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An analytical view of Vivekananda's philosophy in physical education

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Abstract

“Education is the manifestation of perfection already in man.” Swami Vivekananda Education is a never ending dynamic process. The total Educational process will depends on philosophical thoughts and ideas. The total Educational process will influenced and guided by the knowledge of universe i.e. Philosophy. Just like Education, Physical Education has also been integral relationship with philosophical thoughts and ideas. The different aspect of physical education such as –aim and objectives, curriculum content, methodology, teacher-student relationship and evaluation process have been duly influenced by different traditional as well as modern Educational Philosophies. Swami Vivekananda, a philosopher, a humanist, a patriot, a great thinker and reformer of India was a follower of Idealism and he embraced that this universe is the manifestation of the ultimate spirit in his metaphysical approach. At the same time he uses to believe that the development of health and fitness is an essential part of the holistic development of personality. With his emphasis on participation in games and sports and other kind of physical activities before aiming for mental and spiritual development was its realistic approach. In final analysis his philosophical approach towards physical Education and sports has become ideal example of essentialism. Essentialism a modern branches of philosophy which has been developed by adopting or using the essential elements from both the basic school of philosophy –Idealism and pragmatism.

Keywords: Education, Manifestation, Philosophy, Universe, Holistic development, Idealism, Essentialism.

Introduction

Education is a dynamic concept. The Philosophy of Education Change according to the changes of philosophy of life. In ancient time Education was considered as a process of self-realization. Later on development of personality became the aim of Education. Still later the Education was not confined only to individual development, but the development of social qualities also was considered as the purpose of Education.

Physical Education an integral part of total educational process, without physical educational the aim of education cannot be fulfilled. The aim of physical education is the all-round development of personality through the medium of physical activities. Swami Vivekananda (1863 – 1902) a great philosopher, a humanist, a patriot, a great thinkers and reformer of India, embraces education, which for him signifies ‘Man making’, as the very mission of life. For him ‘Man-making’ means a harmonious development of the body, mind and soul. He realized that the mankind is passing through the crisis. The more emphasis on the scientific and mechanical ways of life is fast reducing man to the status of a machine. Moral and fundamental principles of civilization are being ignored. Conflicts of ideals, manners and habits are pervading the atmospheres. He seeks the solution of these social and global evils through his words and deeds, that the end of all education is man-making education in the light of his overall philosophy of the Vedanta. According to the Vedanta, the essences of man lies in his soul, which possess in addition to his body and mind. In true with this philosophy, Swamiji defines- “Education is the manifestation of the perfection already in man.

Hence Education in his sense, enable one to comprehend one's self development of personality. The one sided development of may be intellectual or physical, is not the aim of

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physical education according to its modern concept. Therefore in formulating this concept of the philosophical view of Swami Vivekananda should be considered as very important in the field of Education as well as physical Education.

We must follow the above order of swami Vivekananda, a great teacher of all in the universe. To understand Swamiji's vision on Education and Man-kind we must go his preaching and philosophies which he expressed in various occasion. In this premises I am submitting the order of Swami Vivekananda as follows –

Swamiji's Idealistic approach towards Education as well as physical Education

As a philosopher he was an idealistic in his metaphysical view. He used to consider that the ultimate reality of this universe is spiritual in nature. The material and living worlds are the manifestation of that ultimate reality. The aim of education according to him knowledge is inherent in every man's soul. What we mean when he say that a man 'knows' is only what he discovery by taking the cover of his own soul. The essence of this idealistic approach of Swamiji is that 'the task' of the teacher is only to help the child to manifest its knowledge by removing the obstacles in its way. On the other hand, Swamiji opines that-

Four basic characteristic of a teacher according to Swamiji Vivekananda Educational idea's

The teacher must be an ideal person, a burning fire who destroy's all that bad and brings out the good of his followers i.e. students. The four characteristics are –

- **Purity:-** A teacher must be sinless.
- **Knowledge of the spirit of Scriptures:** A teacher should keep in mind that Human love is the only medium through which spiritual force can be transacted.
- **Teacher acts as a Guide:** A teacher should not take pride in mind that he is making the child growth and development.
- **Methods of Teaching:** Swami Vivekananda emphasized in the following methods of teaching - Education from within
 - Concrete to abstract
 - Individual differences
 - Positive suggestion
 - Concentration
 - Faith in one self
 - Reverence
 - Freedom
 - Purity

Medium of Instruction

Swami Vivekananda recommended that mother tongue should be medium of instruction for the masses, English for the cultivation of western sciences and Technology and Sanskrit for the proper understanding of the cultural heritage. In such system, the students can have the ideal character of the teacher constantly before them, which serves as the role model to follow. Swamiji's view is also applicable in the present day education system as well as physical education. In the class of physical education students follow the teacher's demonstration attentively and practice also under the guidance of a teacher. So the teacher must be a model for the students.

Curriculum

Curriculum should be constructed with a view to promote synthesis between science and Vedanta, Education for leadership, Education for patriotism and freedom and humanities.

Swamiji's Realistic approach towards Education and Physical Education

For practical application he also possessed realistic views regarding Education. He emphasized more on the development of health, fitness and well-being. He also mentioned that –

“First of all, our young men must be strong. Religion will come after words. Be strong my friends, that is my advice to you. You will be nearer to heaven through football than the study of Gita.”

Francis Bowen says that

To become a thoroughly good person is the best prescription for keeping a sand mind and a sand body.

Swamiji also realizes the healthy mind in a healthy body relation hip and he embraced that –

“Look at the ‘ocean’ and not at the ‘wave’ Although we appear as little waves, the whole ocean is at our back, and we are one with it. No ware can exist of itself. This whole universe is my body, all health, all happiness is mine, because all is in the universe. Say, “I am the universe””.

In this regard it is to be understood that, for all round development of personality or self-realization. He used to believe in development of sound physique. In his scheme of education, Swamiji says great stress on physical health because a seared mind resides in a sand body. In physical education, physical development, cognitive development and spiritual development this are the prime objectives.

Conclusions

Swami Vivekananda's educational idea's and ideals are unique in the history of Indian education. His emphasis on the growth of three major faculties of man viz. 'Heart', 'will' and 'Love' – which give a new direction to our system of education. To reform modern Indian education he advises to pay the due attention to physical strength, practical aptitude, economic efficiency, cultural integrity and training of the will and emotions of the children.

So in find analysis we can say that in philosophic approach he was idealistic in nature. But putting his philosophy in to practice he suggests following realistic means. Therefore his overall approach was essentialism. He emphasized on Physical development for achieving the self-realization or holistic development. So, as a physical educator I consider that in his philosophic thought the basic essence of physical education is also emphasized. Somehow more or less his views on education show path to home the curriculum, teacher-student relationship, methodology, aim and objectives of physical and so on.

It is high time that we give serious thought to his philosophy of Education and remembers his call to every-body. 'Arise, awake and not stop till the goal is reached.'

This is why Rabindranath Tagore rightly remarked

-“If we want to know India, study Vivekananda.

In him everything is positive and nothing negative.”

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