

Education - as Inner Management

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Education must attend to all facets of life. Dr. K. Parvathi Kumar (2005) suggests that “Education is systemized development of mind, senses, soul and body to facilitate complete human expression.” Sadhguru Jaggi Vasudeva (2015) writes that “The quality of one’s life depends on how well one manages one’s body, mind, emotions, situations and home; one’s communities and nations- life in general. But, generally we are thinking of management only in terms of business management, or industry management; generally we are taking management only with economic situations, not life as a whole. Fundamentally, life is management.”

Purpose of Life and Education

The very purpose of life is to be happy and the very aim of education is to ignite and help the human being realize his full potential and make him lead a joyous life and scatter the same joy around. But most unfortunately, both are not happening for a person even after spending considerable number of years in schools and colleges.

Lack of Inner Management

Most people who are on the top of the ladder of social success, wealth, name and fame are leading disastrous lives. Why? Only due to lack of Inner Management. The present system of Education is teaching us competition instead of cooperation; putting compulsions instead of providing inspiration and training the humanity how to consume, grab and possess things and use them instead of intelligently distributing the resources to all, effectively and managing the inner self.

It is most unfortunate that those who do not have any control over one’s emotions and energies, are trying to control people in the name of administration and governance everywhere.

This is the main reason why there is no human well being in spite of physical wealth. Education must address this important aspect.

Focus of This Paper

In this paper, an attempt has been made to analyze what is holistic and complete education and how an effective system of education can only impart true intelligence, instill confidence, broaden vision and deepen roots, which will help men and women manage themselves to experience the sweetness of life.

Need for Change in the Transmission of Knowledge

The transmission of 'knowledge' should undergo a significant change- obsolete theories, out-dated principles and archaic methodologies have to be replaced with the creative methods of teaching. Instead of burdening the child with huge loads of books on irrelevant subjects, we need to harness a child's capacity to digest more, understand more, and consequently encourage him think more creatively.

The present system of education is making learning a misery to the child. Child, by nature is very curious about learning new things. When such an enthusiastic child feels miserable, there is a serious flaw in our present system of education. When one looks at the teachers, they are helpless creatures in many aspects. Only a few teachers can inspire the students rather than passing dry information.

Role of Teachers

Teachers, many a time, demonstrate their emotions without being aware of their effects on the students. Teachers are none other than the ideal extensions of the parents in the schools. They should keep this in mind and act accordingly. They should remember that they are dealing with the absolutely unique students. No two students are one and the same. Hence, the teacher should not indulge in any sort of comparing activity. How can one compare two unequal things? Without comparing the children, they should allow the creativity and the genius of the children to flower and flourish in its own way but not the way the parents or the teachers want it to blossom.

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Broadening the Horizon of Children and Curtailing Intolerance

The very purpose of education is to broaden the horizons of the children. In this regard, the present education is a huge failure. The more a person is educated, the more he is trying to differentiate himself from others. Instead of becoming more and more inclusive, the educated are becoming exclusive to the extent of not tolerating their own people- parents, relatives and friends- not able to co-exist with them; then it is unthinkable of him being cooperative with other communities, regions and religions. This shows that the present day student is becoming intolerable.

Intolerance is due to the inability in managing one's emotions and senses and due to the failure in educating oneself in the right direction. The very ideology, the perception, the goal of education has completely been distorted. Children are sent to schools not with the expectations of imbibing a zeal for great learning but just with the greed of earning. Education has become synonymous with Earning. This fundamental principle of education has completely transformed the scenario of education. Accordingly, children are trained by completely neglecting the most precious aspects of human life.

Encourage Children in the Creative Direction

Instead of encouraging the children in the creative direction, parents are spoiling them by offering them toys as gifts with a caution that those toys should not be offered to or shared with anybody. The seeds of 'possession' are sown instead of 'distribution' and 'sharing'. Unless one cultivates the habit of sharing with others, one cannot enjoy life as sharing alone gives immense happiness. If one wants to be stress-free, 'sharing' is one of the important aspects of life. If a person is not habituated to share simple physical things, he cannot share his joys and sorrows as well. Joy increases by sharing alone and sorrow decreases due to sharing only.

Need to Learn the 'Inner Management' of Life

Children are the embodiments of joy and happiness by their nature and if it is allowed to grow on at home by the parents and in schools by teachers, the children remain in that state and can spread that joy around. The capabilities of a child will flower only when there is absolute freedom of heart and mind. Our present education is not oriented towards enhancing the true

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human capabilities, but only acquiring the degrees and percentage of marks. Man is ultimately happy, not because of his academic certificates or wealth he possesses, but because of his 'nature', his inner nature, a right understanding and managing which is very essential. We need to teach the children how to use their brains, not just to read and write. Reading and writing are important, but using one's brains is more important. A lot of educated people are very successful in their careers, but they are a great mess with their own lives. It is because they have not learnt the 'inner management' of life.

Sharing Vision with Children

Teachers and parents often force their vision on the children, instead of sharing their vision. One thing should always be kept in mind that every child is a unique piece of creation. Forcing one's ideology will suffocate them and will not allow them to grow in originality and creativity. Then, naturally the child is accustomed to the artificial attitude and life, devoid of spirit. The lack of control of temper on the part of the teacher often leads to the most undesirable situations. Most unfortunately, both the teachers as well as the students come to school stressed and discontented on account of the prevailing conditions at home and they spread most unpleasant and anguish filled thoughts and consequently, learning is becoming very difficult and monotonous instead of becoming a highly delightful one. The students feel a sort of unpleasantness to leave the school. In this aspect, the teacher has to play a very vital role. The teacher has to manage his or her emotions and rise beyond and spread a fresh air of happiness and fill the surroundings with energy. Then, the students will also be charged with energy and enthusiasm and can easily learn that which is taught in a friendly atmosphere. All this is possible only when the teachers have the skill of managing themselves, when she knows the inner management.

Need to Expose Children to Multifarious Activities

Children need to be exposed to multifarious activities - in the school and outside the school. As far as their studies are concerned, they should be taught Arts, Sciences and Fine arts to help them discover their love of learning in a particular branch of knowledge. The children should be taken to orphanages or old age homes and be asked to distribute some sweets or fruits. Now and then, if they are taken to some slum areas and asked to render service as a part of social

service programme, they enhance their perceptions and personality. This direct contact with the reality of world and life will enable them have a sympathetic outlook and shape their attitude in positive way. Sports is another direct way to deal with life. Teachers also must involve in the sports along with the students. This will shatter the inhibitions of the students and enable them rise beyond the imaginary concepts of success and failure.

Tendency to Imbibe Negative Aspects

Strangely and most unfortunately, children tend to imbibe the negative aspects of character as heroic- aggressiveness, egoistic behaviour and violent nature which are the outcome of a mismanaged personality, as the mark of heroism which has to be replaced with the real concept of heroism i.e. tolerance, perseverance, affectionate behaviour and compassionate attitude which are the result of an efficient inner management of senses and emotions. The teachers should play a very enlightened role.

Need to Impart a Global Vision

We need to give our children a global vision of stress-free and violence-free society. Instead of making them religious, we should make them spiritual which will help them break the barriers of all the insignificant and trivial things in the outer world- caste, creed, region and religion and even they can grow beyond nationality and they can transcend the feelings – fear, anger, hatred, jealousy and conflict. This all can become a possibility chiefly through education- a stress free and a soul elevating education.

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