

Relevance of Yoga Education to Develop Self Realization, Spiritual Health and Integrated Personality in B.Ed. Trainee Teachers

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Abstract:

Yoga education has emerged as an important component of teacher education in the modern era because it contributes to the holistic development of future teachers. The present paper focuses on the relevance of yoga education in developing self-realisation, spiritual health, and integrated personality among B.Ed. trainee teachers. Yoga is not merely a physical exercise; it is a scientific and spiritual discipline that harmonizes body, mind, and soul. In teacher education, trainee teachers often face stress, anxiety, lack of concentration, emotional imbalance, and professional challenges. Yogic practices such as asana, pranayama, meditation, and mindfulness help in improving mental peace, self-awareness, emotional stability, moral values, and spiritual consciousness. Yoga also promotes integrated personality development by balancing physical, intellectual, emotional, social, and spiritual dimensions of human life. Through regular yoga practice, B.Ed. trainees can develop positive attitudes, self-confidence, discipline, empathy, leadership qualities, and professional competence essential for effective teaching-learning processes. The study highlights that yoga education plays a significant role in nurturing spiritually healthy and self-realised teachers who can contribute positively to society and the educational system. Therefore, yoga education should be incorporated systematically into teacher education curricula for the holistic growth of prospective teachers.

Keywords: *Yoga Education, Self-Realisation, Spiritual Health, Integrated Personality, B.Ed. Trainee Teachers, Teacher Education, Holistic Development, Meditation, Personality Development, Spiritual Intelligence.*

Introduction and Background of the study

Yoga is derived from the Sanskrit word 'Yuj' which means to link or join, bringing harmony to body-mind relationship. Yoga aims at bringing good health and equanimity of mind to its practitioners at all times under various pressures and tension.

The word Yoga means to join - body and mind to soul - Atman to Paramatma. It describes

ARTICLE INFO

Article history:

Received: 10 May 2025

Received in revised form
20 May 2025

Accepted 29 May 2025

Citation: Chakraborty, H., (2025) "Relevance of Yoga Education to Develop Self Realization, Spiritual Health and Integrated Personality in B.Ed. Trainee Teachers", *Pen and Prosperity*, Vol. 2, Issue. 2, June 2025.

the union with God, which, for many of us, is the ultimate goal in life.

“The word yoga means skill - skill to live your life, to manage your mind, to deal with your emotions, to be with people, to be in love and not let that love turn into hatred.”

Sri Sri Ravi Shankar.

The aims and objectives of Yoga education are:

To enable the student to have good health.

To practice mental hygiene.

To possess emotional stability.

To integrate moral values.

To attain higher level of consciousness.

Self-realization is an expression used in Western psychology, philosophy, and spirituality; and in Indian religions.

In the Western psychological understanding it may be defined as the “fulfillment by oneself of the possibilities of one’s character or personality.”

In the Indian understanding, Self-realization is liberating knowledge of the true Self, either as the permanent undying Atman, or as the absence (sunyata) of such a permanent Self.

Four Ways to Self-Realization

* The path to knowledge (jnana marg)

when the practitioner learns to difference between the real and the unreal.

* The path of selflessness (karma marg)

Service without thought of reward.

* The path of love and devotion (bhakti marg)

The path of self control (yoga marg)

The mind and its actions are brought under total control

Self Realization is a scientific process that reveals a new vision

It provides.....

**Freedom from worries and fear.

** Scientific solutions to inner and external conflicts.

** Smoother relationships.



** Inner peace.

** Equanimity amid any circumstances.

** Experience the depths of spirituality while fulfilling your worldly responsibilities.

The words “**spiritual**” and “**health**”, for many people are two separate issues. Many people do not understand that these two issues are inextricably linked.

Spiritual Wellness is a personal matter involving values and beliefs that provide a purpose in our lives. While different individuals may have different views of what spiritualism is, it is generally considered to be the search for meaning and purpose in human existence, leading one to strive for a state of harmony with oneself and others while working to balance inner needs with the rest of the world.

Spiritual health can also consist of more broad concepts, such as hope, purpose, and peace. Some common criteria that fall within the category of spiritual health include belief in a supreme being, unity with a greater force, a guiding sense of meaning and value, an organized religion, balance, introspection, and meaning.

Integrated personality is one in whom various aspects of personality are working in a harmonious and effective manner. The integration of personality is the integration of all psycho-physical traits of personality.

According to Guilford, Integrated personality emerges from the synthesis of seven traits psychology, needs, interests, attitude, temperament, aptitude and morphology.

In Woodworth's opinion, an integrated personality is one in which the several traits, interests, and desires are combined in an effective harmonious unity.

In an Integrated personality, mind and emotions, desire and determination, and all mental activities work in an organized way.

Dimension of personality

Personality development is a multi-dimensional phenomenon. There are several dimensions which need to be integrated. Absence of any one dimension makes one's personality incomplete and lop-sided. For a holistic personality, the following dimensions are required to be integrated.

@ Physical dimension

@ Intellectual /cognitive dimension

@ Emotional dimension

@ Social dimension

@Spiritual dimension

Each dimension has specific activities and processes which undergo certain changes. These changes normally take place in an orderly sequence, though there may be variations in their rate. It is important to note that all dimensions of personality are overlapping, inter-dependent, and intricately interwoven. A purely compartmentalized approach is not at all possible. These are studied separately for the purpose of better understanding only.

Physical dimension

Physical dimension is mainly concerned with the development of body from anatomical and physiological point of view. Changes in height, weight, and motor skills, development of brain, hormonal changes,

cardiovascular changes etc. - all are parts or aspects of the physical development. The physical dimension is concerned with physical health and fitness of body. It gets reflected in healthy functioning of the body where different systems of body work in a coordinated way.

Emotional dimension: The emotional dimension involves development of skills for management of emotions including feelings and attitudes. Emotions may be positive such as state of happiness, joy, Contentment, love, kindness, compassion etc. They may be negative also, such as state of hate, anger, fear, sadness, jealousy etc. It is important that positive emotions are developed to the maximum: and negative emotions are controlled and expressed in a proper way. It is equally important that a person is emotionally stable. There should not be frequent and rapid

mood swings. Thus we can say that emotional stability, development of positive emotion, proper expression and channelization of negative emotions lie in this domain. The development of this dimension is reflected in appropriate emotional reaction towards a given situation.

This dimension is generally the most neglected area in real life though it is of paramount importance for a holistic personality. We can find the traces of this neglect in our disproportionate emotional behavior.

Cognitive, intellectual dimension: Cognitive or intellectual development is related to mental abilities and mental processes such as perception, learning, memory, thinking, language, concept-formation, reasoning decision making, problem solving, creative activities etc. Due to the development of this dimension, we are able to acquire new skills and knowledge about the facts and environment around us and perform various mental tasks like analysing, synthesising, evaluating etc. Cognitive development enables us to develop right perspective about the concepts, things or situations.

Social dimension: The social dimension of personality is concerned with social skills. This dimension includes inter-dependence, harmony with others, behaving according to rules and norms of the society, developing healthy and caring relationships with those around us etc. A person may be called socially developed if s/he conforms to the social norms and can bring balance between her/his social and personal life. The development of this dimension gets reflected in the feeling of association with other people and participating in community activities.

Social dimension is an important aspect of personality as it brings harmony in society lack of social development may cause severe problems in society. Many of the social problems like divorce, quarrels in the family, drug-addiction, rebellious behaviour, act of terrorism are the result of lack of social development. Therefore, it is essential that this dimension is developed. For this, a person needs to develop social skills and take interest in the community work.

Social dimension is closely related to emotional dimensions. A person who cannot control her/his negative emotions may not have good interpersonal relationships. Social dimension of personality can be taken care of by developing positive attitude towards others controlling our negative emotions.

Spiritual dimension: Spiritual dimension of personality includes knowing the 'self' or more appropriately realizing the 'self', having a sense of right and wrong (moral values) and understanding meaning and purpose of life. It also includes integration of values with actions. The actions of spiritually developed person would match with her/his beliefs and values (respect for human life, honesty, equality, integrity, simplicity etc.).

Spirituality is an important dimension of personality; and is increasingly being identified as a vital part of psychological well-being. Humanistic psychologists like Carl C. Rogers, A. Maslow and Fritz Pearl put much emphasis on human values. According to them, spiritual emptiness and affluence of materialism are

major reasons of mental health related problems. For a holistic personality, spirituality is essential. We may be intelligent, may have high status in the society, may have good physical appearance, but if we do not have universal human values, then we may not be feeling fully satisfied in life and may sometimes perceive life as a meaningless journey. This is due to the lack of spirituality. Therefore, for a holistic personality, spiritual growth is essential.

Spiritual development can be achieved by self-analysis, introspection, proper alignment of thought pattern, adopting moral values in day-to-day life. Contemplation on certain questions (like, who am I? or what is meaningful in my life?) can develop an awareness about the self and develop a sense of purpose and direction in life resulting into spiritual growth, Being tolerant of the opposites and contradictions that exist within one's world also can be helpful in attaining spirituality. A spiritually grown person develops a sense of peace within.

Therefore. all these paths lead to the same goal of total oneness, The aim of yoga is to gain total control of one's self and to calm the mind of conflicting impulses and thoughts that Occur on a everyday basis.

Review Literature

The survey of the related literature is an important step in research in a particular field. A survey of elated studies helps to conceptualize the problem to be studied and the method to be adopted .It not only avoids unintentional duplication, but also provides insights necessary for the logical frame work into which the problem fits.

A study or relevant Literature is an essential step to get a full picture of what has been done with regard to the problem under study. The investigator has made an attempt to bring a brief review of research related to the present study to form the background for the present study.

A review of the literature follows, which will further help us to understand the current status better. A larger number of studies related Yoga: Pranayama on mood states (Anxiety, Stress & Depression) in the field of yogic Intervention, In this chapter some studies are reviewed below to enable us to clearly view the efect of yogic intervention: Pranayama in the manageent of self realization, spiritual health, and integrated personality. The review of the literature can be divided into some major categories/sections.

Yoga education and self realization

White, L S(2011)

Effect of Yoga on Academic Motivation, Adjustment Behaviour And Self-Esteem

Objective: To study on reducing stress in school-age girls through mindful yoga. The purpose of this study was to investigate the efficacy of mindfulness training through yoga with school-age girls to reduce perceived stress, enhance coping abilities, self-esteem, and self-regulation, and explore the relationship between the dose of the intervention and outcomes.

Sample: Fourth- and fifth-grade girls were recruited from two public schools

Findings: The results have shown that self-esteem and self-regulation increased in both groups. The intervention group was more likely to report greater appraisal of stress ($p < 0.001$, Mann-Whitney test).

The present study showed that the GES meant for total personality development adopting yoga way of life to be more effective in enhancing academic performance than the modern education system.

.Kanappan. R et al (2008)

Sample: hundred and twenty adolescent deviant boys

Tool: yoga-cognitive training (YCT) and human relationship training (HRT)

Findings: The results showed that both the experimental groups had significant changes in their maladjustment and antisocial behaviors. The follow-up of these groups showed that the behavioral change in the adolescent boys was sustained.

Kozasa et al. (2008)

Objective: To study on evaluation of siddhi samadhi yoga for anxiety and depression symptoms.

Sample: 22 volunteers

Tool: Trait Anxiety Inventory, the Beck Depression Inventory, Tension Feelings Self- evaluation Scales, and the Well-being Self-evaluation Scales.

Findings: The results showed a significant reduction in scores on anxiety, depression, and tension scales in yoga group, as well as an increase in well-being scores, in comparison with the control group.

Breiter, K. Enke, J., Hartwig, K., Kuhn, J., Reschke, K., Stuck, M. & Tanjor L(2002),

“Children’s “relaxation training program using elements of yoga and imagery:

Practical application and first evaluation of a curriculum: A train the trainer study”.

Objectives: To study the self relaxation to encourage independent practice

Sample : Children

Findings: It was determined that the yoga curriculum can be integrated into a variety of settings and that trained instructors are a vital of the child’s development for the yoga sessions.

Yoga education and spiritual health

Review of Yoga Research on Value Education

India

.Samprasad Vinod,

“Yoga - the basis of morality.” Paper presented in the International Conference on Yoga Research and Value Education” held at Kaivalyadhama, Lonavla (India), Dec. 28-31, 2002. 20 Madhuri S

Objective : To develop value as well as spiritual wealth of human beings.

Findings: The result of the study showed that Material wealth without spiritual wealth is the real cause of all human suffering. The greatest advantage of Yoga lies in the fact that it addresses human problems at individual and collective levels. It helps create harmony within the person and the society in which he lives. It integrates body, mind, intellect, emotions and spirit. Integration brings harmony and harmony brings happiness. Happiness brings peace. A happy and peaceful person knows the real meaning of spiritual wealth.

Isave,

“Importance of value education in technological era.” Paper presented in the International Conference on Yoga Research and Value Education” held at Kaivalyadhama, Lonavla (India), Dec. 28-31, 2002.

Objective : The main aim of value education is to shape the character of younger generation, who can prove themselves as the best citizen of the nation

Findings: This study inculcate the values in the minds of people who shape the character of people and make them high moral and highly spiritual individual.

Eknath Gawande and Suresh Vidhale,

“Concept of value education with reference to yoga.” Paper presented in the International Conference on “Yoga Research and Value Education” held at Kaivalyadhama, Lonavla (India), Dec. 28-31, 2002.

Objective : This paper explicitly classified the human values according to socio-cultural status, individualistic values and component of value education. Further, they have been logically correlated with Yoga based value education.

Findings: The authors conclude that there should be coordination between Dhyana-yoga and Karma-yoga that lead to wisdom and proper spiritual development makes individuals to understand real pleasure.

Ravindranath K. Bodhe,

“Yoga, value education and Swami Kuvalayanandaji.” Paper presented in the International Conference on Yoga Research and Value Education” held at Kaivalyadhama, Lonavla (India), Dec. 28-31, 2002.

Objective: The main aim of this study is to materialization and implementation of value education through Yoga.

Findings: The result of the present study is to train individuals well grounded in a cultural synthesis, so that in their after-life, they may strive to carry out the ideal of Yoga (Yoga Mimamsa, Vol.VI, No. 1, p.88)

Abhilasha Singh,

“Yoga and value based education.” Paper presented in the International Conference on “Yoga Research and Value Education” held at Kaivalyadhama, Lonavla (India), Dec.28-31, 2002.

Objective : Literature also indicates that education as such stands not only for physical or intellectual development, but also moral and spiritual upliftment.

Findings: The present study indicated that the children who were partially or fully practicing yoga like pranayama etc. showed better intellectual caliber as well as better character and respect for value.

M.A. Bhatt, D.H. Gandhi, and G.D. Acharya,

“Values and teaching.” Paper presented in the International Conference on “YogaResearch and Value Education” held at Kaivalyadhama, Lonavla (India), Dec. 28-31,2002.

Five principles of Panchashila Ahimsa, Alobha, Brahmacharya, Satyavachana, Sura-pan nishedha. “These five principles,” says Dr. S. Radhakrishnan,”

Objective: to develop in us wisdom, humility and selflessness.”

Findings: This study indicated that the changing of attitude among teachers and elders in respect of value education

Rudrani Mukerji,

“Role of yoga in promoting value education in educational system.” Paper presented in the International Conference on “Yoga Research and Value Education” held at Kaivalyadhama, Lonavla (India), Dec. 28-31, 2002.

Objective: to synthesize the terms yoga with value education

Findings: Above all studies we know that concentration is the source of knowledge, Karma yoga and Bhakti yoga increase our concentration, intelligence and humanity. Jesus Christ is the incarnation of Bhakti. Socrates is the incarnation of knowledge (Jnana). So value education and yoga are interrelated.

C.S. Udhaykumar,

“Yoga, values and spirituality.” Paper presented in the International Conference on “Yoga Research and Value Education” held at Kaivalyadhama, Lonavla (India), Dec. 28-31, 2002.

Objective : To review the concept of yoga, spirituality and values tried to interlink them for better education.

Findings: The study showed that Yoga is the awakener. Values are the by-products of this awakening. Values are the efflorescence of the great longing, the yearning to realize, know oneself, as one is, in reality. Values are the natural, spontaneous outcome of this aspiration to realize oneself. Spirituality is the source, Yoga is the way and Values are the flowers.

R.S. Bhogal, J.P. Oak, and T.K. Bera,

“Effect of 9 months yoga training programme on measures of neuroticism, attitude towards yoga and value system.” Yoga-Mimamsa, 34, 1, 2002, 1-12.

Objective : to locate and investigate the real claims and utility of yoga as mentioned in original traditional texts for health, fitness and value education.

Findings: This study will contribute as a resource material for many researchers to undertake further experiments for implementing yoga in real sense for enhancing human health, fitness and value education.

Yoga and Integrated personality

India

J. P. Sharma & D.C. Sharma : A Study of Effect of Yogic Training on Attitude on Secondary School Level Boys.”

OBJECTIVES: This study examined the effect of yogic training on the attitude of school going students.

Sample: 30 Male subjects age ranging between 10 to 16 years was selected by stratified random sampling technique.

TOOLS: A Psychological test namely (Sodhi’s Attitude Scales) has been applied to measure the attitude of the students. The test includes (i) Attitude towards teachers and parents (ii) Attitude towards discipline, (ii) Attitude towards life and humanity, (iv) Attitude towards country. (v) Attitude towards religion.

Main Findings: It shows that

- Most of the subject (80% subject) improved their Attitude towards teachers and parents,

- Most of the subject (70% subject) improved their Attitude towards Discipline.
- Most of the subject (90% subject) improved their Attitude towards Life & Humanity.
- Most of the subject (80% subject) improved their Attitude towards Country.
- Most of the subject (90% subject) improved their Attitude towards Religion.

Arun Kumar & M.K. Muchhal “Effect of Yogic exercise on Academic Stress of Secondary level students

Objectives: This study explored the effect of yogic practices on academic stress of secondary school students and on the components of academic stress, Academic frustration, academic conflict, academic pressure and academic anxiety of secondary school students.

Sample: Secondary level students

Design of the Study: Experimental study based on randomized matching. A pre- test, post T test, control group design with one Experimental group was employed to conduct the present experimental study.

Results: The study shows that yogic practices did help in the reduction of academic frustration, academic conflict, academic pressure, academic anxiety among students of experimental group as compared to the control group students, who were not exposed to yogic practices.

Gupta N, Khera S, Vempati RP, Sharma R, Bijlani RL.

Effect of yoga based lifestyle intervention on state and trait anxiety. Indian J Physiol Pharmacol. 2006;50(1): 41-47.

Objectives: To study the short-term impact of a comprehensive, yet brief, lifestyle intervention based on yoga in diseased and normal individuals.

Sample: Students

Tool: Asanas and pranayama, relaxation techniques, group support, individualized advice,

Finding: Short educational program for stress management and lifestyle modification based on yoga leads to reduction in anxiety.

Parag Javadekar and Manjunath N. K (2012),

“Effect of Surya Namaskar on Sustained Attention in School Children”

Objectives: The present study has been designed to measure the performance of schoolchildren in a digit letter substitution task following the practice of Surya namaskar compared to physical exercise.

Sample: 320 school children between the age group of 12 to 14 years, belonging to both genders was screened and 64 healthy volunteers were selected.

Tools: Digit Letter Substitution Task

Findings: The results showed that there was a significant increase in number of letters substituted per digits in both yoga. The conclusion of the study was physical activity given regularly in a structured manner followed by a supine rest improves the process of attention.

Nagendra, HR. & Pradhan, B. (2010),

“Immediate effect of two yoga-based relaxation techniques on attention in children.

Sample: 208 students between the ages of 13 and 16 were selected for a study

Tools: yoga based relaxation techniques and administered cancellation tests

Findings : concentration and careful visual scanning, which yoga-based relaxation showed to improve by increasing sustained attention. Both techniques showed improvement in automatic functions and attention measures.

R. Ragan, (2009),

“A comparison of cognitive functions of yoga based (gurukula) with modern education system”.

Objectives: The aims of the study were to examine the GES ability to develop cognitive abilities of students to levels comparable with those in MES.

The objectives of the study were

1. To compare changes in levels of Intelligence due to student participation in the two systems.
2. To study the influence of GES and MES on spatial and verbal memories of students.
3. To investigate the effect of GES compared to MES on students attention span.
4. To examine the effect of GES and MES on planning ability scores.

Sample: students.

Tool: an independent sample’s test and The Wilcoxon Signed Ranks Test

Findings: The Wilcoxon Signed Ranks Test comparing the pre-test values within the groups showed that improvements in both groups were significant at $p < 0.4 \times 10^{-9}$ for SR and $P < 0.1 \times 10^{-3}$ for CM.

Suttie, J.(2007),

“Mindfulness and Meditation in Schools for Stress Management”.

Objectives: To study yoga and academic performance, discipline, attendance, and self- esteem

Sample: school students

Findings: The study showed a 20% increase in the number of students who felt good about themselves and a six percent increase in classroom discipline, indicating that students who had high participation in yoga class also had fewer referrals or discipline problems. These research results also showed a “statistically significant” link between yoga participation and better grades.

Gloeckner, N. & Stuck, M. (2005),

“Yoga for children in the mirror of the science: working spectrum and practice fields of the training of relaxation with elements of yoga for children”

Sample: 48 students in the fifth grade

Tools: with normal test

Findings: Results indicated that students appreciated the yoga and general wellbeing was improved. Aggressive feelings, negative feelings and anxiety levels were also reduced.

Meena Venkatesh, (2005),

“The effect of yoga on the personality development of students”.

Objectives: The aim of the present study was to assess the effect of yoga on the personality development of students and the objectives were to study the effect of yoga practices on the muscle strength, dexterity, primary mental functions, emotional and behavioral aspects and the intellectual abilities of the students.

Sample: 55 students were drawn from two coeducational schools in Bangalore

Tools: The Grip strength and Dexterity test to assess the physical development, the Personality Inventory, the school and Home Inventories, GASC, anxiety test and EQ quiz to assess the emotional and behavioral development, the concentration and structure of Intellect abilities tests to assess the primary mental functions and intellectual development.

Findings: The results revealed significant increases in grip strength, Dexterity, Confidence, Self-sufficiency, mental health, Creativity, concentration, Memory and Intellectual abilities of students who practiced yoga.

Findings also revealed significant reduction in Neurotic Tendency, General anxiety. Physiological anxiety and sleep disturbance in the Yoga group.

The results suggest regular practice of yoga techniques had a beneficial effect on the development of personality on the physical, mental, emotional and intellectual levels of

students. In the present study, yoga techniques may prove to be an effective means for producing personality growth in adolescent students.

Abroad

Sandra Benavides & Joshua Caballero:

“Astanga yoga for children and adolescent for weight management and psychological well being - an uncontrolled open pilot study”.

Objective: The objective of the pilot study was to determine the effect of yoga on weight in the youth. Secondly the impact of participation in yoga and self concept and psychiatric Symptoms was measured.

Sample: Twenty children and adolescent

Tool: self concept, anxiety and depression inventories

Results: The result of the study showed that most of the children improved their self esteem and also improved from the anxiety.

Shalabg Avalle, A. and Vallumurgan, V:

“Effect of selected yogic exercise and psychological skill training on selected psycho physiological and psychomotor variables of high level participants”

Objective: The purpose of the study was known the Effects of selected yogic exercise and psychological skill training on selected psycho physiological and psychomotor variables of high- level participants.

Sample: To achieve the purpose of he present study, forty five intercollegiate level pliers form Maruthi College of Physical Education, Coimbatore were selected.

Sample design: The study was formulated as a true random group design, consisting of a pre- test and post test.

Tools: Analysis of covariance statistical technique was used to test the adjusted mean difference among the three groups.

Discussion on Findings: The result of the study showed that experimental groups had significantly reduced in cognitive anxiety; decrease the level of anxiety and nervousness, significant effect of somatic anxiety, significant effect of self confidence, significant effect of hand eye coordination due to yogic exercises and psychological skills training when compared to the control group.

M. Javanbakth, R. Hejazi and M. Ghasemi ; “Effect of yoga on depression and anxiety of women”:

Objectives: This study sought to evaluate the influence of yoga in relieving symptoms of depression and anxiety in women, who were referred to yoga clinic.

Sample: experimental group (N=34), control group (N=31)

Tools: Personnel information questionnaire as Beck and Spiel Berger tests.

Method: Participants were randomly assigned into the experimental and a control group.

Result: The women who participated in the yoga classes showed a significant decrease in state anxiety and trait anxiety.

Chen KM, Chen MH, Chao HC, Hung HM Lin, HS, et al.

Sleep quality, depression state, and health status of older adults after silver yoga exercises: cluster randomized trial. Inter J Nurs Stud. 2008;4:154-163.

OBJECTIVE: To test the effects of six months of silver yoga exercises in promoting the mental health of older adults in senior activity centers, especially among the indicators of sleep quality, depression, and self-perception of health status.

Sample: The experimental (n =62) or the control (n = 66) group

Tool: A cluster randomized trial, Pittsburgh Sleep Quality Index (PSQ) score),

Finding: A 6-month yoga program improved sleep quality, depression, and perceived health status among older adults who reside in the community.

University of Massachusetts-Lowell Department of Exercise Physiology research team, led by Danielle Day, (2011),

“The effects of a classroom yoga and mindful program on student’s physiological stress, perceived behavior and attention”

Objectives: To develop student’s physiological stress, perceive behavior and attention.

Sample: The present study consists of a sample of 36 students in 2nd and 3rd grades.

Tools: statistical interaction

Findings: Overall improvements in 2nd and 3rd graders (statistical interaction effect of time and grade) in social interaction, attention span, ability to concentrate on work, ability to stay on task, academic performance, ability to deal with stress/anxiety, confidence and self esteem.

Boeshansz, M. (2009),

“The effects of curriculum based yoga on children with attention deficit hyperactivity disorder”.

Objective: TO improve and concentrate in the classroom

Sample: Nine sixth grade students 11 to 12 years of age with ADHD.

Tool: survey

Findings: Results showed a decrease in hyperactivity, inattentiveness, anxiety and depression. Yoga sessions also helped participants improve focus and concentration in the classroom.

Mendelson T, Greenberg, MI, Dariotis, JK, Gould, LF, Rhoades, BL, et al.

Feasibility and preliminary outcomes of a school-based mindfulness intervention for Urban youth. J Abnorm Child Psychol. May 4, 2010: DOI:10.1007/s10802-010-9418-x.

Objective: To assess the feasibility, acceptability, and preliminary outcomes of a school-based mindfulness and yoga intervention.

Sample: Ninety-seven 4th and 5th graders in the inner city of Baltimore.

Tool: Questionnaire to assess their stress response, depressive symptoms, and relations with peers and school, all of which used validated instruments.

Finding: A 12-week intensive yoga program improved involuntary stress responses in 4th and 5th graders.

Emergence of the problem: Yoga is essentially a spiritual discipline based on an extremely subtle Science which focuses on bringing harmony between mind and body. It is an art and science for healthy living.

The importance of Yoga in Education is too immense to ignore. Today's education is mostly information-oriented and it needs to qualitative changes in physical, mental, spiritual development of the students in a balanced way. The education with Yoga improves mental faculties, develops positive health, inculcate higher values, develop self realization, provide peace and tranquility and build up moral character as well as integrated personality which can lead us to attain highest goal of life as well as education.

Yoga develops physical, mental, intellectual, emotional and spiritual components, thus building up a well-rounded organic personality

Yoga And Self-Realization: Yoga is a powerful, internal experience, which integrates the body, the senses, the mind, and the intelligence, with the self. Yoga is a system where every person can realize his or her full potential.

Constant work or action is the sign of life. It is essential till we attain self-realization. It promotes man's physical, mental as well as moral and spiritual well-being. Karma-Yoga is the knowledge of the secret of work. The secret of work lies both in its means and its end.

Bhakti-Yoga is the science of supreme love and devotion. It is a genuine search after the Lord; a search beginning, continuing and ending in love and devotion. It is the way of self- realization through ceaseless pure love to God in which the object of love or devotion is not the finite, but the Supreme Reality. According to Vivekananda “Bhakti-Yoga is the path of systematic devotion for the attainment of union with the Absolute.”

Jnana-Yoga is the science of wisdom or knowledge. It is based on the realization that bondage is due to the ignorance regarding the true nature of self. Renunciation or Vairagya is the turning point in the practice of Jnana-Yoga. The aim is to unfold the real nature of Self by the renunciation of selfishness and ego.

Raja yoga is the means for the attainment of concentration. It is the method to conquer the activities of the body and the mind. Human mind is the cause of ego, attachment and bondage. But it is also the instrument to freedom, The particular mind is a fragment of the universal mind and it has the power of continuity of thought with the universal thoughts of the universal mind. The purpose of Raja - Yoga is to stop the activities of the body and the mind through the practice of physical and mental disciplines.

Dhyana is contemplation or meditation. It is the spontaneous and the continuous flow of the process of thought towards the object of concentration. It is the greatest moment in life in which the soul thinks of itself, free from all matter.

Samadhi means super-consciousness, the final step in the practice of yoga. The purification of both body and mind is essential for the realization of this super-conscious state. In this stage, the individual self merges into or becomes one with the Universal Self which is the object of contemplation. The individual self (jivatman) and the Universal self (paramatman) is experienced as a unified whole in the final intuitive experience.

All these spiritual disciplines are essentially designed for the moral purification, intellectual clarification and spiritual sanctification. The practice of yoga is a real solution both for individual perfection and social harmony. It not only annihilates evil elements in man but also promotes social welfare. It is also a method to alleviate the discord and rivalry that exists between the followers of major religions. The harmonious synthesis of yoga, knowledge, devotion and work is the nearest approach to the realization of Universal Religion.

Yoga and Spiritual health

Spiritual health is an important component of our well-being and an integral aspect of the holistic health philosophy. Physical, mental and spiritual health, all the three are deeply intertwined and have a profound effect on one another.

Spatiality gives inner strength to manage difficult situations and to keep smiling. Being established in the Self, your inner peace spreads outward, and makes you a more responsible human being full of caring, sharing and love.

Meditation, yoga and Sudarshan Kriya cleanses even the deepest layers of your consciousness, leaving you rested and refreshed.

Yoga is a holistic package for happy living. It provides techniques to unite the body, mind and breath, and connect to the inner core of our being - the spiritual aspect of our lives.

Yoga cleanses the body and mind of accumulated stress and negative impressions. Pranayamas calm down the agitated mind. With regular practice of yoga poses keeps our body balance and flexibility improves, and makes us healthy, strong and alert.

Yoga practices will help to foster the child's spiritual growth by helping him to see the beauty and light within himself, boosting confidence, and allowing him to feel more comfortable in his body. Yoga will help the child get in touch with who he is inside, and in turn will help connect with himself, others, and the world in a richer, more positive, and peaceful way.

Samprasad Vinod, in his study showed that Material wealth without spiritual wealth is the real cause of all human suffering. . Yoga integrates body, mind, intellect, emotions and spirit. Integration brings harmony and harmony brings happiness.

Isave, in his study inculcates that the values in the mind of people who shape the character of people and make them high moral and highly spiritual individual.

It is clear that the spiritual (as distinguished from religious) aspects of yoga practices are universally acceptable, and more importantly, necessary for healthy development.. Yet, the quest for holistic education must acknowledge the role that spiritual development plays In personal growth and ultimate well-being, and at the very least, open opportunities for Children and students and teachers to become aware and appreciative of their rich inner lives.

Yoga and integrated personality development

Yoga has been propagated as a potential tool for development of integrated personality. Yogic practices if applied in a right way are very useful in developing an integrated personality.

Attitudes are crucial to one's personality. The attitudes influence our cognition and prepare us to behave in a particular way. They are accompanied by emotions and feelings.

Yoga emphasises on adoption of positive attitudes which we call Yogic attitudes. We may define Yogic attitudes as mental predispositions. In simple words, Yogic attitudes can be considered as behaves (internal affective orientation) which guide us as to 'how to approach persons, objects and events in life'. Yogic attitudes develop in a person a positive perspective about various situations and events happening around her/him.

Patañjali in the sūtra emphasises the positive attitudes of friendliness, compassion, gladness and indifference respectively towards happy, sad (suffering), virtuous and vicious people and events.

In relation to happiness, misery, virtue and vice, by cultivating the attitude of friendliness compassion, gladness and indifference respectively, the mind becomes purified and peaceful.

Nevertheless, Yoga puts general emphasis on adopting positive attitude in life which can be developed with Vairagya bhava (detachment), Samatva bhava (equanimity), Sākṣī bhāva

(witnessing as an observer), Niṣkāma bhāva (action without expectations), Kartavya bhāva (dutifulness), Egolessness and Śraddhā (faith).

Astanga Yoga is a Yogic system that has been devised by Maharṣi Patañjali in order to control the mind. Aṣṭanga Yoga was enunciated basically for spiritual development, but it is also very relevant to attain holistic personality. Astanga Yoga would help in physical, intellectual, emotional, social and spiritual development of a person.

J. P. Sharma & D.C. Sharma in their studies showed that Yoga improved student's Attitude towards teachers and parents, and also their Attitude towards Discipline.

M. Javanbakth, R. Hejazi and M. Ghasemi showed that the women who participated in the yoga classes showed a significant decrease in state anxiety and trait anxiety.

Integrated approach to personality means an individual's body, mind and so on. The various dimensions of integrated personality viz. Physical, Emotional, intellectual, social, spiritual can be enriched through the practices of Yoga. It is clear that Yoga education is very relevant in the context of understanding and development of personality.

Therefore, it is concluded that through yoga practices self realization can be promoted spiritual health can be developed and integrated personality can be enriched among the students and teachers of colleges. It unfolds our knowledge from ignorance. Yoga helps us to motivate and concentrate. It focuses on the overall development of the students.

In past research, Most of the studies are available in attention deficiency problem, value development, stress management, psychological well being of yoga in the school level. It has been found that

- Studies on yoga practices and education in higher educational institution and teachers training institution are not found.
- The studies done by the researcher could not focus on the area related to the integration and importance of yoga as an integral part of teacher's training curriculum.
- The studies on self realization, spiritual health and integrated personality are found to be scanty.

The review of research studies showed that there is a need for the present study.

Statement of the problem: Therefore, the researcher prompted to take up the study to find the effect of Yoga on Self-realization, Yoga on Spiritual Health, and Yoga on the personality entitled-

Relevance of Yoga Education to develop self-realization, Spiritual health and integrated personality of B.Ed. students-Teacher.

Significance of the problem: With dynamic changes taking place in all spheres, adolescents in the coming decades will face new and more intense tensions. The practice of Yoga will enable them to unfold a greater and more powerful consciousness through simple physical exercises, meditation, and introspection. The study makes a strong recommendation to the introduction of Yoga in the educational system basically the teachers training courses to give the students an opportunity to develop their physical, mental, intellectual and emotional dimensions for the building of a harmonious personality.

Thus, there has been a pressing need for an in-depth study of the significance of yogic education of the teachers training colleges in the concerned districts. Since the existing data are incomprehensive in providing a basis for the assessment of the problem for formulating any future course of action, so a fresh study has become most imperative.

Research Questions

1st question: Whether yoga education is effective for overall development of the trainee teachers of B.Ed.?

2nd question: Whether yoga education helps to develop self realization?

3rd question: Is there any difference in self realization before and after studying of yoga education among B.Ed. trainee teachers?

4th question: Whether yoga education helps to develop spiritual health?

5th question: Is there any difference in spiritual health before and after studying of yoga education among B.Ed. trainee teachers?

6th question: Whether integrated personality can be achieved through yoga education?

7th question: Is there any difference in integrated personality of before and after studying of yoga education among B.Ed. trainee teachers?

8th question: Whether yoga education can be utilized in the revision of curriculum in teachers training education w.e.f. self realization?

9th question: Whether yoga education can be utilized in the revision of curriculum in teachers training education programme w.e.f. spiritual health?

10th question: Whether yoga education can be implemented in the revision of curriculum in the teachers training programme w.e.f. integrated personality?

Objectives of the Study: On the basis of the study of available literature on impact of yoga education, the investigator drew certain objectives, which has led to the present investigation.

** To study yoga education as a subject in B.Ed. curriculum.

** To study the relevance of yoga Education To develop self realization in B.Ed. curriculum

** To study effect of yoga Education To develop spiritual health in B.Ed. Curriculum.

To study the effect of yoga education to develop integrated personality in B.Ed. curriculum.

Hypothesis of the study: The following Hypotheses are to be considered:

There is a significant difference in self realization among B.Ed. trainee teachers before and after studying yoga education.

There is a significant difference in spiritual health among B.Ed. trainee teachers before and after studying of yoga education.

There is a significant difference in integrated personality among B.Ed. trainee teachers before and after studying of yoga education.

Hypothesis 1 has been formulated under the objectives no 2

Hypothesis 2 has been formulated under the objectives no 3

Hypothesis 3 has been formulated under the objectives no 4

Operational definitions of terms

Yoga: The word Yoga means to join body and mind to soul - Atman to Paramatma. It describes the union with God, which, for many of us, is the ultimate goal in life.

“Yoga” refers to an inner science comprising of a variety of methods through which human beings can achieve union between the body and mind to attain self-realisation.

Self Realization: Self-realization means realizing the true Self as the great ocean of Spirit, by breaking the delusion that you are this little ego, this little human body and personality.

Spiritual health: Spirituality gives inner strength to manage difficult situations and to keep smiling. Being established in the Self, your inner peace spreads outward, and makes you a more responsible human being full of caring, sharing and love.

Integrated Personality: Personality is a central theme of the disciplines of Yoga and psychology. Personality refers to persistent patterns of a person's behavior. It tells about the unique characteristics of a person. Personality development is a multi-dimensional phenomenon. There are several dimensions which need to be integrated. Absence of any one dimension makes one's personality incomplete and lop-sided. For a holistic personality, the following dimensions are required to be integrated

Physical dimension

Intellectual/cognitive dimension

Emotional dimension

Social dimension

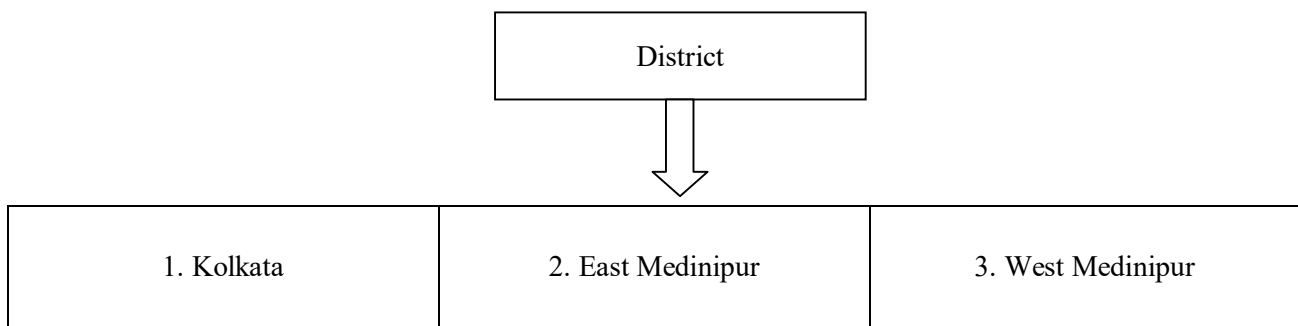
Spiritual dimension

B.Ed. Trainee: B.Ed. Trainee teachers are those who are also called student teachers. They are under a teachers training programme to be an ideal teacher in near future. In the B.Ed. programme the trainee teacher are trained by the methods of teaching, i.e. 'How to teach' the subject matter in the classroom situation.

Methodology

Study Area

- ** The district of East medinipur, West Medinipur, Kolkata are selected for the research work.
- ** Matangini Block, Sutahata Block, and contai Block, Nandigram Block of East Medinipur are selected for the research work.
- ** Khakurda Block, Ghatal sub-Division, Belda Block, Narayangarh Block of West Medinipur are selected for study.
- ** Kolkata North, South, and Kolkata Central are selected for study.
- ** Twenty two B.Ed training colleges from three districts are selected for study.



Field Survey And Observation: It has revealed from various Review Literature and also from the survey of various schools and college's students that most of the students and teachers are being stressed and feeling anxiety due to various socio economic problem. Most of the highly educated unemployed student teachers of B.Ed. training colleges are feeling very stressed. The studies done by the researcher could not focus on the area related to the integration and importance of yoga as an integral part of teacher's training curriculum. So the survey will be conducted among various teachers training colleges in some Blocks of those three districts (Kolkata, East Medinipur, West Medinipur) for the effect of yoga Education in teachers training

Tools: The following scale will be developed by the researcher as per the objectives of the study after referring to various resources including web based resources and will be finalized subjecting to a pilot study.

** Self Realization (Pre and Post-scale)

** Spiritual Health (Pre and Post Scale)

** Integrated Personality (Pre-and Post Scale)

Data Collection: Data will be collected before and after studying yoga education, in semester iv, B.Ed. Adopted scale of self realization, spiritual health and personality will be applied before and after studying yoga education and data will be collected.

Data Analysis: The collected data will be treated quantitatively and qualitatively. For quantitative analysis parameter and non parameter method will be used mostly. Suitable statistical techniques like Descriptive Statistics (Mean, Median, Mode, SD),t- test, ANOVA, considering the nature of data.

Significance and Rationale of the Study: The study on the relevance of Yoga Education for Self Realization, Spiritual Health, and Integrated Personality is a vast research activity. The study focuses on the effect of Yoga Education in various aspects of our lives....

Physical level: Makes the bodywork more efficiently by directing the energies in the most controlled fashion.

Mental level: Enhances the power of imagination, creativity and will power of the mind.

Intellectual level: Enhances the power of sharpness and comprehensive development of the intellect with powerful concentration.

Emotional level: Enables to systematically sharpen and sensitise their emotions.

Spiritual level: Helps to move towards the causal state of the mind by introspection wherein the subtle layers of mind unfold themselves and the inner dimensions of personality open out.

Development of Yoga Education in school curriculum and college curriculum and also the teachers training curriculum have various benefits. It improves the flexibility and range of motion, enhances the balance of the body, mind and soul, builds the greater endurance of a child, helps to cope with any situation, and also increases strength and will power of our mind.

The present study has a great prospects that lead others to research in this field. The findings of this study will be very helpful to the educationist, curriculum frame worker, and also the policy makers. The findings of the study will also be very helpful for the policy makers and educationist to implement the new curriculum policy of yoga education in all the formal education system. The study also focuses on the effectiveness of Yoga Education in the college level through the teachers training programme. This study will encourage the researcher for further study in M.Ed. level as well as any higher education level.

Delimitations of the study: The study will be delimited mainly in the following way-

- *** Spiritual health, Self realization, and Integrated personality are being delimited.
- *** District of East Medinipur, West Medinipur, and Kolkata of West Bengal will be selected for the study.
- *** Total Twenty two B.Ed. training colleges from the three districts of West Bengal of West Bengal will be selected for study.
- *** Five hundred fifty B.Ed. trainee teachers from semester 4 of B.Ed. curriculum of 22 B.Ed. training colleges of West Bengal are being delimited for the study.

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