

A STUDY ON THE IMPORTANCE OF YOGA EDUCATION FOR B.ED. STUDENTS

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ABSTRACT

This paper intends to study the role of yoga education as perceived by teacher trainees of Tirupati(Andhra Pradesh). 100 trainee teachers have been selected from B.Ed Section in Rashtriya Sanskrit Vidyapeetha. A self-constructed questionnaire was used to collect the data and survey method was used as technique. In modern technological period man faced various complex situations like stresses, irritation, anxiety, depression, loneliness, ego problem etc. In these situations yoga education is very useful to every person. By practicing yoga, social values are inculcating among students .It focuses on social factors that can influence behavior .It involves psychological mechanisms in human behavior that can provide Potentials for certain behaviors or tendencies to occur and can help the students to survive in a complex and often challenging world.

Key words: Yoga Education, trainee teachers, mental health, physical health, emotional health, spirituality

I. INTRODUCTION

Integral Yoga education is an essential component in the educative process of an educator as it provides a multi-level understanding of the human nature. It is a "must be" in the modern stress filled world as educators face an immense amount of stress in both their professional as well as private lives. In addition to the stress that is placed upon the educator by the student unrest and behavior, they feel threatened by the unrealistic expectations of the parents and management of their institutions. Not only need they be prepared to handle such stress but are also expected to counsel and help their wards to face their own stress. Integral Yoga education helps prepare us to do the right thing at the right time and in the right way. This is an important aspect of education both for the students as well as the educators themselves.

The word „YOGA “ originates from the Sanskrit word „YUJ “ meaning a joining or union. This concept indicates to the joining of the practitioner with a supreme being. The major consideration with this term is the uniting of an individualized spirit with the almighty spirit. This concept was originally taught by the widely considered founder of yoga patanjali. Human being are made up of three components- body, mind and soul corresponding these there are three needs viz. health knowledge and inner peace. Health is physical need, knowledge is our psychological needs and inner peace is spiritual

need when all three are present then there is harmony. To live in harmony with oneself and the environment is the wish of every human. However in modern time periods greater and physical and emotional demands are constantly placed upon many ground of life. As a result most of people suffer from physical and mental tension such as stress, anxiety, insomnia, irritation and there is an imbalance in the physical activity and proper utilization. This is why methods and techniques for the attainment and improvement of health as well as physical, mental and spiritual harmony are of great importance, and it is exactly in this respect that "Yoga in daily life" comprehensively offers an aid to help one's self.

II. IMPORTANT CONCEPTS OF YOGA EDUCATION

Various Yogic concepts have guided man towards shaping his life and the interpersonal relationships in his social life. These concepts need to be included in the teacher training curriculum so that both the educators as well as later their students can benefit from the psycho-physiological equilibrium (Samatvam) brought about by the inner understanding and external observance of these divine concepts. Wholistic health and wellbeing at physical, emotional, mental and social levels of being are the byproduct of this educational process.

Vasudeiva Kudumbakam - The whole world is one

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family. This is an excellent concept, which helps one to understand that division on the basis of class, creed, religion and geographical distribution are all 'man made' obstructions towards oneness. One can then look upon all as his own and can bond with everyone irrespective of any barrier.

III. NEED AND SIGNIFICANCE OF THE STUDY

There is no doubt about the fact that relevance and importance of yoga education is accepted by the educationist and policy makers for all round development of students and for equipping them with a kind of life style which leads to healthy development of personality .B.Ed teacher trainees are the torch bearers of the society. They have the responsibility of guiding the futures of the nation. Therefore, it is important to know how yoga education as a part of study is influencing their living and thinking .It is also agreed upon that yoga should occupy a significant place in education. In the current mechanized world, the matter based approach of science and Technology and the associated life style have to undergo basic changes towards a more holistic world view, healthier and harmonious living and that is what yoga offers because it is a science of future and relevant to a progressive society. so the present study focused on exploring the effects of yoga practices in the context of yoga education in the existing course of study.

IV. OBJECTIVE OF THE STUDY

To study the importance of yoga education in B.Ed. curriculum as perceived by the trainee teachers of Rashtriya Sanskrit Vidyapeetha in Tirupati(Andhra Pradesh)

V. METHODOLOGY

The researcher has adopted the survey method which completely fulfills the objective of the study.

POPULATION:

The population of the study comprising all trainee teachers from B.Ed Section in Rashtriya Sanskrit Vidyapeetha who have selected their optional paper as yoga education.

SAMPLE:

The Sample size of the study area is 100 trainee teachers who selected Yoga education as an optional paper from B.Ed Section in Rashtriya Sanskrit Vidyapeetha.

TOOLS:

A self-constructed questionnaire was used to collect the data. The questionnaire is of closed form in nature and consisted of 20 statements.

ANALYSIS AND INTERPRETATION OF RESULT:

Table 1: Trainee Teachers “Response about the Importance of Yoga Education in B.Ed. Students”

| Sl.No. | Statements | Response in percentage. |
|--------|---|-------------------------|
| 1 | Yoga education develops the sound mind and sound body. | 78% |
| 2 | Yoga education reduces anger, irritation, stress and anxiety. | 74% |
| 3 | Yoga education develops the power of good judgment. | 76% |
| 4 | Yoga education brings a profound change in personality. | 70% |
| 5 | Yoga education helps to develop positive thinking. | 68% |
| 6 | Yoga education develops the attitude of truthfulness. | 69% |
| 7 | Yoga education helps to develop the attitude of right direction | 80% |
| 8 | Yoga education develops beliefs and right decision. | 73% |
| 9 | Yoga education is relevant in the present context. | 75% |

| Sl.No. | Statements | Response in percentage. |
|--------|--|-------------------------|
| 10 | Yoga education helps in developing values. | 68% |
| 11 | Yoga education improves the inter-personal relationship. | 75% |
| 12 | Yoga education carries the feelings of Vasudhav-Kutumbkam. | 81% |
| 13 | Yoga education helps in perceiving much emotional distress among adolescents | 75% |
| 14 | Yoga education helps in reducing mental stress. | 68% |
| 15 | Yoga education helps in developing good habits. | 86% |
| 16 | Yoga education helps to cure depression | 79% |
| 17 | Yoga education develops the attitude of non-violence. | 68% |
| 18 | Yoga education helps to concentrate in any matter. | 71% |
| 19 | Yoga education helps to attain salvation. | 65% |
| 20 | Yoga education helps to adjust with family members and others. | 67% |

It can be revealed from the table-1 that the role of yoga education in present social context is very important as majority of the respondents agreed that yoga education helps to develop the sound mind for controlling anger and irritability, helps in reducing stress, anxiety, fatigue and depression, develops the awareness of one's strengths and weakness, develops the devotion to the almighty, develops values, positive thinking, attitude of non-violence, truthfulness, non-stealing, improves interpersonal relations and helps in developing good habits. Yoga changes the beliefs, attitudes habits and behaviors in right direction and helps in inculcating values like cooperation. It creates the feelings of Vasudhav-kutumbkam and develops physical, mental, social and spiritual attributes. It also helps in preventing emotional distress among adolescents and in attaining control of senses with regular practice. It helps in reducing the mental stress, provides direct positive impact on thinking process, brings a profound change in personality and rectifies the shortcomings of society as well.

VI. CONCLUSION

In present time of competition and complexities, yoga education is very much significant. Through practicing yoga social and moral values are

developed in human being. It helps to control mental condition and positive thinking. According to Aurovindo, the yoga accepts the value of cosmic existence and holds it to be reality; its object is to enter into a higher truth consciousness or divine supramental consciousness in which action and creation are the expression not of ignorance and imperfection, but of the truth, the light, the divine *Ananda* (Bliss). Thus in the modern time of stress and competition, the yoga education is very useful. By practicing yoga, social values are also inculcated among students. Yoga education is not presented as a religious practice, nor does it conflict with any religion. It generates positive emotions and compassion. Yoga education helps mental equilibrium and self control. It reduces stress and helps students to relax and release tension. Yoga education offers students a safe and balanced way for them to relate to themselves and to their surroundings, inner and outer awareness. In adopting and maintaining a posture there is coordination between the nervous system and muscular system, that influences the physical and mental behaviors. It focuses on social factors that can influence behavior. It involves psychological mechanisms in human behavior that can provide potentials for certain behaviors or tendencies to

A Study on The Importance of Yoga Education For B.ed. Students

occur and can help the students to survive in complex and often challenging world. Infact, a combination of yoga education and the formal education system can lead to the twin objectives of swami Vivekanand's philosophy, man making and nation-building which is very helpful for students in present social scenario.

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