



SWAMY VIVEKANANDA  
VIDYA SAMSTHE (R), SHIKARIPURA

# Innovative Pedagogy And Effective Teaching-Learning To Promote NEP-2020

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**SUB THEM: 12. INSTRUCTIONAL DESIGN FOR SKILL ENHANCEMENT COURSE IN  
YOGA, HEALTH & WELLNESS: A PHYSICAL EDUCATION INITIATIVE**

**A STUDY OF B.ED. STUDENT TEACHER'S ATTITUDE TOWARDS YOGA**

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**Abstract**

Yoga has a complete message for humanity. It has a message for the human mind and it has also message for human soul with intelligence and capable youth came forth to carry this message to every individual not only India, but also in every parts of the world. Mental and physical exercises are designed to help achieve unlimited goal. Keeping these aspects in mind, the researcher has studied about the attitude of B.Ed. students and teachers towards Yoga. For this the researcher have prepared a Yoga attitude scale for data collection and applied it on the B.Ed. student teachers. The researcher has applied t-test for data analysis and for find out the results.

**Keywords:** *Attitude, Student teachers, Meditation, Yoga education, Yoga.*

**Introduction**

Yoga has a complete message for humanity. It has a message for the human mind and it has also message for human soul with intelligence and capable youth came forth to carry this message to every individual not only India, but also in every parts of the world. Yogasana are simple actions for keeping the internal and external parts of the body in good health. No activity can perform well so long as the internal and external parts of the body are not in good health. The body and the mind or closely inter related. Representing a complete system of social, physical, mental and spiritual development; the origins of? Yoga date to some 5,000 years ago in the Indus-Sarasvati civilization of northern India. The first references to the history of yoga can be found in the Rig Veda, texts containing the songs and rituals of the Vedic priests, the Brahmans.

Yoga attitude refers to a range of mental sets people can have towards the benefits of yoga refers to harmonious well-being of body, mind and spirit in people. As yoga typically has the method for making a dynamic body, enriching the mind, and elevating the spirit. Over the past three decades, the research material available based on yoga has convinced the researchers that most of our fundamental attitudes to life have their physical counter parts in the body. Extrinsically attitude is one of the psychological factors that determine one's endeavour and pursuits in life. Also, male and female differs potentially in most of the psychological traits. Thus, comparison and criticism of attitude carries enough scope to be analysed. An attempt has been made in the present study to investigate yoga attitude between male and female Student Teacher's. "Attitude towards yoga" the quoted line refers to a variety of mental sets people can have towards the knowledge about yoga. It refers to harmonious well-being of body, mind and spirit in people. Research reveals that yoga is a highly beneficial activity for athletes, children or for the elder or aged people.

Yoga increases the flexibility of the spine, improves body's physical condition a heightened awareness to the importance of relaxation. It has been emphasized that each exercise be practiced slowly, coordinating movement with the breath, pausing motionless in each position always with full concentration. peace of mind, consciousness and soul to live in harmony with oneself and the environment is the wish of every human. However, in modern times greater physical and emotional demands are constantly placed upon many areas of life.





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