

ABSTRACT

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Title of the Study –“Evaluation of Status of Yoga Education in Schools of Delhi– A Study of Perception of Students, Yoga Teachers and Principals.”

Scientific and Technological progress of all over the globe has made man highly sensitive, critical and creative. We have lost the jewels of inner peace and contentment to the turmoil of technological development. There is also a threat to individual well being, both in matters of physique and mental health. The apparent results of this can be seen in the form of increased problems of maladjustment (Inter & Intra personal), psychosomatic disorders, other diseases and in an increased rate of crime in the society as a manifestation of dissatisfaction and feeling of lack of fulfillment which man is experiencing under the burden of demand and aspiration around him. As a result, our society has become too stressful, violent and fast-paced. How then can we hope to meet the National Curriculum demands and achieve its learning objectives when the pupils are equally stressed, agitated, aggressive, overly emotional, and mentally exhausted? For inculcating quality in education during the Xth Five Year Plan, Quality Improvement in Schools was introduced as a composite centrally sponsored scheme having the component of ‘Introduction of Yoga’ in Schools. Government of India, the Ministry of Human Resource Development (MHRD) has transferred four components of the Scheme on “Quality Improvement in Schools” to National Council of Educational Research and Training (NCERT). “Introduction of Yoga in Schools” is one of the components to be implemented by NCERT. For the purpose, Yoga has been made an integral part of Health and Physical Education that has been a compulsory subject up to the secondary school stage since 1988. There is no doubt about the fact that the relevance and importance of Yoga is accepted by the educationists and policy makers for all round development of student. There is a need to provide students accurate and authentic information about their physical & psychological health, which will be very helpful for them to construct knowledge and acquire life skills, so that they may come up with the concerns related to the process of growing up, counter stress, strains and could support a society with democratic values for a harmonious life. The student of today needs to be re-educated to find the basis of satisfying, creative and meaningful life. The present study focused on exploring the effects of yogic practices on all aspects of development of students in the existing school scenario. It will be the most worthwhile of the present time and this integrated approach will help the students in developing a right direction and in making a good society. The objective of the study was to study the perception of students, principals and Yoga teachers about Yoga

education in schools. The study also explored the nature of problems in carrying out Yoga education and studied the Yoga education procedure. 2800 students of class 9th & 10th from 56 schools and 56 principals and 56 Yoga teachers constituted the sample for the study. The research is descriptive and qualitative. The data was collected and analyzed qualitatively by using the percentage of responses. The percentage of the responses has been interpreted and conclusions have been drawn.

The results of study revealed that Yoga helps in achieving physical fitness, enhancing the learning, developing the tremendous capacity for talents, increasing the level of mental ability and sharpening the memory. It removes the psychological blocks and can give student the ability to focus on the theme of the subject that they are studying. The Yoga education can make his formal education easier. Yoga education is very important in present social context because Yoga develops the sound mind for controlling anger and irritability, helps in reducing stress anxiety, fatigue and depression, develops the awareness of one's strength & weakness, develops the attitudes of non violence, truthfulness, non stealing and improves inter-personal relations. It brings a profound change in personality and rectifies the shortcomings of society as well. By practicing Yoga, social values are also inculcated among students. Yoga education involves psychological mechanisms in human behaviour that can provide potentials for certain behaviours or tendencies to occur and can help the students to survive in a complex and often challenging world. The result of the study revealed problems which generally occur in carrying out Yoga education are lack of space, lack of motivation, guidance, insufficient duration etc. for Yoga classes and the insufficient strength of Yoga teachers in the schools. The results of the study revealed that by demonstration and guidance Yoga teachers do not correct those students who are doing the exercise (Yogaasana) improperly. There is not any process of monitoring the yogic practices done by the students and not any criteria for evaluation of Yoga education achieved by the students. The mentioned aasanas in the syllabus are not performed by the students in the schools. Thus it can be concluded that the Yoga education is not being implemented effectively and there is a lot of scope for improving the present status of Yoga education in schools of Delhi government so that some existing problems can be removed and benefits of Yoga education can be maximized. It should be considered as important component for effective learning.