PLAN OF STUDY

Now-a-days it is seen that when man develops in one field, another field is undeveloped. There is no harmonious development of the society and the person is also affected.

For the development of the society and man we have to go to the key root that is our educational system. Different educational policies and recommendations are planned in order to build up a mighty progressive society and all-round development of human being. Various curricula and methods of teaching have been redesigned in this connection. But why are we not able to achieve this? What is the cause behind it? The causes may be:-

- Lack of teacher student relationship.
- Lack of teacher’s influence/familiar personality.
- Lack of student’s personality and achieving capacity.
- Lack of proper environment.

There are so many possibilities. Among them the personality of a teacher and the personality of a student are the most effective factors. For instance our educational method says - the teacher will enter into the classroom with a cheerful face and concentrate the scattered minds of the students. “But how he will influence and concentrate the mind of the students is not taught here.”

The traditional system of education gave importance in understanding the behaviour of students and guiding them. The modern method does not have this type of training. Hence, it is necessary to connect the two and make it more effective from modern standpoint so that it can become the best one for all of us.

The present study will take up the issues of the child with modern education facilities and how Yoga can help in solving the above problems. The present study also highlights the solutions in the form of Yogic practices as propounded by Maharṣi Patañjali.