

ADVANCED PEDAGOGY AND TEACHING IN SURYA NAMASKAR

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Introduction:

Education or learning is the basic need of man. Education is the process of progress and development. Education promotes growth development experiences and working capacity. It is necessary to make use of education for financial and social growth. Education comprises of two process, namely teaching and learning. Accordingly there has to be a 1) Teacher 2) One or more students. The teacher provides information and students absorb the same. The result of their interaction is the process of education.

Surya Namaskar is a sequential combination of yogic postures performed dynamically in synchrony with the breath. The Surya Namaskar is one of the best exercises that people can perform. The benefits accruing from these exercises are unique and excellent. Surya Namaskar is a sequence of yogic postures along with chants that together comprise a complete yoga. This series of exercise activates the endocrine glands and the chakras. It accords overall strength and flexibility to the body. Documented to have beneficial effects on chronic skin problems it relieves stress and tension. Surya Namaskar is a worship Surya as sun is the prime source of light and energy. Practicing Surya Namaskar is a kind of giving gratitude to the sun. It has been practiced in India for thousands of years from Vedic era by Rishimunis. It has been transferred through generation after generations. It is combination of asanas as well as pranayames. Energy is circulated throughout the body by Surya Namaskar through suryanadi due to which psychological balance is achieved and development pranshakti can be achieved.



Fundamental Principles Teaching of Surya Namaskar

The Education process has to be systematic so that the Students can absorb, comprehend and utilize the same. The technique of Surya Namaskar to be given depends on the students capacity, flexibility or level. It has to be slowly instilled. It is important that the learning is well received and understood. He should be interested and eager to know more. The fundamental principles teaching of Surya Namaskar are...

1) Law of readiness:

To create a liking and interest in Surya Namaskar small children have to be coaxed with toys, snacks etc. to attend the school. Similarly, good experiences have to be described to entice the students to become yoga – teachers. It is necessary to explain the benefits of Surya Namaskar from our own experiences and also how their problems can be solved through Surya Namaskar and Yoga. Describing the beneficial change in the life you have experienced through the Surya Namaskar practice, inspires students to participate. After they join up, proper yogic practices have to be selected and taught so that they soon have good experiences of their work. This too is the duty of the Yoga-teacher. For this, the yoga teacher himself should be well experienced to gain the students faith. Once they themselves gain good experiences, they will develop an interest and liking for the subject. Moreover if the practices taught are as per the needs of the students, the benefits will be clear and they will develop the interest sooner. Select the practices most beneficial. It is important to consider their intellectual capacity before teaching. Elegant words derived from Sanskrit will go waste on villages. So the process or practice has to be explained in a simple understandable language. If the student is convinced about the role of Surya Namaskar in grasping and comprehension of any subject he undertakes, he will readily take to the study of Yoga. Once he realizes that his performance in studies has improved he will be more receptive towards Surya Namaskar and Yoga. It is the Yoga teacher's skill to create and develop the student's interest and love for yoga and Surya Namaskar.

2. Law of Repetition:

Repetition practice and self study are important in Yogic processes. In the study of Surya Namaskar regular practice gives flexibility and health, so it is important to practice regularly. Whenever a new learning is undertaken self study, understanding the subject, thinking and contemplation are necessary. If the subject is not memorized and forgotten. The same applies here. If practice of Surya Namaskar is discontinued, physical and mental problems recur. Physical and mental laziness sets in and tends to drift the student away. Despite knowledge of the benefits of Surya Namaskar and Yoga. The Yoga teacher should be alert against such setbacks. He has to take regular

practice besides conducting the class. It is also his responsibility to make arrangements of practice class after the course is completed.

3. Law of Effect : Self experience

Making practical use of the knowledge attained and gaining experience are the objectives of education. Experiences attained through the practice of Yoga encourage the student to grow and develop; The choice of yogic practices gains him a positive experience. Selection of proper yogic practices and guidance is the key to success in the study of yoga.

The basic principles of education are also applicable to yoga teaching. Yoga teaching Yoga is taught using these basic principles not only to fulfill the student's objectives but also to develop linking for yoga and inspire them to adopt it for lifetime.

References:-

1. “Sarpa sathi pratamika yoga Sadhana “ II nd edition in marathi.
Well appreciated by lay people as well as press. The book written by Dr. Mrs. Kiran jain is very easy to follow the practice of Yoga. The chapter on Omkar, Diet are very informative and with scientific perspective.
2. English edition of above book “Yoga for the beginners” is just published.
3. “Sardha Patanjali yoga sutras” is book compiled by same author. It is very useful for Yoga teachers as well as students. It also contains selected stanza from geeta, and some prayers, bhajans, atharva shirsha, atma shatak etc.
4. Vidnyan vaidyakiya dhrustikonun surya namaskar.