

**Part I: Bhakti Yoga and 21st Century**  
**Part II: A Comparative Study of Three Different Yoga Modules on Physical  
Stamina in School Children**

**By**

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**Abstract**

**Part I: Bhakti Yoga and 21st Century**

Intelligence is to brain where as feeling is to heart. The development of both the aspects is important. The combination of both is the best. The ignorance of one at the cost of other leads to jeopardy. So development of both is necessary. The present lopsided intelligence-based education produces only intelligent hydra-headed monster who are imbued with lust, cruelty, discontentment, pride, hypocrisy, deception, violence, idleness, fanaticism and bigotry leading to hazardous issues. Human peace is shattered and happiness becomes fragile not because that we lack efforts but in spite of it even having the higher forum of United Nations. All our endeavors are ended in fiasco because we do not know where to repose our love and how to do so the right method. So in order to get rid of this challenging problem the culturing of emotions is imperative. The seat of emotion is heart. In many religions, including the Hindu tradition, heart is considered to be the center of the soul. God lives in the core of the devotee's heart. So purification of heart and culture of emotion is the science that has been dealt with in this report. Because the heart rules the head when one acts according to what one feels rather than what looks reasonable. The paragon of all emotion is devotion, adoration and veneration, which we call Bhakti. It is bhakti which leads to Bhagavat Saksatkara (God Realization). The culture of emotion can broaden our vision to overcome our pettiness, gross, selfishness mendacity, lust, anger, avarice, greed, pride, hypocrisy, jealousy, fear, grief and to raise us to the highest levels of universal, brotherhood and oneness with service and renunciation.

This report commences with the introduction to Bhakti, its definition and meaning. To offer seva and enhance ananda towards the humanity is the alpha and omega of bhakti or ananda according to scriptures, types of bhakti and

vedantic Acaryas, all yogas in Bhaktiyoga, Bhakti and other schools of thought. Thus it ends up with pinnacle of ananda-Premananda-Bhakti revolves round the solitary phrase “be happy by making the beloved (Divine) happy” which Narada calls as (Narada Bhakti Sutra)

## **Conclusion**

1. Love the basis of the whole creation implies the happiness of the beloved is the happiness of the devotee.
2. Renunciation of desire and love the lord’s service.
3. To be happy by making others happy is the alpha and omega of Bhakti Yoga.
4. Love divine or the divine service develops in the law of increasing returns and it makes him nectarine.

“Attaining which one becomes perfect, immortal and ever satisfied” as Narada has defined.

Let us follow the footprints of teachers of Bhakti Sanat Kumar, Vyasa, Suka, Sandilya, Garga, Visnu, Kaundilya, Sesa, Uddhava, Aruni, Vali, Hanuman, Vibhisana. May my body mind and heart be wedded to the holyfeet of the above teachers of Bhakti. Let us using the holy stories of the Lord: “Munificent are those men who extensively recite on the earth your nectar like story which is life giving to the afflicted, has been celebrated by the wise and eradicates all sin, which is auspicious to hear and is most soothing (too).”

## **Part II: A Comparative Study of Three Different Yoga Modules on Physical Stamina in School Children**

The present study was designed to investigate the efficacy of three integrated moduls of yoga on physical stamina in 366 schoolchildren with ages ranging from 9-12 years. They underwent a yoga training residential yoga camp. They were randomly assigned to three groups viz. PS (physical stamina=133, with 84 boys), CV (creativity, n=134, with 78 boys,) and IQ (logical thinking=99,with 53 boys). Subjects were assessed using a handgrip dynamometer, before (day 1 ) and after nine days of respective interventions (day 10). The PS group practiced Dynamic Yogasanas, Advanced Asana, Yogasanas on rope, Yoga games related to dexterity and body building, and lectures related to physical stamina. The CR group practiced Asana (Physical postures), Pranayama (regulated nostril breathing) Yoga in creative Arts, Skits, yogic games, prayer and stories, lectures related to creativity, and bhajans (devotional songs). The IQ group was given

balancing postures, pranayama (regulated nostril breathing ), and special quiz, debate and group discussions on yoga topics, yogic games related to IQ and chanting of Veda hymns and slokas from the Bhagavad Gita. The data were analyzed using SPSS package was found not normally distributed. The Wilcoxon signed Ranks Test for comparing the pre and post data within groups and multiple comparisons after ANOVA with Tukey test for comparing the three groups was used. Results showed that there was a significant increase in the hand grip strength in all three groups. I.e. PS Group (right hand – 10.45%, left hand-17.87%), CR Group (right hand-13.27%, left hand- 23.18%), and IQ Group (right hand-8.37%, left hand-26.76%). There was no significant difference among the three groups. The result of wilcoxon Test was similar with paired “t” test. There was no gender effect on the study. The practicing yoga for ten days has shown improvement in physical stamina irrespective of the types of yoga practice, as given to different groups.

## Summary

1. The aim of the present topic was to assess the efficacy of three intensive integrated yoga modules on physical stamina in school children.
2. There were 366 children randomly allocated to three groups for study and it was assess with a standard hand grip dynamometer. The intervention used consisted of three groups three integrated yoga module designed to improve PS, CV and IQ. The study showed that all three integrated of yoga module have brought improvement in both right hand and left grip strength ( $p < 0.001$ ).
3. Improvement in left grip strength is higher than the change in right hand grip strength in all three groups.
4. The IQ groups which practiced right nostril breathing as a special practice showed the maximum degree of in improvement contra-lateral side (left-hand grip strength).

## Conclusion

1. Yoga appears to be effective in Physical Stamina among the children (9-12 years) measured by Hand grip strength.
2. Specific Integrated yoga module designed for PS in this study has shown better results than the studies made earlier.
3. The IQ group has shown significant increase in the handgrip strength.

**Keywords:** Bhakti Yoga, Physical Stamina, School Children.