

A Study on the Importance of Yoga Education in B.Ed. Curriculum

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Abstract: This paper intends to study the importance of yoga education in B.Ed curriculum as perceived by the trainee teachers. Total two hundred trainee teachers are selected as sample of the study from the four B.Ed colleges of Birbhum District in West Bengal. A self constructed questionnaire was used as a tool in this study 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 in every day social values are developed which change the human behavior. As the trainee teachers groups are the future teacher of our society, so inclusion of yoga education is very much necessary for future generation.

Key Words: Yoga Education, B.Ed. curriculum, Trainee Teachers

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I. INTRODUCTION

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. RATIONALE OF THE STUDY

Now a days educationists and policy makers accept the relevance and importance of the yoga education for all round development of the students and healthy development of their personality. As the teacher sections are very important in the society. They have many responsibilities for the future of the nations as well as country. So it is necessary to know how yoga education as a part of the study influencing their living and thinking. It is also agreed upon that yoga should occupy a significant place in education. In today's world of information and inter planetary voyages most of the people find it difficult to devote time towards their health and fitness. This has lead to drastic increase in health problems and health related stress. Yoga is also self diagnosis, healing prevention and maintenance. In this context of self diagnosis yoga postures and exercises can be easily done and that too with minimal possible effort. The magic of yoga is that as we begin the basic stretches we can immediately discover where our deficiencies are. If we really up to then we should not be discouraged by this.

III. OBJECTIVE OF THE STUDY

To study the importance of yoga education in B.Ed. curriculum as perceived by the trainee teachers of Birbhum District in West Bengal

IV. 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 of all B.Ed. college who have selected their optional paper as yoga education.

Sample:

The sample size of the study area is 200 trainee teachers who selected yoga education as an optional paper from four B.Ed colleges of Birbhum District in West Bengal.

Tools:

In the study area the data were collected through the self constructed questionnaire. The questionnaire is closed form in nature and consisted of 20 statements.

Analysis and Interpretation of Result:

Table 1: Trainee Teachers’ Responces about the Importance about the Yoga Education as Part of their B.Ed Curriculum

Sl. No.	Statements	Response in percentage
1	Yoga education develops the sound mind and sound body.	76%
2	Yoga education helps to concentrate in any matter.	69%
3	Yoga education reduces anger, irritation, stress and anxiety.	74%
4	Yoga education brings a profound change in personality	65%
5	Yoga education develops the values of human being	79%
6	Yoga education helps to develop positive thinking	80%
7	Yoga education develops the non-violence attitude	84%
8	Yoga education improves the inter relationship with others.	76%
9	Yoga education helps to adjust with family members and others	63%
10	Yoga education develops the attitude of truthfulness	70%
11	Yoga education develops beliefs and right decision.	74%
12	Yoga education helps to develop the attitude of right direction	79%
13	Yoga education develops physical, mental and spiritual attributes	84%
14	Yoga education develops good habits	78%
15	Yoga education discards fatigue	73%
16	Yoga education develops the power of good judgement	70%
17	Yoga education corrects the shortcomings of human behavior as well as society	84%
18	Yoga education helps in perceiving much emotional distress among adolescents	76%
19	Yoga education indicates the feelings of Vasudhaibo-Kutumbakam	77%
20	Yoga education is relevant in the present social context	86%

It can be interpreted from the above table that yoga education is very important in present day context. Most of the respondents are agreed about the importance and inclusion of yoga education in the syllabus. In the above table we see that each statements of the questionnaire secured a good response from the B.Ed. trainee teachers. They agreed about yoga education helps to develop sound mind, body and soul, good judgemental power , good habit, concentration, positive thinking, non-violence attitude, bold personality etc.

V. 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 Aurovido, 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). As the system of educating children has to be different. So it has to be combined with certain yoga practices which can remove their psychological blocks, which can make them aware of the psychological changes that happen in their body and brain, which can them aware of their own distractions and which can give them the ability to focus on the theme of the subject they are studying.

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