



SIGNIFICANT EVIDENCES OF THE BENEFITS OF YOGA EDUCATION IN DEVELOPING TREMENDOUS CAPACITY FOR LEARNING AND TALENTS IN STUDENTS

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ABSTRACT

The present study is an attempt to know the perception of students of secondary level about the role of Yoga education in developing the tremendous capacity of the students for learning and talents in the students of the schools of Delhi. Students of gov. schools have been selected randomly. The data were collected using questionnaire in the dimensions pertaining to the enhancing learning and developing the capacity in the talents of academic skills. After analysis of data according to objectives, the percentage of the responses have been interpreted and conclusions have been drawn. The results of the study is that the Yoga Education helps in developing tremendous capacity for learning and talents in academic skills because the nerves of brain get strengthened through Yoga practices which increases memory power and concentration. Yoga Education increases physical stamina, energy, and vitality and these elements improve performance and talents.

KEYWORDS :

INTRODUCTION

Yoga Education is as an important contribution for the educational development of the child. It influences significantly the enrolment, retention and completion of school that helps in developing desirable skills in students. It is a great mental discipline. Practicing the aasanas (postures) require an attention that helps the students in educational aspects. Yoga education techniques help to develop the power of concentration. It offers new learning possibilities to a wider group of students than traditional sports or fitness curriculum. It is a valuable addition to any educational program. It is reported that Yoga brings improvements in performance and in brain functioning. Yoga Education is also a practice that helps the students to maintain a higher level of focus and attention in their academic performances. All these improved students' capacities for focusing, concentration and retention of new information.

Significance of the Study

It is agreed by the educationists and policy makers that Yoga should occupy a significant place in education. It can give them the ability to focus on the theme of the subject that they are studying. The Yoga education can make formal education easier. There is a need to provide students Yoga Education regularly which will be very helpful for them to construct knowledge and acquire academic skills.

OBJECTIVES OF STUDY

Objective 1: To know the perception of students about the role of Yoga education in developing tremendous capacity for learning.
Objective 2: To know the perception of students about the role of Yoga education in developing capacity for talents related to academic skill.

Reserch Methodology

The investigator has adopted the Survey method. Nature of the research is descriptive and qualitative. Through this method, the investigator studied the perception of students about Yoga education in schools.

Population

Population is a group or aggregate having common characteristics based on which it is considered as one group. The population of the study is the students of the Secondary level in Government Schools of Delhi.

Sampling

Sampling is the act, process, or technique of selecting a suitable sample, or a representative part of a population for the purpose of determining parameters or characteristics of the whole population.

Sample of the Study:

Thus 100 students constitute the sample of the study.

Ten schools were selected purposively from Delhi (where are

employing full time & part time school Yoga teachers or professionally engaged in Yoga education /sessions) and 10 students are selected from each school randomly. (10 schools x 10 students = 100 students).

Tools

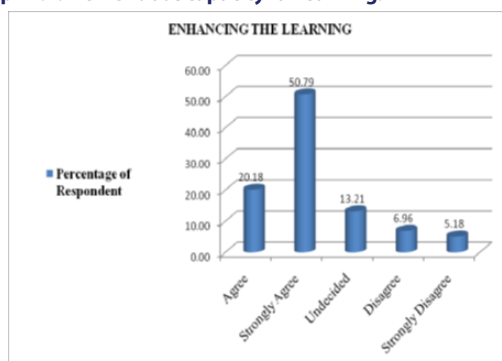
Tools are devices which help to increase the range and efficiency of work. To attain the objectives through the tools, it was quite important to select a tool carefully, which could yield the results for which it has been developed and used. Questionnaire technique has been selected for collecting the data.

Data Analysis & Interpretation

In accordance with the nature of study the data has been organized and analyzed in qualitative terms. Data has been analyzed according to objectives and finally the percentage of the responses has been interpreted and conclusions have been drawn. The concerned objectives have been described through the graphs & interpretations given below:

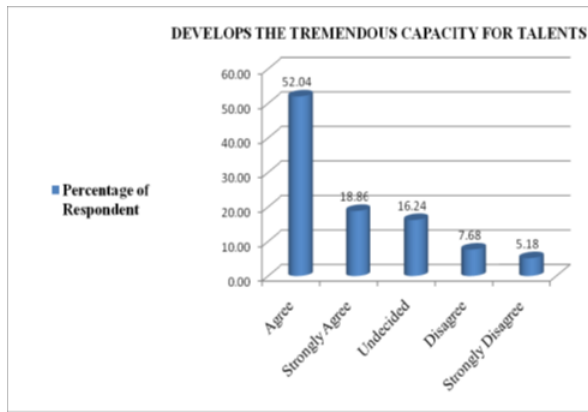
OBJECTIVE 1: To know the perception of students about the role of Yoga education in developing tremendous capacity for learning.

Graph 1.1: Tremendous capacity for learning.



The graph 1.1 represents that when the students were asked about the role of Yoga education in enhancing the learning for studying the perception of students, about 20.18% students strongly agreed, 50.79% students agreed, 13.21% students 'responses were undecided, 6.96% students disagreed and 5.18% students strongly disagreed. The data analyzed indicated that 50.79% students agreed and 20.18% students strongly agreed. Thus 71% students, i.e. majority of the sample, agreed that Yoga education is helpful for enhancing the learning, whereas 12% students disagreed to it.

OBJECTIVE 2: To know the perception of students about the role of Yoga education in developing tremendous capacity for talents related to academic skill.

Graph 1.2: Tremendous capacity for talents.

The graph 1.2 represents that when the students were asked about the role of Yoga education in developing the tremendous capacity for talents related to academic skills for studying the perception of students, about 52.04% students strongly agreed, 18.86% students agreed, 16.24% students' responses were undecided, 7.68% students disagreed and 5.18 % students strongly disagreed. The data analyzed indicated that 52.04% students strongly agreed and 18.86% students agreed. Thus 71% students, i.e. majority of the sample, agreed that Yoga education develops the tremendous capacity for talents, whereas 13% students disagreed to it.

The findings of the present study are that Yoga Education helps in developing tremendous capacity for learning because the nerves of brain get strengthened through Yoga practices which increases memory power and concentration that helps in developing capacity for cognitive aspects of students. These findings are supported by Telles, S. (1993), Hazarika, G. (2004), Kesavan, P. M.(2006), and Pathriya, M. (2011) in their study on "Yoga on Attention and Concentration in Normal Children". They concluded that the overall effect of Yoga practice is better concentration, attention and mind relaxation. These facts are also supported by Naorem, S.,A. (2011) and Kaushik, N.(2010) in their study on "Influence of BhastrikaPranayama Practice among Young Adults on their Immediate Memory" concluded that Bhastrikā prānāyāma practice can improve immediate memory in young adults.

The findings of the present study are that the Yoga Education helps in developing tremendous capacity for talents related to academic skills because It increases physical stamina, energy, and vitality and these elements improve performance and talents. This fact is supported by and Mahakur, K., S. (2004) in his study on the "Efficacy of Yoga on Physical Stamina in School Children" that the practicing Yoga has shown improvement in physical stamina.

Educational Implications

- The science of Yoga prepares the ground for developing all the capacities which would release the infinite potential powers and generate efficiency of the students.
- Yoga education makes the students bright & intelligent by enhancing the learning & developing the capacity for talents related to academic aspects.
- Yoga education also improves concentration which is very necessary for Intellectual tasks. If the concentration is improved, memory will also be improved. These are the important components for developing the tremendous capacity for academic aspects.

CONCLUSIONS

We can say that Yoga Education should be implemented in schools enthusiastically because it is a means for preparing knowledgeable & skilled students and can produce a better citizens and leaders of tomorrow. Thus Yoga Education helps in developing tremendous capacity in all aspects related to academic aspects of students, which is very essential for the students.

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