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## Orientation of physical education teachers of district Hisar towards yoga

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### Abstract

Involvement in Yoga donates of common distinction and common effectiveness of the human being. During the past centuries, the concept of yoga has been very imperative responsibility in physical education and sports. Many studies have been completed on attitude of physical education teachers towards yoga. Yoga is most valuable factor to reach the top performance in sports and games therefore researcher selected this topic. Total 30 Male and Female physical education teachers were randomly selected from government and private schools. After consultation with the supervisor and other teachers a set of fifteen questions was created as questionnaire, which was oblige to be responded by total 30 male and female physical education teachers. The feedback will be classified in to five categories i.e. strongly agree, agree, neutral, disagree, strongly disagree. The procedure was approved on working days. The study revealed that orientation of physical education teachers of district Hisar towards yoga is good.

**Keywords:** Common distinction, common effectiveness, yoga.

### 1. Introduction

If you think of people in seemingly impossible and weirdly twisted poses when you think of "Yoga", then you may have an inkling of what yoga is, just an inkling, that's it. But Yoga is much more than those poses.

In Vedic Sanskrit, the more commonly used, literal meaning of the Sanskrit word *yoga* which is "to add", "to join", "to unite", or "to attach" from the root *yuj*, already had a much more figurative sense, where the yoking or harnessing of oxen or horses takes on broader meanings such as "employment, use, application, performance" (compare the figurative uses of "to harness" as in "to put something to some use"). All further developments of the sense of this word are post-Vedic. More prosaic moods such as "exertion", "endeavour", "zeal", and "diligence" are also found in Epic Sanskrit.

Yoga has never been alien to us. It's a way of our life. We have been doing it since we were a baby! Whether it is the Cat Stretch that strengthens the spine or the Wind-Relieving pose that boosts digestion, you will always see kids do some form of yoga throughout the day. It keeps the body healthy and the mind clear. Yoga can be many things to many people. Our strong parts are striving to be flexible and our flexible parts are striving to be strong. Yoga can create a wonderful sense of balance in your body, mind and spirit. It is our mission to help you on that journey in an open and loving environment.

Ayurveda is an ancient Indian system of natural and holistic medicine. It uses the inherent principles of nature, to help maintain health in a person by keeping the individual's body, mind and spirit in perfect equilibrium with nature. Ayurveda insists that within nature's balance lies all the remedies for good health. Practicing ayurveda also improves your yoga practice, a perfect win-win situation! This section sheds light on how ayurveda can uplift our life in every sphere.

Pranayama is the extension and control of one's breath. Practicing proper techniques of breathing can help bring more oxygen to the blood and brain, eventually helping control prana or the vital life energy. Pranayama also goes hand in hand with various yoga asanas. The union of these two yogic principles is considered as the highest form of purification and self-discipline, covering both mind and body. Pranayama techniques also prepare us for a deeper experience of meditation. Know more about various pranayama techniques in these sections. Yoga asanas contribute towards physical well-being. Yoga postures done with full

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awareness provides a gentle massage to all the internal organs, and leads you to a relaxed state of mind. In a relaxed and steady posture, you can feel a joyful expansion. Yoga helps you become aware of your body, including the pains or discomfort in any part of the body. It is possible to release the pain, by just taking your attention to it.

The secret of awareness is to just watch everything that is going on in the body and mind - as a witness. Do not resist, but watch with a smile! Make your life a celebration - with Yoga!

Regular practice of Yoga establishes you in the Self; you feel a sense of belongingness with everyone and everything in Creation. You are then at peace with yourself and everything around you.

Enhance your good health and energy - by eating with awareness. When you are pre-occupied or feel upset, you tend to eat mindlessly. However when the mind is aware, you are conscious of what you eat and how much you take in. The mind swings back and forth, from the past to the future, drowning you in a whirlpool of thoughts, worries, fears... An effective way to break this chain of thoughts is to become aware of the thoughts. Breath is a powerful tool to deal with the mind. You don't have to run away to a forest or a cave, to calm down the mind.

With Yoga, you can attain a pleasant and composed state of mind. When your mind is aware, you are sensitive to other's feelings and to your surroundings. A clear mind is powerful like a beam, helping you too can take effective decisions. When the mind is calm, creativity dawns; productivity increases.

Living with awareness cultures your speech and actions. You acquire a skill in dealing with people and situations. You do not react to situations or what people say, but respond with calmness. When the mind is aware, you can be proactive instead of provocative - in your speech and actions. Often words just shoot out of the mouth. As you grow in the path of Yoga, your words become more powerful.

**Significance of the study**

1. The learning would commence and increase awareness in yoga education.
2. It may motivate the government and society to allow yoga education as a piece of education system.

3. The study would assist the administrators to recognize the attitude of physical educator personals in the schools towards yoga.
4. The study may generate consciousness about convenience of yoga education in schools.
5. It would be valuable to comprise yoga in the school curriculum.
6. Administrator may be encouraged to create provision of yoga teachers and yoga instructors in schools.

**Hypothesis**

Orientation of physical education teachers working in schools of district Hisar is positive towards yoga.

**Delimitations**

1. Only 30 male and female physical education teaching staff working in the government and private schools was integrated in the sample and the sample were particular on indiscriminate foundation.
2. The study is restricted to secondary and senior secondary schools of Hisar district, Haryana.
3. Knowledge in the field of physical education and yoga were not measured.
4. Age, caste, urban and rural criteria and qualifications were not measured.

**Tools used**

After discussion with the supervisor and other teachers a set of fifteen questions was formulated as questionnaire, which was necessitate to react by 30 male and female physical education teachers working in secondary and senior secondary schools. The responses will be confidential in to five categories i.e. strongly agree, agree, neutral, disagree, strongly disagree.

**Data collection**

As assured, here in before that male and female physical education teachers were particular for the study, the questionnaire were given over 30 male and female physical education teachers for their reaction. The process was conceded on working days. All the teachers countered punctually.

**Table 1:** Reactions of the respondent by showing merge data of the questionnaire

Respondents	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Total	135	187	46	28	54
Average of Respondents	9	12.46	3.06	1.86	3.6
% of Respondents	30	41.53	10.2	6.2	12

Data was composed during the questionnaire enclose 15 questions and 30 sample respondents. In this way, 450 reactions were composed under different heads of the questionnaire. The table reproduces that 135 responses were strongly in favour of Yoga and 187 responses designate that they are in favour of view that Yoga should be included in school education system. Graphical representation of consolidated responses replicate that 30% of responses

consider that Yoga education should be providing in schools. Conclusively, 41.53% of responses had a favourable attitude towards introduction of Yoga in schools, whereas only 6.2% were against and 12% were very aggressive to stipulation of Yoga education in schools. In short, only 18.2% were against Yoga education in schools and only 10.2% were unsure. The conversation replicate that in-service female physical education teachers have a positive attitude towards Yoga.

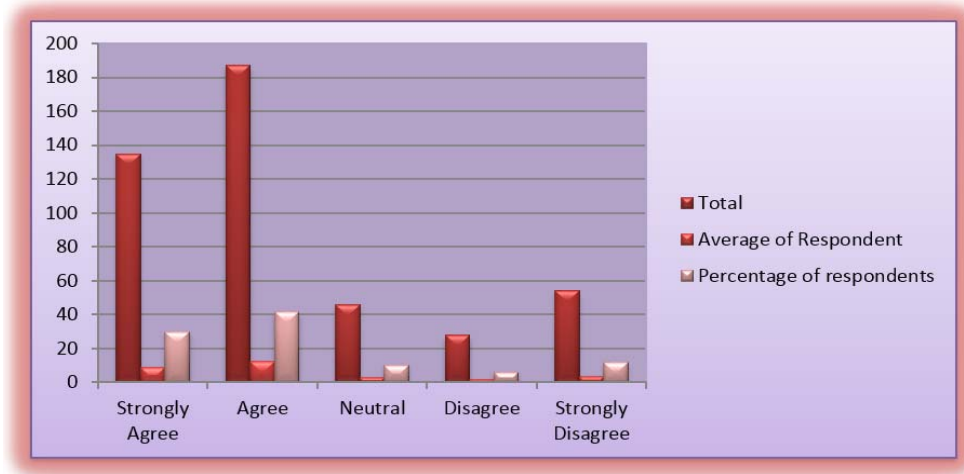


Fig 1: Reactions of the respondent by showing merge data of the questionnaire

### Finding of the study

Attractive level of energy can be preserved in the body even without contribution in Yoga. 25% respondents agree to this view, this point to the stream of reflection that contribution in other programme like physical programs or movements would sustain the attractive level of energy in the body.

Desirable energy can be preserved through involvement in Yoga even in old age, 45% respondents strongly donate to the view, whereas 50% respondents hold a positive view point in this matter. This makes 95% respondents encouraging to the view point.

Involvement in Yoga donates of social majesty and social value of the person. All respondents grip good view towards improvement of social majesty and 95% respondents support the view that yoga contributes to social usefulness of an individual. Hence, the individual make popularly in the society.

### Conclusion

Finally 322 responses preferred insertion of Yoga education. Only 46 were undecided and 82 responses were against introduction of Yoga. The theory is proving that physical education teachers have a helpful attitude towards addition of Yoga in school education system.

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