional balance. Individuals can connect their inner selves fostering a sense of harmony and peace.

Meaning of Yoga :

“Yoga Chitta Vritti Nirodah” (Patanjali Yogashtra, 1st chapter). The meaning of this shloke is Yoga controls mental process of mankind. Yoga is a practice that connects the body, breath and mind. It brings the body and mind together and is built on three main elements , i.e. movement, breathing and meditation. it has many physical and mental health benefits including definite posture, strength, balance and body awareness.

Meaning of Harmony :

In psychology, harmony refers to a positive state of inner peace, calmness and balance, as well as the feeling of being tuned with the world. Person with high self-awareness, having harmony among body, mind and soul. This harmony accelerates the progress on the path of self-realisation.

Meaning of Peace :

Peace is understood as an expression of people’s will, as a product of political culture that can be rationally founded, which needs to find expressly its foundation in contractual agreements and protection by the state. In the preamble to the UNESCO constitution it is stated that “Since wars begin in the minds of men, it is in the minds of men that the defense of peace must be constructed”.

According to Johan Galtung –“Peace is the absence of physical and structural violence”.

Contribution of the Study :

Yoga is seen as a means of achieving greater awareness, inner peace and spiritual enlightenment. The contributions of the present study in the field of education are :

1. Positive impact of yoga for self-awareness.
2. Educating for living in harmony with the earth.
3. Educate every students to become peacemakers and to devote their talents, capacities and energies.
4. To create constructive behaviours to minimise and eliminate conflict with self and others.
5. To make positive physical health and mental health for all.
6. To create all round development of the human being.

Objectives of the Study :

- i) To find out the ways to harmonise body, mind and soul through yoga.
- ii) To find out the ways to acquire peace in life through yoga.

Methodology :

The nature of the present study is qualitative approach, followed by articles published in journals, books, magazines, editorials, government policies.

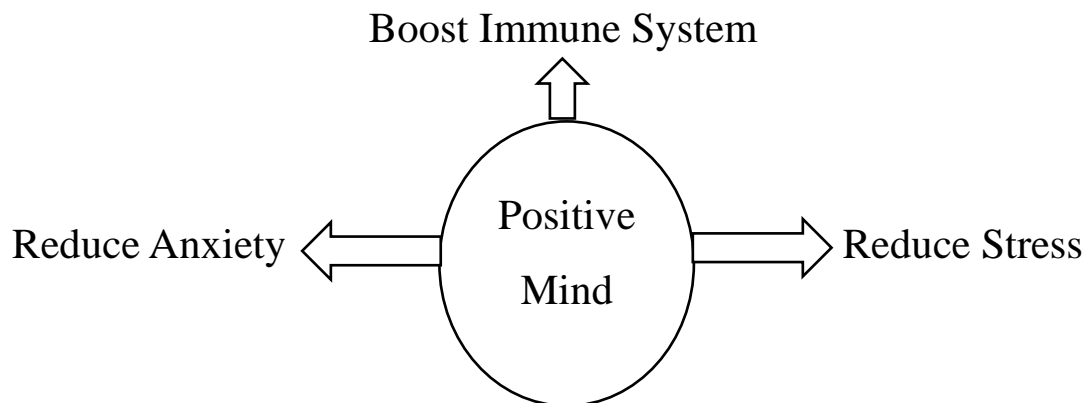
Role of Mind in Positive Health and Yoga :

Mind is referred to as 'disturbance oriented entity' (Bhagvad Gita II : 60, 67, and Patanjali Yoga Sutra : I : 2, 50). But this mind has its significant role in one's yogic pursuit. Absent minded person can't able to hear or see or perceive a stimulus without an intervention of the mind. Mind is mind. It can neither be healthy nor unhealthy. It can be best employed by 'BUDDHI' for constructive activities. If we aspire for positive health, 'we must make our mind inward and invest the same into Sattvika objects initially, so that in due course of time the mind itself is transcended and we find ourselves into the transcendental (yogic) state, signifying yogic health.

Our mind becomes active or disturbed in varying degrees depending upon the nature of the object it gets associated with, through a particular state of sense organs. According to yogic metaphysics, only when the intellect (Buddhi) is having its dictate over the mind, the mental activities are contained and managed fruitfully to the same extent.

According to Patanjali Yoga Sutra, the 'CHITTA' (mind, ego and intellect) has five states, i.e. Mudha (fraught with ignorance), Ksipta (Totally disturbed akin to psychotics), Viksipta (Partly disturbed akin to neurotics), Ekagra (concentrated) and Niruddha (Transcendental). The 'Ekagra' state, being 'Sattvika', signifies positive health and is considered as forerunner to the state of transcendence (Niruddha) signifying yogic health. A positive yogic lifestyle automatically generates positive thoughts. Asanas and pranayams help to remove mental blockages. Pranayam balances energy and supplies new energy to the mind and body.

Research has shown positive thinking can boost the immune system, reduce stress and anxiety.



Triguna and Panchkosha for Holistic Development :

The concept of 'Triguna' has been utilized to explain the concept of personality in modern era as well. Development of consciousness is apparently rooted in this concept 'Triguna'. Triguna deals with Sattva, Rajas and Tamas. Sattva is called as stability, Rajas is called as inertia.

Nonviolence, meditation, kindness, silence, self-control and purity of character are the motivational forces of Sattvic action.

Rajas guna causes greed, activity, restlessness and desire. Due to dominance of self-interest, the intellect gives distorted picture of right and wrong.

Tamas guna is the material quality. It produces ambiguity, idleness, fantasy and persistence. Tamas guna dominant people are apprehensive and revengeful from the research of 'Relation between Triguna theory and well being indicators', it is resulted that correlation between Sattva and well being highly correlated. It is yoga which helps to regulate and

enhance Sattva guna within us. By improving our eating habits, maintaining cleanliness and hygiene, adding meditation to our life, we can cultivate Sattva guna within us.

Taittiriya Upanishad gives the concept of Panchakosas and their development. Taking care of Annamoy Kosa, Pranamoy Kosa, Manomaya Kosa, Vigyanmoya Kosa and Anandamoye Kosa, man can achieve a perfect harmony and peace.

Yoga : A Process of Purifying and Enlightening the Consciousness :

The awakening of yoga-consciousness leads to purification of the mind yoga is an investigation into the process of life. It offers a holistic approach to mental well-being, with its focus on relaxation, meditation and deep breathing.

Yogi Svatmarama says –

“Vapuh Krsatvam Vadane prasannataa naadasputatvam nayane sunirmale

Arogataa Bindujayogni diipanam naadiivishuddhir hatha siddhi lakshanan”

(Hathyoga Pradipika II – 78)

That means slimness of body, lustre of face, clarity of voice, brightness of eyes, freedom from disease, control over seminal ejaculation, stimulation of gastric heat and purification of subtle energy channels are marks of success in Hathyoga.

Yoga and Peace :

Yoga can help us, to become more balanced, calm, focused and relaxed as we all go through usual ups and downs. K. Madhava Chandran and P. Unniraman stated in their paper on “Influence of yoga in achieving peace of mind’ that yoga practitioners experienced more peace of mind all the times, compared to people who do not practice yoga. By paying close attention to the breath and body, one can cultivate mindfulness. Asanas (yogic poses), pranayam (breathing exercise) and meditation are the key ways to achieve peace in life.

Yoga Education and Modern Age :

Due to modernization, man is not getting peace of mind. They are becoming aggressive and violent physical and mental disorders are increasing day by day. These are occurring due to disintegration of their physique mind and spirit. Yoga helps man in this context and by practicing eight limbs or aspects of yoga described by Maharshi Paanjali will help to integrate body, mind, intellect and spirit and man can recognise ‘Who Am I’. They can realise ‘Aham Brahmsmi’ (Upanishad). A healthy individual has to do yogic activities for getting and sustaining the harmony among body, mind, intellect and spirit.

Implication :

In today’s life, stress is becoming a major cause of many health related problems. Stress, anxiety negatively affects our health practice of yoga brings an equanimity where all our actions become skillful and creative. A positive health devoid of all vitiated mental dynamics and endowed with a continual sense of growth and fulfillment, can be realised by the yoga practitioner.

Conclusions :

Practicing yoga and meditation is believed to bring positive changes in our lives by making our body fit and mind become refreshed by full of positive energy. ‘Yoga for harmony and Peace’ is the slogan of first every international yoga day which has been celebrated in huge scale across India and other parts of the world. June 21st is marking as ‘International Yoga Day’. Present society is characterised by full of stress and anxiety. Improper lifestyle, addiction to tobacco, alcohol, drugs, divorce culture etc. are becoming the order and fashion of the day. Yoga philosophy considers human life as an integrative manifestation of body, mind and consciousness.

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