IJSSR International Journal of Social & Scientific Research, India

"A conceptual study on relevance of Yoga in Teacher Education"

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Abstract-
Yoga is a very good approach for enhancing the quality of teacher education. A critical analysis of yoga reveals its importance in education. Yoga starts with 'Yama' and ends at 'Samadhi'. This has been always a unique characteristic of Indian philosophy, that all philosophical schools accept the importance of moral life to get spiritual perfection. Yoga provides an opportunity to make strong character by pursuing values, a healthy and stable mind by practicing meditation and perfection in life by controlling body, senses and mind. Yoga and meditation should be introduced in teacher training courses as well as schools at secondary stages. Yoga education must be involved in the Teacher education as a theory and particle subject while they are under training for being teachers. MHRD, CBSE, NCTE, and UGC must take steps for making YOGA EDUCATION a compulsory subject at the grass root level throughout the school to university level of education.

Key words: Education Analysis.
JEL Code: **I21, I25**

Introduction:-

The word "yoga" comes from the Sanskrit root yuj, which means "to join" or "to yoke".it is a union of our 'will' with the nature and supernatural. It is the yoking of all the powers of the body, mind and soul, thus discipline the intellect, the mind, the emotions and the will. It is the experiences of oneself with on's inner being. It is the union of jivatman (individual human spirit) with paramatman (supreme universal spirit)the steady control of the sense and mind has been defined as yoga patanjali, the Propounds of yoga philosophy, describes yoga as "chittavrittiNirodhah," meaning to restrain the mental modification or suppression of the fluctuations of the consciousness. According to Bhagavada Geeta," Tranquillity of mind is yoga "Samatvan Yogamutchyate." Yoga is a self-conscious finding," says Sri Aurobindo. Sri Aurobindo furthers says," By yoga, we mean…..a methodized efforts towards self-perfection by the expression of the potentialities latent in the being and a union of human individual with the universal and transcendent existence we see partially expressed in man and in in the cosmos." Yoga is a systematic approach towards every layers of existence of human being leading to perfection, harmony, integration, awakening, establishing values of perfection, harmony, integration, awakening, and establishing values of highest order. But the entire process is consciously undertaken so that every human being learns more and more about himself and his relation with external world beyond thereby discovers unity, perfection in speech, thought and action. Yoga calls every human being to learn and re-educate himself/herself to live a life of beauty, delight, knowledge, bliss, harmony and peace.

Education is search of knowledge for perfection. Learning of human beings just after one comes out of womb of mother and continues till death. Learning is inherent ability of entire human race which gradually moulds his behaviour awakens potentials, perfect instruments, sets social, emotional life and integrates one's personality to live a life of success, prosperity, happiness, harmony, peace. Modern education is based on accumulation of knowledge which strengthens memory bank directed to meet the demands of instincts e.g.- sex, money, authority, position the common standards set by the society in the contemporary world.

Education is a search for knowledge leading to perfection so yoga is also discovery of that knowledge which units and unity leads to perfection. Real education is not merely accumulationof information in classrooms to meet the demands of one's instincts e.g. – sex, money, authority but it is cultivation of that knowledge which transforms this lower why it is said "Sa Vidya Ya Vimuktaya." Means knowledge brings

celebration (from lower nature of passion, cravings, desires, instinct etc.). Yoga is a science of transformation from animal nature to human nature and then human nature into superhuman nature, often, known as divine nature or divinity thus bridging the gap between "belief" and "behavior" "ideals" and "actions." Yoga doesn't advocate the imposition of moral and ethical values upon human being but brings about wider transformation of lower nature there by awakening the higher latent principles within man which permanently establishes an order in human personality.

Relevance of Yoga in Teacher Education: - Teachers are the real builders of nation. A teacher's role in the growth and development of children, apart from their parents is undeniable. It is a teacher who shapes their present and future in a systematic way, and influences them towards successful achievement of their goals. A nation's evolution is promising only when teachers execute their duties with dedication and sincerity. The teacher's efficiency in work performance is important for proper impartment of education.

Now a day's teachers and students are facing a lot of problems in their personal, educational and social life. If they suffers from work stress, the whole idea of teaching becomes superfluous as they will not be able to fulfil the conditions of an ideal teacher. Mental exhaustion from all worries, anxieties and tension brought on by a stressful environment distract and make one prone to damaging mistakes on job. They need effective solutions of the problems or proper training to develop abilities to cope with them on their own.

Yoga holds the capacity to change the whole personality and mind set of an individual including the physical, mental, emotional, cognitive and spiritual aspects. Work stress can gradually lessen with the help of yogic disciplines, thus increasing work efficiency, and bringing a feeling of general happiness and well-being among the teachers. Yogic disciplines can help to eliminate frustration, dissatisfaction, tension, and intolerance; and bring out inner capabilities and built up-self-confidence in teachers. Better adjustment can be made in odd circumstances to achieve success by regular practice of yoga. Yogic practices enhance muscular strength and body flexibility, improve respiratory and cardiovascular function, reduce stress and enhance overall well-being and quality of life.

Regular yoga practices are also conducive to a lifestyle that keeps us in a stable and balanced condition, and help in our endeavours to evolve our personality. Learning achievement can also be enhanced by giving yoga training to school children. The concept of joyful learning is incomplete without yoga education. Teachers, educators, educational institutions should encourage researches to promote this indispensable Indian heritage.

Inculcating Values:-Although education is an instrument as well as a catalyst of social transformation and expected to bring about qualitive change in man's perception, attitudes, habits, priority and goals, the real sense of values in recent days somewhere missing.

These days in continuous changing conditions, values are left far behind and there is gross erosion of values of individual to keep pace with the society in order to fulfil one's desire to be at the top. The erosion of human values of truth, co-operation, non-violence, peace, love and respect for parents, elders, authority and hard work is leading to the decay of moral and social fabric of society at a speed never witnessed in the history of civilization. The important aspect of character building in children is neglected today, which is a matter of deep concern. Thus, to impart real education for retaining the human health and values in the way of peaceful life, various claims of traditional yoga which is an essence of Indian culture- need systematic verification.

Inculcation of human values is to be stressed up on in our system of modern education to prevent and combat world terrorism, tension, diversities, self-centred vision and violence. Through quality education restoring of human values is possible. Yoga helps bring about subtle attitudinal changes in life. If taught earlier on in life, they are easier implemented and can bring about a healthy change in society.

Stress Management: - stress is a common condition, a response to a physical threat or psychological distress that generates a host of chemical and hormonal reactions in the body. In essence, the body prepares to fight or fiee, pumping more blood to heart and muscles and shutting down all nonessential functions. Stress is growing public health concern affecting people physically and psychologically.

Yoga has been found to modify response and reduce stress level. It offers several techniques for training the working mind. Yoga helps you to access an inner strength that allows you to face the sometimes over whelming fears, frustrations and challenges of everyday life. It can frustrations and challenges of everyday life. It can help to reduce stress because it promotes relaxation which is the natural opposite of stress bringing benefits. Three aspects of ourselves that are often affected by stress- our body, mind and breathing. Practicing

yoga builds your ability to calm, focus, balance and relax oneself. People who do a little bit of yoga each day often find they are better able to handle things when life gets a little crazy. The potential health benefits of yoga includes: stress reduction, improved fitness, management of chronic conditions. Yoga meditation is the art and science of systematically observing, accepting, understanding, and training each of the level of our being, such that we many coordinate and integrate those aspects of ourselves, and dwell in the directed experience of the center of consciousness.

The benefits of meditation are manifold. It is an essential practice for mental hygiene. A calm mind, good concentration, clarity of perception, improvement in communication, blossoming of skills and talents, an unshakeable inner strength, healing, the ability to connect to an inner source of energy, relaxation, rejuvenation, and good luck are all natural results of meditating regularly.

"When a river is calm, its reflection is clearer. When the mind is calm, there is greater clarity in the field of expression".

Physical and Mental health: - yoga is considered as a mind-body type of complementary and alternative medicine practice. The state of mind and that of body are intimately related. If the mind is relaxed, the muscles in the body will also be relaxed. Yoga helps us in making our life free from physical and mental stress and improves physical and mental health.

Yoga Helps in the maintenance of good mental health**.**Good mental health is of utmost importance for being physically healthy. By breathing deep and right, something that you would be doing when you practice yoga; you are inhaling more oxygen and allowing the cells of your body to have access to that oxygen for longer period of time.

Some people feel stressed that they can't produce the acquired knowledge or information in a proper way. By breathing right, yoga helps in retaining information better and for a longer period of time due to its focus on concentration and meditation. Thus Yoga helps inMemory improvement.

Regular practice of yoga has anti-ageing effects. Yoga revitalizes the mind and makes the approach towards life positive and stress free. Overall happiness and positive attitude towards life reflects on the face, leaving it glowing and reverses the ageing effect internally.

Yoga provides flexibility to your body.To perform all activities, we need to be flexible. If we have a flexible body, we find it easy to do tasks. A lot of poses in yoga concentrate on stretching and improving our flexibility. With yoga, not only muscles of the body, but also the softer tissues of your body are worked out that increases a range of motions of the less used inner muscles and helps in lubricants of joints. The results is a more flexible body, able to perform tasks easily.

Character building: - Yoga lays stress on moral and value education not through external teaching but cultivation of noble qualities, transformation of animal nature and guiding, directing, utilizing negative forces for perfection, health, happiness and peace. Every desire impulses within is observed, through mind, guided by higher forces transformed through various practices of yoga. Right perception, right action, right thinking all leads to the growth and development of ethical and moral values.

Ethical and moral values are the basis of good life as ethical culture indeed ennobles human life. Ethics, religion and spirituality have become synonymous term in common and parlance as they co-exist in the development of moral culture and righteous and virtuous life. Moral living starts through dedication of ideal principals, maxims and human values. A righteous and virtuous life and clear conscience provide the backbone of spiritual as well as a humane material progress of civilized man and his society. Yoga provides an opportunity to make strong character by pursuing values, a healthy and stable mind by practicing meditation and perfection in life by controlling body, sense and mind.

United Nations General Assembly has declared 21st of June as an International Yoga Day on 11th of December in 2014. World Yoga Day or International Day of Yoga was celebrated by the people throughout the world first time on 21st of June in 2015. NarendraModi has said during his address to the UN General Assembly that "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day."

Conclusion-

Yoga holds the capacity to change the whole personality and mind set of an individual including the physical, mental, emotional, cognitive and spiritual aspects. Work stress can gradually lessen with the help of yogic disciplines, thus increasing work efficiency, and bringing a feeling of general

happiness and well-being among the teachers. Yogic disciplines can help to eliminate frustration, dissatisfaction, tension, and intolerance; and bring out inner capabilities and built up-self-confidence in teachers. Better adjustment can be made in odd circumstances to achieve success by regular practice of yoga. Yogic practices enhance muscular strength and body flexibility, improve respiratory and cardiovascular function, reduce stress and enhance overall well-being and quality of life.

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