



ORIGINAL RESEARCH PAPER

Education

ROLE OF 'ANANDAPURAM' IN PROMOTION OF YOGA EDUCATION

KEY WORDS: Anandapuram, Yoga Education

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ABSTRACT

In ancient Indian philosophical system, Yoga is described as the link between the individual and the universe. Yoga is a physical, mental and spiritual practice that includes physical postures, regulated breathing and relaxation and meditation. The growing popularity of this ancient philosophical practice since times in India and abroad as well, have drawn the attention of different strata of society towards yoga education. Both Government and non-government initiatives have been undertaken for promotion of Yoga Education. In this reference an attempt has been made to highlight the function of Anandapuram, a Nalbari based NGO, which is engaging itself in promoting physical and mental health and wellbeing among the people of entire Nalbari district.

Introduction:

Yoga and Meditation play an important role in controlling the function of our mind, i. e. ego, desire and intellect and improve our day to day life. It is the science of right living and as such is intended to be incorporated in daily life. It works on all aspects of the person, the physical, mental, emotional, psychic and spiritual.. The growing popularity of this ancient philosophical practice since times in India and abroad as well, have drawn the attention of different strata of society towards yoga education. The practice of celebrating International Day of Yoga on 21st June is going on since its approval on 11th December, 2014 to discover the sense of oneness with ourselves, the world and the nature. In country like USA, Yoga training becoming a billion dollar business. In India too, Yoga education is the ancient Indian education system which has been described as wisdom in work or skillful living amongst activities with harmony.

Yoga Education:

Yoga education aimed at development of proper attitudes, emotions and characters in the human being. It attempts to promote all aspects of human personality. Yoga education means inculcating a sense of humanism, deep concern of wellbeing of self and others among children. It has to instill in children a deep sense of commitment of values that may build the nation.

Right from Maharshi Patanjali to Swami Vivekananda, T. Krishnamacarya to Shibananda Saraswati, made strenuous effort to promote Yoga Education in India. Gurus from India introduced Yoga to the West following the success of Swami Vivekananda in the late 19th century. Many studies have determined the effectiveness of Yoga as a complementary intervention of different physical and mental ailments. At present Yoga Education is supplementing School and University education. Different non-Government initiatives are also taken for promoting Yoga Education and training throughout the country some of those are of international repute. At present different Yoga training institutes are coming up in Assam too among which 'Ananadapuram', a Nalbari based Non-Governmental Organization is rendering its services to the community through its versatile functions and contributing in promotion of Yoga Education. In this paper, an attempt has been made to highlight the functions of Anandapuram, which is engaging itself in promoting physical and mental health and wellbeing among the people of entire Nalbari district.

Significance Of The Study –

Yoga researchers found that yoga practice helps in balanced development of all the cognitive, affective and conative aspects of the children. Yoga is becoming popular and trendy

day by day across the globe. As a science of holistic living, this yoga practice needs to cover all strata of people from rich to poor, healthy to the ill. Though Yoga practice is encouraged in formal school set up, Yoga as a discipline in formal educational set up is still in its infancy. Most people of India are still not aware about this rich ancient Indian Wisdom and its role in physical and mental wellbeing of the people. The formal mode of imparting Yoga Education is still growing and for some, Yoga education and training is becoming a business, rather than a spiritual venture for human welfare. As the Government initiatives for imparting Yoga Education at the Grass root level is very limited, NGOs are coming in forefront to introduce and popularize this ancient practice among the masses. Exploration of such Grass root level initiatives may encourage others in this venture of adopting Yoga in our daily life. Keeping it in view, the problem of the study is stated as -

Statement Of The Topic:

“Role of 'Anandapuram' in Promotion of Yoga Education” Objectives of the study:

- (i) To study the Structural features of Anandapuram.
- (ii) To know the Functions of Anandapuram in promotion of physical and mental development of individual.
- (iii) To study the role of Anandapuram in district health development process.

Method And Procedure Of The Study:

The study is Descriptive in its approach and Case study and interview method have been adopted for collection of data. Anandapuram, a socio-cultural organization, for imparting Yoga education in Nalbari District, has been accepted as a sample of the study. Yoga practitioners and yoga patients were interacted to know the functions of the organization for physical and mental development of the individual.

ANALYSIS AND DISCUSSION-

Anandapuram is a unique educational institution dedicated to the service of humanity through the science of Yoga. It was established in the year 1993 and registered under the societies registration act xxi of 1860 dated 01-09-1993. Initially Anandapuram was started at rented house and finally it moves to own campus of 11 bighas land in the year 2001. Courses encompasses in this institution are Academic Education, Music, Art, Yoga Therapy & Meditation. Founded by Swami Barun Anand in 1992, this socio-cultural institution distinguished itself from other institution of entire Nalbari district by its yoga based education. From the beginning the institution's focus had been on holistic living of the individual featured by Health, Happiness & Holistic value system of Dana (sharing), Daya (love) and Dama (a moderate life style in tune with ecology). Anandapuram claimed to have more than 3383

nos. regular yoga students with over 3884 nos. participants in different yoga camps. It has been affiliated to "Neheru Yuva kendra" (An Autonomous Organization under the Govt. of India, Ministry of Youth Affairs and Sports) in the year 2008. Anandapuram is open to all irrespective caste, creed, age and socio-economic or political status. The goal of the institution is to establish a society where every people can live a healthy and prosperous life. The institution offers academic and yoga courses suitable for people of different ages right from children to old age person and for different professions like administrator, actor, teacher, doctor, businessman, media, and household person. The Institution is functioning through different wings to cherish its goals. These are -

Institute Of Yoga And Meditation:

A Centre where people can learn and practice yoga and meditation to maintain their health and make oneself free from different physical and mental ailment was established in the year 1992. The Institute of Yoga & Meditation under Anandapuram is also offering one year yoga diploma course since 2009.

Yoga And Naturopathy Hospital: "Yoga and Naturopathy Hospital" having indoor (10 beded) and outdoor facilities has been functioning since 2008. Numbers of chronic patients suffering from gastritis, Asthma, Allergy, Indigestion, Back pain, High blood pressure, Heart disease, Migraine, Tuberculosis (T.B.) etc. have been cured by the natural treatment of this unit. Some naturopathy treatment process applied for curing the diseases are Mud pack, Hot footbath, Steam bath, Foot and Arm bath, Arm pack, Hydro therapy, Body massage, Oil Massage etc. This treatment Centre has been registered by the Nalbari District Authority in the year 2017.

Ananda Vidya Niketan:

In 1993, yoga based academic institution from pre-primary to class secondary level was also established by Anandapuram. To check the tendency of delinquent behavior and the undisciplined state of mind of the student, the practices of silence, observation, meditation, concentration, breathing exercises, watching the sound around, etc. are strictly observed along with Yogic asana as per the program of Human Resources Development of the Ministry of India.

(i) Sangeet Kanan:

A music school is also functioning since 1994 to promote Indian classical music (Vocal, Tabla & Kathak dance) and also to develop sound mind among the students.

(ii) Nalbari Kala Niketan:

Since 2002, school of fine arts is imparting different courses on art and painting for the development of aesthetic sense of the students established.

(iii) PGDY Study Centre:

A study Centre of Post Graduate Diploma in Yoga (PGDY) under Krishna Kanta Handiqui State Open University (KKHSOU) is also functioning since 2016.

Other Functions –

From the inception the institution is organizing one day yoga awareness camps of 4 to 7 days duration, Art of living camps, Yoga Sadhana and Yoga Sikitsha Sibir, Stress Management camps for executives, Special Camp on Meditation, Yoga and Meditation camps for students, Health Management camps etc. in urban and rural areas of Nalbari District. The institution has organized more than 800 yoga awareness camp and 3884 different kind of camps. Yoga classes and yoga camps are also being organized among the jail inmates of Nalbari district. Since 2015, Anandapuram is celebrating International Day of Yoga at different places of Nalbari District. Moreover with the assistance of Central Council for Research in Yoga & Naturopathy, (CCRYN), Ministry of AYUSH, Anandapuram has

organized a month long free yoga programme at NALBARI, BAKSA and BISWANATH district.

Anandapuram also publish a half yearly magazine "Anandam" Since 2003, focusing on various aspects of yoga, naturopathy, health & hygiene, healthy lifestyle etc. Books on yoga meditation and naturopathy treatment namely "Yoga Sadhana", "Yoga, Meditation, Naturopathy", "Yoga Prabha" has also been published by Anandapuram.

Anandapuram also collaborated in implementing the school health program organized under the scheme of "Yoga Implementation Programme" funded by National Rural Health Mission (NRHM), in Nalbari, and Barpeta district of Assam. Total nos. of schools and students trained under the scheme in both the districts are presented in the following table -1

Table 1-Year Wise Number Of Trained Students-

District	Year	No. of schools	Number of students
Nalbari	2009-10	20	14406
Nalbari	2010-11	20	7524
Barpeta	2010-11	20	8628

Anandapuram also took part in celebration of National Yoga Week organized by Morarji Desai National Institute of Yoga (MDNIY) in the year 2012. The institution is selected to establish a Swami Vivekananda District Yoga Wellness Centre (SVDYWC) under the aegis of Morarji Desai National Institute of Yoga (MDNIY under AYUSH, India for the year August 2011 to March 2014. The program & nos. of benefited participants are presented in the table 2-

Table 2 Number Of Program And Participants –

Program	Nos. of program	Nos. of participants
FCYW	32	342
YAP	15	239
YPGW	36	2730
RYTP	72	740
Suggestion and Conclusion:		

The highest goal of our life is perfection, peace, joy, and happiness. But, due to physical and mental disturbances, somehow we are not able to achieve this. As the Government initiatives are limited, the role of non-governmental organizations in this regard can play crucial role in creating awareness and formation of positive attitude and imparting required skills for yoga practice. Engaging oneself in promotion and expansion of this ancient practice in an organized manner require dedication and devotion along with hard labor. Though there are lots of challenge in this venture, i.e. financial constraints, lack of awareness of government schemes and funding agency, Anandapuram engaging itself in the journey of promoting yoga for holistic development of humanity.

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