

THE PRINCIPLES, BENEFITS AND PRESENT DAY  
**PRACTICES OF YOGA**



EDITOR  
**DR. BIBEKANANDA SAU**

# **THE PRINCIPLES, BENEFITS AND PRESENT DAY PRACTICES OF YOGA**

EDITED BY

**Dr. Bibekananda Sau**

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*by Dr. Bibekananda Sau*

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62/5834 Harplingegränd 110, LGH 1103. Älvsjö, 12573  
Stockholm, Sweden

Call: +46 761508180

Email: [info.redshine.se@europe.com](mailto:info.redshine.se@europe.com)

Website: [www.redshine.se](http://www.redshine.se)

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## ROLE OF ACADEMIC LIBRARY FOR IMPLEMENTATION OF YOGA IN HIGHER EDUCATION AND INITIATIVES OF VIDYANAGAR COLLEGE LIBRARY TO ENCOURAGE STUDENTS IN YOGA

Rumpa Pal

### Abstract

Human beings are engaging always in struggle for existence. Speed of diurnal rotation and annual motion of earth are more or less same from ancient time to today. But in case of residing man, they are busy with their fight in every moment. And the speed, level and nature of this rat-race is increasing and becoming more harder to harder in day by day. They have to compelled to live with over stressed life. Practice of Yoga is one of the best ways to relief from this mental or physical stress. Yoga can minimize the stress and can help to mentally prepare for struggle for next morning. Yoga is necessary for anyone irrespective of age, caste, gender, etc. On the other side, college students are not kids (who are dependent of others) and not enough matured (who are dependable for others). They are in first step of life. So, they should be prepared for next struggle in cruel, hard, difficult world.

**Purpose:** This article tries to discuss here about how an academic institution or academic library should encourage to students for yoga, how minimize the mental or physical stress by practicing yoga and how students can win in future with stressful life. Initiatives of Vidyanagar College Library to help for educate and encourage the students of Vidyanagar College are also discuss in this study.

**Theme:** This paper discusses on implementation of yoga as a subject in higher education.

**Methodology:** This article based on observation and interview method by direct interaction with yoga related faculty members and students.

**Findings:** This study reveals that Vidyanagar College and Vidyanagar College Library are ready for implementation of yoga as a subject.

**Research Limitation:** This study covers in Vidyanagar College Library of Vidyanagar College, South 24 Parganas.

**Practical Implication:** It will be grateful for college and library suggestions or recommendations are would be taken in consideration.

**Originality:** This study is unique itself. This paper provides new findings, suggestions, etc. from different point of view. Yoga, this new subject will be implemented by college authority, faculty members give their knowledge to students and students can take knowledge about this subject. But in this study, initiatives, problems, etc. are discussed from the librarian point of view. This is first study on this topic and on a particular college.

**Value:** Discussion of strength, weakness of an academic institute may helpful for other institute and organization who are going to implement yoga in their syllabus. Activities and initiatives of an institute and a library make and grow interest to other. It will be helpful for other library professionals also to provide better service. Hope this study can grow interest in new students community about yoga.

Implementation of any new subject is good for reputation of an academic institute. So Vidyanagar College and Vidyanagar College Library have no such problem for implementation of yoga as a subject in this college.

**Keywords:** Yoga, Higher Education, Students, Vidyanagar College, Vidyanagar College Library

### 1.1 Introduction

Speed of human life has increased after invention of mobile phone. Then use of smartphone accelerates the engagement in professional life. This brings restlessness in the personal life. It is true that some people are habituated and willing to enter this busy life as per own requirement. In early stage, they take pressure as per own ability. But after sometimes, they have to compelled to take more work load which is beyond their capacity. And then starts problem. There is no interval no rest. Mental instability comes with physical restlessness gradually. And this effects gradually personal life to family life, then surrounding social life. This creates a bad impact on another life who is not willing to this type of busy lifestyle. Smartphone is not culprit. This

is an example only. Practice of anything without sense of limit (without knowing how to use and how far should be used) causes problem. Each and every item can cause stress due to use limitless. When students reach the 18+ age in their life, they are passing through some feelings. They are facing some problems. They can see and feel the family problem, financial problem, problem due to jobless, problem of workplace, social problem and political problems, etc. and all these problems give some good or bad image in their mind. Then they cannot understand whether they are going to solve these problems or escape from these. This confusion brings mental stress even in student life. To relief from this stress, yoga is one of the best ways. Yoga can make simple human life by caring physical and mental health. Yoga can balance the instability. Now Yoga is implemented in school and higher education. Academic library should prepare to provide yoga related library materials. And Library of Vidyanagar College, South 24 Parganas tries to ready according to need of present time.

## 1.2 Objectives of the Study

The objectives of the study are as follows:

- To know the effect and importance of yoga in student life
- To understand the role of library for adoption yoga as a subject
- To notice the activities of Vidyanagar College for yoga
- To discuss the initiatives of Vidyanagar College Library for implementation of yoga in higher education
- To realize the problems and give the suggestions for this implementation

## 2. Literature Review

**Poornima (2021)** examined about a scientometric study on yoga research output. This research paper presented the highly cited papers from yoga research output using different scientometric approach both quantitative and qualitative methods.

**Pal and Das (2019-20)** discussed about self-understanding and development by yoga education. They also described about yogic practices, relation between yoga and health in this book.

**Mondal, and Haldar (2017)** discussed about overview on role of academic library to encourage student community about the impact of

yoga in modern age. They also studied about impact of yoga among students.

### **3. Statement of the Problem**

In today's life, stress and tension bring various mental problems like anxiety and depression, etc. To overcome the bad effect of stress, yoga practice is necessary. Regular practice can give peaceful feeling in mind and healthy feeling in body. Now yoga is going to introduced in subject in higher education. So it should be understood whether academic institutions and academic libraries are ready for it or not.

### **4. Methodology**

Part of yoga which is practicing for recovery mental and physical stress are considered in this article. Spiritual yoga is not included in this study.

#### **4.1 Scope and Coverage**

Yoga is going to implement in school and college education. Now it is necessary to know that how much ready the academic institution and academic library for adoption yoga in academic syllabus. This study covers in Vidyanagar College Library of Vidyanagar College, South 24 Parganas.

#### **4.2 Methods used**

Only observation and interview method are used in this study.

#### **4.3 Study Period**

1<sup>st</sup> August to 15<sup>th</sup> September of the year 2023 is the study period taken for this study to know the present situation of Vidyanagar College Library for implementation of yoga as a subject in higher study.

### **5. Effect and Importance of Yoga in Student Life**

Human body is a part of nature. Man has survived in this earth from creation of mankind. Before introduction of medical science, man was trying to recovery from any physical or mental disbalance by ingredient which were available in nature. Yoga is far old than modern medical



science. Yoga like breath exercise, freehand exercise in open natural air (no money, no instrument is needed) can protect from thousands of diseases.

Human body is well organized and self-balanced structure. When any imbalance occurred in any part of body due to external causes then rest parts of the body starts to support that part within a certain limit or capacity. It helps to protect from body structure collapse. But in long time, fatigue occurred. Then for relaxation of stress, yoga is required. Beside this yoga also make the body flexible and strong.

With grow of population, mental complexities are increasing day by day. Students should be understanding the science behind the yoga practice. Yoga can change the mood. Yoga can relax external body to internal mind. Yoga can help to control excitement. It can develop internal capacity against external bad violence, etc. Yoga is a self-protection technique from external incidents. Yoga can help to expand mind, increase mental potentiality. It helps to make self-control of mind, self-confidence to students. Yoga can uplift of humanity, can increase mental concentration power of students. It helps to increase power of judge and educate to avoid unnecessary meaningless arguments. Yoga can help to handle success and failure both in future life. It increases memory capacity of student.

## **6. Role of Library for Adoption Yoga as a Subject**

Academic library has many roles for adoption any subject in college. Yoga is one of them. Some of them are given below:

- Library can provide library services by giving yoga related books and journals to users.
- Library can purchase more numbers of yoga related books and journals.
- Library can subscribe more numbers of yoga related magazines for users.
- Academic library can display new yoga related documents in front desk which help to encourage students about yoga.
- Library can provide online services by giving yoga related sites for practicing.
- Library can help to faculty members and students of yoga by providing library materials. Faculty members can take practical

class along with theoretical class by help of these library resources in future.

- Library can guide the proper technique of yoga. Because sometimes yoga practice in improper technique may cause side effect.

And thus, academic library can help for implementation of yoga in school and higher education.

### 7. Data Collection

Library data are collected from various registers like Accession Register, Issue Register for students, Issue Register for teaching and non-teaching staff, etc. which are maintained in Vidyanagar College Library. Other information is collected by interview method in natural or normal talk with staff and students of this college. Infrastructural information is collected by observation method by personal visit during this study.

### 8. Vidyanagar College and Vidyanagar College Library: Introduction

Vidyanagar College is situated at Vidyanagar, Charashyamdas, South 24 Parganas, West Bengal and was established on 29<sup>th</sup> July in the year of 1963. This undergraduate college is affiliated to the University of Calcutta.

Vidyanagar College Library is situated at ground floor of Auditorium Building of Vidyanagar College. All Teaching and Non-teaching staff along with students of all streams are member of this library and can use this library.

Moreover 25,000 (25,301 as on 15<sup>th</sup> Sept., 2023) printed books and around 20 titles printed journals are available in this library. This library subscribes one magazine and 6 numbers daily newspapers (in Bengali and English language). 14 computers are available in this library. 4 number of the computers are used for OPAC searching. On the other hand, e-journals and e-books are available from INFLIBNET N-LIST. This library has institutional membership of BCL (British Council Library), Kolkata and American Library, Kolkata.

## **9. Activities of Vidyanagar College for Yoga**

Students are the future of nation. So Vidyanagar College is always trying to arrange best things to their students. With inspiration of the Principal of the Vidyanagar College and full effort of Department of Philosophy, Vidyanagar College Authority is celebrating the International Yoga Day on 21<sup>st</sup> June every year. Yoga exhibition, Yoga competition and cultural programs are organizing with the help of students of this college. National and International seminar, conference, etc. also are organizing this year like previous year with the help of students and faculty members of all departments. Students and faculty members of neighbor colleges are also participating these programs. Sometimes these programs are continuing extended up to 7 days.

Vidyanagar College has separate two storied Gymnasium Building (established on 2016) within the college premises. This building is near to the Guest House of this college. This Gymnasium Building is well equipped for gym practice. This building consists of separate large Yoga Practice Room and a big Meditation Room.

One yoga instructor (temporary basis) is already appointed for student interest. He usually trains the students with full sincerity. One yearly certificate course on yoga is organizing every year for interested students. Since 2003, students of this college are participating the Inter College Yoga Championship every year. And our students are able to win medals almost every year from different competitions.

Recently a Yoga Training Programme (Value-Added Course) was organized by Department of Philosophy of Vidyanagar College in Gymnasium Building for 15 days. Moreover 45 students showed interest and participated in that yoga training program. Both theory and practical based this program was successfully ended with the help of yoga teachers, yoga instructors, etc.

## **10. Initiatives of Vidyanagar College Library for Implementation of Yoga as Subject in College Education**

Library always tries to provide required information to every user. Vidyanagar College Library wants to satisfy the every need about every subject to every member of this library. Collection of yoga related library materials is in beginning stage or in primary phase.

**Table: 1 Distribution of Yoga Related Library Materials Available in Vidyanagar College Library**

Yoga Related Library Materials	In Bengali Language	In English Language	Total
Printed Material	21 nos. books	09 nos. books	30 nos. books
Digital Material e-book, e-journal, etc.	Available	Available	Available
Diagram, Chart, Table, etc.	--	--	--

Table 1 shows that total 30 numbers Yoga related books (with 11 different titles) are available in this library at present. 09 numbers books of them are in English language and rest (02) are Bengali books. One Bengali yoga related book have 20 copies in this library. Students of this Vidyanagar College can compare online yoga related books and journals from INFLIBNET N-LIST by taking password from librarian and from other websites also. Some magazines and online magazines are also available where yoga related articles are published.

Proposals for purchasing more number of yoga related books, journals and subscribing more number of yoga related magazines are already taken by Vidyanagar College authority and Vidyanagar College Library authority.

Library is going to organize seminars, conferences regarding yoga for students and with students in recent future.

### 11. Major Findings of the Study

- After study with Vidyanagar College and Vidyanagar College Library, it is observed that the authority of this college and library committee of this college library is more or less prepared for implementation of yoga as a subject.
- After thorough observation, it can be said that at present the infrastructure of Vidyanagar College is strong enough to start and continue the yoga subject in their undergraduate college syllabus without any hesitation.
- Vidyanagar College Library has capacity to provide services through library materials about yoga to students.

- Faculty members of this college are energetic, they are ready and willing to teach (theory and practical both) the college students.
- It has been found that there are problems like insufficiency of library materials is a problem in present. But authorities are ready to purchase and subscribe more library documents in recent future.
- It is also observed that number of faculty members and number of yoga instructor may be shortage when yoga will be implemented and interested students will be admitted in this subject. New recruitment policy should be taken for preparation.
- Yoga related library materials (printed and digital) are issued to the faculty members in irregular basis.
- The rate of circulation of yoga books in students is very poor.

## **12. Present Problems for Implementation of Yoga**

- All teachers want students with full dedication. This is true for every field of education, sports, acting etc. Here it is difficult to know the actual number of students who are actually interested in yoga.
- It also cannot understand that whether the students choose this subject for increase their examination score or for earning money in future by taking in professionally.
- Number of yoga related books are not adequate in present time.
- Number of bookracks, almirah is not enough for shelving yoga related books in separate row.
- Insufficient of library staff is also another problem to provide better library services.

## **13. Suggestions or Recommendations to Overcome Present Problems**

- Number of yoga related books (printed and online both) in library should be increased.
- Yoga related journals, magazines (printed and online both) should be subscribed.
- Library can organize seminars, conferences for encourage students about yoga with collaboration of other libraries, other institutes, other organizations.
- Well trained yoga teacher and yoga instructors should be appointed.

- Internal yoga competition should be included in annual sports program.

To fulfil the need of present time, yoga is coming to inclusion in present syllabus. So, it is need to be more attractive to students, teachers and guardians.

#### 14. Future Planning of Vidyanagar College and Vidyanagar College Library

- Separate rack will be arranged by college authority for yoga related books in near future.
- Additional yoga teacher or yoga instructors will be appointed for yoga students.
- Additional yoga room will be constructed as per future requirement. It will be based on number of students admitted.

#### 15. Conclusion

Men now are engaged in competition with each other. In this hurry full lifestyle, they are suffering all time anxiety from defeat, from lag behind, etc. So, mental and physical stress is increasing in human mind. This social competition gives more pressure to human beings. It is true that this pressure is not deniable. There is no way to escape from this competition. So, importance is giving on yoga as stress minimizer. At the present stage, time not come to declare that yoga is only one way to relief from mental and physical stress. But it is true that yoga is the one of the best ways to do so. And it should be understood that meditation is better than medicine.

Library always tries to provide better service to users. Library can change itself with the new need of users. Library can accept any change and have capacity to adopt any new thinking. Vidyanagar College Library is always ready for good change. So, this library has no such problem if Yoga will be implemented in higher education. Because, in case of Vidyanagar College Library, new change, new thinking or new implementation means new achievements.

Continuous effort, initiatives for good change are always welcome. Because you are slipping in daytime on your bed and do not try to walk away from home, you never can see beauty of Kanchanjangha or never can enjoy with wave of sea.

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