

CHAPTER V

SUMMARY & CONCLUSIONS

Findings and Conclusions are directly related to the research objectives and hypotheses. These are the inferences drawn from analysis and interpretation of data.

5.1 Major Findings & Discussions :

The major findings of the study can be discussed under the following heads-

5.1.1 Provision of Yoga education at the Secondary level :

- 1) The provision of Yoga education in Secondary schools of Greater Guwahati is restricted to the Private schools only. 38% of the Government schools did not introduce Yoga because they do not have a Government order to do so. 15% of the Private schools under SEBA Board have the provision of Yoga education. 23% of the schools under CBSE Board have the provision of Yoga education and 8% of the schools under ICSE have the provision of Yoga education.
- 2) Yoga education in the Secondary schools of Greater Guwahati has been a recent phenomenon since most of the schools started it between the Years 1993-2003.
- 3) In 50% schools Yoga is made compulsory for all students and classes are held regularly but in other 50% schools it is not made compulsory for all students.

Thus only few schools have the provision of Yoga education at the Secondary level.

5.1.2 Facilities available in the Secondary Schools to impart Yogic education :

- 1) Trained and Qualified Yoga teachers are available in all the schools. The Qualification of the Yoga teacher ranges from Certificate course in Yoga to M.P.Ed. with specialization in Yoga.
- 2) Yoga education is imparted to students from Classes-KG to X which shows that the seed of Yoga is sown at a very tender age. Generally 30-59 students perform Yoga at a time which is quiet appropriate for the Yoga teacher to take care of each and every student.
- 3) 75% of the schools have a congenial environment to conduct Yoga classes and there is availability of fresh air in the hall-room where yoga is practiced. The students practice all types of *Yogasanas*, *Pranayama* and meditation.

Thus proper facilities are available in most of the Secondary Schools to impart Yoga education.

5.1.3 Imparting of Yoga education has benefited the students :

- 1) The students enjoy practicing all types of *Yogasanas*, *Pranayama* and Meditation.
- 2) Due to regular practice of Yoga there has been improvement in the health standards of students. Yoga not only relaxes the body of the students but also the mind. Yoga helps to keep the students cool and calm.

- 3) Yoga education has helped in inculcating good habits among the students. Some of the good habits observed among the students are truth, cleanliness, discipline, punctuality, honesty and social service. Some habits are just neglected such as kindness and non-violence. The authorities should give more emphasis to develop the moral and spiritual values among the present day students so that they can develop to be a better citizen of tomorrow.

Thus imparting of Yoga education has benefited the students' all-round development.

5.1.4 Awareness of the Principal regarding importance and necessity of Yoga education in the Secondary Schools :

- 1) The Principals had a complete knowledge of the usefulness of Yoga education and they too practice yoga regularly. They believe that the practice of Yoga ensures mental and physical health, brings freshness in life, cures diseases, spreads awareness for good health, helps to grow a discipline life, develops self-confidence and helps to lead a proper, descent and social family life. Yoga education is essential to remove vulgarity prevalent in the present society. Yoga also helps to inculcate the love, respect and faith in God.

Thus, Yoga education is indispensable for the physical, mental, emotional, moral and spiritual growth and development i.e. a complete development of human personality.

2) The Head of the Institution strongly left the necessity to make Yoga a compulsory subject in all the Secondary schools because of the following reasons.

- a) Yoga helps to make a student discipline.
- b) Yoga helps to improve the self-confidence.
- c) Yogic exercises and meditation helps to improve student's physical and mental health.
- d) Yoga education makes one to lead a perfect life.
- e) Yoga helps to maintain cool, calm and hazardless life.
- f) Yogic education improves memory of students.

So, to develop good potential in the students Yoga education is a must.

Thus most of the Principals are well aware of the importance and necessity of Yoga education in the Secondary Schools.

5.1.5 Awareness of the Students regarding importance of Yoga in their life :

- 1) Most of the Principals had observed the students interactive actions, their life style and eagerness to learn yoga which made them to know that the students were well aware of the importance of Yoga in their day to day life.
- 2) All the students practice Yogic meditation during the morning hours before starting 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.

- 3) All the students start their classes with a prayer to the Almighty. Through prayer one comes in contact with God and seeks blessings to give strength to work hard and do one's duty honestly.
- 4) All the students are well aware of the importance of Yoga which helps one to live a healthy and disease-free life.
- 5) 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 the usefulness of Yoga practice. 77% of the students also practice Yoga regularly at home. Only few lazy students avoid it.
- 6) 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. Even their parents encourage them to practice Yoga at home because regular Yoga practices help in their relaxation of body and mind.
- 7) 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.
- 8) 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.

- 9) All the students are very much aware of the physical, mental, emotional and spiritual benefits of Yoga i.e. Yoga helps to grow each individual student into a perfect man with his all-round development.

5.1.6 Problems faced by the School Authorities in imparting/introducing Yoga education in the Secondary level :

- 1) 25% of the schools do not have a proper and pleasant environment to practice Yoga.
- 2) 75% of the schools agreed that the present facilities available in their school regarding Yoga education are not satisfactory to develop each student into a perfect Yogi. So for this proper planning and perfect organization in every field of Yoga education is a must. All the schools were interested in improving the standard of Yoga education in their school.
- 3) The reasons for not introducing Yoga education in the different Private and Government schools of Greater Guwahati 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.

5.1.7 Indifferent Attitude of the Principals of the Private Schools in implementing Yoga education :

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. So they could not provide a precise reason for non-introduction of Yoga education in their respective schools. These schools had pleasant environment for conducting Yoga classes and are reputed schools of Guwahati.

5.1.8 Suggestions to improve / implement Yoga education in the Secondary Schools :

- 1) All the Principals are conscious of the importance of Yoga education and want 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.
- 2) The Principals suggested that Government should make Yoga education compulsory for the students. From lower classes sets of books on Yoga should be introduced.

- 3) The Principals of Government schools where Yoga education is not imparted at all had a strong view that the Government should take initiative to make Yoga education a compulsory subject in the Secondary schools for the benefit of the students.

5.2 Suggestions :

- i) Yoga education has helped in inculcating good habits among the students. Some of the good habits observed among the students are truthfulness, cleanliness, discipline, punctuality, honesty and social service. Some essential habits are just neglected such as kindness and non-violence. Thus the authorities should give more emphasis to develop the moral and spiritual values among the present day students so that they can develop their personality today and to be a better citizen of tomorrow.
- ii) It was found that the 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. This is also the view-point of some parents.

The students and parents forget the beneficial effect of Yoga when integrated with Education. So the authorities should take care of this and start Yoga classes from the lower stages of the educational strata. The parents should encourage their children to practice Yoga regularly at home.

- iii) The Government should take the initiative to make Yoga a compulsory subject in the school curriculum.

- iv) Some community members can collectively raise funds or donate some amount to help the schools in introducing and conducting Yoga education in the Secondary Schools. Yoga volunteers can visit the different Schools and can render free Yoga classes on a monthly basis. The NGO's can also come forward to help the schools in imparting Yoga education.
- v) Private Schools where facilities are available but still the Authorities do not take initiative to introduce Yoga education are harming the students' progress and development. These schools must start Yoga education as soon as possible for the complete benefit of the student community as a whole.
- vi) Trained Yoga teachers should only be entrusted the job to impart Yoga education so that they can provide proper guidance and counseling to solve the different problems which the students come across to make a successful career.
- vii) Yoga education helps to eradicate the selfish nature of man and inculcate the feeling of social service which is a great value in itself to lead a satisfactory life.

Moreover, Yoga education leads to self-awareness and self-realization which is very much essential for self-analysis. Self-analysis helps to know ones inner strength and work for its betterment. It also helps to know ones weaknesses and work to convert it into one's strength. Self analysis is very much essential to know one's fault and find proper solutions and reasons to one's own problem of present day life without placing the blame on others.

Thus, yoga leads to develop a well-balanced personality which is the ultimate aim of humanity i.e. live and let others live.

Yoga is also very much essential for healthy and sound survival of man and so every human should inculcate it in their life-style.

viii) To make Yoga education a success the authorities, students, teachers, parents and the community members should take joint efforts to make awareness and help in creating an appropriate environment to extract the highest benefit from the art of Yoga.

5.3 Summary & Conclusions :

The present age is the age of science and technology. It is also the age of conflicts, clashes and terrorism. The human race has never had it so good with respect to material prosperity, but is not able to enjoy it contentedly because life has become so uncertain. Scientific technology has successfully fulfilled its promise of material welfare, but has failed to deliver peace of mind. Modernization, Industrializations and Westernization with material welfare has also brought along with it the hazards of Environmental, Cultural and Value degradation. Today mankind is caught between the devil and the deep sea, between the Modern material science and the Traditional non-material science.

Science itself stands for the entire content of human knowledge, the practice of the quest for Truth and having its own value system which influences every activity of the human race. The Yoga, an Indian philosophy which means 'Union' satisfies the value criteria of modern science. Yoga is the process of all-round development of man. Yoga helps in the complete development of an ideal

personality. Yoga not only benefits the body and mind but also awakens the dormant Divinity that dwells in all human beings.

Yoga is believed to have been composed by a sage called *Patanjali* and goes by the name *Patanjali Yoga Sutras*.

Patanjali believed that human life is full of sorrow which is experienced due to *avidya* or wrong perception i.e. the superimposition of the Consciousness (*Purusa*), on the inert material content (*Prakriti*). According to *Patanjali*, the separation of the two is *vidya* or right perception. When this separation happens, all sorrow disappears. The method of separation from *avidya* to *vidya* is to perform the *Ashtanga Anusthana*, or *Ashtanga Yoga* which is the practical aspect of Yoga and has become very popular around the world.

The *Ashtanga Yoga*, as the very name suggests, consist of eight limbs viz. *Yama*, *Niyama*, *Asana*, *Pranayama*, *Pratyahara*, *Dharana*, *Dhyana* and *Samadhi*.

Of these,

- *Yama* and *Niyama* are ethical practices,
- *Asana* and *pranayama* are physical practices,
- *Pratyahara* and *Dharana* are mental practices, and
- *Dhyana* and *Samadhi* are supramental states of existence.

Thus, the intention of the ancient sages of India in compiling existing scriptural knowledge was not to gain wealth or fame, nor misled the public. Their only interest was the welfare of human beings. It is always safer to learn Yoga

through a teacher who acts as a perfect guide to realize every aspect of this science completely.

One major reason why a large number of people around the world are going in for Yoga today is its emergence as an alternate system of health care. This role has been recently recognized, so much so that the Government of India has a Department of Alternate Medicine, dealing with Ayurveda, Yoga, Unani, Siddha and Homeopathy (AYUSH) as systems of therapy. This has been made possible by a good number of medical doctors recognizing the value of yoga therapy as an adjunct to their allopathic practice. This is true not only of India, but of the West also, where more and more people are being attracted to this non-invasive technique of treatment.

In view of these developments, a time has come when scientific investigations need to be undertaken to quantify the benefits of Yoga. *Swami Vivekananda Yoga Anusandhana Samsthana* at Bangalore has been engaged in this task for the last two decades. As a result, more and more intellectuals and thinkers have started recognizing the rational and scientific nature of Raja Yoga.

Yoga education is referred to as the application of Yoga techniques to bestow better support to the education process. Yoga in education would lead to the development of harmonious personality and behavior.

On the whole certain thrust areas positively concerned with educational process have been identified, where the potential of yogic practices are duly proved i.e. treatment of physical difficulties, improvement of mental health and developing resistance to stress, promotion of emotional balance and control on hyperactivity, however, many other prospective aspects of Yoga practices, may

be helpful in giving good support to the education process, are still to be evaluated substantially. These positive aspects of Yoga are the promotion of will power and development of perseverance in students, education and training about inner-self.

The present study on the – *“Provision of Yoga education in the Secondary Schools of Greater Guwahati”* reveals the following facts –

- Only few schools have the provision of Yoga education at the Secondary level i.e. Hypothesis (i) is accepted.
- Proper facilities are available in most of the Secondary Schools to impart Yoga education which rejects the Hypothesis (ii).
- Most of the Principals are aware of the importance and necessity of Yoga in the Secondary Schools i.e. Hypothesis (iii) is rejected.
- In the schools where Yoga education is imparted, most of the students are aware of the importance of Yoga in their life which rejects the Hypothesis (iv).
- The school authorities face different problems in imparting / introducing Yoga education i.e. Hypothesis (v) is accepted.

Thus, integration of Yoga with modern education is a must to unearth the human science of conscious evolution and its possibilities. It is a high time to think seriously on inclusion of Yoga and yogic values in our Education system on a compulsory basis in each and every Secondary school for the all-round development of the students’ personality enhancing the development of the World as a whole.