



## NECESSITY OF YOGA PROGRAM FOR THE IMPROVEMENT OF TEACHER EDUCATION

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### ABSTRACT

**Background:** Programmes for teacher education are designed to prepare teachers for their careers. It is an open-ended induction and initiation procedure that encourages initiative for continued development and gives the trainee the necessary skills for self-directed learning through projects, custom assignments, practical work, and practice teaching, among other things. During the teaching process, yoga education assists teachers in helping the students' stress levels. With the children, this course supports teachers in developing self-awareness and self-realization.

**Objectives:** The present investigation will focus on the necessity of Yoga Programme for the improvement of teacher education.

**Methodology:** The research is of a qualitative nature. The investigator compiled an assortment of scholarly materials and records pertaining to yoga instruction programmes in teacher education. Its goal is to convey the depth, intricacy, and contextual information of the topic being studied.

**Conclusion:** Differentiated instruction, inclusion, and cultural competence are all emphasized in the yoga education programme. Future educators can better fulfil the different needs of their students and build inclusive learning environments by including these elements into their lessons. Ultimately, the ability of yoga education programmes to provide aspiring teachers with the information, abilities, and mindsets needed to become successful educators shows how important they are. It supports educators in helping children develop their creative consciousness.

**Keywords:** Yoga program, Teacher Education Programme, self- realization, stress.



## **1. Introduction**

Teacher education is the cornerstone for all education. It equips teachers with the knowledge, abilities, and qualifications required to practice their profession. Yoga, an ancient Indian practice, aims to enhance physical, mental, and spiritual well-being. A yoga programme prepares instructors for the academic rigour and demands of tertiary education, allowing them to pursue their selected vocations and make contributions in their fields of interest. This programme encourages the growth of critical thinking and problem-solving abilities. These yoga programmes are designed to prepare teachers for professional careers. It is an induction and initiation programme with an open-ended design that fosters initiative for future growth while also providing the student with the necessary tools for self-directed learning through practice, meditation, and so on. The current investigation will focus on the importance of Yoga Programmes for improving teacher education.

### **1.1. SIGNIFICANCE OF STUDY**

It seeks to demonstrate the benefits of yoga for teacher education. Many difficulties arise in our lives, such as tension, blood pressure, bad feelings, worrying, feelings of apathy, and so on, all of which are associated with the problem of stress. All of the problems that have emerged can be remedied via yoga practice. Regardless, yoga has been demonstrated to provide immediate psychological benefits, including reduced anxiety and increased sensations of emotional, social, and spiritual well-being. Yoga can help both teacher and student to improve their mental health by lowering stress. This means that yoga can help you enhance your mental health and overcome daily stressors. Following yoga practice, both groups' state and trait anxiety levels decreased.

### **1.2. Statement of the Problem**

This study entitled as "Necessity of Yoga Progame for the Improvement of Teacher Education."

### **1.3. Objectives of the Study**

The research objectives of the study were delineated below:



1. To ascertain the necessity of yoga programmes understanding of learner development at teacher education.
2. To determine the necessity of yoga programmes to develop self-realization and self awareness at teacher education.
3. To analyse the necessity of yoga programmes to focus on developing stress management expertise at teacher education.
4. To find out the necessity of yoga teacher for education programmes to enhance the cultural competence and inclusion.

## **2. The Review of Related Literature**

**Cvitković Daniela (2021)**, The role of Yoga in Education, Faculty of Education and Rehabilitation Sciences, University of Zagreb, Republic of Croatia, UDK: 613.72Yoga:37, 77-100. This paper explores the potential of yoga in education, highlighting its effectiveness in treating various conditions and diseases, including stress, anxiety, and depression. Research shows that yoga can improve attention, self-regulation, and reduce tension in children, especially those with disabilities. The paper also explores the potential of incorporating yoga into the school curriculum for healthy children.

**Meenia Sheetu (2019)**, Importance of Health and Yoga Education in Teacher Training Programme: A Study. INSIGHT Journal of Applied Research in Education Vol. 24, No. 1, 2019 , 217-223. Teacher education is crucial for social, economic, cultural, and political progress. Higher education contributes to cultural, socio-economic, and environmentally sustainable development. The NCFT2014 recommended increasing the duration of B.Ed. and M.Ed. teacher training programs from one to two years, incorporating subjects like ICT, health, yoga education, and inclusive education. In today's fast-paced world, health is suffering due to increased reliance on electronic gadgets. To promote health and prevent diseases, it is essential to understand the forces affecting behavior and the role of humans in promoting health. Integrating yoga into school curriculums is essential for teachers to understand its curative and therapeutic value.

**Naragatti Siddappa (2018)**, The Role of Yoga in Education, International Journal of Innovative Science and Research Technology, Volume 3, Issue 12, December, 2018, 352-



353. Yoga education is an ancient system of social, moral, spiritual, and ethical conducts. It aims to develop proper attitudes, emotions, and character in society, upholding human dignity and recommending values that safeguard humanity. Despite advancements in science and technology, social and cultural ethics remain a challenge. Yoga education is essential for achieving peace and harmony in society, and it is crucial for the world to become a family. Therefore, yoga education is essential for modern India's global image.

**Hoque Jewel (2018).** Study of the interest of B. Ed students towards yoga-as teaching profession, *International Journal of Yogic, Human Movement and Sports Sciences*; 3(2): 823-825. A study conducted on 100 B. Ed final semester students in Murshidabad district, West Bengal, found that rural students are less interested in yoga teaching than urban students. The students suggested that stakeholders should frame new policies to popularize yoga education and recruit teachers. They believe yoga education can help develop personality and society harmoniously. The study suggests that improving yoga teaching professions is crucial.

### 2.1 Research Gap

There is a dearth of research related to "Necessity of Yoga Programme for the Improvement of Teacher Education." Therefore researcher conducted investigation related to such statement of problem.

### 3. Methodology of Study

The research is of a qualitative nature. The investigator chose a range of publications and records pertaining to the yoga education curriculum at teacher education. Its goal is to convey the depth, intricacy, and contextual information of the topic being studied. The research reveals social dynamics, underlying meanings, and theoretical justifications that can improve our comprehension of a yoga programme. Stakeholders' viewpoints and experiences can inform current discussions and efforts to improve yoga education, which will ultimately raise the standard of instruction offered in teacher training programmes.

### 4. Analysis and Interpretation

The analysis and interpretation of the study were conducted based on the objectives of the study.



**Pertaining to Objective 1.**

**01: To determine the necessity of yoga programmes to develop self-realization and self awareness at teacher education.**

Self-realization and self awareness are a critical component of yoga programs. The goal of these programmes is to provide aspiring educators with the knowledge and skills they need to efficiently organise, carry out, and evaluate education. Yoga, self-realization involves a private discussion to uncover the true self, fostering personal development and a connection with the divine. It involves gradual techniques, promoting higher consciousness, and raising awareness of unintentional barriers. By maintaining heightened awareness, individuals can actively work to remove these barriers and achieve self-realization.

**Approach to Self-Discovery:** Teaches us that we have control over all of our behaviours. It gives us the ability to recognise when we are deviating from our road of peace—when we are giving in to fits of rage or other unbalanced emotions—and it gently pulls us back. Adopting yoga as a way of life can significantly alter your path to authenticity and self-discovery. Now spread out your mat, make some space in your head, and give yourself permission to just be, breathe, and grow. We are all capable of great things, and every yoga practice helps us to access this limitless potential.

**Self-Exploration:** Through this kind of awareness, yoga provides us with a clean, unobscured window into our most authentic, inner selves. This is the core of the yamas, the first branch of yoga, where self-imposed limitations give way to introspection and, at the end, to self-realization. Yoga thus becomes a lighthouse, illuminating our road towards self-discovery and authenticity one practice at a time, one pose at a time. It's a call to embrace our own brilliance and beam our own light. It's a voyage that takes us back to our essence and serves as a reminder of who we really are.

**Empowering the Self:** Yoga boosts confidence and authenticity by promoting self-discovery through the yamas, which focus on enriching social experiences and fostering kindness. The practice includes techniques like Energization, Hong-Sau, and Aum Meditation, allowing for self-realization and a journey rather than a destination.



**Enhanced Self-Awareness:** Yoga encourages introspection and self-awareness, helping individuals identify the sources of their stress and anxiety. This self-discovery can lead to more effective stress management strategies.

**Yoga for self-realization:** Yoga is a powerful tool for self-discovery, but finding motivation can be challenging. To stay motivated, remember the reasons for starting and set a consistent routine. Follow Royal Yoga's teachings, focus on self-imposed constraints and meditation techniques, and share your journey with a community for support.

**Assist in overcoming personal identity problem:** Yoga is an excellent means of self-discovery, but it can be difficult to stay motivated. Recall your motivational factors and establish a regimen that you can stick to. Adhere to the teachings of Royal Yoga, concentrate on self-imposed limitations and meditation practices, and seek support from the community by sharing your journey.

**Emotional Balance:** Yoga promotes emotional balance and equanimity. It helps individuals better regulate their emotional responses, preventing excessive reactions to stressors.

### **Pertaining to Objective 2.**

**02: To analyse the necessity of yoga programme to focus on developing stress management expertise at teacher education.**

Stress is the physical, mental, or social discomfort experienced by the mind or body due to a fight or flight response. Stress is a natural human response, affecting everyone at least once a day. Urban lifestyles and work culture have impacted economic status but have diminished quality of life. People face stress in various forms, including bills, demanding family and work responsibilities. Long-term stress can lead to fatal health problems like heart disease, cancer, lung disease, accidents, liver cirrhosis, and suicides. To recognize stress and address it quickly, check for certain symptoms. Here are some main arguments on why having knowledge about stress management is crucial:

**Yoga as a stress reliever:** Yoga is a mind-body exercise that includes physical poses, controlled breathing, and meditation. It enhances physical, mental, intellectual, and spiritual health. It has various ways to practice, from complex moves for experts to basic poses for beginners. The core components of Yoga are Asanas (poses), Breathing, and Meditation.



Asanas enhance strength and flexibility, while breathing is crucial for relaxation. The goal of Yoga is to calm the anxious body through relaxation, while meditation helps discover oneself and feel refreshed and energetic.

**Adjusting one's lifestyle to reduce stress:** Maintaining a healthy diet, avoiding caffeine and sugar, and avoiding alcohol and smoking can help your body cope with stress. Regular exercise, such as aerobics or yoga, can reduce stress levels and increase well-being. Practicing good sleep hygiene and stress reduction techniques can improve sleep quality. Avoiding screens before bed and aiming for seven to eight hours of sleep per night is essential. Spending time with friends or family who make you feel safe and understood can help relieve stress. Regularly engaging in fun and relaxation activities is essential for managing stress. Set aside leisure time to recharge and recharge your batteries. Remember, a well-nourished body can better handle stress.

**Psychological Resilience:** Regular yoga practice can improve an individual's psychological resilience, enabling them to better cope with stress and anxiety-inducing situations. Regular yoga practice can improve an individual's psychological resilience, making them more adaptable to life's challenges and better equipped to handle stress.

**Enhanced Coping Strategies:** Through yoga, individuals can learn healthier coping strategies for dealing with life's challenges, which can help reduce stress and anxiety over time. Engaging in yoga fosters positive emotions, which counteract the negative emotional impact of stress and anxiety. Yoga encourages individuals to shift their perception of stressors and adopt a more mindful, accepting approach to life's challenges.

### **Pertaining to Objective 3.**

**01: To determine the necessity of yoga programmes to develop teachers control and regulate the life at teacher education.**

By focusing on these aspects of Control and regulate the life, yoga programs prepare future teachers to become effective educators. These programs aim to develop a practical skills that enable them to create engaging, effective learning experiences for their students. Yoga programs equip future educators with a strong foundation of health. Through this practical



experiences, aspiring teachers gain the necessary skills to plan and deliver effective teaching, create favorable environments, and deliver friendly circumstances for learning.

**Decreases stress and anxiety:** Yoga's unique power to quiet the mind helps people feel less worried and anxious, especially teachers who seem to be under continual pressure to succeed at every opportunity that comes their way. Hence, consistent yoga practice is the solution to their disorganized thinking. It is highly possible that their academic performance will also increase if they have a calm mind.

**Increases memory and attention span:** Teachers with ADHD (attention deficit hyperactivity disorder) in particular benefit greatly from yoga's ability to increase focus and attention span. It has been discovered that in a small number of cases, impulsivity, hyperactivity, and inattentiveness associated with ADHD can be addressed by practicing yoga in addition to taking regular medication.

**Effective in controlling obesity:** Teachers lead relatively sedentary lives in addition to eating unhealthy food since they enjoy junk food and playing online games so much. It negatively impacts their health as a result. Obesity and a sedentary lifestyle begin to negatively impact them, but yoga's varied asanas can assist them combat these issues. In the end, these poses assist students in leading a wholesome and active life.

**Helps achieve serenity of mind:** Teachers must strike a balance between academics, extracurricular activities, and their social lives. They feel tense when attempting to balance so many fronts at once. The remedy is to do a few yogic exercises that will teach pupils how to deal with anxiety and efficiently control various elements of their lives.

**Reduces vehemence and absence in the classroom:** Regular yoga practice helps teachers develop a balanced temperament, excellent health, and inner peace. They get more motivated to frequently attend school as a result. Their matured sense of self-control prevents them from starting arguments over trivial matters and encourages them to participate in class activities.

**Pertaining to Objective 4.**

**O4. To find out the necessity of yoga teacher for education programmes to enhance the cultural competence and inclusion.**



Yoga education encourages inclusivity and cultural competency. Teachers acquire the skills necessary to cherish and respect diversity, comprehend the cultural experiences and backgrounds of their students, and design learning settings that are sensitive to cultural differences. In order to create a secure and supportive environment, a yoga instructor guides students through a thorough series of postures, breathing techniques, meditations, and contemplations. They give advice on how to use yoga as a therapeutic tool for body healing, as well as practice demonstrations and assistance with modifications. They have received training in creating inclusive environments that provide all students a sense of belonging, identifying and addressing biases, and modifying education to meet the needs of diverse learners. To create a stimulating and inclusive learning environment, it is imperative to improve cultural competency and inclusiveness. Here are some tips and advantages for promoting inclusivity and cultural competence in the classroom.

**Inclusive Classroom Environment:** Encourage the creation of an inclusive classroom where all kids are welcomed, comfortable, and part of the action. Establish guidelines and standards that encourage polite communication and collaboration. Students should be encouraged to share their tales, viewpoints, and experiences. Provide opportunities for teamwork, collaboration, and the understanding of multiple perspectives.

**Professional Development:** Give educators opportunity for ongoing professional development to improve their cultural competency and inclusive teaching methods. Provide workbag, instruction, and materials that increase awareness, sensitivity, and comprehension of many cultures and identities. This makes it possible for educators to design thoughtful classrooms and actively attend to each student's needs.

**Collaboration with Families and Communities:** Work together with students and community members to improve cultural competency and inclusivity. Invite parents and other carers to share their cultural experiences and knowledge to involve them in the educational process. Promote community participation, collaborations, and representation in school events and decision-making.

**Reduction of Rumination:** Yoga teaches individuals to focus their minds on the present moment, reducing rumination—repetitive, negative thoughts about past or future events—that often fuels anxiety.



## 5. Conclusion

In conclusion, the need for yoga programs is evident from various perspectives and considerations. It is crucial for equipping future teachers with the necessary yoga practice and skills. From the above discussion, we may infer that the primary goal of education is the development of moral values, but that the current educational system is progressively eroding these values. Giving people a clear understanding of yoga and how it can be a significant asset to both individuals and society as a whole is therefore imperative. In order to include yoga into the curriculum and provide students a better understanding of the practice, teachers must possess a solid understanding of the theory behind yoga as well as its therapeutic and curative benefits. Yoga is rightly called ‘A science to live in harmony with self and the world’ – it is not only for keeping our body fit but also helps us to keep our mind and soul active. The practice blends the body, mind, and soul together and enables us to be happy, peaceful, and content by transforming our attitudes, behavior, and outlook towards life. It makes us more positive, optimistic and cheerful for both teacher and student.

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