

Relevance Of Inclusion of Yoga in Teacher Education CurriculumGarima¹ and Bhattacharya, Jayatee²¹Research Scholar, Amity Institute of English Studies and Research, Amity University, Noida²Associate Professor, Amity Institute of English Studies and Research, Amity University, Noida**Abstract**

The words of Swami Vivekananda ji reiterate in my heart and soul; sending a shiver down my spine. According to his golden words, Arise, Awake and Stop not until the goal is reached. These golden words hold relevance in all walks of life. But, here, the matter of concern are the student teachers. Teacher Education Programs are deliberately designed to ensure the molding of prospective teachers. Just like a potter gives shape to a pot, similarly, Teacher Education Programs shape the future of student teachers. ‘Yoga’ is derived from the Sanskrit word ‘Yuj’ which refers to a unification. It indicates the unification of the individual with the omniscient one. This was, at the outset, preached by the propounder of yoga Patanjali. Body, intellect and soul; complement the individuals. In order to cater to the requirements of individuals the three essentials are good health, sound knowledge and peace of mind. A good health is deemed to be a physical requirement, sound knowledge is our psychological requirement and a peaceful mind is a spiritual requirement. For ensuring harmonious development, all three facets are crucial. All individuals aspire to prosper in a conducive environment. But the increasing demands and the requirements have forced them to form a part of the rat race; thereby resulting in increased mental health issues. To understand ourselves and our surroundings, it becomes even more pertinent and vital to imbibe the learning that a healthy mind lies in a healthy body.

Keywords: Curriculum, environment, harmonious, spiritual, pertinent.

Introduction

The path of spirituality is a divine path and possesses the power to help each practitioner surpass each threshold with flying colors.

Eventually, all the stakeholders of education have begun to accept the significance of yoga as an essential practice for fruitful living.

Teachers shoulder the responsibility of moving the nation forward. Their goal is to turn each learner into an asset for the nation. There is a dearth of trained and qualified teachers. It is essential to teach pertinent skills to the student teachers so that they become proficient to transfer their learnings to the budding artists of tomorrow. It is a universally acknowledged fact that a teacher burns itself to give light to others. It is the one who teaches its learners that the grass is not greener on the other side. Rather, it is greener where we water it. We

must constantly strive to become a better version of ourselves; burning the midnight oil and stretching beyond our abilities.

Yoga Education should become a part and parcel of Teacher Education Curriculum. According to a recent survey conducted by the writer, Yoga Education forms a part of the curricula but the student teachers across the nation; seldom get the opportunity to practice yoga. It is imperative to understand that the practice of yoga has manifold benefits, which are:

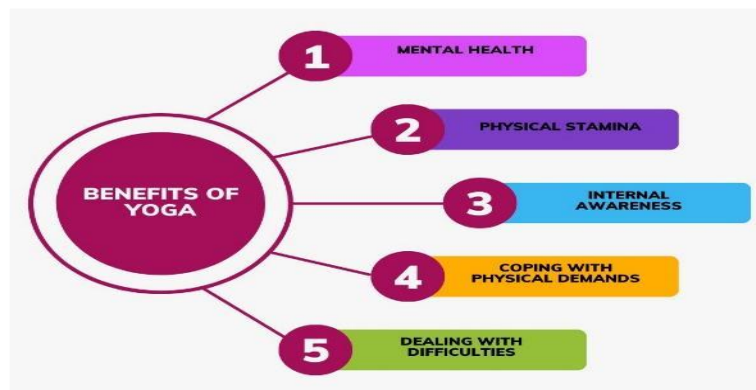


Figure 1

In the words of Nelson Mandela, Education is the most powerful instrument which we can use to change the world. Teacher Education is a significant aspect of education. The Teacher Education Curriculum aids in the holistic development of the pre-service teachers. It is

believed that a well-laid out curriculum is vital for the development of the learners. Adhering to the vision of a developed nation, NCFTE in the year 2014 had delineated a recommendation that the duration of Teacher Training Programs such as B.Ed. and M.Ed.

should be for two years; rather than a year. In addition to this, it had also proposed to include subjects such as ICT, Health and Yoga Education and Inclusive development as an inherent part of the curriculum. It is believed that in the contemporary scenario, everything is happening at a rapid pace and everything is governed. We have entered an era of technological domination. We don't desire to come out of our cocoons. Owing to this, the worst sufferer is our mental health.

Brushing through our roots, one becomes mesmerized by the remembrance of our rich culture of practicing yoga and the ideology of embracing it as an integral part for a blissful life. It expounded owing to a need for acquiring elatedness and surpassing all gloominess. The UN General Assembly (UNGA) on the memorable day, viz, 11th December in the year 2014 along with its 193 members acknowledged 21st June as International Yoga Day. The meaning of yoga in the words of prodigies is:

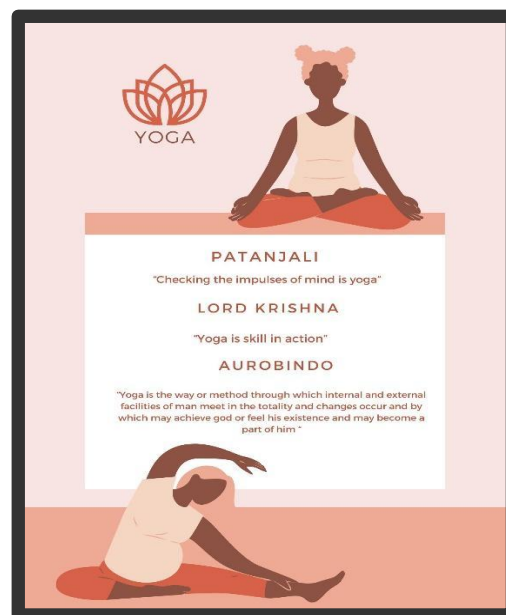


Figure 2

Yoga Education aims at attaining control over the intellectual facets. Those who are unable to become adept at union with the supreme

power. It aids in amalgamation of the body, mind and spirit thereby aiding in working towards optimistic facets. It possesses the

power to release oneself from the bondage of ailing health, egotism and the vicious circle of life and death. It helps the individuals in being mentally on the right track. It aids in making our body healthy and fit. It makes way for a peaceful thought process. Eventually, the aim of yoga is to acquire enlightenment. Quoting these golden words from the Bhagavad Gita, an individual is deemed to have embraced yoga, i.e., acceptance of oneself, when the intellect is free from the bondage of worldly desires and accepts oneself. The addition of yoga in the curriculum isn't a recent phenomenon. It has been discerned as an essential part of the curricula up to secondary school level. Teacher Education Programs should be based on the condition made in NCF 2005. The significance of yoga as an integral part of this program can be discerned as it aids in dealing when in the soup, the chaos; along with the numerous other issues faced by learners. It aids in the decrement in the mental health issues faced by the students. It helps in understanding the concept of 'self.' The student teachers learn the art of untangling the creative consciousness of the impressionistic minds. It helps thrive over the power of self-control. It aids in fostering the concentration level of the learners.

Yoga has a significant role in the current educational system. In order to accomplish financial growth, the modern educational system places a strong emphasis on science and technology; nevertheless, the promotion of a healthy lifestyle and the instillation of moral, ethical, and spiritual values are completely disregarded. In light of this, it is imperative that yoga be incorporated into the current educational system in order to promote holistic development that is harmonious in terms of the body, mind, and spirit and to stop the decline of human values. The incorporation of yoga education into the current educational system can support human values to change attitudes and behaviors, relieve stress and strain, establish a healthy lifestyle, mold students into morally upright individuals, and develop their refined personalities, all of which contribute to their overall well-being. Therefore, we must recognize the value of yoga in education, present it as a discipline, and then concentrate on the curriculum integration process. Yoga, on the other hand, can help pupils achieve the ultimate life objective, which is the self-realization of their own potential.

The origins of yoga may be found in the Rigveda, the oldest scripture in Hinduism. It discusses connecting our consciousness and

understanding to the Light of Reality or Truth.

The names of several well-known Vedic sages, such as Vāsiṣṭha, Yajñavalkya, and Jaigīśavya, are among the great instructors of early Yoga.

The most renowned Yogi is said to be Yogeśvara Kṛṣṇa, the originator of the Bhagavadgītā, also known as the Yoga Śāstra, a definitive text on yoga. The greatest of the Ādinātha, or Yogis, is also Lord Śiva. In India, yoga has been a component of man's endeavors for greater spiritual accomplishments. There are five areas in which yoga's history is separated. They are the Vedic era, pre-classical era, the Classical era, Medieval times and Yoga and Modern Yoga practices.

Yoga education could help someone gain a basic understanding of their personality, learn how to manage themselves in all situations, learn health-promoting techniques, develop a discriminating mind that can distinguish between the real and the unreal, and develop the composure to face life's dualities. Yoga instruction may improve all the kids' activities, including their social, athletic, and intellectual ones. Yoga poses help with concentration in the classroom, increased awareness and a balanced attitude in social situations, and enhanced athletic performance and coordination.

The world we live in is becoming a more challenging place for education. With mobile phones and other modern technology all around them, children are accustomed to speed, frequent activity changes, and a constant barrage of stimuli. When they attend school, the most common method is to sit at a desk for six hours and listen to and copy from the blackboard. Children who are subjected to high expectations and excessive demands frequently experience increased levels of stress and anxiety. Stress in children is frequently caused by their inability to match the expectations of their parents and instructors. Those same parents and instructors are frequently under stress at the same time. For instance, we instruct kids on annelid reproduction, but nobody teaches them how to breathe correctly, which lowers stress levels.

Yoga, taken more broadly, is a way of life that entails employing several techniques to cultivate peace and mindfulness. Typically, a yoga lesson starts with breathing techniques. Every body part is purposefully relaxed for five to ten minutes. We practice appropriate breathing during relaxation, which involves diaphragm breathing (also known as abdominal breathing) in addition to chest and clavicular breathing. Dynamic exercises to

warm up and relax the muscles and joints come after this. Asanas come next. According to Paramhans Swami Maheshwarananda (2012), asana means "position." The least taxing poses are known as asanas, and they are good for the psycho-physical state. Breathing and movement are coordinated while maintaining awareness of the motion. A mindful breathing technique called pranayama and meditation come next. Commencing activities with relaxation is crucial as it offers several advantages. The parasympathetic nervous system's rings are strengthened when conscious relaxation activates them (Hanson, Mendius, 2014). It also relaxes the sympathetic nervous system. The relaxation response can even modify gene reaction, so mitigating the harm that chronic stress causes to cells. Conscious breathing exercises, relaxation methods, and meditation can all help one relax. Yoga requires conscious, or regulated, breathing, which is deeper than it is during regular exercise. For instance, breathing in and out five times, each a little deeper than usual, increases energy and promotes relaxation. It also activates the sympathetic and parasympathetic nervous systems, which can result in the "flow," a meditative state that is

well-known to athletes, artists, and other creative types (Ibid., 2014).

Thus, in the nutshell it can be stated that the enhancement of moral values is the main target of education but, unfortunately, these values are dwindling at a rapid pace. Thereby, it is imperative that all the stakeholders of education become well acquainted with its significance in the Teacher Education Curriculum and provide a platform where the student teachers get to learn and become one with the omnipresent one so that they can extend these learners to their future learners. This is so because yoga as an integral part of education is a treasure to behold.

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