

APPENDIX-I

A) QUESTIONNAIRE NO.I

QUESTIONNAIRE FOR THE PRINCIPAL

(Where yoga education is imparted)

Introduction : Please read the following questions carefully and decide which choice suits you best. If you think that your answer is 'YES', then put a tick (✓) mark against the question. Also give appropriate answers wherever necessary. Your answer will be kept confidential and used for research purpose only. Your cooperation is solicited.

General Information :

- i) Form of School :
- ii) Name of the School :
- iii) Type of School : BOY'S / GIRL'S / CO_EDUCATIONAL
- iv) Name of the Board :
- v) Medium of instruction : Assamese / English / Hindi
- vi) Name of the Principal :
- vii) Qualification :
- viii) Sex : MALE / FEMALE

Questions on YOGA EDUCATION :

- 1) Do you have the provision of Yoga education in your school? : YES / NO
- 2) In which year Yoga education was introduced in your school? : _____
- 3) Do you have a trained Yoga teacher? : YES / NO
- 4) Qualification of the Yoga teacher : _____

- 5) Do you have a hall room or playground to practice Yoga? : YES / NO
- 6) Is Yoga education compulsory for all students? : YES / NO
- 7) From which class the Yoga education is imparted to the students? : _____
- 8) How many students perform Yoga education at a time? : _____
- 9) Is the school environment congenial for practicing Yoga? : YES / NO
- 10) Is there, the provision for fresh air in the room where Yoga is practiced? : YES / NO
- 11) Do the students enjoy practicing Yoga? : YES / NO
- 12) Have you noticed any improvement in the health of the students on account of regular practice of Yoga? : YES / NO
- 13) Do the students feel relaxed after Yoga practice? : YES / NO
- 14) Do the students practice Asana, Pranayama and Meditation? : YES / NO
- 15) Does Yoga education help the students to inculcate good habits in the students? : YES / NO
- 16) If YES, then state some of the good habits you observe among your students :- : YES / NO
 - a) Truth : b) Honesty : c) Kindness :
 - d) Cleanliness : e) Non-violence : f) Discipline :
 - g) Any others :
- 17) Do you get any Financial Assistance from Government to provide Yoga education in your school? : YES / NO
- 18) Do you think the facilities available in your school is appropriate to help each student develop into a perfect yogi? : YES / NO
- 19) Do you have any plan to improve the standard of Yogic education in the near future? : YES / NO

- 20) Should Yogic education be made compulsory in all the Secondary : YES / NO
schools?
- 21) State 3 reasons, why Yoga education is necessary to be imparted :
to the students of Secondary schools?
- a)
 - b)
 - c)
- 22) How do you know that the students are well aware of the :
importance of Yoga in their day to day life?
- a)
 - b)
 - c)
- 23) State 3 reasons regarding the usefulness of Yoga education? :
- a)
 - b)
 - c)
- 24) State 3 suggestions to implement Yoga education successfully? :
- a)
 - b)
 - c)

B) QUESTIONNAIRE NO.II

QUESTIONNAIRE FOR THE STUDENTS

Introduction : Please read the following questions carefully and decide which choice suits you best. If you think that your answer is 'YES', then put a tick (✓) mark against the question. Also give appropriate answers wherever necessary. Your answer will be kept confidential and used for research purpose only.

General Information :

- i) Form of School :
- ii) Name of the School :
- iii) Type of School : BOY'S / GIRL'S / CO_EDUCATIONAL
- iv) Medium of instruction : Assamese / English / Hindi
- v) Name of the Student :
- vi) Age :
- vii) Sex : MALE / FEMALE
- viii) Class : VIII / IX / X / XI / XII

Questions on YOGA EDUCATION :

- 1) Do you have Yoga education in your school? : YES / NO
- 2) Do you practice Yoga under the guidance of trained Yoga teacher? : YES / NO
- 3) Do you practice Yoga regularly? : YES / NO
- 4) Do you have an open space or hall room to practice Yoga in your school? : YES / NO
- 5) Do you have a noise-free environment to practice Yoga? : YES / NO
- 6) Do you practice Yoga in the morning hours? : YES / NO

- 7) Do you practice asana, pranayama and meditation? : YES / NO
- 8) Do you start your class with a prayer? : YES / NO
- 9) Is Yoga important for day to day life? : YES / NO
- 10) Do you know that Yoga improves health? : YES / NO
- 11) Do you know that regular Yoga practices helps to cure diseases? : YES / NO
- 12) Do you read books on Yoga? : YES / NO
- 13) Do you observe Television shows on Yoga? : YES / NO
- 14) Do you practice Yoga at home? : YES / NO
- 15) Do you enjoy doing Yoga? : YES / NO
- 16) Do your parents encourage you to practice Yoga at home? : YES / NO
- 17) Do you feel relaxed after practicing Yoga? : YES / NO

- 18) Are you happy with the facilities available in your school : YES / NO
regarding Yoga education?

- 19) Are you in favour of teaching Yoga to others? : YES / NO

- 20) If YES, then to who would you teach Yoga?
 - a) Family members – YES / NO
 - b) Old people – YES / NO
 - c) Younger siblings – YES / NO
 - d) Neighbours – YES / NO
 - e) Friends – YES / NO

21) Do you think Yoga education is necessary in the Secondary : YES / NO
Schools?

22) If YES, then give 3 reasons to support your answer?

a)

b)

c)

23) State 3 importance of Yoga Education ?

a)

b)

c)

C) QUESTIONNAIRE NO.III

QUESTIONNAIRE FOR THE PRINCIPAL

(Where yoga education is imparted)

Introduction : Please read the following questions carefully and decide which choice suits you best. If you think that your answer is 'YES', then put a tick (✓) mark against the question. Also give appropriate answers wherever necessary. Your answer will be kept confidential and used for research purpose only. Your cooperation is solicited.

General Information :

- i) Form of School :
- ii) Name of the School :
- iii) Type of School : BOY'S / GIRL'S / CO_EDUCATIONAL
- iv) Name of the Board :
- v) Medium of instruction : Assamese / English / Hindi
- vi) Name of the Principal :
- vii) Qualification :
- viii) Sex : MALE / FEMALE

Questions on YOGA EDUCATION :

- 1) Do you have the provision of Yoga education in your school? : YES / NO
- 2) Are you aware of the following facts -
 - a) Yoga practices help the students to improve their health. : YES / NO
 - b) Yoga education makes the students physically and mentally fit. : YES / NO
 - c) Yoga education helps the students of Secondary schools to : YES / NO
lead a stress-free life.

- d) Yoga education helps in increasing the concentration level of : YES / NO
the students.
- e) Yoga practices help in curing many diseases. : YES / NO
- f) Yoga helps the students to lead a disciplined life. : YES / NO
- g) Yoga education helps in the all-round development of students : YES / NO
personality.
- h) Yoga education helps in preserving our cultural heritage. : YES / NO
- 3) Do you think introduction of Yoga education in your school will : YES / NO
benefit the students growth and development?
- 4) Should Yoga education be made compulsory in all Secondary : YES / NO
Schools?
- 5) State 3 reasons for not introducing Yoga education in your school.
- a)
- b)
- c)
- 6) Suggestions regarding introduction of Yoga education in the
secondary schools.