

Awareness of M.Ed. Trainees Regarding Yoga of Veer Narmad South Gujarat University

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Introduction

In India, yoga is a spiritual process, says the body , mind and soul together (yoga) would work . The term, process and perception is related to the processing of Buddhism and Hinduism. The word yoga with Buddhism from India, China, Japan , Tibet , Southeast Asia and has spread to Lanka and all the people in the civilized world are familiar with .Despite the fame of its definition, is not so sure . Book Bhagavad Gita is considered prestigious. Yoga is the term used many times, sometimes alone and sometimes Sviseshn, such as Buddhiyog, Snnnyasyog, Karma Yoga . Bhakti Yoga and Hatha period Vedottr names have become more common. Mahatma Gandhi's practice of yoga detachment. Patnjl Yogdrshn Kriya word comes into view. Pashupata terms such as yoga and yoga Maheshwar is also discussed. Yoga is the best medicine for the purpose of health. M.Ed. Trainess should have knowledge regarding the Yoga. If they have less knowledge than they have could not give pure health guidance to students. Now days Yoga is useful terms in school health and also in future too. So, to know awareness of them researcher do research on below topic.

Statement of the Problem

Awareness of M.Ed. Trainees regarding Yoga of Veer Narmad South Gujarat University

Keywords

Awareness

Awareness is the state or ability to perceive, to feel, or to be conscious of events, objects, or sensory patterns. In this level of consciousness, sense data can be confirmed by an observer without

necessarily implying understanding. More broadly, it is the state or quality of being aware of something.

In present study awareness means to know awareness of M.Ed. Trainees regarding Yoga of Veer Narmad South Gujarat University.

Yoga

Yoga is the [physical](#), [mental](#), and [spiritual](#) practices or disciplines which originated in [ancient India](#) with a view to attain a state of permanent peace. The term yoga can be derived from either of two roots, *yujir yoga* (to yoke) or *yuj samādhau* (to concentrate). The [Yoga Sūtras of Patañjali](#) defines yoga as "the stilling of the changing states of the mind" ([Sanskrit](#): योग: चित्त-वृत्ति निरोधः). Yoga has also been popularly defined as "union with the divine" in other contexts and traditions.

In present study Yoga is the subject which researcher wants to know the awareness regarding that subject in different sections like Introduction of yoga, the history of yoga, yoga compared with other system of meditation, List of asanas.

Master of education

The **Master of Education (M.Ed., MEd, Ed.M., M.A.Ed., and M.S.E.)** is a postgraduate academic master's degree awarded by universities in a large number of countries. This degree in education often includes the following majors: curriculum and instruction, counseling, school psychology, and administration. It is often conferred for educators advancing in their field. For classroom teachers in some of the states of the USA, including Massachusetts and New York, a master's degree is required to earn a professional license. In most states a master's degree or higher is required for a principal ship or school counseling position.

In present study all the M.Ed. Trainees of Veer Narmad South Gujarat University considered as sample of the study. Researcher took all 62 M.Ed. trainees of VNSGU.

Delimitation of the study

1. The study has been delimited for only M.Ed. trainees who were studying in VNSGU in present year.

2. Researcher only used self-made yoga awareness measurement test for the study.
3. Researcher only chooses different four sections like Introduction of yoga, the history of yoga, yoga compared with other system of meditation, List of asanas.

Importance of the study

The study may important for M.Ed. trainees in VNSGU and also to professors of their. The study may important to government, university and society.

Objectives of the study

1. To know awareness of the M.Ed. trainees regarding Yoga.
2. To study awareness of the M.Ed. trainees taking gender as a variable regarding Yoga.
3. To study awareness of the M.Ed. trainees regarding Yoga.
4. To study awareness of the M.Ed. trainees taking streams as a variable regarding Yoga.

Questions to be answered

1. What is the awareness of the M.Ed. students regarding Yoga?
2. What is the awareness of the M.Ed. students taking gender as a variable regarding Yoga?
3. What is the awareness of the M.Ed. students regarding Yoga?
4. What is the awareness of the M.Ed. students taking streams as a variable regarding Yoga?

Population and sample of the study

Population

All the M.Ed. students of Veer Narmad South Gujarat University whom will read in the present year are the population of the study.

Sample

As a sample researcher choose all the M.Ed. students whom are study in Veer Narmad South Gujarat University in the present year. So, researcher chooses all 62 M.Ed. students of granted and non-granted study in the department of education in Veer Narmad South Gujarat University in present year. The below table shows figures of the samples.

Table No. 1

No. of students in sample of the study

Department of Education							Total
No.	Granted with straems			Non-Granted with straems			
	Science	Commerce	Arts	Science	Commerce	Arts	
No. of Male students	3	2	5	3	1	6	20
No. of Female students	8	3	11	7	3	10	42
Total	11	5	16	10	4	16	62

Research Tools

In a present study to finds awareness of the M.Ed. students and distribute them according to different variances researcher take self-made yoga awareness measurement test of different section like Introduction of yoga, the history of yoga, yoga compared with other system of meditation, List of asanas. The table shows all the require information regarding the test.

Table No.: 2

No. of different questions in section wise

No.	Sections	No. of fill in the blanks with Objectives	No. of Objective Questions	No. of True or False statement	No. of Short questions	Total
1.	Introduction of Yoga	5	5	5	1	16
2.	The History of Yoga	5	5	5	1	16
3.	Yoga Compared with other system	5	5	5	1	16
4.	List of Asanas	Four free answer question				4

The difficulty level of the self-made Yoga awareness measurement test is made according to age of the all students. The self-made environment awareness measurement test should be check by specialists of the university whom works as a professor and have lots of experience in that subject and in research also. The first and last form of the test is being completed after checking by specialists. The no. of questions and questions are remaining as it is. The self-made Yoga awareness measurement test has 52 marks.

Research Method

In the present study survey method was used to collect the data from the M.Ed. students belonged to Veer Narmad South Gujarat University. The survey has undoubtedly been the most popular and the most widely used research method in education. Also, as variances researchers choosed gender and streams of the M.Ed. students. Variables of the study are gender and streams of the students.

Procedure for the data collection

The researcher personally visited all the students and gave them the self-made Yoga awareness measurement test. All the students whom were studying in present year fulfilled all information regarding their status and also fulfilled answers of all questions in given necessary timing.

Statistics for data analysis

For analyzing the data researcher check all the answer sheets and gave marks to all 62 M.Ed. students. By the marks of all students researchers find out mean of all students from their result. For the comparison, researchers use **t-test** for different variances. All the students were distributed in different levels. The below table show different levels according to marks.

Table No. 2

Levels according to the Marks

Level	Marks
Best	41 to 52
Medium	31 to 40
Normal	21 to 30
Low	11 to 20
Very Low	0 to 10

- The levels were suggested by specialists.

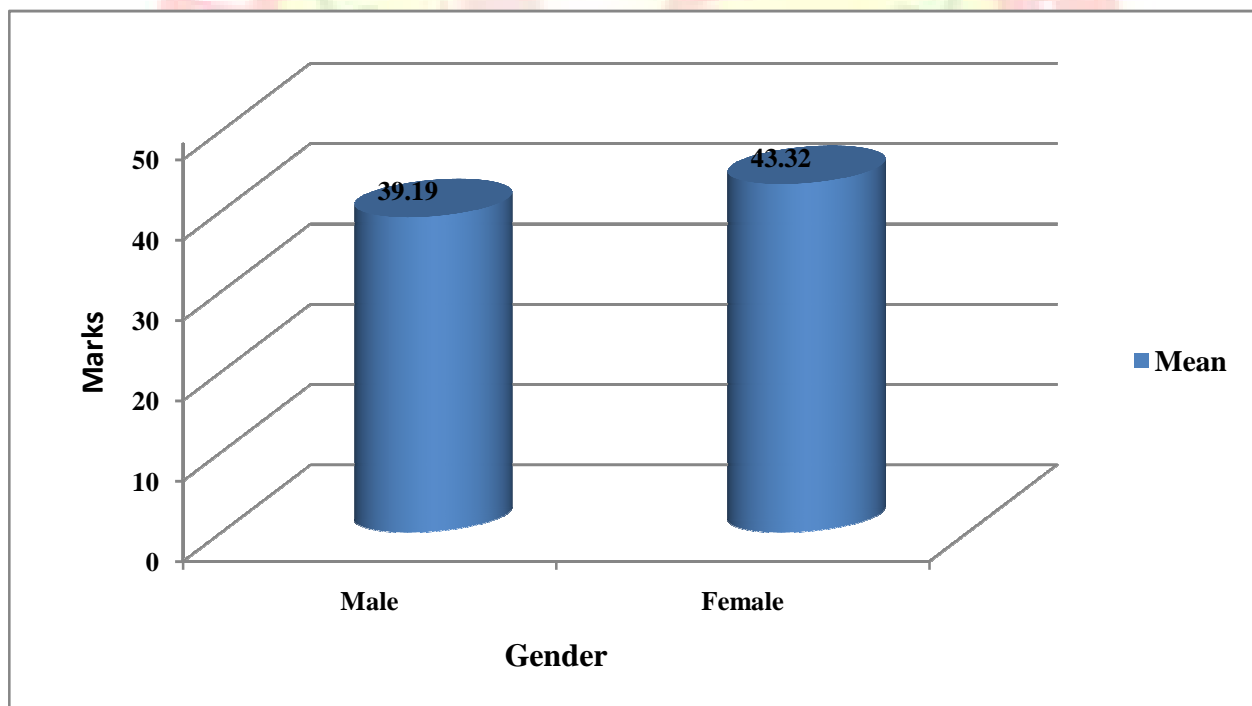
Results and Discussion of Results

According to objectives and data, the information is show in the table below:

Table No. 3

Classification of Information Regarding Gender

Gender	No. of Students	Mean	Total Mean	Standard Deviation	Standard Error	t - Value	Significant
Male	20	39.19	41.99	2.76	0.79	5.22	t Value is significant at 0.01 Level
Female	42	43.32		3.21			



Graph no. 1

Graph shows classification of M.Ed. students regarding their gender

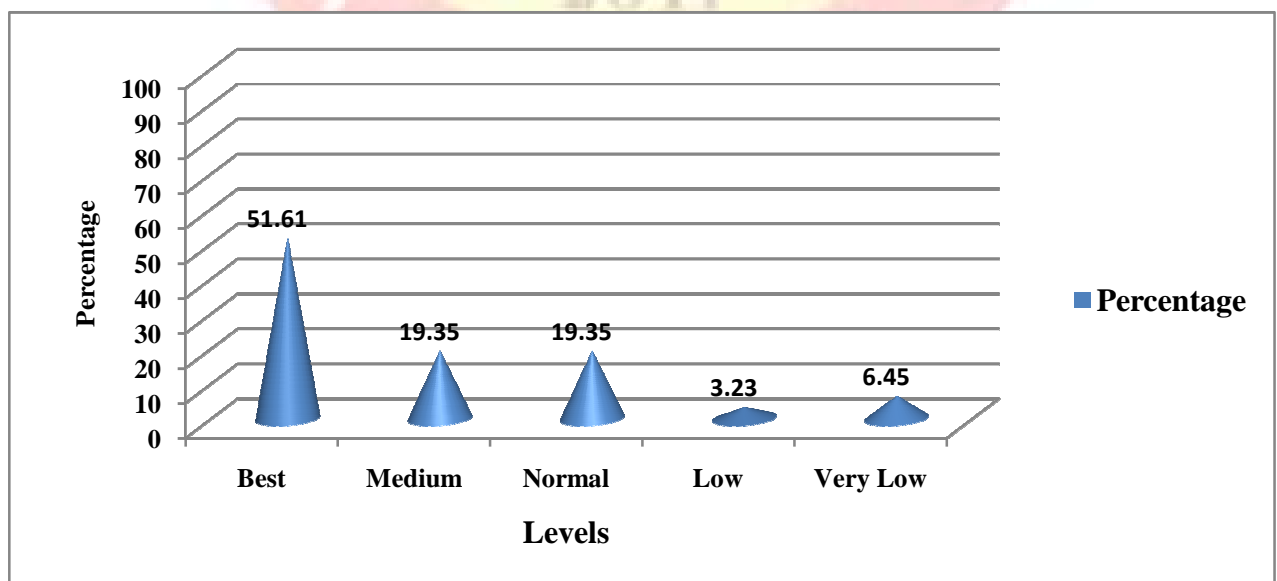
Looking at the table no. 3 shows classification of M.Ed. students regarding their gender. It shows that male's mean is 39.19 and female's mean is 43.32. Also total mean is 41.99. So, according to total mean it shows that the M.Ed. students have **Best level awareness**. Also, from t value is 5.22 significant at 0.01 levels. It shows that Male students have not good awareness than Female students.

Students have been distributed from different levels by their total no. also. Table no. 4 shows that different levels and also percentage of students in it.

Table No.: 4

Classification of no. of students in different levels

Levels	No of Students (Male or Female)	Percentage
Best	32	51.61
Medium	12	19.35
Normal	12	19.35
Low	02	3.23
Very Low	04	6.45
Total...	62	100



Graph no. 2

Graph shows percentages in classification of no. of students in different levels

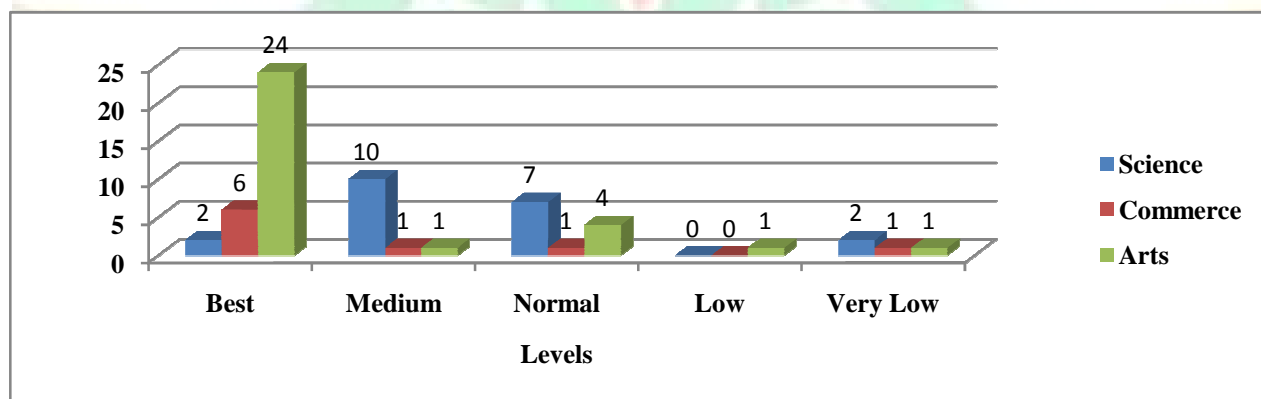
Looking at the table no. 4 classification of no. of students in different levels. It shows that most no. of students 32 with 51.61% exist in Best level. Therefore, from the table we can say that M.Ed. students have Best level awareness.

Students have been distributed according to their numbers and streams in different levels also. Table no. 5 shows that numbers and streams of the M.Ed. students in different levels.

Table No.: 5

No. of students and their streams in different levels

Streams	No. of students in different levels					Total...
	Best	Medium	Normal	Low	Very Low	
Science	02	10	07	00	02	21
Commerce	06	01	01	00	01	09
Arts	24	01	04	01	01	32
Total...	32	12	12	02	04	62



Graph no. 3

Graph shows no. of students and their streams in different levels

Looking at the table no. 5 No. of students and their streams in different levels. It shows that most no. of Science stream students 10 in Medium level. So, we can say that Science students have Medium level awareness. Most no. of commerce students 6 in Best level. So, we can say that commerce students have Best level awareness. Most no. of Arts students 24 in Best level. So, we can say that Arts students have Best level awareness. Hence, all the students have in different stream had Best level awareness.

Findings

- The M.Ed. students have Best level of awareness regarding Yoga.
- The Male students have not more good awareness than the Female students.
- The M.Ed. science stream students have Medium level awareness.
- The M.Ed. commerce stream students have Best level awareness.
- The M.Ed. Arts stream students have Best level awareness.

Implication of the study

1. The M.Ed. students have Best level awareness so they have to continue this type of awareness.
2. The female student's awareness is not as much as male students so they have to increase their awareness.
3. The all streams students have Best level awareness so they have to static their level of awareness by increasing their knowledge regarding the subject.

Conclusion

The study is the short efforts to findings awareness of the M.Ed. students in Veer Narmad South Gujarat University. Other researcher may do these types of work for different subject at different level also. The present study shows that M.Ed. students have best level awareness and all streams students have also.

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