



YOGA – AN EMERGING DISCIPLINE IN PROFESSIONAL TEACHING

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ABSTRACT

These days life is so fast-paced that professional and working populations in general have very little time to spare for themselves. Recession, competition and struggle to uphold a job is making lives even more strenuous and stressful. All these are leading to more and more individuals to search means of well being and calmness. Yoga is one of the very few methodologies that can help to strike this balance. The popularity of yoga is increasing by leaps and bounds all around the globe. It involves development of domain-specific knowledge and skills in teachers and teacher educators. For effective contribution to the social and national development, our society demands a large number of teachers or educators who are professionally competent and responsive to the needs of society. This article, like other challenging and noble professions, aims to highlight the prospect of yoga as professional teaching in our modern society.

KEYWORDS: Spiritual Practices, Healthy Living, Stress, Yoga Practices, Teaching Profession.

INTRODUCTION:

Yoga has its roots in ancient Indian culture and civilization aiming at total development of human personality. It is pragmatic science where everything is tested and verified through direct experience. Yoga is a way to learn and understand the spiritual India. It is associated with the culture and heritage of India. In Sanskrit, yoga means “to unite” and describes a way to live a healthy life. Through yoga, the mind becomes disciplined through meditation and the body becomes aligned and strengthened. As per yoga, it is actually the nervous system of the body that affects our health. The nervous system gets purified with daily yoga and thus keeps our body healthy and strong.

ORIGIN OF YAGA:

The origin of yoga is considered to be as old as human civilization. In spite of extensive research in this field, there are no concrete finding regarding the origin of yoga. It is believed that yoga was originated in India nearly about 5000 years ago. Many western scholars earlier used to believe that it was originated 5000 years ago during the period of Lord Buddha. The practice of yoga is believed to have started with the very dawn of civilization. In Mythological view, the Lord Shiva is considered to be the first teacher of yoga. Yoga being widely considered as an immortal cultural outcome of Indus Valley Civilization dating back to 2700 B.C. has proved itself catering to both material and spiritual upliftment of humanity.

The yogic postures as depicted through stone seals excavated from sides of the Indus Valley Civilization (3000 B.C.) indicate that the yoga was being practiced even during 3000 B.C. The first indication of body culture in yoga is to be traced through the word 'Asana and Pranayam'. This involves not only how posture training came to be regarded as a physical requisite for yoga but also how its later development aided the most comprehensive evaluation of namely physical training, hygiene and social medicine and therapeutics.

NECESSITY:

The ultimate aim of yoga is to attain ultimate freedom – the breaking free from the shackles of cause and effects which tie us to continual reincarnation. Yoga helps one to attain the absolute knowledge of the difference between the spiritual which is timeless, unchanging and free of sorrows. This and this alone can ensure peace and tranquility.

Attainment of peace is possible only if the mind has absolute control on the senses. In yoga, the physical body assumes paramount importance as it serves as an instrument of education for the mind and the nervous system. All the yoga exercises and practices are not meant to display of strength and agility rather they are in reality meant to control purification and coordination of nervous system. The purification of the different systems through yoga on regular basis itself leads to tremendous benefit related to the human physique.

Human nature is generally blissful but eventually they too distracted with their own mind and body. They lose their path from the fundamental truth. This false identification makes us feel imperfect and unhappy. The most important benefits of yoga are the physical and mental therapy. In the present times, there is a strong urge for the demand of yoga all across the globe as it helps in attainment of mental peace, improved concentration, power and relaxed state of living.

PHYSICAL BENEFITS:

There are many health benefits from yoga. Indeed yoga has become widely

known and has been used for treatment of chronic health conditions and management of the symptoms related to acute physical ailment. Studies have shown that yoga can relieve many common and life threatening illness such as arthritis, diabetes, asthma, high blood pressure, back pain, weight reduction and respiration trouble. These days, governmental and non-governmental organizations are gearing up for implementation of yoga in schools and other places to promote healthy living among students. Yoga brings out plenty of potentials among students and many other people.

PSYCHOLOGICAL AND SPIRITUAL BENEFITS:

In the current socio-economic scenario, rat race to be found in every aspect of life from school to university, from village to city, from home to office. It is very common that excessive stress has negative bearing on the health and hygiene of an individual. To resolve the issue of stress and its adverse impact, large number of people is turning towards yoga. Regular yoga practice creates mental clarity and calmness, increase adaptability of human body with the environment, relive stress pattern, relaxes the minds and sharpens concentration. Yoga provides tools through which one can counter the feeling of helplessness and depression. Medical science confirms that yoga can enhance cognitive performance also.

Yogic therapy leads to increase of self knowledge; this is not confined only within the practical knowledge rather it posess to know himself. There is one phrase in Sanskrit 'Atmanong Bridhi' – know yourself or know your spirit. Human quest for knowing himself is perhaps the most unresolved problem. Yoga helps us to do away with this problem.

LIFE STYLE AND YOGA:

In our country, generally we find professional workers like engineers, medical practitioners, defense personnel etc. With rapid change in socio-economic patterns, the carrier patterns in India are also changing. An influx of new carriers is ushering with more materialistic outcome. Things which are not heard earlier, have becoming popular, especially in the urban sectors. Carriers which were considered to be the side business earlier have become the full-fledged profession for the present days for educated person.

We are today living in a world where people have become more health conscious than they ever were. We must acknowledge this sudden change due to the nature of jobs and changing pattern of our life style. The people today are more at risk as work involves sitting in front of computer screens most of the time. Yoga is an option which not only gets you the required work out but also relaxes us. Yoga is one the most natural ways of keeping the human body fit and in shape. It is something that has also spread its wings to advanced countries of the west as well. This natural system which started its journey as long as three thousand years back has been providing optimum benefit to the people and making a distinction among them with health and happiness.

Mostly professionals who have been sharing their knowledge of the science of meditation and yoga are called yogis or Yoga Teachers. With the rise in reputation of holistic and alternative medical care, a lot of importance is being given to yoga teachers and so it has resulted in becoming a great career choice.

YOGA IN ACADEMIC INSTITUTIONS:

For effective contribution to the social and national development, our society demands a large number of teachers or educators who are professionally competent and having profound subject knowledge in the field of yoga. In continuation

with the social requirements along with government initiatives, a number of institutions all over India are now offering courses in yoga training both in under graduate and post graduate levels. Courses are available in degree/ diploma and certificate levels.

Yoga education is considered as a special component in Teachers Training Curriculum. Some of the renowned institutions that offer yoga are: Vidya Gurukul, (Maharashtra), Mangalore University (Karnataka), Antahpragnya (New Delhi), Tilak Maharashtra Vidyapeeth (Maharashtra), Dr. Harsingh Gour Vishwavidyalaya (Madhya Pradesh), Dr. Bhimrao Ambedkar University, (Uttar Pradesh) etc. After completing the education, a student of yoga sciences can look for jobs in the areas like:

- Research Officer- Yoga and Naturopathy
- Assistant Ayurvedic Doctor
- Clinical Psychologist
- Yoga Therapist
- Yoga Instructor
- Yoga Teacher

Over the last few years, the government of India has taken steps to certify yoga teachers in an effort to discourage dubious yoga institutes and yoga teachers with unreliable certifications.

YOGA AS PROFESSION:

Yoga is an ancient art, and a natural way of remaining fit and healthy. It also helps in improving mental health. Practicing physical exercises (Asanas) and breathing exercises (Pranayam) is an integral part of yoga. Yoga is being given prominence all over the world both the developing and developed society. Yoga's efficacy to control lifestyle related disorders is unparalleled. Yoga is known throughout the world because of its simplicity and to a larger extent, it shows no side effects. After declaring 21st June as world yoga day by the UNESCO, the career opportunity of yoga instructor and yoga teacher has increased many folds. Many people demand yoga instructor for yoga therapy, where yoga is focused on specific disease.

There are many scopes to build profession who are interested about the unique flavor of yoga. Over the years yoga has emerged as one of the popular carrier in India. One can choose a career in the field of research and training or can work as a yoga therapist to treat minor ailments and disorders by imparting coaching in yoga. The popularity of the program has opened doors for yoga experts to work as instructors in resorts, gym, schools, health centers, rehabilitation centers, preventive medicine department, tourist resorts, housing societies and large organizations. Even TV channels hire proficient yoga trainers. One can opt for self-employment by opening yoga classes/centers. Several renowned personalities including film-stars have been hiring their personal yoga instructors these days.

Today, yoga is an intrinsic part of lifestyle for people across the country, and the growing number of yoga studios and personal yoga coaching classes are a testimony to this trend. As per survey, with yoga gaining popularity around the world, there's a shortage of trained yoga instructors around the world. The demand for yoga teachers is at an all-time high in Southeast Asia and India has emerged as one of the biggest yoga teachers' exporters to Southeast Asia as well as China. An estimated 3,000 Indian yoga teachers are teaching in China and most of them belong to Haridwar and Rishikesh, which are said to be the yoga capital and home to various yoga schools.

CONCLUSION:

Recently, the government of India has made it mandatory to have Yoga instructor in every school. Private sectors, like other challenging and noble professions, are also hiring Yoga instructors with lucrative job offers. Thus, it may be concluded that yoga teaching carrier is booming. Fitness is the call of today's world, raising the need for a yoga instructor or teacher in the global platform.

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