

A Case Study :

A Study on Yoga Attitude of B.Ed. Students

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ABSTRACT

This study deals with the Yoga Attitude of B.Ed. students. It also deals with the Indian Philosophies originated as back as second century by Maharshi Patanjali. We have further given an idea of the meaning of Yoga as well as its various definition viz. According to Shri Mad Bhagwad Geeta, Vedant Darshan, Yoga Shastra and Maharshi Patanjali. We have tried to understand various types of Yoga viz. Raj Yoga, Gyan Yoga, Bhakti Yoga and Karam Yoga

Key words : Yoga

Six philosophy are important in Indian Philosophy. Nyay, Vaisheshic, Yoga, Mimansa, Sankha and Vedhant. These were generated in second century. Maharshi Patanjali was the originator of Yoga.

Meaning of Yoga :

According to general language, Three meanings of Yoga are Jodna, Samadi and Sanyama. So it is clear that Yoga Word is multi meaning.

Definations of Yoga :

- According to Shrimadbhagwat Gita. (i) "समत्त्व योग उच्चयते" Language. (ii) योग कर्मेषु कौशलम्.
- According to Vedant Darshan. "जीव एवं परमात्मा के मिलन की संज्ञा ही योग है।"
- According to Yog Shastra. "शरीर एवं मन को एकाग्र करके परमात्मा से एक सार होने के मार्ग को योग के नाम से जाना जाता है।"
- According to Yog Praneta Maharsi Patanjali - "योगश्चित् वर्ति निरोधयः".

Types of Yoga :

Four types of Yoga are :

Raj Yoga :

Rajyoga is a combination of small words. It is supreme in all yoga. By this mechanism (Yoga) mental distortions are removed.

Jayan Yoga :

Jayan yog teaches about materializing the facts.

Bhakti Yoga :

Bhaktiyoga is simplest method to know of God. According to Sawami Vivekananad - "Bhaktiyoga is discovery of God.

Karmyoga :

Karmayoga is the way to learn of Both God as well as the world. Karmyogi can do so by living also at home.

Objective of the study :

"The Study on Yoga Attitude of B.Ed. Students"

Sample:

Samples for this study consisted of Fifty B.Ed. students (Girls and Boys) of Shri Ram College, Muzaffarnagar, India by random sampling.

Tool used in the investigation:

Yoga Attitude Scale (YAS) by Dr. M. K. Muchhal, Baghpat, India to measure Yoga-knowledge of B.Ed. students.

METHODOLOGY

In this study fifty students (Girls and Boys) of B.Ed. of Sri Ram College, Muzaffarnagar, affiliated to C.C.S. University, Meerut considered YAS was filled by students of B.Ed.

We give detailed information of this study to the students any confusion among students in regarding yoga was removed.

OBSERVATIONS AND DISCUSSION

Analysis of data: