

CHAPTER IV

ANALYSIS AND INTERPRETATION OF DATA

The data collected by the Normative Survey Method using the Questionnaire as an effective tool along with Interview indicates a Qualitative and Quantitative data approach.

4.1 Analysis :

The Analysis of Qualitative and Quantitative data means studying the organized material in order to discover inherent facts. The data are studied from as many angles as possible to explore the new facts. Analysis requires an alert, flexible and open-mind.

The exploratory modes may prove helpful in the analysis of data of any research study and no similarities, differences, trends and significant factors would go unnoticed by the researcher.

It is likely that qualitative methods and quantitative methods will eventually lead to different findings and not to a single and well integrated picture of the situation. It is because qualitatively data are commonly used for “generating hypotheses” or “describing hypotheses” and quantitative data are used to “analyze outcomes”, or “verify hypotheses”.

However, in endorsing the notion triangulation, Trend (1978), quoted by Patton (1980, p.330), maintains that it is useful to bring a variety of data and methods to bear on the same problem in order to reduce system bias in interpreting results of study. Thus the

findings of some studies could be strengthened by supplementing qualitative approach with quantitative analysis.

4.2 Interpretation:

Interpretation is by no means a mechanical process. It calls for a critical examination of the results of one's analysis in the light of all the limitations of the data gathering. It is a very important step in the total procedure of research.

It is important to note in all circumstances that data do not interpret themselves i.e., it is the investigator who passes judgment on their meaning from the stand point of the problem under investigation.

The analysis and interpretation of data represent the application of deductive and inductive logic to the research process. The data are classified by division into sub-groups and then analyzed and synthesized in such a way that hypotheses may be verified or rejected.

For analyzing and interpreting the data in the present study the following procedure have been followed –

- i) **Simple percentage :** The investigator has used the procedure of simple percentage for the construction of the data. The use of percent makes the work of comparison easier and comprehensible.
- ii) **Graphical Representation :** Graphical representation often facilitates good understanding of a set of data because these enables the investigator to give a clear conception of the data collected. It is prepared from the percentage taken out from the data collected by the investigator.

4.3 Analysis and Interpretation of the Questionnaires :

For the present study 13 schools were selected by the investigator and the 'General Information' format in the Questionnaires No.I, II & III was of general type and for the present study its analysis was not needed.

*** Analysis and Interpretation of Q.1 in Questionnaires No.I & III is as follows—

1) Provision of Yoga education in the Secondary schools of Greater Guwahati :

Ans.1) Table (1) : Number of Secondary Schools having Yoga education

Form of School	Board	YES	Percentage (%)	NO	Percentage (%)
Government	SEBA	0	--	5	38
Private	SEBA	2	15	2	15
	CBSE	3	23	0	--
	ICSE	1	8	0	--

The table value indicates that only 6 schools under Private organizations have the provision of Yoga education. Regarding the Boards, 2 Schools i.e. 15% belonged to SEBA, 3 Schools i.e. 23% belonged to CBSE and 1 school i.e. 8% belonged to ICSE.

38% of the Government schools do not have the provision of Yoga education. 2 Private schools i.e. 15% under SEBA does not have the provision of Yoga education.

4.3.1 Analysis and Interpretation of Questionnaire No.I : The data reveal the analysis of 4 schools imparting Yoga education.

2) ***Year of introduction of Yoga education in the Schools :***

Ans.2) The data indicate that only one school started Yoga education in the late nineties. The other 50% of the schools started in the year 1993 and 25% in the recent 21st century. Thus it shows that only within recent 16 years Yoga education has been introduced in the Secondary schools of Greater Guwahati.

***** Analysis of Closed-form Questionnaires (YES/NO type) (Questionnaire No.I):**

The analysis of YES / NO type of Questions (Questionnaire No.I) are on the following page –

<u>Q. No.</u>	<u>Questions</u>	<u>YES</u>	<u>%</u>	<u>NO</u>	<u>%</u>
3.	<i>Does the school have a trained Yoga teacher?</i>	4	100	0	--
5.	<i>Does the school have a hall room or playground to practice Yoga ?</i>	3	75	1	25
6.	<i>Is Yoga education compulsory for all students ?</i>	2	50	2	50
9.	<i>Is the school environment congenial for practicing Yoga ?</i>	3	75	1	25

10.	<i>Is there, the provision for fresh air in the room where Yoga is practiced ?</i>	3	75	1	25
11.	<i>Do the students enjoy practicing Yoga?</i>	3	75	1	25
12.	<i>Improvement in the health of the students on account of regular practice of Yoga ?</i>	4	100	0	--
13.	<i>Do the students feel relaxed after Yoga practice ?</i>	4	100	0	--
14.	<i>Do the students practice Asana, Pranayama and Meditation ?</i>	4	100	0	--
15.	<i>Does Yoga education help the students to inculcate good habits in the students?</i>	4	100	0	--
17.	<i>Do you get any Financial Assistance from Government to provide Yoga education in your school ?</i>	0	--	4	100
18.	<i>Do you think the facilities available in your school are appropriate to help each student develop into a perfect yogi ?</i>	1	25	3	75
19.	<i>Do you have any plan to improve the standard of Yogic education in the near future ?</i>	4	100	0	--

20.	<i>Should Yogic education be made compulsory in all the Secondary schools ?</i>	4	100	0	--
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***** Interpretation of YES / NO type of Questions (Questionnaire No.I):**

Ans.3 All the 4 schools had a trained Yoga teacher which is very much essential for the success of Yoga education.

Ans.5 About 75% of the schools have a hall-room or playground to practice Yoga which is a must to conduct Yoga classes.

Ans.6 Among all the 4 schools, 2 schools (i.e. 50%) have made Yoga compulsory for all students which benefited the students. The rest 50% of the schools did not make it compulsory which means that only students who are interested practice it. But in every school all the students practice Yogic Meditation daily in the morning hours for 15 minutes before starting the lessons which refreshes their body and mind.

Ans.9 75% of schools have a pleasant environment to practice Yoga and only 25% of the schools does not have a congenial surrounding.

Ans.10 75% of schools have provision of fresh air in the room. Only 25% of the school located in busy commercial areas does not have the provision of fresh air in the room.

Plate 1 : Students of Gurukul Grammar Senior Secondary School enjoying Yogic exercises (BRIKSHASANA) under the guidance of a trained Yoga teacher.

Plate 2 : Pleasant Environment of Gurukul Grammar Senior Secondary School where Yoga education is imparted to the students.

Ans.11 75% of the Principals responded that students enjoy doing Yoga. They also revealed that younger students are more interested in Yoga than the older ones. Students of class-X prefer to study other compulsory subjects than practicing Yoga because they are more conscious to score high in exams than practicing Yoga which is not a compulsory subject in the curriculum.

Ans.12 All the Principals were aware of the fact that imparting of Yoga education had a positive effect on the health of the students in their institution. Regular Yoga practices had tremendously improved the health of the students improving their attendance rate in the school.

Ans.13 All the Principals greatly felt that regular Yoga classes help in the relaxation of the body, mind and soul of the students.

Ans.14 In all the institutions Yogic exercises, meditation and *pranayama* are taught to the students for their all-round development.

Ans.15 The Head of the Institutions strongly believed that Yoga education helps to inculcate good habits and values among the students which secure their future.

Ans.17 Since all the schools belonged to Private organizations so they do not receive any Financial Aid from the Government.

Ans.18 Only 25% of the Principal responded positively and 75% believed that the present facilities are not up to the mark to develop students to lead a perfect and disciplined life.

Ans.19 All the Principals were in favour of improving the standard of Yogic education in the near future to provide complete benefit to the students.

Ans.20 All the Principals strongly supported the fact that in present day situation where there is chaos and tension everywhere, Yogic education be made compulsory in all the Secondary schools to enable the students to face boldly their present and future life.

*** Analysis and Interpretation of Questionnaire No.1

4) Qualification of the Yoga teacher :

Ans.4 The Yoga teacher's Qualification ranges from certificate course in Yoga, participating in Yoga camps to M.P.Ed. Few teachers have done specialization in Yoga.

7) Classes from which Yoga education is Imparted to students :

Ans.7 In all schools Yoga education is imparted to students of Classes-KG / I to Class-X. Thus the students start their Yoga education at a very early age which is appropriate for their growth and development and also helps them in their later life.

8) Number of students performing Yoga at a Time :

Ans.8 The number of student performing Yoga at a time generally ranges from 30 students to 59 students. In some schools during the morning assembly or on Saturdays all the students practice Yoga together at a time.

16) Some of the good habits observed by the Principal among the students :

Ans.16 Table (2) : Good habits observed by the Principal among the students :

Good habits	YES	%	Good habits	YES	%
a) Truth	3	75	f) Discipline	3	75
b) Honesty	1	25	g) Social activities	1	25
c) Kindness	1	25	h) Punctuality	1	25
d) Cleanliness	2	50	i) Cool temperament	1	25
e) Non-violence	0	----	----	----	----

The **Table (2)** reveals the following facts :

- **Truth** : About 75% of the Principals believed that Yoga education has helped to inculcate the value of truth among the students. Few students' lack courage to tell the truth when they do something wrong for fear of punishment.
- **Honesty** : Only 25% of the Principals observed honesty among the students.
- **Kindness** : Only 25% of the Principals observed Kindness among the students.
- **Cleanliness** : About 50% of the Principals believed that Yoga education has helped to inculcate the habit of cleanliness in the students.
- **Non-violence** : All the Principals were very much aware of the fact that the present generation students favour violence to non-violence. For small things they act violently. Today's student lack patience. Though the students are aware of the importance of non-violence but they do not put it into practice.

- **Discipline** : About 75% of the Principals agreed that Yoga helped the students to lead a disciplined life.
- **Social Activities** : Only 25% of the Principals observed that the students realize and work for the social cause. This is indeed a very good habit necessary for the welfare of the society.
- **Punctuality** : Only 25% of the Principals observed that the students are punctual and they value time.
- **Cool Temperament** : Only 25% of the Principals agreed that Yoga education has helped to keep the students mind cool.

Thus, Yoga education had to some extent contributed to inculcate the value of truth and discipline among the students. Some students practice cleanliness in their deeds. Few students practice punctuality, honesty, kindness and social activities. Non practice non-violence in their life strictly.

21) Why Yoga education is necessary to be imparted to the students of Secondary Schools ?

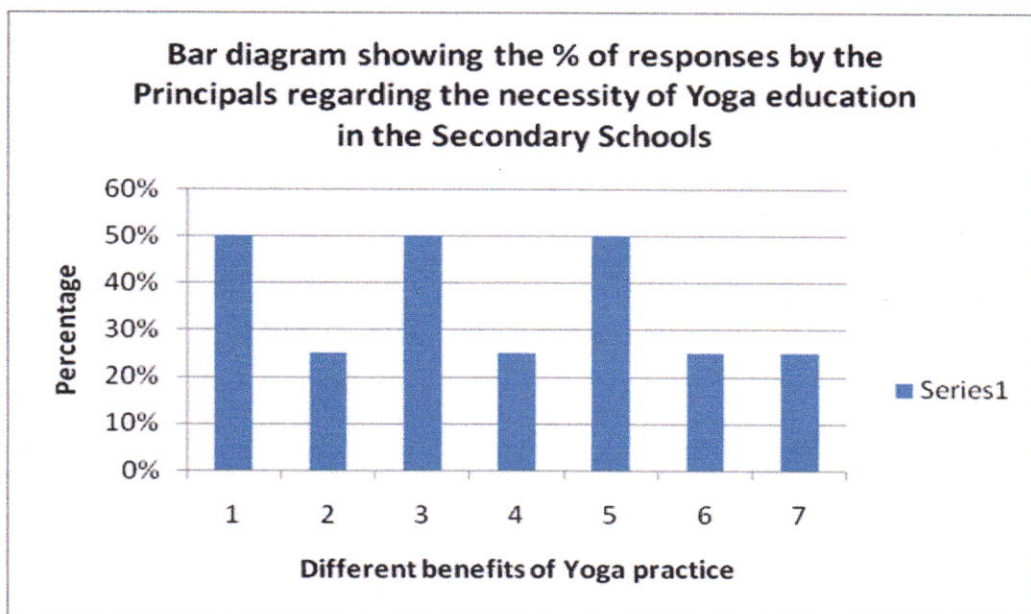
Ans.21 The responses given in support of the question and their percentages are as follows :

- a) Yoga helps to make a student discipline – 50%
- b) Yoga helps to improve the self-confidence of the students – 25%
- c) Yogic exercises and meditation helps to improve student's physical and mental health – 50%

- d) Yoga education makes one perfect from the life style – 25%
- e) Yoga helps to maintain cool, calm and hazardless life – 50%
- f) Yogic education improves memory of students – 25%
- g) It helps to develop more rationalized thinking – 25%

These can be represented graphically with the help of a Bar Diagram as follows –

Figure : 1



Thus, these statements and the graphical representation show that introduction of Yoga education in schools will benefit the students all-round development i.e. physical, psychological and spiritual.

So, imparting Yoga education to the students of Secondary schools is the need of the hour. Yoga contributes to lead a discipline and successful life.

22) How do you know that the students are well aware of the importance of Yoga in their day to day life ?

Ans.22 The responses provided are as follows –

- i) Through interactions with the students.
- ii) From students way of talking and behaving.
- iii) From their dresses.
- iv) Observing the students mixing with other people.
- v) The authority's constant effort to let the students be aware of its importance.
- vi) The student's eagerness to practice Yoga during the Yoga period.
- vii) Holding the Yoga classes regularly.

The authorities of the Schools imparting Yogic education are themselves interested in Yoga practice and apply yogic principles in running the school for students' welfare. They are also keen observer of the students' behavior and by providing regular Yoga training in the schools make the students aware of its importance in their present day life.

23) State some points regarding the usefulness of Yoga education.

Ans.23 The points stated by the Principals in lieu of the usefulness of Yoga education are as follows –

- a) Mental and Physical health is ensured.
- b) To bring about freshness among everyone.
- c) To cure even some non-curable diseases.
- d) It spreads awareness for good health.
- e) Helps to grow a discipline life.
- f) Develops self-confidence.
- g) Yoga helps to lead a proper, descent and social family life.

- h) Yoga education is essential to remove vulgarity prevalent in the present society.
- i) Yoga helps to inculcate the love, respect and faith in God.

Thus, Yogic education is of vital importance for all-round development of man's personality. It is of great utility for the student fraternity to develop the inner instincts of goodness and divinity in them to lead a pious and prosperous life.

24) State some suggestions to implement Yoga education successfully.

Ans.24 The suggestions offered by the Principals are stated below –

- i) Regular (at least twice yearly) Yoga camps should be held.
- ii) Through 'Yogic Mahapurush' training should be given to students.
- iii) To make the society free from any types of pollution then only true Yogic knowledge can be effective.
- iv) The Government should make Yoga education compulsory for the students.
- v) From lower classes sets of books on Yoga should be introduced.
- vi) Trained teachers to be appointed.
- vii) Full education through media, T.V. channels should be provided.
- viii) Investments through proper channels to bring more development in the field of Yoga education.
- ix) Making aware of its usefulness and advantages of practicing Yoga in the correct posture and form.

From the suggestions it is clear that the all the Principals are conscious of the importance of Yoga education and wants it to be a compulsory subject guided by a Yoga expert. Also, a yearly Yoga camp should be held in each School or in the city under the supervision of a Yoga Guru so that students' can be aware of their duties and responsibilities of this life on the Earth and work to beautify their present and secure their future.

4.3.2 Analysis and Interpretation of Questionnaire No.II

The data reveal the analysis of 4 schools imparting Yoga education.

General Information :

- | | | |
|--------------------------|---|---------------------------------|
| a) Total No. of Schools | : | |
| b) Total No. of Students | : | 100 (Males-53, Females-47) |
| c) Classes | : | VIII, IX, X |
| d) Forms of School | : | Private Schools |
| e) Medium | : | English Medium |
| f) Types of School | : | Boys' & Co-educational Schools. |
| g) Board | : | SEBA & CBSE |

***** Analysis of YES / NO type of Questions (Questionnaire No.II)**

<u>Q. No.</u>	<u>Questions</u>	<u>YES</u>	<u>%</u>	<u>NO</u>	<u>%</u>
2.	<i>Do you practice Yoga under the guidance of a trained Yoga teacher</i>	100	100	0	--
3.	<i>Do you practice Yoga regularly ?</i>	100	100	0	--
4.	<i>Do you have an open space or hall room to practice Yoga ?</i>	75	75	25	25
5.	<i>Do you have a noise – free environment to practice Yoga ?</i>	75	75	25	25
6.	<i>Do you practice Yoga in the morning hours?</i>	100	100	0	--
7.	<i>do you practice asana, pranayama and meditation ?</i>	100	100	0	--
8.	<i>Do you start your class with a prayer ?</i>	100	100	0	--
9.	<i>Is Yoga important for day to day life ?</i>	100	100	0	--
10.	<i>Do you know that Yoga improves health ?</i>	100	100	0	--
11.	<i>Do you know that regular Yoga practice helps to cure diseases ?</i>	100	100	0	--
12.	<i>Do you read books on Yoga ?</i>	58	58	42	42
13.	<i>Do you observe Television shows on Yoga ?</i>	69	69	31	31
14.	<i>Do you practice Yoga at home ?</i>	77	77	23	23

15.	<i>Do you enjoy doing Yoga ?</i>	80	100	20	20
16.	<i>Do your parents encourage you to practice Yoga at home ?</i>	80	80	20	20
17.	<i>Do you feel relaxed after practicing Yoga ?</i>	100	100	0	--
18.	<i>Are you happy with the facilities available in your school regarding Yoga education ?</i>	75	75	25	25
19.	<i>Are you in favour of teaching Yoga to others?</i>	100	100	0	--
20.	<i>If YES, then to whom would you teach Yoga?</i>				
	<i>a) Family members –</i>	76	76	24	24
	<i>b) Old people –</i>	57	57	43	43
	<i>c) Younger siblings –</i>	80	80	20	20
	<i>d) Neighbors –</i>	58	58	42	42
	<i>e) Friends -</i>	77	77	23	23
21.	<i>Do you think Yoga education is necessary in the Secondary Schools ?</i>	100	100	0	--

*** Interpretation of YES / NO type of Questions (Questionnaire No.II) :

Ans.2&3 All the students practice Yoga under the guidance of a qualified Yoga teacher regularly.

Plate 3: Students of Gurukul Grammer Senior Secondary School practicing 'TRIKAUNASANA' which helps to reduce body fats and also strengthens the back muscles.

Plate 4 : Students of Don Bosco High School are practicing 'BAJRASANA' in the playground.

Ans.4&5 75% of the schools have a hall-room and noise-free environment which is essential to conduct a yoga class.

Ans.6&7 All the schools practice Yogic meditation during the morning hours before starting the lessons in the class to refresh the body and mind of the students and provide energy for the days work. Yoga exercises and pranayama are also practiced by the students in their respective Yoga periods both in the morning and afternoon.

Ans.8 All the students start their classes with a prayer to the Almighty. Through prayer one comes in contact with God, seeks blessings to give one strength and dedication to do the duties sincerely and also thank the Lord for the beautiful elements of life.

Ans.9 All the students believe that Yoga is important for their everyday life.

Ans.10&11 All the students are well aware of the importance of Yoga which helps one to live a healthy and disease-free life.

- Ans.12&13 About 58% of the students read books on Yoga and 69% watches T.V. shows on yoga which shows that the print and visual media is playing a key role in creating awareness regarding Yoga practice and also classifying the benefits of Yoga in this Jet-age.
- Ans.14 Most of the students i.e. 77% practice Yoga regularly at home. Only few lazy students avoid it.
- Ans.15 80% of the students enjoy doing Yoga and eagerly wait for the Yoga period to arrive. They enjoy learning the different Yogasanas, pranayama and its beneficial activities.
- Ans.16 About 80% of the parents encourage their children to practice Yoga at home and most of the children do regularly at home with few exceptions. Parents are conscious of the benefits of Yoga.
- Ans.17 The entire students felt that regular Yoga practices help in their relaxation of body and mind.
- Ans.18 75% of the students are happy with the facilities available in their school for imparting Yoga education. About 25% of students are not satisfied with the school facilities regarding Yoga training.
- Ans.19&20 Yoga education has encouraged the students to help others to learn this art form. Students are in favour of teaching Yoga to their family members. They even take interest in teaching Yoga to the aged and the young. They are eager to help their neighbors and friends to learn Yoga.

Ans.21 The students had a vivid notion that Yoga education is indispensable to lead a successful life to its totality i.e. with a strong body, sound mind and a pure soul. So, Yoga is very much essential in the Secondary Schools.

22) State few reasons why Yoga education is necessary for the students of Secondary School ?

Ans.22 The reasons stated regarding the necessity of Yoga education in the Secondary Schools are as follows –

- a) To produce awareness and attraction among the students of lower ages.
- b) To create the habit of doing Yoga from young stage.
- c) To develop their physical, mental and spiritual ability for the future society.
- d) Nowadays some of the children's are very short-tempered for a small thing and does some unwanted crime. Yoga can help to make their mind cool and calm.
- e) Yoga help the students to spend their leisure time perfectly benefiting their health and preventing them to waste the precious time watching Television, etc.
- f) It will keep the students free from diseases and improve their attendance in school.

- g) Students are being overburdened with studies and extra-curricular activities in the school and Yoga helps them to relax and concentrate properly in every work.
- h) In this polluted world, health education is important because without proper health it is hard to live a fruitful life and so Yoga makes it possible.
- i) Yoga reduces stress and strain of the student life.

These above points clearly state the level of awareness among the students regarding Yoga education. It also reveals the fact that the Schools imparting Yoga education have been successful to train and guide the students in the right direction practically.

23) State the importance of Yoga Education ?

Ans.23 The importance of Yoga Education stated by the students can be analysed under the following heads –

A) Physical benefits –

- a) Yoga helps one to be physically fit.
- b) It makes the body strong, robust and increases stamina to do hard work.
- c) It helps in relaxation of the body.
- d) Yoga makes the body flexible.
- e) It helps to have a good physique.

f) Regular Yoga practices make the students active.

g) It helps to increase the height.

B) Mental benefits -

a) Yoga relaxes and refreshes the mind.

b) Increases the ability or power to concentrate and focus properly in studies or work.

c) It helps in maintaining mental fitness.

d) It sharpens and develops the mind.

e) It sharpens and develops thinking and memory power.

f) Yoga helps to stay away from fatigue and keeps one cheerful and mentally alert.

g) Yoga provides mental peace.

Plate 5 : Students of Gurukul Grammer Senior Secondary School of performing “**TADASANA**” which helps to increase the height.

Plate 6 : Students of D.A.V. High School are practicing Pranayama (**ANULOMVILOM**) which disciplines the breathing process and improves the mental health.

h) It helps to increase the I.Q. level of the students.

i) It helps to gain mental strength and solace to the students in times of difficulty.

j) It makes students tension-free.

k) Yoga helps to cope up with stress and reduces strain.

C) Emotional benefits –

- a) Yoga helps the students to control over their emotions.
- b) It helps to control anger.
- c) It keeps one away from depression.
- d) It reduces the pain and sufferings.
- e) It helps the students hopeful and develops positive attitude.
- f) Practice of Yoga helps to eradicate frustration and lethargy from the day to day life.

D) Psychological benefits –

- a) It helps to improve one's behavior.
- b) It helps one to be manner full and courteous.
- c) Yoga teaches one to be patient in life.
- d) It increases one's endurance.

Plate 7 : Students of D.V.A. High School, Guwahati practicing '**BAJRASANA**' a meditative asana which helps to silent the wandering mind and improves the functioning of the digestive system.

Plate 8 : Students of Gurukul Grammer Senior Secondary School performing '**BRAHMARI PRANAYAMA**' which helps to cure many diseases related to the ear, nostril and the throat.

E) Cultural benefits –

- a) Yogic education makes one realize about one's rich cultural heritage.
It also prevents the students in following Western culture blindly.

F) Health benefits –

- a) Yoga helps in maintaining a good and sound physical and mental health and promotes growth and development.
- b) Yoga helps in breathing and makes the respiration process smooth.
- c) It helps to regulate easy blood circulation.
- d) It helps to lead a disease-free long life and expands the life-span.
- e) Yoga makes the learner aware of the importance of good health and educates one to keep a good health even in old age.
- f) Yoga helps to cure diseases like over-eating, diabetes, etc.
- g) Yoga helps in preventing diseases like heart-attacks, high blood pressure, etc.
- h) It helps to strengthen the immune-system and improves the power of resistant against diseases.
- i) Yoga practices helps to improve the functioning of the digestive-system.
- j) Yoga helps to improve the condition of the spinal cord and makes it strong.

Plate 9 : Students of Don Bosco High School performing the ‘9th Step of SURYA NAMASKARA’ which helps to cure and strengthen the whole body by regulating the hormonal secretion.

Plate 10 : Students of Gurukul Grammer Senior Secondary School practicing ‘SIDHASANA’ which helps to activate the power of concentration and develops the inner-strength and self-confidence.

k) Yoga improves co-ordination and balances the body parts. Thus every Asana, Pranayamas have a deeper meaning which helps in curing every diseases gradually.

l) Yoga helps to reduce weight and extra fats from the body.

m) Yoga reduce body pain.

G) Spiritual benefits –

a) Yoga improves and develops spirituality in the students.

b) Yoga helps to have faith in God, religion and love for all.

c) Yoga makes one powerful from within.

d) Yoga makes a man divine.

H) Personality development –

a) Yoga is very much essential for the development of human personality because mind and body are complementary to each other.

b) Regular practice of Yoga gives self-confidence to students to do hard work.

c) Yoga helps to make the students perfect.

d) Yoga helps in leading a disciplined life.

e) It makes one inculcate good and prudent habits.

f) Yoga helps to eradicate laziness and gain will power.

g) Yoga helps to develop a good and refine character.

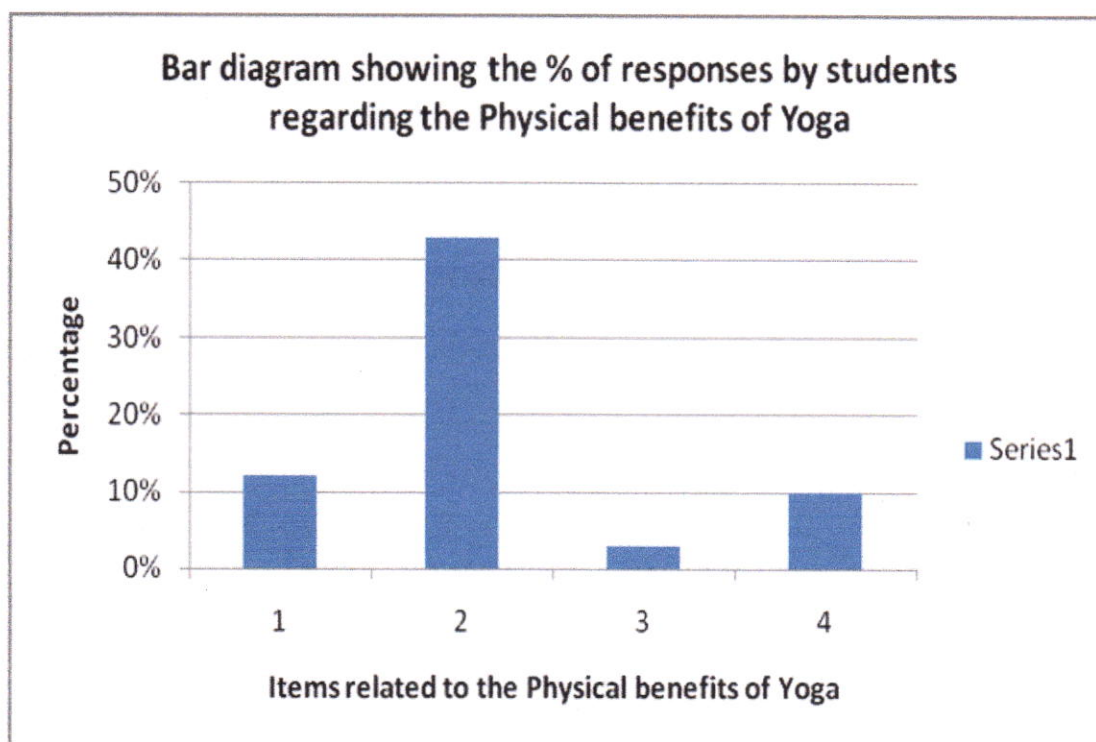
h) Yoga helps to develop one's creativity.

The percentages of the students response regarding the benefits of Yoga can be graphically represented in the form of Bar diagram which are as follows –

A) Physical Benefits –

- 1) Provides stamina and energy to work – 12%
- 2) Makes one fit, active and strong – 43%
- 3) Relaxes the body – 3%
- 4) Increases the height – 10%

Figure : 2

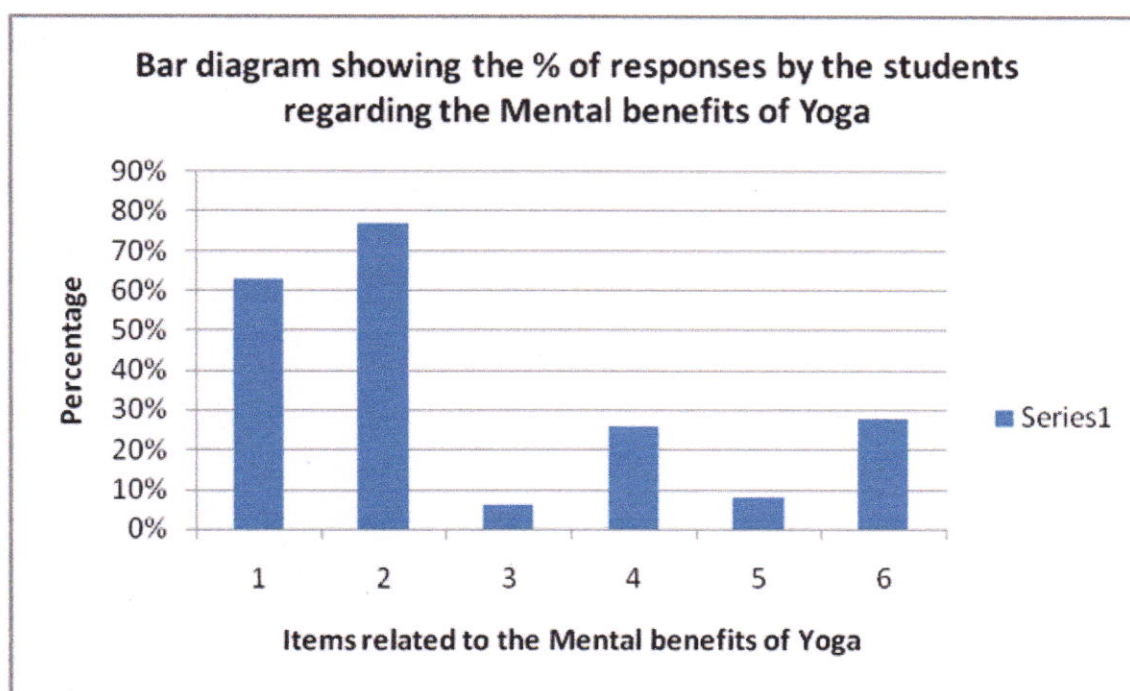


This graphical representation shows that the students are well aware of the Physical benefits of yoga. About 43% of the students responded that Yoga makes one physically fit, strong and active. The other responses were that yoga provides energy, relaxes the body and increases the height.

B) Mental Benefits –

- 1) Relaxes and refreshes the mind – 63%
- 2) Increases concentration – 77%
- 3) Increases I.Q. level – 6%
- 4) Increases memory – 26%
- 5) Purifies the mind – 8%
- 6) Makes one mentally fit – 28%

Figure : 3

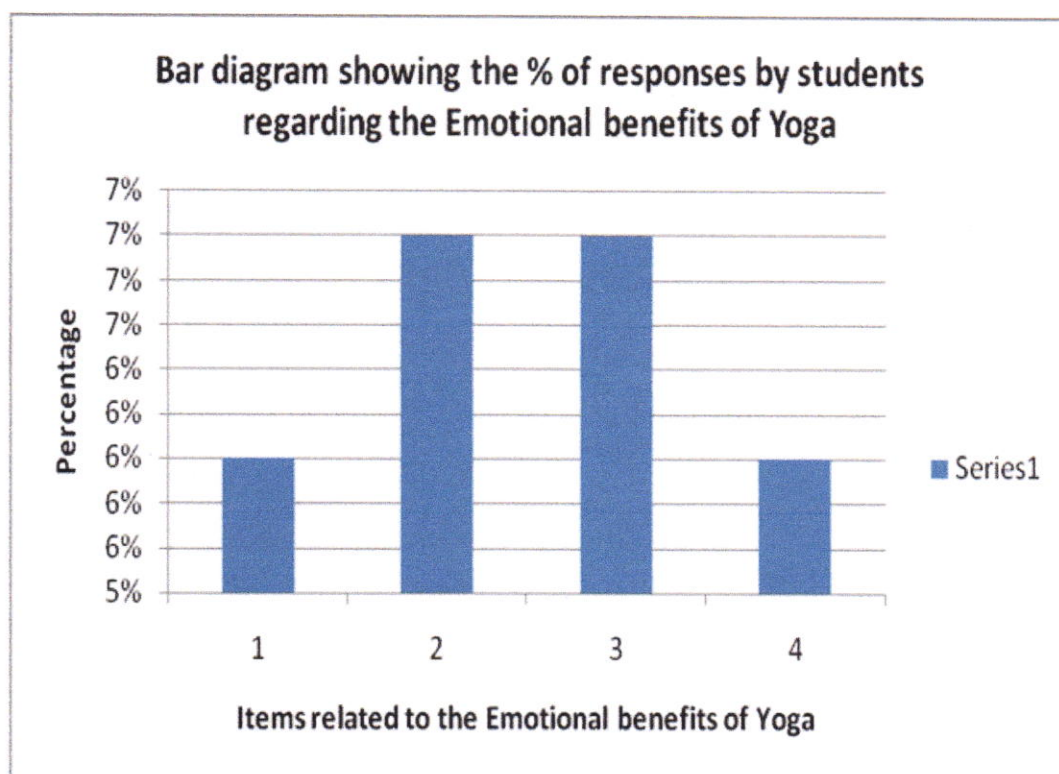


Regular practice of Yoga ensures mental fitness is well known by the students. About 77% of the students knew the fact that Yoga increases the concentration level of the students and 63% believed that Yoga practices relaxes and refreshes the mind. The other benefits were that Yoga increases the I.Q. level, memory power and cleans the mind from the impurities of thoughts.

C) Emotional Benefits –

- 1) Control emotions – 6%
- 2) Control anger – 7%
- 3) Creates positive attitudes – 7%
- 4) Helps one to cope with stress and strain – 6%

Figure : 4

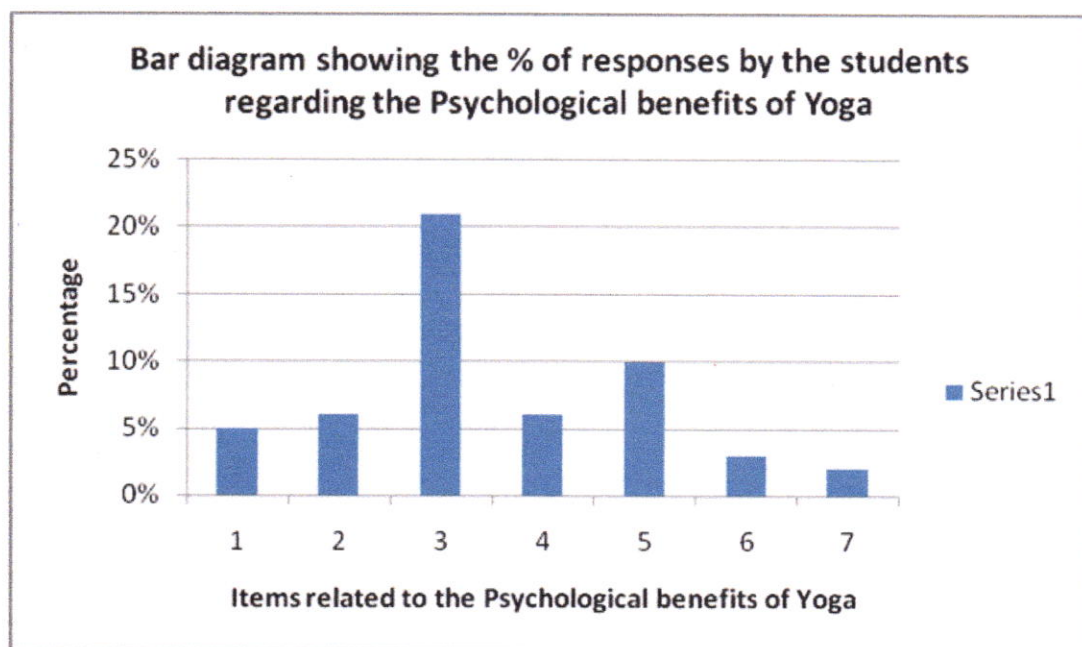


Yoga helps to reduce the extreme emotions of man. It helps to balance the emotions when needed in the hours of difficulty. The students are aware of the emotional benefit of yoga. About 7% of the students responded that yoga help to control emotions mainly anger and also creates a hopeful and positive attitude in the students. Yoga helps to cope up with stress and provides solace to the mind was responded by 6% of the students.

D) Psychological Benefits –

- 1) Improves behavior – 5%
- 2) Helps one to be manner full and courteous – 6%
- 3) Improves the limit of patience in one's work – 21%
- 4) Releases frustration and laziness – 6%
- 5) Reduce depression – 10%
- 6) Releases tension and stress due to over work – 3%
- 7) Reduce fatigue – 2%

Figure : 5

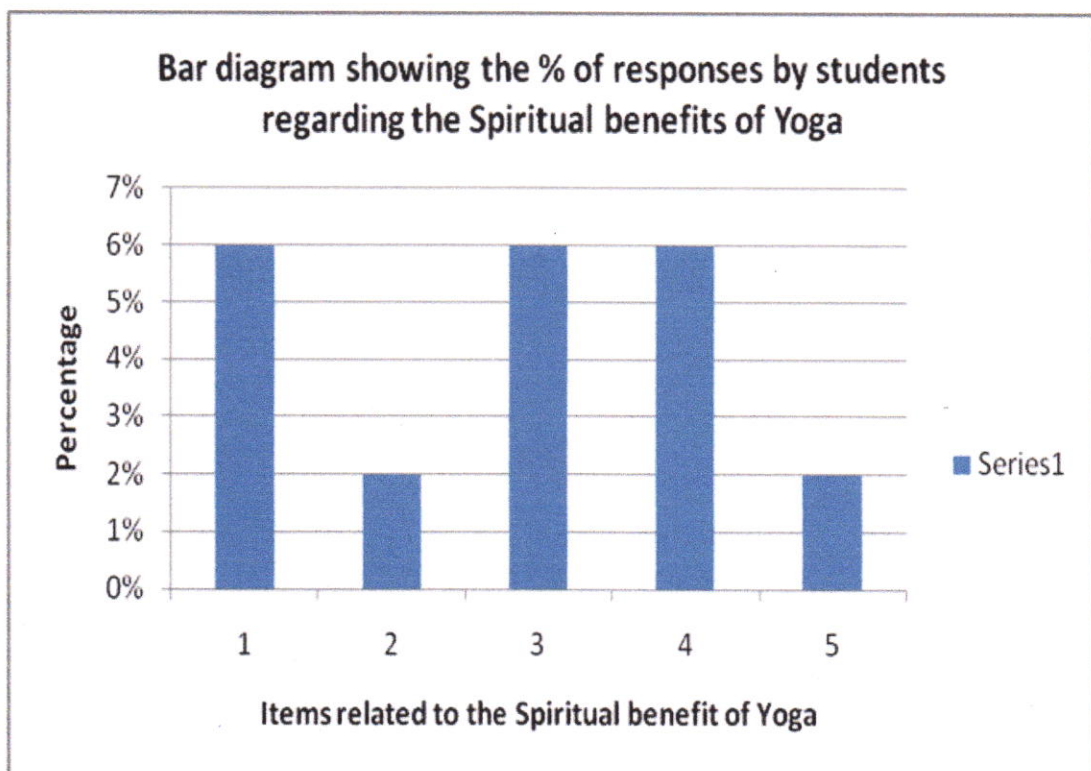


About 21% of the students responded that Yoga helps to increase the patience of the students and 10% said that yoga practice helps to reduce depression. The other responses were Yoga helps to release frustration and laziness, release tension and stress due to over work and also reduces fatigue and thus helps to balance the human nature psychologically.

E) Spiritual Benefits –

- a) Increases faith in God – 6%
- b) Refreshes the Soul – 2%
- c) Increases the faith in religion – 6%
- d) Increases the feeling of Love for all – 6%
- e) Makes one divine – 2%

Figure : 6

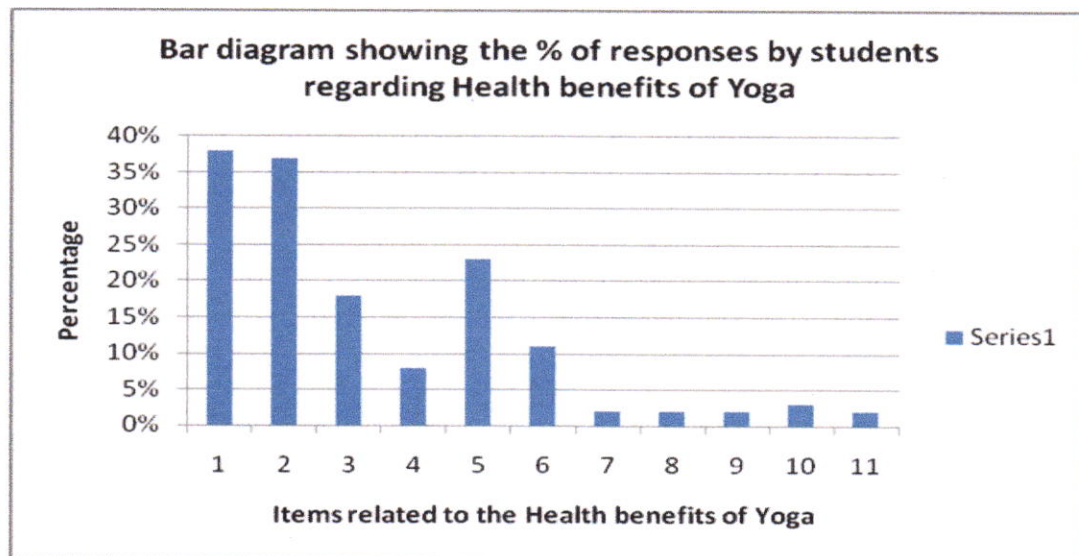


The graphical representation shows that 6% of the students believed that Yoga helps to increase the faith in God, increases the faith in religion the feeling of Love for all. Yoga refreshes the Soul and Makes one divine was responded by 2% of the students.

F) Health Benefits –

- 1) Improve mental and physical health – 38%
- 2) Cure diseases – 37%
- 3) Prevent diseases – 18%
- 4) Yoga helps to reduce weight – 8%
- 5) Expands life span – 23%
- 6) Improves breathing and blood circulation – 11%
- 7) Strengthens the spinal cord – 2%
- 8) Yoga helps to balance and improves co-ordination of the body parts – 2%
- 9) Reduces pain – 2%
- 10) Improve and strengthen the Immune System – 3%
- 11) Yoga enhances the cardio-vascular health – 2%

Figure : 7

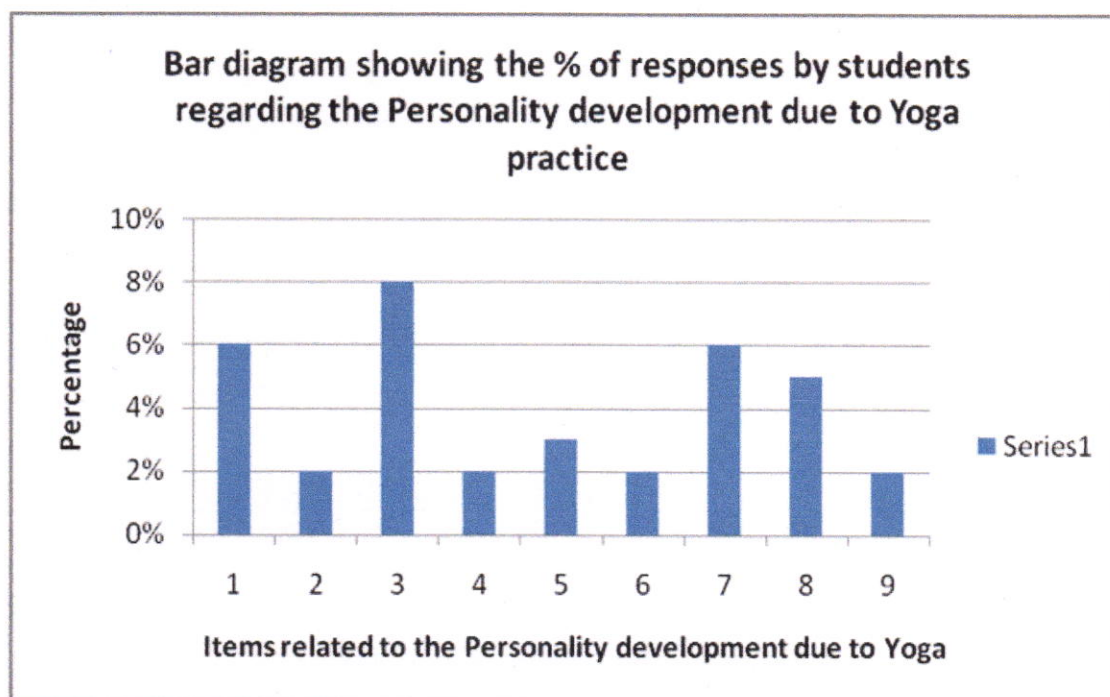


The graphical representation shows that Yoga helps to improve the physical and mental health of the students and supported by 38% of the students. It helps to cure diseases (37%), prevent diseases (18%) and 23% said that Yoga expands life span by improving breathing and blood circulation (11%).

G) Personality Development :

- 1) Increases perfection in the students – 6%
- 2) increases confidence – 2%
- 3) Makes one discipline – 8%
- 4) Develops good character – 2%
- 5) Helps to gain will power – 3%
- 6) Improves Creativity – 2%
- 7) Eradicates laziness and keeps one cheerful – 6%
- 8) Helps to lead a normal and happy life with mental alertness – 5%
- 9) Increases one's endurance – 2%

Figure : 8



Graphical representation shows that Yoga helps to increase the perfection level of students by providing confidence, improving creativity; gaining will power, increases endurance and develops the character of the students. Thus, yoga helps to develop a balanced personality of the students.

These points stated assure that the students are well versed in Yoga education and its benefit. Thus, in schools imparting Yoga education the students have gained both in theoretical and practical knowledge.

4.3.3 Analysis and Interpretation of Questionnaire No.III : The data reveal the analysis of 7 schools not imparting Yoga education.

*** Analysis of YES / NO type of Questions (Questionnaire No.III) :

<u>Q. No.</u>	<u>Questions</u>	<u>YES</u>	<u>%</u>	<u>NO</u>	<u>%</u>
2.	<i>Are you aware of the following facts -</i>				
a)	<i>Yoga practices help the students to improve their health</i>	7	100	0	--
b)	<i>Yoga education makes the students physically and mentally fit.</i>	7	100	0	--
c)	<i>Yoga education helps the students of Secondary schools to lead a stress-free life.</i>	7	100	0	--
d)	<i>Yoga education helps in increasing the concentration level of the students</i>	7	100	0	--
e)	<i>Yoga practices help in curing many diseases</i>	7	100	0	--
f)	<i>Yoga helps the students to lead a disciplined life.</i>	7	100	0	--

g)	<i>Yoga education helps in the all-round development of students' personality.</i>	7	100	0	--
h)	<i>Yoga education helps in preserving our cultural heritage.</i>	7	100	0	--
3)	<i>Do you think introduction of Yoga education in your school will benefit the students' growth and development?</i>	7	100	0	--
4)	<i>Should Yogic education be made compulsory in all the Secondary schools ?</i>	7	100	0	--

*** Interpretation of YES / NO type of Questions (Questionnaire No.III) :

Ans.2 : The Principals strongly supported the facts that Yoga helps in improving the health, makes one physically and mentally fit, reduces stress, increase concentration, cures diseases, helps to lead a discipline life, develops student's personality and helps in preserving our cultural heritage. This shows that they are well aware of the importance of Yoga education in improving the life of the students'.

Ans.3 : The Principals believed that introduction of Yoga education in the Secondary schools will definitely help in the students' growth and development.

Ans.4 : As Yoga education showers only blessings to humanity and is not affected by evil so it the call of the hour to introduce it in each and every Secondary schools to help in the all-round development of students.

***** Analysis and Interpretation of Questionnaire No.III :**

5) State reasons for not introducing Yoga education in the school :

Ans.5 : The reasons for not introducing Yoga education in the Government and Private Schools are as follows :

- i) The infrastructural facilities are not available in the schools to introduce Yoga education.
- ii) Absence of a qualified Yoga teacher to teach the students.
- iii) Due to lack of infrastructural facilities and trained Yoga teacher students are less interested.
- iv) Lack of funds for Teacher's (Extra) salary or remuneration.
- v) In Government schools there has been no direction or order to include Yoga education in the curriculum. So the Principal of the Government school can not introduce Yoga at his own will.

Some of the Principals of the Schools under Private Organizations responded indifferently when enquired about non-implementation of Yoga education in their school. They replied that it is entirely the decision of the School Management as a whole and it is no one's personal decision.

6) Suggestions regarding Yoga education :

Ans.6 : Following are the suggestions regarding Yoga education :

- i) Yoga education should be made compulsory in every school for the physical and mental growth of the students.
- ii) Yoga education should be introduced sooner for the benefit of students to cope up with the evils of the present society.
- iii) Some NGO's can come forward to help the schools to impart Yoga education which will help the School administration to start Yoga classes soon.
- iv) The Government should take initiative to make Yoga a compulsory subject in the school curriculum to get the highest benefit of schooling.

Thus, the authorities, educationists, community members should take interest in the introduction of Yoga education in the Secondary schools of Greater Guwahati which will help in the progress of the State because today's child is the youth of tomorrow and will be an asset to the nation. Only Yoga can help a child to develop into a complete man.