

HEALTH AND YOGA EDUCATION

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ABSTRACT

The aim of health education is to help people achieve health by their own actions and efforts. Health education begins therefore with the interest of people in improving their condition of living and aims at developing a sense of responsibility of their own health betterment as individuals and as members of families, communities or governments says World Health Organisation.

Good Health is a prerequisite to human productivity and the development process. A healthy community is the infrastructure upon which to build an economically viable society. The progress of society greatly depends on the quality of its people. Health is man's greatest possession for it lays a solid foundation for his happiness. Charaka, the renowned physician said 'Health is vital for ethical, artistic, material spiritual development of man'.

It has been rightly said that health mind is in healthy body. Therefore, the student of higher education must be made aware of importance of health and so health education must be imparted to students the unhealthy practices like smoking drinking taking of drugs etc., would make the life of youth miserable.

The concept of positive health and lifelong learning are relatively new concepts, which need to be promoted. Yoga helps in the overall development of the personality of an individual is achieved through higher education using an affective domain in addition to cognitive skills.

Keywords: *Health, Yoga, Health Education, Yoga Education*

INTRODUCTION

"Health education aims at promoting the greater possible fulfillment of inherited powers of the body and the mind and the happy adjustment of individuals to society. It is educational approach to health problems and as such is concerned with practical measures for the promotion of health and the control and treatment of disease."—WHO.

It has been rightly said that healthy mind is in healthy body. For this health education must be imparted to students otherwise the unhealthy practices like smoking, drinking, taking of drugs, etc. would make the life of youth miserable.

Health Education is the sum of experiences that favorably influence habits, attitudes and knowledge relating to individual, community and racial health. Health Education has been an integral part of the functions of health personnel since time immemorial to educate the people pertaining to factors that influence their health.

IMPORTANCE OF HEALTH

Good Health is a prerequisite to human productivity and the "development" process. It is essential to economic and technological development. A healthy community is the infrastructure upon which to build an economically viable society. The progress of society greatly depends on the quality of its people. Unhealthy people can hardly be expected to make any valid contribution towards developmental programmes. Health is man's greatest possession, for it lays a solid foundation for his happiness.

Health is fundamental to the national progress in any sphere. In terms of resources for economic development, nothing can be considered of higher importance than the health of the people that is a measure of their energy and capacity as well as of the potential person-hours for productive work in relation to the total number of persons maintained by the nation.

Herophilus, C., 300 B.C.—

“When health is absent
Wisdom cannot reveal itself
Art cannot manifest
Strength cannot fight,

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Wealth becomes useless
And Intelligence cannot be applied."

As such good health must be a primary objective of national development programmes. World Health Organisation also said, "The aim of health education is to help people achieve health by their own actions and efforts. Health education begins therefore with the interest of people in improving their condition of living and aims at developing a sense of responsibility of their own health betterment as individuals and as members of families, communities or governments."

DEFINITION OF HEALTH

The World Health Organisation defined as "a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity."

Thus, good health is a synthesis of physical, mental and social well-being. As stated is First Five Year Plan –

"Health is a positive state of well-being in which harmonious development of mental and physical capacities of the individuals lead to the enjoyment of a rich and full life. . . . It implies adjustment of the individuals to his total environment—physical and social"

Dr E.Berthet, Secretary-General of the International union for Health Education Paris, defines health 'We no longer ought to define health only in terms of sickness, but rather in relation to the harmonious development of every individual's personality. After all, it represents a balanced measure of a person's total potentials whether biological, psychological and social; and to the notion of individual health we should add the concepts of family and community health."

SIGNIFICANCE OF HEALTH EDUCATION

Health education must be imparted keeping in mind latest developments in the field of health. Life is changing fast and the individuals must be educated in the new technology. Effective health education, therefore, requires a continuous stream of knowledge, development of the people's ability to absorb it, and decisions taken based on a constantly changing body of information.

Health education helps to

- Provide a person with appropriate knowledge to enjoy decent health
- Create in him an interest in his own health and well-being and also health of his family members and those living in his surrounding
- Provide knowledge about the occurrence and spread of disease and also preventive measures
- Create in him a desire to support health education programmes in his area
- Have change in his habits and attitudes
- Inculcate positive values to improve his health
- Modify his customs and behavior
- Enjoy personal hygiene and nutrition
- Impart knowledge of modern medicine and use of health services
- Educate about mental health
- Educate about human physiology, communicable diseases, alcohol and drugs
- Provide knowledge of environmental sanitation.

Making a change in knowledge, habits, attitude and customs is not easy. It is a difficult process. Health education programmes must involve a lot of motivation to break the person's habits and attitudes etc and bring him into a desired practice. In this aspect, spiritual dimension is highly influential to have desired behavioral change. Here comes the Yoga education, a holistic value for health education as one of the method of health education.

YOGA EDUCATION

Yoga helps in the overall development of the personality of people. The concept of positive health and lifelong are relatively new concepts which need to be promoted. An overall development of the individual is intended to be achieved through higher education using an affective domain in addition to cognitive skills.

India, known for its wisdom, has given us the Upanishads, the quintessence of the Vedas, and a saga of knowledge. From these books of knowledge – Vedas, Upanishads, Yoga texts – are emerging new rays of hopes that are essential to face the new revolution.

Dr. Hiroshi Nakajima, Director-general of WHO, in a message to the assembly of Youth said, "Unprecedented challenges face the youth of today and the young people may be given the opportunities to demonstrate their creativity, energy and commitment to solving their own problems and helping to build a healthy future for the entire community in which they live."

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The two major challenges of this era of science and technology – viz. stress and pollution have become the true triggers for the new revolution. If pollution is working at the material front to direct man towards better ecological and appropriate technology, the challenge of stress is shaking the very foundations of the matter- based objective approach of science. As we glide through the decades of transition, our understanding is bound to encompass a greater spectrum of the universe – life, mind, psyche, etc.

The following are the problems of the students of higher education

- Aimless life.
- Lack of interest in studies.
- Lack of enthusiasm and eagerness.
- Affluent environment leading to alcoholism, smoking, gambling, etc.
- Irregular food habits.
- Lack of exercise and games.
- Lack of reading habits.
- Lack of peace.

MEANING OF YOGA

Yoga has been the culture of ancient India and the ancient civilization of the world, and it is going to be culture of tomorrow. It is the science of today which we have to learn, which we have to accept, and which we have to understand. It is a science which deals with the developments of the human personality and which leads to the awakening of untapped energy sources within the brain and mind. Ancient rishis, saints and sages have been talking about it for the last fifty thousand years . They spoke about it, not as a religion or philosophy, but as a way of life that could lead to the development and awakening of our consciousness and energy.

Patanjali defines yoga as complete suppression of all mental modes or processes (cittavrttinirodha). Vyasa defines it as absorptive concentration (Samadhi). It is a universal attribute of the mind. All persons can attain yoga by repeated practice (Abhyasa) and detachment (vairagya). Yoga is simply a means of maintaining health and well-being in an increasingly stressful society. Asana remove the physical discomfort accumulated during a day at the office sitting in a chair, hunched over a desk. Relaxations techniques help maximize the effectiveness of ever- diminishing time off. In an age of mobile phones, beepers and twenty-four hour shopping, yogic practices make great personal and even business sense.

The word yoga is derived from the Sanskrit root 'yuj' meaning 'to unite', 'to combine', and 'to integrate', which means total integration of the physical, mental, intellectual and spiritual aspects of the human personality. Yoga is a way of life, propounded by Patanjali in a systematic form.

Yoga is an exact science. It aims at the harmonious development of the body, the mind and the soul. Yoga is the turning away of the senses from the objective universe and the concentrations of the mind are eternal life in the soul of spirit.

Yoga is the discipline of a mind, senses and physical body. Yoga helps in the co-ordination and control of the subtle forces within the body. Yoga brings in perfection, peace and everlasting happiness; one can even have increased energy, vigor, vitality, longevity, resistance, calmness, and good sleep at times by the practice of Yoga. The practice of Yoga will help people to control the emotions and passions and resistance power increases and removes the disturbing elements from mind. It will enable them to keep a balanced mind and remove fatigue and get concentration, self-sufficiency, impertinence, pride, luxury, name, fame, self-assertive nature, abstinence, idea of superiority, evil company, laziness, over eating, meat eating, over work, attachments, too much talking, smoking, drinking are some of the obstacles in the path of Yoga.

STEPS IN YOGA

The science of Yoga has its roots in Upanishads, Vedas, Bhagavad-Gita, Yogavashishta of Vashista, Hathayoga Pradipika, and the Yoga Sutras of Patanjali. Patanjali called it Astana Yoga, i.e, science having eight limbs or constituents, viz,

1. Yama
2. Niyama
3. Asana
4. Praanaayaama
5. Prathyaahaara
6. Dhaarana
7. Dhyaana
8. Samadhi

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These can be practiced and experienced by every person individually. So that they reap the benefits of yoga.

CONCLUSION

The concept of positive health and lifelong learning are relatively new concepts, which need to be promoted. Yoga helps in the overall development of the personality of an individual is achieved through higher education using an affective domain in addition to cognitive skills. Yoga deals with the problems of human nature and human psychology through a vast repertory of practical methods that aim towards purification, regulation and awakening of human potential. At present, yoga is passing through a momentous period of growth consolidation and expansion with its rapid integration into modern society.

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