



SKILL-DEVELOPMENT & ENTREPRENEURSHIP THROUGH YOGA PHILOSOPHY

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Abstract

The theory and practice of skill development & entrepreneurship through yoga empower the individual and society. In India, yoga is the system of Indian Philosophy and Psychology. Indian culture is formed through the systems of Indian Philosophy and Psychology. Philosophy like Nyaya-Vaisheshika, Sankhya-Yoga, Mimamsa-Vedanta, great literature like Ramayana and Mahabharata, the Puranas (myth) and so on formed the Indian culture. In our school (1st to 8th std) education systems there is abhava (absence) of the above-mentioned cultural system. Right Skills must be Developed at the Right Age. In our schools these skills can be developed through the Varna and Ashram vyavastha (system). The intellectual and emotional skills can be developed through the stories of Panchatantra, Birbal and Tenalirama. In India there were number of skills developed in our culture like language, grammar, math, philosophy, logic, art, music and so on. In the same way number of entrepreneurships developed in our culture like teaching various subjects, arts, music, becoming a soldier and training defence techniques, doing agriculture, horticulture, animal farming, developing city through construction, giving professional services through coaching, tailoring, haircutting, delivering sales and marketing and manufacturing products and so on.

Skills give Entrepreneurship. The above paragraph is to think of the Indian system, culture, sanskar (habit) given to the individual and society. Which was destroyed by the British people in the 19th century. They first change our education system (Gurukul Parampara) by (removing) stopping the life-oriented education. They introduce their English language, math, science and slavery manners. They developed only those skills which are needed for a worker. Earlier the Indian students use to start earning by the age of 16 years and they built their house and business by the age of 25 years. The second change was the clothes, shoes (boot), hat, aluminium utensils, laser blade and so on. In this way they destroyed the arts and manufactures of our country. Now we have understood our country richness on all levels. The world has changed. So, we also have to change. If we learn English that's good and ok. Because our skills and entrepreneurship need English and other languages for sales and marketing. In today's world all the tools of communication and travels are fast. Due to internet the social communication media skills are developing large numbers of entrepreneurship in this world. Though all the human being has their own country but they are developing the skills and entrepreneurs in the world by giving the knowledge to the humans through the social communication systems.

Keywords - Skills, Entrepreneurship, Philosophy, Education.

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Introduction:

We are living human beings in the society. Human beings need skills and autonomy. It depends upon various skills like education, economy, politics and social status. Mostly it depends on the knowledge (Philosophy)



culture and sanskars (habits) of the individual human being and society.

The meaning of skill is the ability to use one's knowledge effectively and readily in execution or performance.

Skills in Bhagvad Gita:

The text Bhagvad Gita and Gita Rahasya talk about skills. In Bhagvad Gita Chapter-II shlok No. 48 to 50, Krishna says, be ready to perform your duty with skills and do not attach (give up attachment) to any success and failure. Such status quo is called as yoga. The human does his duty for the individual and also for the society. Therefore, he must give up (do not accept) sakam karma but must take refuge in intellectual status quo to avoid being miserly. *Karmasu kaushalam means, to understand the karma yoga as science of skills.* The intellectual status quo of human being which is not attached to any kind of papa (bad) and punya (good) reactions of life get liberated (mukta). Therefore, human being must practice intellectual status quo which develop the skills.

We can see due to lack of Bhagvad Gita studies we have lost our skills of working and life living. We accept only sakam karma. Therefore, we lost the intellectual status quo. That is why humans are being miser. Miser beings are attached to all kinds of papa (Bad) reactions of life.

In Gita Rahasya chapter-II, Lokmanaya Tilak talks about the human desire to know the right skill. In Bhagvad Gita ch.4 shlok 16, explains the difference in skills. That is, *what is skill? and what is not skill?* Even the intellectual also confused to understand the skills. This shows that there is a secret of skills, through which the human being may get freedom from unwanted skills. Humans do not teach skills for enjoyment like sensual pleasure, eating flesh, drinking wine, talking lies (untruth) and so on. These skills are naturally in the human beings. It is unlearned/uneducated or bad skills (improper skills). Therefore, human beings have to take efforts in developing good skills. In the 17th shloka of Bhagvad Gita gives three types of skills, 1) Recommended skills 2) Prohibited skills 3) Good skills. The first skill is for the individual. Third skill is for the social and second is neither for the individual nor to the society. In this way, we can find the true skill. The science/knowledge of right skill.

Yoga as Skills:

There are four types of yoga hatha yoga, raja yoga, mantra yoga and kundalini yoga. The final aim of the yoga is spirituality, but every yoga has its own skills. Hatha yoga develop physical skills, raja yoga develops mental skills, mantra yoga develop language (word) skills and kundalini yoga develops intellectual skills.

Human beings have four tools body, mind, senses and intellect, through this yoga philosophy develops skills, like discipline, samskaras, relationships, ego-lessness, planning, fear-lessness, energetic and so on. Patanjali defines yoga as, "Yoga does not mean union but spiritual effort to attain perfection through the control of the body, mind, senses and through right discrimination between purusha and prakriti" ¹.

In yoga shastra chapter two is of sadhanapada which explains the means to realize the aim of yoga through the ashtanga yoga. Ashtanga yoga means an eightfold path of yoga discipline they are yama, niyama, asana, pranayama, pratyahara, dharna, dhyana and samadhi.

Human beings cannot develop the skills of body, mind, senses and intellect at once. It takes time and needs space. It depends on the age, education, family, society, knowledge, interest, efforts and so on. Through the practice of yoga, the human being is developed skills like, when to use body skills, mental skills, sensory skills and intellectual skills or the combination of various skills according to the situation. Ashtanga yogic skills are



developed to conquer the human being's body, mind, senses, and intellect. Then through his skills, he can establish his name and fame in the society. The society also recognized the skills of the human being.

Development of Skills through Ashtanga Yoga:

1) Yama – means social discipline. There are five yamas.

- a) Ahimsa – means non-violence. Human beings are prohibited from any kind of injury (violence) through thought, word and deed.
- b) Satya – means truthfulness. Human beings are prohibited from any kind of falsehood (lies) through thought, word and deed.
- c) Asteya– means non-stealing. Human beings are prohibited from all kinds of stealing or copying through thought, word and deed.
- d) Brahmacharya – Brahma means power or energy of the human being or the God (nature) and charya means to move. Human beings are prohibited from all kinds of passions and lust through thought, word and deed. The use of power or energy in life is brahmacharya.
- e) Aparigraha – means non-greediness. Human beings are prohibited from all kinds of avarice (greediness) through thought, word and deed.

Yamas are the social discipline given by the yoga philosophy. The individual, family, friends, groups, institutions, society comes under social discipline. Ahimsa (non-violence) is the highest skill to develop in the human beings. Mahatma Gandhi used this ahimsa as a skill to get the freedom from the British. The sports person uses skills to win which is the practice of ahimsa. The second yama is satya (truth). Satya is that which does not harm or injury anyone. Ahimsa and satya are inter related skills. The third yama is asteya (non-stealing) it is great skill to develop new thoughts, research, business by learning or educating by ourselves. By copying we will fail, there will be no confidence because it is not the original thought. The fourth yama is brahmacharya (movement of energy or power). The skills of brahmacharya channel the human power or energy into different movements. Human beings have body, mind, senses and intellect powers or energy it needs skills to channel. These skills are taught by the Guru. The fifth yama is aparigraha (non-greediness). The humans who develop the skills of aparigraha are liberated (freedom). He has time, money, knowledge and so on to live a good life.

2) Niyamas - means self-Discipline. There are five niyamas.

- a. Shaucha - means internal purification and external cleanliness. Shaucha is a skill to purify and clean the body, speech and mind.
- b. Santosha – means internal and external contentment. Santosha is a skill to achieve progress, growth and success through our own capacity.
- c. Tapas – means internal and external austerity (endurance). Tapas is a skill of studying, learning and understanding, then put them to practice to remove obstacles that are blocked to achieve success.
- d. Svadhyaya – means internal and external study of self. Svadhyaya is a skill of studying, learning and understanding self and world (environment). That is an introspection of the knowledge, relationship, discipline and so on with the self.
- e. Ishvarapranidhana – means internal and external devotion to God. Ishvarapranidhana is a skill of bhakti (devotion). After the progress, growth, and success the human being surrenders to God and becomes



free from worries, fears and confusion and so on.

If the human beings master all the skills of yamas and niyamas there will no obstacles, stress, or unemployment in the society, every human being will be able to live a life of hundred years without any illness or disease.

- 3) Asana – means posture. It is the discipline of the body, mind and senses. Asana means steady and comfortable body, mind and senses. It needs lot of efforts and knowledgeable skills to do asana.
- 4) Pranayama – Control of breath. Pranayama skills are used for the regulation of inhalation, retention and exhalation of breath.
- 5) Pratyahara – means control of senses internal and external. Pratyahara skills are used to stop the senses to overindulge in any sensual pleasure externally or internally. That is to stop all those things which are useless or don't waste your time, energy, power or money.
- 6) Dharana – means concentration. Dharana is a skill to fix the mind on the object of meditation. That is to fix or focus on one subject or goal or aim that the human being like to achieve.
- 7) Dhyana – means meditation. Dhyana is a skill to focus on the object of meditation which does not disturb or get disturbed with the flow of thoughts.
- 8) Samadhi – means liberation. Samadhi is a skill to attain the final goal of the yoga philosophy. In samadhi, the mind is completely absorbed within the object of meditation. That is samadhi or contemplation. The thought and the object become one.

Conclusion:

All individuals and social skills mentioned above in Yoga Philosophy and Bhagvad Gita should be learned, studied and practiced by the human beings. Then they must be applied in their life to progress, growth and success. Because every human being is an entrepreneur individually and socially.

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