

Effect of Yoga training program on Yoga based information in Physical Education Teachers

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Abstract:

It has been observed that a number of Physical Education Teachers are giving the training of Yoga to the children. Some of them having a good knowledge of Yoga but there is a large number of people having no basic idea regarding Yoga. Keeping that into mind, Institute of Yoga, Jai Narayan Vyash University conducted few Yoga Training Programs for the Physical Education Teachers to enhance their Knowledge in the area of Yogic Science.

The study aimed to find the impact of Yoga training program in Physical Education Teachers over their knowledge related to Yoga. 56 Physical Education Teachers were trained in the knowledge of Yoga for the above mentioned purpose.

The Yoga Training program showed a significant improvement in the Yoga related knowledge among the Physical Education Teachers.

Keywords: Yoga Training, Yogic Knowledge and Physical education.

Introduction

Education is supposed to have a cleansing, uplifting and refining effect. If this education system is enlivened by inclusion of moral, ethical and spiritual values, it will lead to training a new generation of young persons sizzling with zeal to embrace and uplift the lowliest and the lost by voluntarily educating them in an exclusive pattern, inculcating in them qualities of love, kindness, compassion, sharing and caring. Earth can thus become a place worth returning again and again. For social progress and national uplift also every citizen should compulsorily be educated in ethical, moral and spiritual values. Education develops a person's intelligence and makes him fit to earn worldly as well as spiritual boons. There can be no other better way for overall development of life.

Professor Hans Kraus, former physician to J. F. Kennedy insists that our inactive and overindulgent way of life is particularly dangerous for children who should be building up strong and supple muscles for their adult years. Prof. Kraus point out that some form of physical activities like yoga is essential for all children.

At present the only aim of education is to develop the capacity to earn lot of money hence Gurukul tradition can not be suddenly introduced but guardians can at least train them in self-control, altruism, compassion and caring concern for all sentient beings. It is a blunder to marry them so long as they do not become mature, responsible and self supporting; otherwise they may prove as miserable failures throughout their lives. The condition of family, whose members neither know the art of living nor have the requisite knowledge and experience of life to opt for it, is as miserable as that of a chariot having un-reined horses. What sorts of conflicts are going on in the families of today running on the pattern of blind beliefs is known to every body.

Every child in school is taught that "Prevention is better than Cure". Yet, how many know how to implement this in practice. And for those that do, how many have the will and wherewithal to do so. Familiarizing the child with Yoga tools can help show them the path of "Preventive medicine"

Yoga should be properly introduced to children by educators. In the opinion of Swami Satyananda Saraswati, all the experiments that are being done in every part of the world in relation to the educational system should be compiled. A lot has been said and a lot is being done. Science is very clear about the effect of Yoga on the brain and on human consciousness and character. The time has come to decide how to implement this as a practical scheme.

Uma, K. et. al. (1989) observed the effect of Yogic practices on 45 children and found a significant change in IQ and Social Adaptation parameters in comparison to the non Yoga practitioner children after one year study.

Telles S. et. al (1993) observed the effect of yogic packages on 45 children in two groups and find a significant change in Attention span and Memory in the practice group after a ten days study.

Batra, B.K., Nagratna, Dr. R and Nagendra, Dr. H.R; (2003) observed in a study over 322 children that the selected practice of Yoga improves the analysing capacity.

Pushpa, Nagratna, Dr. R and Nagendra, Dr. H.R; (2003) again observed in their study over 300 children that the selected practice of Yoga improves the memory of the children.

Methodology

To observe the effect of Yoga Training program on theory knowledge level, and practical knowledge level of Yoga among Physical Education Teachers two training program were conducted at Government Girls Higher middle School, Sardarpura, Jodhpur. 56 candidates appear in all two camps. Among them Four candidates was could not appeared in both the test so we analyzed only 52 candidate's result. The participants practiced a set of Asana, Pranayama and Meditation regularly for five days, and a theory class was also arranged for them in this duration to enhance their knowledge of Yoga. A set of 25 questions were asked to them before and after the camp. The results were as follows:

Results:

	<i>Pre</i>	<i>Post</i>
Mean	10.22115	20.65
Variance	23.71484	11.42092
Observations	52	50
Hypothesized Mean Difference	0	
df	91	
t Stat	-12.6054	
P(T<=t) one-tail	5.68E-22	
t Critical one-tail	1.661771	
P(T<=t) two-tail	1.14E-21	
t Critical two-tail	1.986377	

Discussion & conclusion:

The result shows a significant change into the level of Yogic Knowledge of the subjects gone through the Yoga Training Program. As the previous studies

shows that practice of Yoga, Meditation and Relaxation significantly lowers all the psychological and psychosomatic problems. Yoga brings control over breathing and that works in effectively increasing the psycho-motor coordination. Practice of Yoga is a conscious process of gaining control over the mind, and thus the concentration and attention-span improve, and hence the result shown a significant change in the Yogic Knowledge of the subjects.

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