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A STUDY ON THE ATTITUDE OF TEACHER-STUDENTS TOWARDS YOGA EDUCATION

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ABSTRACT

Detailed is the investigation of instructor understudies' mentality towards Yoga Education at present day setting. The present paper intends to examine instructor understudies' mentality towards Yoga Education. Since without uplifting frame of mind of educator understudies' Yoga Education won't be effective in future. The specialists gathered information from 100 educator understudies' of Para Medinipur locale in West Bengal. Information were examined by utilizing subjective techniques. Results indicated that lion's share of the educator understudies have inspirational mentality towards Yoga Education.



KEYWORDS: *educator understudies, mentality, yoga training.*

INTRODUCTION :

Present day science and innovation is attempting step by step top make our life simpler. Presently the entire world has all the earmarks of being carrying on a more and physically inert life. Indeed, even the youngsters are utilizing their recreation not by messing around and sports rather they are watching kid's shows, or learning PC. We are riding as opposed to strolling; we sit as opposed to standing, viewing rather than support. Along these lines there is an earnest need to realize positive changes in the present day ways of life by partaking in Yoga sports and physical training programmers. The

Bhagavad Gait calls attention to three parts of Gyana, Bhakti and Karma, in view of the offices of man, keenness, feeling and physical make-up. Yoga training as a lifestyle can demonstrate society helpful in an assortment of ways. As a strategy for instruction it considers man as entire suppliers for complete incorporated training of physical, mental and otherworldly.

The word 'yoga' was begun in India from Sanskrit word "you" that signifies "joining between body, mind and soul". It was created in India sore 2000 years back. Very nearly two decades prior, the wellness business rediscovered this old type of physical movement and another class called mind-body practice

was made. It incorporates moral order, physical stances, breathing control and reflection. Yoga isn't just extending. There are eight appendages of yoga physical stances are called 'Asana' are only one of the eight appendages of yoga. At last, the objective of yoga is simply mental. As characterized in the yoga sutras of patanjali, one of the definitive messages in yoga, yoga is the control of the psychological variances and energies. In Ashtanga, the reason for working the body out is to consume the six toxic substances of the heart-want, outrage, dream, avarice, jealousy and sloth (The Practice, 2009). Basically, the objective is to carry on with a serene life free from scorn and negatives. Yoga

has become a widespread language of otherworldly exercise in the United States, crossing numerous lines of religion, societies. Regular a huge number of individuals practice Yoga to improve their wellbeing and by and large prosperity.

Yoga is a science by which the individual methodologies truth. The point of all yoga rehearses is to accomplish truth where the individual soul characters itself with incomparable soul or God. We as a whole realize that yoga is helpful for people. Practice of yoga can control our body, brain, quality and make us dynamic both physically and rationally. Normal practice of yoga jars diminishes our different sorts of infection. In todays unfortunate ere stroke and heart illnesses are extremely hazardous infections for us. Be that as it may, normal act of yoga can control our pulse and coronary illness and keep out heart sound.

In an ongoing review by W.H.O, heart ailments and stroke are world's biggest reasons for death guaranteeing 17.3 million lives each year. By 2020 Cardio-Vascular illnesses will be the biggest reason for inability and passing in India. The reason for the paper is to investigate the frames of mind of present instructor understudies who are the future light bearers of the general public towards yoga training that can give us a physically solid, rationally fit body and by which we can accomplish the all out advancement of the body, mind and soul.

OBJECTIVE

To consider the instructor understudies' frame of mind towards Yoga Education

HYPOTHESIS

H₁: Majority of the teacher-students will hold a positive attitude towards Yoga Education

METHOD

Sample

In the present study 100 teacher-students were considered as sample. Samples were selected from five teachers-training institutions of Purba Medinipore in West Bengal. Around 120 teacher-students received the questionnaire and only 100 have returned completely.

Tool

A questionnaire was used for the data collection, which was developed by using a five point Liker-type scale (Maity & Maity, 2017). The scale consists of 10 items with each item using a four point Liker-type scale.

DISCUSSION

The purpose of this study was to determine the study of teacher-students' attitude towards yoga education at present day context. Main findings were that most of the teacher-students' attitude towards yoga education is positive. The study of Umatiya, R. A. (2013) [8] highlighted the same findings. It is seen that most of the teacher-students' of present day are aware towards yoga education as they belong to the net oriented society. So due the influence of social media as well as their new curriculum of B. Ed. by NCTE, they have awareness towards yoga education. At the same time they have positive feelings towards yoga education as these are helpful for physical development.

It was found that male teacher student's attitude is more positive than female teacher students. This might be due to the fact that the male teacher students are more aware towards yoga education because they are conscious about physical fitness. In the present study it was found that teacher-students from urban areas possess more favorable attitude towards yoga education than the teacher-students from rural areas. It was due to urban facility like media, internet, social media that helped the urban teacher students to become more positive attitude towards yoga education than teacher students from rural areas. Study of Patel, A. C. (2008) [6] was also found the same results.

All the findings and discussion revealed that would be teachers at present age possess positive attitude towards yoga education. This is a very positive sign for sustainable development that is the need of the hour for social progress as well as making healthy nations.

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