



Importance of Yoga in Two Years Teacher Training Programme: A review

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Abstract:

Yoga has great importance in present education system for ethical moral spiritual values and promotion of healthy life style yoga education takes a important part. New curriculum according the needs of the learner and society has been introduced in all stages of education. Innovative teaching methods strategies, tools and techniques have been introduced. Continuous comprehensive evaluation system has been implemented. But man making and character building education is yet to be achieved due to gradual value erosion. The objectives of all round development like (body mind and spiritual) is Neglected which is only possible through the practice of yoga and implementation of yoga education in curriculum all stages of education. Trainee teachers are the future teacher of our society; they have need to focus all round development of a student. So inclusion of yoga education in two years Teachers Education Programme will help both the trainee teachers as well as later their students also. Yoga is the combination of are science and Philosophy of living life. Aim of this paper is to highlighting the importance of yoga education in two years Teachers Education Programme.

Key Words: *Concept of Yoga, Role of Yoga in Two Years Teachers Education Programme.*

Introduction:

Introduction:

A teacher is a person who has the responsibility to make the society or the future citizen of the country. Those who have chose or will take up this profession, need to focus on the over all development of a student. So a teacher has to have spontaneous, self contained, good qualities as well as social and moral value. Teacher education is an programme where one is taught to acquire all these qualities. but now they have to face a lot of pressure in the mechanical competitive space. At this time there is a strong demand to self-establishment among the trainee teacher, that's why some time tension, excitement, frustration, self- conflict work in them. In this situation yoga is the one thing which can help them to over come those type of problem. Mittal Deepsikha 2018 concluded that yoga is the treatment for emotional imbalance, continuity in yoga will also change the overall behaviour and the way people perceive thing. Yoga education is a holistic science, it is a continuous and systematic process for the complete physical, psychological, emotional mental spiritual development of men. Yadav sangita 2014 stated that by practicing yoga we connect ourselves with

positive vibes. Researcher reveal that yogic practices lead to improvements in one's life in all the areas, reduces anxiety, enhances attention and emotional control. It is essential to introduce yoga as an integral part of curriculum at all the level, specially for the prospective teacher who are being trained to design the future nation. There for NCTE 2015 re- designed the teacher education curriculum and introduce yoga education in two year TE programme as a compulsory and optional area of study through theoretical and practical input. The trainee teacher Become acquainted with yoga education they able to balance every dimension of life, and develop their personality, health and moral value. YADAV A. P 2020 concluded that performance of human being can be explored at the highest level like Devine human being through the practices of regular yoga, and suggested that it is necessary to introduce this subject will attached from primary to university higher education. So yoga will bring healthy, wealthy, happy and prosperous life to all us.

Reviews of Related Literature:

1. Yadav Sangeeta, Kumar Sunil 2014 conducted a study on 'To study the Effective of Yoga Education on Holistic Development of teacher trainees'. IN their study 250 trainee teachers have been selected from five B. ed colleges located in Gugoan and self constructed questionnaire was use by them to collect the data. They found that that in the modern time of stress and competition, thhe yoga is very useful. By practicing yoga, social values are inculcating among students. It focuses on social factors that can influence behaviour. It involves psychological mechanism in human behaviour that can provide potentials for certain or tendencies to occur and can help the students to survive in a complex ands often challenging word.
2. Pal Susmita (2018) has conducted a study on A Study on 'The Importance of Yoga Education in B. Ed Curriculum' she found in her study in modern technological period man faced various complex situation like stress, irritating, anxiety, depression, loneliness, ego problem etc. In these situation yoga education is very useful to every person. By practicing yoga in every day social values are developed which change the human behaviour. As the trainee teachers groups are the future teacher of our society, so inclusion of yoga education is very much necessary for future generation.
3. Kumar Ashwani (2018) has conducted a study on 'Significance of Yoga in Human daily life' she stated that Yoga in daily life is a system of practice consisting of eight levels development in the areas of physical, mental, social, and spiritual health. This gives the space to connect with loved ones and maintain socially healthy relationship. Yogic techniques are known to improve one's overall performance.
4. Jain Mini and Jaiswal Smita (2018) has conducted a study on 'Yoga and Positive Psychology'. They found that yoga may play unique role towards practical aspect of positive psychology to improve one's quality of life to pleasurable and satisfied life.
5. Bera Nibedita (2017) has conducted a study on 'The integration of yoga in modern education: why and how' she stated that yoga education should be introduce in education system in all stages of education. Yoga education in the existing system of education for all round development of students by impacting upon its different dimension – the individual and social, cognitive and emotional, psychomotor and behavioural and moral and spiritual, and she also suggested that how to integrate yoga in present education.
6. Yadav Vibha (2018) has conducted a study on Concept and Relevance of Yoga in Teacher education. This paper presented to analyse the significance of yoga in the education world, while clarifying the conception of yoga in teacher education. She reported that yoga education has also been included in the new two year curriculum of current teacher education, so that the teacher and learners can get rid of physical and mental health problems and makes their unique contribution to nation building, so, because of increasing importance of yoga, yoga education has been made mandatory at every level of education.
7. Dr. Patel Nimisha, 2019 In the study titled "The importance of Yoga and Meditation in Education." In this study, the writer was found out the history of Yoga, the objectives of yoga education, the 8th step of

yoga, the importance of yoga education and meditation for a peaceful life and good mental health which help to lead students to the attainment of the highest goal of life.

8. Devi Ranjana and Dr. Rathore Muditr 2018. In this study titled “Effect of yoga practices on educational achievement: A short summary of reviews.” In this paper researchers found out the actual meaning of educational achievement, educational achievement is an outcome of a number of factors operating within individual students and their surroundings. The three types of factors are there, intellectual, emotional, and environmental control educational achievement, and they largely determine one’s academic achievement. In this era yoga and meditation plays an important role in the positive upliftment of the human body and mind. Yoga is the study of self-knowledge, it plays a major role in reducing depression prevailing in students. The researchers found out yoga practices will help in increasing the retention and memory power among the students and will increase problem-solving skills.

9. Dr. Sharma Shilpi (2018): In this study titled “Yoga as a tool in peace education”. As contemporary life, in all its aspects is getting more and more violent and conflict-ridden. There is a growing concern for resolving conflicts and realizing peace in day-to-day existence. In this paper, the writer tried to found out to teach children and the growing generation the value of living a peaceful life. For the achievement of inner peace yoga plays an important role and the eight stages of yoga discipline recommended by Patanjali, which help us to maintain our physical, mental and spiritual health. The researchers were highlighted various types of peace like concepts of peace, components of peace behavior, and the role of yoga as a tool in peace education in the era.

10. Desai B. P S (1986): In the study titled as “yoga and its integration in modern education”. In this study, the writer was found out the concept of yoga, the concept of education and integration of yoga with modern education which will help the development of human potentialities, the aspect of yoga are to be integrated with modern education, and its benefits in various stages of a student in school life.

Objectives of the Study:

1. To find out the concept of Yoga, and its benefits in human life.
2. The find out importance of Yoga in Two Years Teacher Education.
3. To find out the role of Yoga for Trainee Teacher and the status of yoga education in 2 Years T. E Programme.

Need and Significance of the Study:

In the present scenario, life has become so fast and busy, man has become dependent on electric gadgets and technologies. Today life is more comfortable as a result of which man’s health is suffering the most. It is for this reason important to know all those forces by which the behaviour get affected and the role which human being played for the promotion of health status and for the prevention of various disease. As we know that development of moral value id the main aim of education but these values are degrading rapidly in the present system education. Thus it is very essential to provide a clear understanding on yoga, and its use as a great treasure for an individual and society at large. Yoga is the one and only way which can help people to live in fresh way. Yoga helps to keep balance in every dimension of life. B. ed trainee teachers are the torch bearer of the society. They have the responsibility of guiding the futures of the nation. Therefore, it is important to know how yoga education as part of study is influencing their living and thinking. It is also agreed upon that yoga should occupy a significant place in education. Incorporating yoga into the teacher education programme should be ideal as it will help in their academic and personal growth as well. So the present study focus on importance of yoga education in teacher training programme.

Concept of YOGA:

The word 'YOGA' is derived from Sanskrit root 'YUJ' meaning to 'join or to yoke'. Yoga can therefore be defined as a means of uniting the individual spirit with the universal spirit of god.

The concept and practices of yoga originated in India about several thousand years ago, its founder were great saint and sages. It has originated from a universal desire towards attaining happiness and getting rid of suffering. According to yogic lord Shiva is considered as the founder of yoga. A number of seal and fossils remain of Indus valley civilization dating back to 2700B. C India. However systematic references of Yoga Darshan.

Some definition of yoga are given below—

1. Patanjali Yoga sutra -“Yogaschittabrittinirodha” yoga is the suppression of modification of the mind. Yoga is the removal of the fluctuations of the mind, yoga is the cessation of movements in the consciousness, yoga is that, which join atma and paramatma.
2. According to Bhagbat Gita-“Yoga is a journey of the self, through the self and to the self” Lord Krishna “Yoga is the skill of action” The secret of karma yoga which is to perform action without any furtive desires is taught by lord Krishna in Bhagbat Gita.
3. According to Swami Vivekananda- “Trough practice come yoga, trough yoga comes knowledge, trough knowledge comes love, trough love comes bliss.
4. The Maha Nirvan Tatwa defines yoga ‘as union of the individual soul with the universal soul’
5. Aurobinda has given a greater emphasis is on yoga, said – “The yoga we practice is not for ourselves alone, but for Divine in the world, to effect a spiritual transformation and to bring down physical nature and life of humanity”.

Reddi Basava stated that yoga is an art and science of healthy living it is a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. The holistic approach of yoga is well established and it brings harmony in all walks of life.

Mainly yoga is one of the six system of vedic philosophy. It has two system, The Astanga Yoga of Patanjali and Hatha Yoga. Maharshi Patanjali rightly called 'The father of yoga' compiled and refined various aspect of yoga systematically in his 'yoga sutra'. He advocated the eight folds path of yoga, popularly known as “Ashtanga Yoga” for all round development of human being. These are-Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi.

The eight limbs are discuss below—

- a) Yamas- are the social discipline that direct us in social relationships. The five yamas are- Ashima - non violence.
Satya- truthness. Asteya- Non stealing.
Brahmachariya – propr channeling of the creative impuls. Aparigraha- Non covetedness.
- b) The 'niyamas' guide us how we should interest with our internal world.
- c) The 'asana' or physical postures is the use of body in a particular direction in order to gain health and mastery over the mind.
- d) The 'pranayama' is related to breathing technique for balancing the breath between the two nostrils.

- e) The 'dharana' is to bind the mind on a single thought.
- f) The 'dhyana' is Meditation and also effortless de- focussing.
- g) The 'samadhi' is deep adsorption or super consciousness.

The first four limbs are consider external cleansing and last four are considered internal cleansing.

Benefits of Yoga:

Yoga is only science which takes care of all round development of three essential elements body, mind, and soul. Sing Seema 2013 sated her article that yogic exercise can detoxify the human body and the internal organs. In Open Access scientific Report Pravakaran M, S kumar Shashi reported yoga is a procedure to control and advance the psyche and figure to increase great helth, adjust of psyche and self-acknowledgement.

- **All-round fitness:** Truly healthy means physically, mentally and emotionally fit and balanced. Yoga helps: postures, pranayama (breathing techniques) and meditation are a holistic fitness package.
- **Weight loss:** What many want! Yoga benefits here too. Sun Salutations and Kapal Bhati pranayama are some ways to help lose weight with yoga. Moreover, with regular practice of yoga, we tend to become more sensitive to the kind of food our body asks for and when. This can also help keep a check on weight.
- **Stress relief:** A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily - in both the body and mind. Yoga postures, pranayama and meditation are effective techniques to release stress.
- **Inner peace:** Sharma Shilpi 2018 reported on his research that yoga is effective in generating internal peace. Yoga and meditation is one of the best ways to calm a disturbed mind. Yoga has a positive impact on mood. A few time yoga in daily life help us attain inner peace.
- **Improved immunity:** Our system is a seamless blend of the body, mind and spirit. An irregularity in the body affects the mind and similarly unpleasantness or restlessness in the mind can manifest as an ailment in the body. Yoga poses massage organs and strengthens muscles; breathing techniques and meditation release stress and improves immunity.
- **Better relationships:** Yoga can even help improve relationship with other person. A mind that is relaxed, happy and contented is better able to deal with sensitive relationship matters. Yoga and meditation work on keeping the mind happy and peaceful.
- **Increased energy:** Saleem Razia 2016 stated that yoga is dynamic to make feel younger with heightened mental prowness. A few minutes of yoga everyday provides the secret to feeling fresh and energetic even after a long day. A 10-minute online guided meditation benefits immensely, leaving refreshed and recharged in the middle of a hectic day.
- **Better flexibility & posture:** Regular yoga practice stretches and tones the body muscles and also makes them strong. The correct yoga posture helps our body flexible.
- **Powerful lunge:** Yoga activities specially concerned with pranayam help in the promotion and increase in strength and stamina of our lunge power in terms of their expansion and contraction enabling us to inhale maximum amount of oxygen in our body for the purification of our blood besides helping in the proper circulation of the purified blood in all corners of our body.

- **Improve respiratory power:** Yoga help us in regulating the respiration activities of our body adding efficiency to our respiratory power including increase in its amplitude stability and smoothness and decrease in the respiratory rate.
- **Purify body:** These help us in the tasks of the cleanliness and purification of the inner organs and systems of our body including the purification of our blood and its pathways, cleanliness of the respiratory and digestive systems and proper let out and excretion of the unwanted foreign material from our body.
- **Healthy body:** Yoga activities not only prove as strong deterrent for the prevention of the various ailments and diseases but also provide valuable solutions for their proper cure and treatment. Simon Rinirose stated that Yogic activities provide substantial cure and treatment in the cases of arthritis, back pain, and osteoporosis, high and low blood pressure, asthma, diabetes and epilepsy, headaches, heart disease and multiple sclerosis etc.
- **Powerful mind:** It is well said that there lies a healthy mind in a healthy body maintained through yogic activities. One can enjoy good mental health with a sound physical health obtained through yogic activities. Yogic activities help in equipping one properly and sufficiently with all the essential cognitive and mental abilities and capacities for reaching the top of his intellectual and mental development. Yogic Asans, pranayam and practice of Dhyana, Dharana and samadhi can help an individual to have sufficient gains in terms of the improvement in his power of concentration, memorization, attention, learning efficiency, steadiness, and mind body neuro connection etc.
- **Strong sense organs:** Yogic activities help in making one's sense organs healthy, strong and effectively functioning. In turn it helps the individual to have a sizable increase in their reception ability, somatic and kinesthetic awareness and sensitivity for acquiring new knowledge and experiences through the use of their sense organs.
- **Control over mind:** Yoga sadhana provides the desired ability and strength for exercising desirable control over his senses, emotions and gratification of desires and fluctuations of the mind. Sustaining of attention and concentration acquired through such control and restraint then may provide a substantial ground of the development of intellectual powers. It can be given a further higher impetus by resorting to the practice of yogic activities like Dharana, Dhyana and Samadhi.
- **Internal purification:** Yoga sadhana helps not only to have purification and cleanliness of the internal organs and systems of our body but it also pays a lot of consideration for the purification of our inner self i. e. purification of our thoughts and feelings.
- **Self development:** Yogic activities help the individual to imbibe the spirit of self awareness, confidence in one's abilities and strengths, self discipline and intrinsic motivation, self-acceptance and self actualization etc for seeking his maximum self development and enhancement.
- **Reduced Conflict:** Yoga may also help students get along better with one another, which fosters a more positive learning environment. . Yoga may teach students to better manage their emotions and reactions as well as to respect the feelings and emotions of others.
- **Healthy mind:** Yogic activities help to free from any unusual anxiety, depression and fluctuation of mood or temperament. Such state of one's mind may help him much in excelling in terms of his intellectual growth and wisdom.
- **Improved Concentration:** Yoga offers time for the body and mind to relax from the rigors of learning. This may help students be better at applying themselves when studying or learning in a classroom. Medical students who practiced yoga for just one month reported better sleep and improved concentration during their studies as a result in a study published in a 2013 issue of the "Indian Journal of Community

Medicine. “Yoga, especially breathing techniques, can also increase concentration and academic performance in students struggling academically, concluded a 2012 study published by the International Society for Scientific Interdisciplinary Yoga Research.

Importance of Practicing Yoga in Teacher Education:

AGARWAL PAYEL 2018 FEB founded the sustainable quality of two year teacher training programme lies on the teacher trainee, mastery over the mind, creativity, high state of conscious, emotional stability, stress relief, sound body and mind, this can be achieved only through practicing yoga activities as it activities our body, mind, and action. Teaching is a task full of challenges as they are the agents of promoting changes in existing practices, improving the quality of education of children and responsive to the needs of community which some times result high stress, depression, anxiety, and burnout feeling in them. By practicing yoga it can help them to reduce anxiety, stress, depression and give them positive energy. Teachers are the reformer of society and prospective teachers are the futurist being trained to promote changes in existing practices, bring improvement in the quality of education, responsive to the social and communal needs, having positive attitude towards profession, and the acquisition all is possible only with the association of yogic practices. NCTE viewed that yoga is a scientific system of providing excellence of a total human personality. The integration of yoga education in two year teacher training programme plays a significant role for overall development of today prospective teachers and tomorrow’s nation builder. Yadav Vibha 2018 stated that yoga education in two years b. ed programme places a significant role to prepare a teacher for the challenges of tomorrow.

Role of Yoga for Trainee Teacher:

- a) **Intellectual Development:** In teacher education programme prospective teacher learn various new theories and practical aspects which requires critical thinking, memory observation, decision making imagination and creative application. Yogic practices such as asanas, pranayama, dhyana help to develop concentration, memory and rational ability and help in intellectual.
- b) **Emotional Stability:** Meditation, various Mudra, help to handle and gain control over mental agitation. They use yoga technique for emotional stability. An emotionally stable perspective teacher will respect personal and other emotions and work accordingly for the benefit of all.
- c) **Higher State of Consciousness:** Patal Nimisha 2019 Found that meditation has the power of healing and it is a secret to remain healthy and peaceful life. Meditation prepares prospective teachers to be fully conscious for the demand of students, society and nation and work productively for them.
- d) **Stress Relief:** Dwivedi Manish 2014 reported that by practicing pranayama and asanas people can manage and combat stress. Yoga is preventive and curative in nature. It prevents and cures the strdepression. stress, tension, depression, unhealthy psychophysics and an incomplete human personality for a well developed personality in prospective teachers. So two years teacher training programme prteprepares prospective teachers to come out from the stressful situation and enable to shoulder the responsibilities productively.
- e) **Creativity:** Creativity in behaviour and activity can be developed through yogic practices and meditation. Prospective teachers are instructed to be regular practitioner of yoga for thinking creative, teach creative and develop creativity in students.
- f) **Balanced Personality:** For a holistic personality development, yoga plays an important role. Yoga activates our body, mind, and soul to associate one’s internal an external potentialities productivity. VATNE RAVIRAJ 2017 proofed that regular practicing yoga, yama, niyama should help to develop students personality in every dimension.

g) Physical Development: By practicing asanas, pranayanas, on a regular basis, a teacher can remain mentally and physically fit, and can help a student to remain physically and mentally fit so that they can achieve their dream success. So yoga in teacher training programme help to fit physically the trainee teacher.

So yoga plays a significant role in their overall social, emotional, personal and educational development.

Status of Yoga of 2 Years Teacher Education Programme:

Aminabhavi (1996) reported in her study that yoga training helped to develop positive attitude and also enhanced the mental health of student. Yoga education is holistic science. It focuses on social factors that can influence behaviour. Yoga education helps to fulfil the aims of education. Education is a vast discipline and teacher training is vital part of it. According to Wikipedia –T. E Refers to the policies, procedures, provision designed to equip prospective teacher the knowledge, attitudes, behaviour, and skill. They require to perform their tasks effectively in the classroom, school and wider community. Te is the important course which provide pre- training to the future teacher for becoming effective teacher. Various subject are taught there to prepare a future teacher as they have many responsibilities for the future of nation as well country. For all of this a well planned and systematic curriculum is very necessary. Keeping all the things in mind the NCERT introduced two-year b. ed programme in its four RIEs from 1999-2000, later NCTE redesigned teacher education with new regulation 2014 and yoga education has been made a compulsory part for all the teacher educators and prospective teacher.

According to NCERT RIE 2015 in 2 years TE

programme, carries 2 credit. Further divided theory and practicum with the objectives to – understand the concept holistic health, creat interest for practice of yogasana, meditation, historyof yoga, its importance, principle, types, astanga yoga of patanjali and hatha yoga. Démonstration of asanas and pranayama etc.

According to Burdwan University (West Bengal) In Bardwan University yoga education as an optional paper in sem- iv, course (1. 4. 11) with objectives understand the concept and principle of yoga and the ancient system of yoga. Develop awareness about historical aspects of yoga, learn some meditation practices and techniques, maintain healthy body and mind, learn the utility of yoga in modern life.

There have 5 units, carries 2+1 credits

2. Compulsory paper course EPC-4 understanding the self, credit2+2. It has 5 unit, and practicum, with objective understand the importance of self concept and importance of yoga and wellbeing, be be sensitized the concept and importance of yoga and wellbeing know and develop their personality through various practices. Develop interpersonal intelligence. Along with ntroduction to yoga;concept and principles. Classical approach to yoga practices viz, kriyas, yama, niyama, asana, pranayama, bandha as per yogic text. Historical aspect of the yoga philosophy, yoga aas per reflected in Bhagwat gita. Significance of yogic texts Patanjali's yoga shastra, astanga yoga, kriya yoga, hatha yoga etc.

According to Yadavpur University (W. B) In Yadavpur University yoga is only compulsory paper in sem 4(epc 5) with objectives, concept and principals of yoga, understand the ancient system of yoga, awareness about the historical aspect of yoga, meditational practices and techniques, learn to maintain a healthy condition of body and mind, learn the utility of yoga in modern life. There have 5 unit and practical.

The syllabus of yoga is the same as the Burdwan University

According to WBUTTEPA same as Burdwan University. A optional paper and a compulsory paper (yoga education: Self understanding and Development) epc-4 with theory and practical.

Finding From This Paper:

Yoga education in two year B. ed programme plays a significant role for overall development of today's prospective teachers and tomorrows nation builders. By introducing yoga, trainee teachers are able to balance every dimension of life and develop their personality, health, social, emotional, moral and spiritual values. Yoga education help trainee teachers to achieve success in their upcoming professional life. According to NCTE2014 regulation, yoga education took place in two years T. E Programme as a compulsory and optional paper. Yoga help to fulfil the aims of education and improve the quality of education.

Conclusion:

In present time of competition and complexities, yoga education is very much significant. Through practicing social and moral valies are developed in human being, it helps to control mental condition and positive thinking. Regular practice of Yoga bring a feeling of well-being, increase vital capacity, metabolic stability, acceleration in endocrinal function, improvement in memory and excels academic performance. Thus, Yoga Education in two year teacher training programme places a significant role to prepare a teacher for the challenges of tomorrow.

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