

An Assessment of Activity Conducted by Bihar Yoga Bharti for Anxiety and Stress Management among Learners



EDUCATION

KEYWORDS : Sahayoga, Meditation, Joyfull, Gurukul, Asana, Pranayama, Shatkarmas, Mental Health.

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ABSTRACT

Yoga was developed and refined by the Indian sages in search of the real-most state of human nature. In course of time that traditionally evolved system of Yoga has been a science of consciousness development and finally in modern time Yoga was seen as the science of possibilities, latent within oneself and helpful in dealing with crucial problems of human life. Nowadays, teachers and students are facing a lot of problems in their personal, educational and social life. They need effective solutions of the problems or proper training to develop abilities to find out the solutions on their own. Yoga can help them to eradicate frustration, dissatisfaction, tension, intolerance, fear etc. Meditation can help them to bring out inner capabilities and build up self-confidence. Better adjustment can be made in odd circumstances to achieve success by regular practice of yoga and meditation. Learning achievement can also be enhanced by giving training to school children about concentration in study. Modern educationists are taking interest in improving the quality of education with the help of the Yoga system. Therefore it is a high time to think seriously on inclusion of Yoga and Yogic values in education system. Yoga in education should lead to the development of harmonious personality and behavior at all the levels. Bihar school of Yoga (BSY) was established in 1964 as the headquarter of international Yoga Fellowship. It aims to impart yogic training to household and sannyasins alike. Since the first yoga teacher training course which was held in 1968, the school has grown into a reputable international training centre of great renown.

Introduction

Definition of Yoga

It is quite obvious by the definition of Yoga given by Swami Ranganathananda of the Ramakrishna Mission that **"The science of Yoga is thus the science of man in depth, the science of conscious evolution or the science of human possibilities. It is a unique science in that it encompasses, matter, life and consciousness in one sweep and bridges the gap between science (as it is understood today) and Spirituality"**

Philosophical Aspects

Mahatma Gandhi suggested the same, that **'education in India is to be based on three principles: Yoga (spiritual training), Udyoga (vocational training) and Sahayoga (social training)'**

Kathopanisad elucidates that Yoga is a system of holistic life where all the facets of human life as well of personality get due consideration as inevitable elements of a whole system"

Sri Aurbindo defined yoga as a methodical effort towards self-perfection

The integration of Yoga with modern education' **Swami Rama asserted (1981)** that Yoga should become a part of education in India. According to Swami Rama **'Education process should include 3 steps:**

- 1st step -Education at home.
- 2nd step -Environmental education.
- 3rd step -Self-education.

Thus yoga is assumed as the state of equanimity at psychic level, which makes life free of stress so that one can perform his best in an effective manner.

Bihar Yoga Bharti

Bihar School of Yoga (BSY) was established in 1964 as the headquarters of International Yoga Fellowship. It aims to impart yogic training to householders and sannyasins alike. Since the first Yoga Teacher Training Courses which was held in 1968, the school has grown into a reputable International Training center of great renown Bihar Yoga Bharati was established by Paramhansa Swami Niranjanananda Saraswati, in the year 1994, as a charitable educational institution. The main objective behind the setting up of such an Ashram was to conserve and renew the entire span of yogic science, by combining academic and scientific methodology with a

spiritual vision. Bihar Yoga Bharati offers scholars, scientist, doctors and yoga aspirants from all over the country to work together.



Bihar school of Yoga (BSY) was established in 1964 as the headquarter of international Yoga Fellowship. It aims to impart yogic training to household and sannyasins alike. Since the first yoga teacher training course which was held in 1968, the school has grown into a reputable international training centre of great renown.

The technique of the integral yoga taught here are syntheses of all approach of the personal development. Yoga Teacher Training , Yoga Health Management , individual sadhana, Hriya Yoga , Mantra meditation and other advance courses are conducted by sannyasian on a group of a individual basis for day and life residential students. Foreigner students **from Kanada, Greece, Iran** and other western country. There is separate hostel and classroom for Foreigners and Indian.

The glory of institution can guess from that Dr. Abdul Kalam visited twice in a two consecutive year personally in 2002 and 2003.





INVESTIGATOR OBTAINED PHOTOGRAPH FROM GALLERY OF YOGA BHARTI (When Dr. abdul kalam ajad visit yoga bharti in two consecutive year in the year 2002-2003.)

Rational of the field work

Since time honored the lore of the Yoga was developed and refined by the Indian sages in search of the real-most state of human nature. In course of time that traditionally evolved system of Yoga has been a science of consciousness development and finally in modern time Yoga was seen as the science of possibilities, latent within oneself and helpful in dealing with crucial problems of human life. After the popularization of health promotion potentials of Yoga practices among masses, certain other applied aspects of the Yoga system, concerned with human resource development, have been remained to be substantiated scientifically.

Nowadays, teachers and students are facing a lot of problems in their personal, educational and social life. They need effective solutions of the problems or proper training to develop abilities to find out the solutions on their own. Yoga can help them to eradicate frustration, dissatisfaction, tension, intolerance, fear etc. Meditation can help them to bring out inner capabilities and build up self-confidence. Better adjustment can be made in odd circumstances to achieve success by regular practice of yoga and meditation. Learning achievement can also be enhanced by giving training to school children about concentration in study.

The concept of joyfull learning is incomplete without yoga and meditation. Teachers, teacher-educators, educational institutions should encourage researches to promote Indian heritage. Yoga and meditation should be introduced in teacher training courses as well as schools at secondary stages. We are emphasizing on value education, environment education, population education, sex education for solving emerging problems. Beside this if we would have seriously thought about

yoga education and its implementation the picture would be different. Now, there is a need to study glorious past to make future shining. Nowadays, it is a major responsibility of the teachers to build strong character of their disciples or students due to their close association with them

Modern educationists are taking interest in improving the quality of education with the help of the Yoga system. Therefore it is a high time to think seriously on inclusion of Yoga and Yogic values in education system. Yoga in education should lead to the development of harmonious personality and behavior at all the levels

Health is Wealth it's as simple as that. When we are healthy, we are better able to face challenges and give our best to whatever endeavor we undertake.

Statement of the Fieldwork

An Assessment of Activity Conducted by Bihar Yoga Bharti for Anxiety and Stress Management among Learners for Refinement of Educational Process in Present Era.

Objective

- To study the academic facility provided by Bihar Yoga Bharti, Munger.
- To study the influence of yoga promoting education.
- To study the occupational achievement of students of Bihar Yoga Bharti, Munger.

Major Research Questions

1. What is the importance of yoga in education?
2. How is it useful for teachers and students?
3. In what way it help to remove stress?

Methodology

Sample

The present study was undertaken in **Bihar Yoga Bharti**, Guruji, staffs members, and student of Bihar Yoga Bharti were the sample of the study.

Tools

1. Interview Schedule for Guru ji.
2. Focus group discussion with staffs members.
3. Focus group discussion with staffs with students.
4. Observation.
5. Photograph.

Procedure of the Study

First of all investigators after meeting his guide decide the topic for field work. After getting his guide approval he visited the site so many times because it is qualitative research. In this research we have to give holistic overview of present condition of field of study. The investigator visited the "**Bihar Yoga Bharti**" i.e. Ashram and university located at Munger state Bihar to collect information and data related to the field work. The investigator visited the "**Bihar Yoga Bharti**" on several occasion in the month of February of 2012 and interacted with the students, staff member and Guruji of the College. Therefore investigator has collected a few evidence from their day to day practices by observation and interview with the Guruji, Staff Member, and Students of college.

Sl. No.	Day	Date	Timing	Visits whom	Place
1.	Friday	06.02.2015	08.00 A.M.	Guru ji	Bihar Yoga Bharti"
2.	Saturday	07.02.2015	09.00 A.M.	Staff Member	Bihar Yoga Bharti"
3.	Monday	09.02.2015	05.00 P.M.	Student	Bihar Yoga Bharti"
4.	Tuesday	10.02.2015	11.00 A.M.	Student	Bihar Yoga Bharti"

Sl. No.	Day	Date	Timing	Visits whom	Place
5.	Thursday	12.02.2015	11.00P.M	Observation	Bihar Yoga Bharti
6.	Saturday	14.02.2015	01.00 P.M	Observation	Bihar Yoga Bharti

Findings

Location of the field work

Bihar Yoga Bharati is located at Ganga Darshan in **Munger**, Bihar, 175 km from Patna, the state capital, and 500 km from Calcutta. Ganga Darshan is situated on a hill which commands a majestic view of Mother Ganga as she sweeps through green paddies, fertilizing, energizing and purifying the surrounding areas. The campus itself is located on an historical energy centre, Karna Chaura, now named Ganga Darshan, which is spread over an area of 5.5 hectares. Even before the establishment of Ganga Darshan, this hill was steeped in spiritual lore. Previously known as Karna Chaura, it was the seat of Danaveer Mahayogi Karna of Mahabharata.

As an intention with to find out the impact of Yoga on the students of school. Investigator came to conclude after keenly observation, while interacting with them as well as by applying a questionnaire as follows. They are more confident and positive in their talk, which reflects the positive development in their personality. They have developed a sound social and moral values in their disposition. They reflects ethic which main stream them towards the community participation. They have developed a balance to balance their perspective aspects of realizing them self i.e. self actualization.

Finding for First Objective Gurukul Lifestyle

“Gurukul means family of the guru. Since ancient times in India, people have come to live the gurukul lifestyle for different periods, and they become part of the gurukul. In the gurukul the system of education is not social education, but knowing about life. What one knows is not enough: one has to live what one knows. In order to know how to live, lifestyle is necessary.”

Swami Niranjanananda Saraswati

As this gurukul-based Ashram is an experiment in combining academic studies with ashram lifestyle and discipline, aspirants must be prepared for this approach to yogic study. The rules and regulations for the students, teachers and other residents are designed to make the yogic lifestyle smooth and simple, creating an atmosphere in which the yogic spirit can be imbibed at a subtle level.

“The purpose of gurukul lifestyle training is to open the mind, whereas the purpose of yoga is to focus the mind. When we practise yoga we learn how to focus the mind and bring it to one point with the help of asana, pranayama, pratyahara, dharna, and dhyana. In the gurukul process, the achievement is not to focus the mind, but rather to broaden and open the mind. This can only happen when the individual is continually exposed to different situations and has to learn how to manage themselves and their interactions with a positive, creative and constructive state of mind. This is the lesson of Sri Swamiji’s teachings.”

Swami Niranjanananda Saraswati

Course Offered

Bihar Yoga Bharati has transformed itself into a university that is ‘one of its kind’, to instruct the students in a comprehensive. In past it had provision for MA, M.Sc, M.Phil, PhD, MPhil, Dsc, D lit. But due to contraversary with UGC it closed all this full time course. Now it offers short term course like, a four month certificate course and few other courses. It also offer yoga instructor

course at rikhiapeeth centre.

Other Short Term Course Academic Calendar

Date	Course
Jun 1-Jul 25	Orientation in Yogic Science & Lifestyle, 2 months (Hindi)
Aug-May 2016	Diploma in Yogic Studies Course, 1 year (English)
Aug 1-30	Yoga Instructors Course (English) -For Indian nationals only
Oct 1-Jan 25	Yogic Studies Course, 4 months (English)
Oct 3-20	Yoga Health Management Course – Diabetes (Hindi)

Date	Event
July 27-30	Guru Poornima, Satsang with Swami Niranjan and Aradhana
Jul 31	Guru Paduka Poojan during Guru Poornima
Sep 8	Honouring Janmotsava of Sri Swami Sivananda
Sep 12	Honouring Sannyasa Diwas of Sri Swami Satyananda
Dec 25	Celebration of Swami Satyananda’s Birthday
Jan 2-7 2016	Ashram Life, Yoga & Satsang

Admission

Language Test and Adaptability to Ashram Life Interview

Both the test and the interview will be held at the Ganga Darshan Ashram campus approximately one week prior to the commencement of the course. The language test is of 1½ hour’s duration. The interview is of approximately 15 minutes’ duration and provides candidates and staff with an opportunity to assess whether the Ashram environment of Ganga Darshan will suit prospective students. The test be bilingual both in English and Hindi.

Daily Routine

The average daily schedule begins at 4.00 am. Asana and pranayama class starts at 5.00 am; breakfast at 6.30 am; general and departmental seva yoga continue until lunchtime. Lunch is at 11.00 am; after lunch is either rest, study or personal time; afternoon tea is at 1.30 pm, followed by lectures or practical meditation/yoganidra classes. The evening program varies according to the course, with gardening or kitchen seva yoga at 4.30 pm; dinner at 5.30 pm; evening program from 6.30–7.30 pm; 8.00 gates of residential block is closedlights out at 8.30 pm. Timings may, however, change from time to time as the summer and winter timetables are adjusted. Ashram Routine

Events held at Ganga Darshan Yogashram on a regular basis throughout the year for all sadhakas, devotees and well-wishers include chanting of

Every Saturday	Mahamrityunjaya Mantra
Every Ekadashi	Bhagavad Gita Path
Every Poornima	Sundarkand Path
Every 5 th	Rudrabhishek
Every 6 th	Sri Chakra Abhishek / Aradhana

Fully Residential Course

Bihar Yoga Bharati courses are intensive and require all students to remain within the Ashram during the entire period of the course, withdrawing temporarily from the distractions of daily life. This means that for the duration of the course, you will not be able to access external services, including email, banking and shopping. Basic provisions and personal items can be purchased on campus. Foreign exchange is also available.

Once you have registered in the campus you will not be permitted to leave the premises until the time of your departure. Any required facilities can be made available through the office. If due to exceptional circumstances you are required to leave campus, prior permission must be taken from the administration. Granting of such permission is at the sole discretion of the administration and the Ashram will not be held in any way responsible for your actions or welfare while outside the campus.

Meals

All residents of the Ganga Darshan campus are expected to take their meals in the kitchen area and not in their rooms. Private cooking is strictly not permitted on campus. The ashram diet is simple Indian style vegetarian food.

Residential Building

Bihar Yoga Bharati campus comprises five residential buildings set amidst terraced gardens and lawns, with broad steps leading up to the Main Building, which sits on top of the hill.

The Main Building houses the offices and classrooms, the indoor auditorium and the Research Library, as well as residential accommodation for professors, scholars, administrators and guests of the Ashram. Students will be accommodated at the Ganga Darshan or at one of the other campuses.

The residential buildings contain rooms with light fixtures, windows and fans. The rooms are clean, airy and simple with double or triple occupancy and shared bath and toilet facilities.

Library Facility

The library specializes in spiritual literature from a wide range of traditions and presently houses some 30,000 books, periodicals and journals. To meet the needs of Bihar Yoga Bharti students the library is divided into two sections:

Student Library



The General Library is available to all **Bihar Yoga Bharti** students. It contains a spacious reading room in which students are able to read in the allocated study time. There is no lending facility from the Student Library.

Finding for Second Objective

Meditation

The meditation on respiration, as in Vipasana of Buddha system, was found to modify the state of mind. Moreover, transcendental meditation, which is a meditation on Mantra, was found to have the power of physical changes

Meditation stabilizing the functioning of autonomic nervous system causes remarkable reduction in anxiety and hypertension. The Yogic refinement in psychological attitude (Yama and Niyama of yoga) can reduce tension, improve health and resolve psychological conflicts. Both the internal and external environments can be balanced by such Yogic practice

Investigator observe clearly during practice session how actually meditation process is carried out in in this Ashram

Asana

Asana is defined in Sage Patanjali's Yoga Sutras as 'that position which is comfortable and steady'. The raja yogis, then, practised asanas to develop the ability to sit comfortably in one position for an extended period of time, as necessary for meditation. The hatha yogis, however, found that asanas open the energy channels and psychic centres. They became tools to attain higher awareness, enabling the exploration of the body, breath, mind and subtle states.



Today, asanas are acknowledged to be techniques which place the physical body in positions that cultivate awareness, relaxation, concentration and meditation. An important part of this process is the development of good physical health by stretching, massaging and stimulating the pranic channels and internal organs. Scientific research has proved that asanas prevent disease, promote health and have curative abilities, therefore many professionals use them to manage psycho-somatic stresses and diseases.

Asanas work on both the body and the mind. These are not separate entities although there is a tendency to think and act as though they are. The gross form of the mind is the body and the subtle form of the body is the mind. Practising asanas integrates and harmonises the two.

Pranayama

Pranayama is generally defined as 'breath control'. Although this interpretation may seem correct in view of the practices involved, it does not convey the full meaning of the term. Prana means 'vital energy' or 'life force', ayama means 'to expand', accordingly pranayama is expansion of the vital energy. This vital energy is responsible for all life experiences including physical and spiritual. Pranayamas harmonise the pranic body which is a network of nerve channels carrying the vital force to each and every cell and organ infusing them with life and dynamism. Pranayamas are also the preparatory practices for the awakening of the chakras (psychic centres) and aid in the perfection of kriya and kundalini yogas.



In the past pranayamas were taught to a select few as a part of higher yoga practice, but in the course of time Swami Satyananda Saraswati reintroduced the subject of pranayama as a part of daily yoga sadhana. The sequence in which the pranayamas are taught today by many yoga schools were developed by the Bihar School of Yoga.

Shatkarmas

The shatkarmas consist of six groups of purification practices which harmonise different aspects of the body and personality, inducing physical and mental purification and balance



Finding for the third Objective

Achievement of Student of Bihar Yoga Bharti

It is the performance of a student in the Bihar Yoga Bharti that they can get a job both in private and public sector. As Investigator already mentioned that Bihar Yoga Bharti conducted yoga teacher training course affiliated to all India yoga teacher society, they getting job in school as a yoga teacher. Investigator also takes focus group discussion with one of the students name yogesh kumar who work as a trainer in jail. He satisfies with their job. Various of student of Bihar Yoga Bharti appointed in different schools, such as KVS, NVS and teaching various state government programme as a yoga teacher.

Conclusion

Yogic practices are duly proved i.e. treatment of physical difficulties, improvement of mental health and developing resistance to stress, promotion of emotional balance and control on hyperactivity, however, many other prospective aspects of yoga-practices, may be helpful in giving good support to the education process, are still to be evaluated substantially. These positive aspects of yoga are: promotion of will power and development of perseverance in students, education and training about inner-Self, comprising introduction with corporeal Sheath (physical body) of the Self, development of awareness of vital sheath (psychosomatic system) of the Self, accessing to the psychic sheath (psychological system) of the Self, approaching the Gnostic sheath of

the Self escorting finally to the realization of the beatific sheath. The said process of education and training about inner-Self, obviously also takes in the process of pursuit of the transcendental state of psyche leading to the development of wide-ranging awareness, unfoldment of creative consciousness and promotion of uniqueness or talent in the students.

Yoga and meditation now a days introduce in teacher training programme and also secondary stage at school. The Yoga has played a vital role in preparing many generations of our youth in becoming responsible Indian citizens. Its activities and curriculum provide an opportunity for our youth to challenge their energies in a creative manner, inculcating the much needed qualities of discipline and commitment.

Education Implication

1. Self- Education (education of self-realization).
2. Pursuit of the Transcendental State of Psych
3. Development of General Awareness (Attention Vs Awareness)
4. Promotion of Uniqueness
5. Unfoldment of Creative Consciousness
6. Promotion of Will Power and Perseverance
7. Management of Mental Health
8. Treatment of Physical Difficulties
9. Management of Stress Disorders
10. Helping to achieve self discipline.
11. Increase creativity.
12. Path for mental peace
13. It helps the students to clarify all the difficulties.
14. This programme bring out many good personality traits qualities and capacities of the students.
15. It provides training in interpersonal skills such as management of groups etc.
16. It provides opportunities to express their attitude, inner feeling, beliefs through role playing, socio-drama etc.

Suggestion

As far as investigator is concern. Yogas institution must be established in every districts or blocks of Bihar. Because such type of institution help self control, self discipline, increase creativity. After doing yoga practice people/student easily maintains its stress and live a happy life

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