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**AN EMPIRICAL STUDY ON AWARENESS OF YOGA EDUCATION AMONG B.ED.  
STUDENTS IN LUCKNOW CITY**

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**Abstract:**

This paper expects to concentrate on the significance of yoga instruction in B.Ed educational plan as seen by the learner instructors. Complete 200 student educators are chosen as test of the review from the four B.Ed colleges of lucknow city in Uttar Pradesh . A self built poll was utilized as a device in this review and overview strategy was utilized as procedure. In current mechanical period man confronted different complex circumstances like burdens, disturbance, nervousness, melancholy, forlornness, inner self issue and so on In these circumstances yoga training is extremely helpful to each individual. By rehearsing yoga in consistently friendly qualities are created which change the human conduct. As the student instructors bunches are the future educator of our general public, so consideration of yoga schooling is a lot of fundamental for group of people yet to come.

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

**I. INTRODUCTION**

The word „YOGA“ starts from the Sanskrit word „YUJ“ meaning a joining or association. This idea shows to the joining of the specialist with an incomparable being. The significant thought with this term is the joining of an individualized soul with the all-powerful soul. This idea was initially instructed by the broadly thought to be originator of yoga patanjali. Person are comprised of three parts body, brain and soul relating these there are three requirements viz. wellbeing information and internal harmony. Wellbeing is actual need, information is our mental



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requirements and inward harmony is otherworldly need when each of the three are available then there is agreement. To live in congruity with oneself and the climate is the wish of each human. Anyway in current time-frames more prominent and physical and enthusiastic requests are continually positioned upon many ground of life. Thus a large portion of individuals experience the ill effects of physical and mental pressure like pressure, uneasiness, a sleeping disorder, aggravation and there is an irregularity in the active work and appropriate use. This is the reason strategies and methods for the accomplishment and improvement of wellbeing just as physical, mental and profound amicability are critical, and it is by and large in this regard that "Yoga in day to day existence" completely offers a guide to help one's self.

## **II. RATIONALE OF THE STUDY**

Presently a days educationists and strategy producers acknowledge the significance and significance of the yoga schooling for all round improvement of the understudies and sound advancement of their character. As the instructor areas are vital in the general public. They have numerous responsibilities regarding the eventual fate of the countries just as country. So it is important to know what yoga schooling as a piece of the review meaning for their living and thinking. It is additionally settled upon that yoga ought to possess a huge spot in schooling. In today's universe of data and busy planetary journeys a large portion of individuals think that it is hard to commit time towards their wellbeing and wellness. This has lead to radical expansion in medical issues and wellbeing related pressure. Yoga is additionally self conclusion, mending counteraction and upkeep. In this setting of self finding yoga stances and activities can be effortlessly done and that too with insignificant conceivable exertion. The wizardry of yoga is that as we start the fundamental stretches we can promptly find where our lacks are. In the event that we truly up to, we ought not be debilitate 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 Lucknow city in Uttar Pradesh.

### 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 Lucknow city in Uttar Pradesh ..

**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:

Sl. No.	Statements	Response 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%

Table 1: Trainee Teachers' Responses about the Importance about the Yoga Education as Part of their B.Ed



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It tends to be deciphered from the above table that yoga schooling is vital in present day setting. The vast majority of the respondents are concurred about the significance and consideration of yoga schooling in the prospectus. In the above table we see that every assertions of the poll got a decent reaction from the B.Ed. student instructors. They concurred about yoga schooling assists with creating sound whole self, great judgemental power , beneficial routine, focus, positive reasoning, peacefulness demeanor, strong character and so on.

## **V. CONCLUSION**

In present season of contest and intricacies, yoga training is particularly huge. Through rehearsing yoga social and virtues are created in person. It assists with controlling state of mind and positive reasoning. As per Aurovido, the yoga acknowledges the worth of infinite presence and holds it to be reality; its item is to go into a higher truth awareness or heavenly supramental cognizance in which activity and creation are the articulation not of obliviousness and defect, but rather of reality, the light, the heavenly Ananda (Bliss). As the procedure for instructing kids must be unique. So it must be joined with specific yoga rehearses which can eliminate their mental squares, which can make them mindful of the mental changes that occur in their body and cerebrum, which can them mindful of their own interruptions and which can enable them to zero in on the topic of the subject they are considering.

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