

M.A. Education
Semester- Fourth

Course Code- EDUCE 207
Credit-06

YOGA AND LIFE SKILLS EDUCATION

Units: 1 to 20

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Syllabus

Unit I: Concept and Significance of Yoga

- Lesson - 1 Yoga and Socio-Moral Bases of Yoga
- Lesson - 2 Ashtanga Yoga of Patanjali
- Lesson - 3 Therapeutic and Psychological Value of Yoga

Unit II: Yoga Education

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- Lesson - 5 Holistic Approach of Yoga Education
- Lesson - 6 Place of Yoga in School Curriculum in India in Current Scenario

Unit III: Pillars of Education and Life Skills

- Lesson - 7 Four Pillars of Education
- Lesson - 8 Life Skills

Unit: IV: Methods of Developing Various Life Skills

- Lesson - 9 Methods and Techniques of Developing Emotional and Social Skills among Children
- Lesson - 10 Methods and Techniques of Developing Thinking Skills among Children
- Lesson - 11 Significance of Yogic Exercises in Developing Life Skills among Children

SAMPLE QUESTION PAPER

Course Type/Nature: Discipline Elective

Course Code: EDUCE 207

Course Title: YOGA AND LIFE SKILLS EDUCATION

Credits = 4 {Marks = 100 (70 + 30)}

Course Objectives

To enable the learners to;

1. Define philosophy of yoga
2. Describe the socio-moral base of yoga.
3. Understand the scientific basis and therapeutic values of Yoga.
4. Classify yoga and list its instruments.
5. Explain medical aspects of yoga in terms of improving mental health and reducing stress
6. Understand the concept of self-development.
7. Develop different life skills (social, emotional and cognitive).

INSTRUCTIONS FOR THE PAPER SETTER AND CANDIDATES

“The question paper for ESE will carry a total of 70 marks and consist of five sections: A, B, C, D & E Section A will consist of 6 objective type questions (MCQ, True/False, Completion type) carrying one mark each and 4 short answer type questions carrying 2 marks each which will cover the entire syllabus uniformly Sections B, C, D & E will have two long answer type questions from the respective Units 1, 2, 3 & 4 of the syllabus & carry 14 marks each. The long answer type questions may contain subparts carrying different marks. The marks for each sub-part and required word limit will be shown against it. Section A of the question paper will be compulsory and the candidates are required to attempt one question (and/or its sub-parts) each from the sections B, C, D and E of the question paper. Answers to short questions should be completed in around 80 to 100 words each. Answers to long answer type question should be completed in around 800 words”.

UNIT 1: Concept and Significance of Yoga 1 Credit

- Concept, Goals and Philosophy of Yoga
- Socio-Moral Bases of Yoga- the universal code of Socio-Moral restraints and Personal Observances leading to ideal adjustments in life and the final Goal
- Ashtanga Yoga of Patanjali, Yamas and Niyamas, Asanas, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi
- Therapeutic and Psychological Value of Yoga

UNIT 2: Yoga Education 1 Credit

- Concept, Need and Significance of Yoga Education
- Objectives of Yoga Education
- Holistic Approach of Yoga Education

- Place of Yoga in School Curriculum in India in Current Scenario.

UNIT 3: Pillars of Education and Life Skills 1 Credit

- Concept of Four Pillars of Education: Learning to Know, Learning to Do, Learning to Live Together, and Learning to Be.
- Life Skills: Concept. Components and Types of Life Skills, Importance of Emotional, Social and Thinking Skills.
- Importance of Life Skills for Growing Minds.
- Need for Life Skills Education,

UNIT 4: Methods of Developing Various Life Skills 1 Credit

- Methods and Techniques of Developing Emotional and Social Skills among Children: Story Telling. Role Playing. Group Discussion, Community Service, Educational Trips. Incidental Teaching, Problem Solving Technique, Project Work.
- Methods and Techniques of Developing Thinking Skills among Children: Socratic Method, Problem Solving. Debates, Riddles and Puzzles, Seminars, Quizzes, Brain Storming, Inductive-Deductive Method and Extempore Activities.
- Significance of Yogic Exercises in Developing Life Skills among Children.

Sessional Work / Activities

Marks = 5 (under CCA Component)

A candidate is required to undertake any one of the following activities and submit a detailed report to the concerned teacher/ PCP Coordinator. The activity will carry 5 marks:

1. Preparation of Scrap Book on any six major Yoga Asanas with their benefits.
2. Information Search and Analysis Skill (ISAS) Project on Self Development
3. Any other activity / activities that the concerned course teacher may think appropriate, can be allotted during PCP to the candidates.

UNIT -I

Yoga and Philosophy of Yoga

Lesson Structure

- 1.0 Introduction
- 1.1 Learning Objectives
- 1.2 Concept of Yoga
 - Self Check Exercise-1
 - 1.2.1 Definition of Yoga
 - Self Check Exercis-2
- 1.3 Goals of Yoga
 - Self Check Exercise-3
- 1.4 Philosophy of Yoga
 - 1.4.1 Metaphysical basis of yoga
 - 1.4.2 Embodiments of Divine Atma
 - 1.4.3 The healing power of Yoga
 - 1.4.4 Essence of Yoga-Vasishtha
 - 1.4.5 Idealism of Yoga
- Self-Check Exercise-4
- 1.5 Summary
- 1.6 Glossary
- 1.7 Answer to Self-Check Exercise
- 1.8 References /suggested readings
- 1.9 Terminal Questions

1.0 Introduction:

Yoga is an ancient practice that involves physical poses, concentration, and deep breathing. A regular yoga practice can promote endurance, strength, calmness, flexibility, and well-being. Yoga has become a widely practiced form of exercise across the world and is increasingly embraced by Western culture as a scientifically recognized approach to health and well-being. Although its origins remain unclear, yoga has a rich tradition. For the common practitioner, it includes yama, niyama, asana, pranayama, pratyahara, kriya, and meditation—practices that promote physical fitness, mental clarity, and emotional stability, ultimately paving the way for spiritual growth.

As a powerful, drug-free system of treatment, yoga follows its own wellness philosophy, which has been scientifically studied and acknowledged. It is one of the oldest metaphysical sciences, exploring the nature of the soul and awakening the superconscious mind, uniting the moral self with the eternal supreme spirit.

Adopting yoga as a lifestyle enhances both physical and mental health. Introducing it at the school level can help instill healthy habits and a balanced lifestyle, fostering overall well-being. Yoga strengthens the connection between the body and mind, contributing to a healthier body and a sound mind. Regular practice improves agility, balance, coordination, strength, and flexibility while supporting the optimal functioning of all bodily systems. Ultimately, yoga plays a vital role in an individual's holistic well-being. Morality is the principal law on which human behavior is based. This is very important where this law comes from either from outside or from inside.

1.1 Learning Objectives

After going through this lesson, you will be able to:

- Understand concept, goals and philosophy of Yoga
- Understand personal observances leading to ideal adjustments in life and the final goal.

1.2 Concept of Yoga:

The origins of yoga are believed to date back to the very dawn of civilization. This ancient science emerged thousands of years ago, predating organized religions and belief systems. Sages carried the profound wisdom of yoga to various parts of the world, including Asia, the Middle East, Northern Africa, and South America. Remarkably, modern scholars have observed striking similarities among ancient cultures across the globe. However, it was in India that the yogic tradition reached its fullest expression. Agastya, one of the Saptarishis, traveled across the Indian subcontinent, shaping a culture deeply rooted in yogic principles.

The term "Yoga" is derived from the Sanskrit root *yuj*, meaning "to join" or "to unite." It represents the union of body, mind, and soul and is both a means and an end. As an end, yoga signifies the ultimate integration of one's personality at the highest level. As a means, it encompasses various practices and techniques designed to achieve this state of harmony. Classical Yoga, as described in the *Yoga Sutras* of Patanjali, one of the most revered texts on the subject, seeks the realization of the *Purusha*, or cosmic being, as one's true self.

Regular practice of yoga fosters a sense of inner peace, well-being, and unity with the environment. It enhances physical strength and flexibility while improving the function of the respiratory, circulatory, digestive, and hormonal systems. Yoga involves moving the body through various postures and poses, forming a spiritual discipline that integrates subtle scientific principles to harmonize the mind and body. It is both an art and a science of healthy living, promoting emotional stability and mental clarity. Ultimately, the goal of yoga is self-development and self-realization. Yoga is the physical, mental, and spiritual disciplines that aim to transform body and mind. Modern scientists suggest that everything in the universe is merely a manifestation of the same quantum field. When one experiences this unity of

existence, they are said to be in a state of yoga and are referred to as a yogi—someone who has attained liberation, known as *Mukti*, *Nirvana*, or *Moksha*. The ultimate goal of yoga is self-realization, leading to the transcendence of all suffering and the attainment of absolute freedom (*Moksha* or *Kaivalya*). Living with freedom, health, and harmony in all aspects of life is the core objective of yoga practice. Additionally, yoga is an inner science encompassing various techniques that enable individuals to realize this union and gain mastery over their own destiny.

Self Check Exercise-1

Q-1: Discuss the term yoga.

1.2.1 Definition of Yoga

Yoga defines itself as a science—a practical, methodical, and systematic discipline designed to help individuals become aware of their deepest nature. The pursuit of this inner realization is not a religious endeavor but an experiential science of self-exploration. While religions prescribe beliefs, yoga—particularly through practices like meditation—focuses on direct experience, as demonstrated by generations of yogis and teachers who have used these techniques to discover their true selves. Yoga does not contradict or interfere with any religious belief and can be practiced by anyone, regardless of their faith or agnostic views.

Yoga is not a religion but a practical tool for self-development. It is an ancient art that fosters harmony between the body, mind, and spirit. Through consistent practice, yoga cultivates inner peace, well-being, and a deep connection with the surrounding world. According to yogic philosophy, "*Yogah Chitta Vritti Nirodhah*", meaning "Yoga is the cessation of the fluctuations of the mind," emphasizing its role in attaining mental clarity and control.

The practice of yoga makes the body strong and flexible; it also improves the functioning of the respiratory, circulatory, digestive, and hormonal systems. Yoga brings about emotional stability and clarity of mind.

1. **According to Sathya Sai Baba**, "The Yoga one should practice is watch the agitation in the mind as a Witness, free oneself from resolutions and even decisions, for and against. Have one's mind and its journey always under control that by understanding the nature and mystery of the mind, as its Witness, naturally brings about this control and freedom from the strain of unnecessary thought.
2. **As Gurudev Sri Sri Ravi Shankar says**, "Yoga is not just exercise and asanas. It is the emotional integration and spiritual elevation with a touch of mystic element, which gives you a glimpse of beyond all imagination."
3. **According to Lord Krishna**, "Yoga is skill in actions."
4. **According to Sri Aurobindo**, "Yoga is the way or method through which internal and external facilities of man meet in totality and

changes occur and by which may achieve God or feel his existence and may become the part of Him."

Thus, Yoga is a process for elevating oneself through calming of mind, also the very states of higher, subtler layers of mind, and conceived as a creative power in man and that of the reality itself.

Self Check Exercise-2

Q-1: What is Yoga according to lord krishna?

1.3 Goals of Yoga:

While the entire aim of yoga is to self-reflect, control the breath, achieve deep relaxation, and grow through meditation, all of this combined will result in better mental, emotional and physical health as we challenge the mind and body through a sequence of yoga asana. Yoga is not one-sided: this is the essence of the whole matter. Yoga is all inclusive -it comprises physical, mental and moral education and culture in the highest spiritual life which is the supreme ideal of existence. When it is said that the statesman or the administrator should first be a philosopher, what is meant is that Spirit should direct matter that the universal should determine the particular, that integration of living in the different stages and strata of the realization of ideals and values should govern personal interest and desire.

Yoga, as given in our scriptures, is a spiritual journey seeking the goal of breaking free from the endless cycle of death and rebirth. Most importantly, Yoga is the goal as well as the tool to achieve this goal. Yoga does all this, and genuine philosophy is life in Yoga. There cannot be different Yoga's for the personal level and social and governmental level, etc. Yoga is one. It is applied in different ways in different departments of life. Yoga is a system of integral education, Le, education not only of the body and the mind or the intellect, but also of the inner spirit. Yoga is the complete life.

Social work, educational reforms and philanthropic deeds, as well as political activity and effort towards national uplift are, at least according to the standard scripture of Yoga - the Bhagavad-Gita - meaningful only in the light of this Yoga of self-integration in the individual, family, community, nation and the world. What can be a greater joy than the hope that the governments of the world, especially of India today, will awaken to the knowledge of this great and grand art and science of life, and bring it into full use in the daily life of the people!

At present no such Yoga is observable in the life of our nation, and the responsibility in this regard is not merely of the government, it is also of the people. They must take more interest in a proper understanding of it and be able to feel how essential it is for significant living. The whole point is whether we live for food, clothing and shelter, and name, fame, power and wealth, or whether there is a deeper and wider purpose in our existence and activity here.

The main goal of yoga, as method in education, is to contribute for the harmonic development of children and young people. The yoga tradition offers a paradigm for such deep self-examination: the purusharthas, or four aims of life. They are the four goals of life in the yogic canon: Dharma, Artha, Kama and Moksha. Yoga is said to produce the accomplishment of these goals. The primary goal of yoga is to

achieve control over the mind. Without mastering the mind, attaining divine communion becomes challenging. However, a self-disciplined individual who puts in sincere effort and channels their energy correctly can reach this state. Yoga aims to harmonize the body, mind, and thoughts, guiding them toward positive and meaningful pursuits.

Modern lifestyles contribute to various diseases, often resulting from poor dietary habits, demanding routines, and environmental pollution, all of which negatively impact human health. The key objectives of yogic practices are to free individuals from ailments, ignorance, egoism, suffering, the hardships of aging, and the fear of death. Below are some of the significant goals of yoga:

1. Dharma: The word dharma, like so many Sanskrit terms, has different meanings depending on context and who's defining it. The idea of one "living one's dharma" has historically meant that a person lives in a way that is in accordance with the laws of nature and destiny. In India in years past, this was sometimes interpreted to mean living according to your caste or gender or some other constricting or arbitrary factor. But another, perhaps truer, interpretation of this is the idea of simply doing on this planet what you were meant to do. **Dharma** is a profound and multifaceted concept, often translated as "duty," "ethics," "righteousness," "work," "law," "truth," and "responsibility." It also encompasses the spiritual teachings related to these principles, as seen in Buddhist and Hindu traditions. At its core, dharma represents one's life purpose—the inner strength that drives an individual to rise each day and fulfill their responsibilities. Dharma Yoga is rooted in all nine forms of yoga, including Hatha, Raja, Karma, Kriya, Bhakti, Japa, Laya, and Jnana. It also integrates the Eight Limbs of Yoga (Patanjali's Ashtanga Yoga), with a strong emphasis on *Yama* and *Niyama*, the ethical and self-disciplinary foundations of yoga.

Artha refers to the material resources necessary to live comfortably and fulfill one's purpose. It includes financial stability, tools, and other essentials—whether it's capital, a computer, or a business suit—that support and facilitate the pursuit of dharma.

Kama is the desire for pleasure and enjoyment, which fuels human motivation. As Rod Stryker explains, the pursuit of pleasure drives all human behavior. Kama encompasses sensuality, but it also includes art, beauty, intimacy, companionship, and kindness—everything that brings joy and fulfillment to life.

Moksha, or liberation, is considered the ultimate goal. As John Friend describes, moksha is about achieving true freedom—both "freedom from" suffering, limitations, and ignorance, and "freedom to" express creativity, live fully, and experience happiness. In its highest sense, moksha signifies complete liberation from the cycle of reincarnation, ultimately leading to enlightenment or *nirvana*.

Self Check Exercise-3

Q-1: Discuss the main goal of Yoga.

1.4 Philosophy of Yoga

The word *yoga* means "to unite" or "to join," and it can be understood as the science of drawing closer to the Divine or universal consciousness. Yoga philosophy provides moral principles, ethical guidelines, breathing techniques, and internal practices aimed at achieving this union with the Divine. It serves as an effective method for maintaining overall health and physical fitness. Through meditation and breathing exercises (*pranayama*), yoga helps relieve stress and promotes a healthier lifestyle. It is also recognized as a powerful remedy for chronic ailments that may be difficult to treat with conventional medicine. Those suffering from back pain and arthritis often benefit from specific *asanas* that strengthen and stretch targeted muscles. Additionally, *pranayama* is highly effective in enhancing lung capacity and improving respiratory function. One of the remarkable aspects of yoga is that its positive impact on both physical and mental well-being becomes increasingly evident over time.

Yoga philosophy uses the analogy of a crystal—naturally clear and pure but appearing to take on the color of any object placed near it. Whether the object is green, red, or blue, the crystal seems to absorb its hue, despite remaining unchanged at its core. Similarly, yoga teaches that we, too, are in close proximity to various external influences, and as a result, we often feel as though we have taken on their attributes. Our mental states and emotional conditions are shaped by our surroundings, yet our true essence remains unchanged. Yoga helps us recognize and transcend these external influences, allowing us to reconnect with our pure, unaltered self.

That is what one calls Yoga, the stillness of the senses, concentration of the mind, it is not thoughtless heedless sluggishness, and Yoga is creation and dissolution.

—Katha Upanishad, 2.6.10-11

The Yoga school of Hindu philosophy is most closely related to the Samkhya school. In both, the foundational concepts include two realities: Purusha and Prakriti.

Yoga is not bound to any specific religion, belief system, or community; rather, it is a science and technology for inner well-being. It works on four fundamental aspects of human experience: the body, mind, emotions, and energy. This has led to the classification of yoga into four main paths—*Karma Yoga*, which focuses on action and selfless service; *Bhakti Yoga*, which harnesses emotions through devotion; *Jnana Yoga*, which engages the intellect and wisdom; and *Kriya Yoga*, which involves energy transformation.

In the *Bhagavad Gita* (Chapter 2, Verse 48), yoga is described as the state of mental equanimity—maintaining balance and stability of the mind in all situations. It emphasizes the ability to remain centered regardless of external circumstances.

Yogasthah kuru karmanisangamtyaktvadhananjaya

Siddhyassiddhyohsamobhutvasamatvam yoga uchyate

In the Kathopanisad (2.6.11) it is said:

Tam yogamitimanyantesthiramindriyadharanam

It means that Yoga is a state where the indriyas (or the senses) are held steadily. In other words it is the mastery of senses and mind.

In the Bhagvat Gita (Chapter 2, verse 53). Sh Krishna explains the state of Sthitaprajna, where he says:

Srutivipratipannate yada sthasyatinishchala

Samadhavacalabuddhistadayogamavapsyasi

It means - when your mind remains steady and unperturbed even on hearing conflicting statements, then you will attain the state of Yoga. This stable state of mind is called Sthitaprajna.

1.4.1 Metaphysical basis of yoga

Metaphysics is a traditional branch of philosophy concerned with explaining the nature of being and the world that encompasses it, although the term is not easily defined. Traditionally, metaphysics attempts to answer two basic questions in the broadest possible terms.

What is ultimately there? What is it like? A person who studies metaphysics is called a metaphysicist or a metaphysician

A central branch of metaphysics is ontology, the investigation into the basic categories of being and how they relate to each other. Another central branch of metaphysics is cosmology, the study of the origin, fundamental structure, nature, and dynamics of the universe.

1.4.2 Embodiments of Divine Atma

The seers of ancient India professed and practised Yoga with its eight components of Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. Though India is the homeland of Yoga, it gains popularity in foreign lands. Indians have neglected Yoga, nourishing the mistaken notion that Yoga is meant for the ochre-robed forest-dwellers who feed on tubers. They think that only recluses and renunciates are worthy enough to practise Yoga. They deluded

themselves, entertaining the wrong idea that an ordinary man has nothing to do with Yoga 1.4.3 The healing power of Yoga.

1.4.3 The healing power of Yoga

Some intellectuals began to think whether there could be a remedy for the heated nerves and worried minds and diseased bodies afflicted by blood pressure and lung diseases. The practitioners of Yoga began to shun drugs, intoxicants and even stimulants and evinced a keen interest to intensify their Yogic practice.

1.4.4 Essence of Yoga-Vasishtha

If the four sentinels that wait at the gates of Moksha (salvation), viz., Santi (peace). Vichara (Atmic enquiry). Santosha (contentment), and Satsanga (association with the wise), are befriended, then there will be no obstacle in the attainment of the final emancipation. Even if one of them is befriended, then he will introduce you to the rest of his companions. If you attain knowledge of the Self or Brahma Jnana, you will be freed from the trammels of births and deaths. All doubts will vanish; all Karmas will perish. It is through ones own efforts alone that the immortal, all-blissful Brahmic seat can be attained. The slayer of Atma is the mind only. The form of the mind is Sankalpas. The true nature of the mind consists in the Vasanas. The actions of the mind alone are truly termed Karmas or actions. The universe is nothing but the mind, manifesting as such only through the potency of Brahman. The mind contemplating on the body becomes the body itself and then enmeshed in it, is afflicted by it. The mind manifests itself as the external world in the shape of pains or pleasures. The mind subjectively is consciousness, objectively it is this universe. The mind attains, through its enemy of discrimination, the quiescent state of Para-Brahman. The real bliss is that one which arises when the mind, diverted of all desires through the eternal Jnana, destroys its subtle form.

SAT-CHIT-ANANDA-SVARUPOHAM

I am Sat-Chit-Ananda Svarupa	Om OmOm
Aham Brahmasmi.I am Brahman	Om OmOm
I am All-pervading consciousness	Om OmOm
I am Sakshi (silent witness)	Om OmOm
Soham, Sivoham: I am He, I am Siva	Om OmOm
I am distinct from body and mind	Om OmOm
I am Immortal All-pervading Soul	Om OmOm

You will soon realise your identity with the Supreme Self and shine in your pristine Brahmic glory

1.4.5 Idealism of Yoga

It is, indeed, not strange that most people do not have access beyond the physical level of yoga, because true yoga needs intense personal discipline, coupled with hard thinking, under the guidance of an able teacher. The majority looks for material advantages, and when yoga promises superphysical and spiritual

blessings, it becomes unattractive to the common mind, clamouring for immediate tangible results.

Yoga is not merely a means of personal regeneration but is universal in character and can be and should be effectively applied in all walks of life-social, national, educational, etc. This concept of yoga ranges beyond not only the physical but also the mental realms of existence. Hence the idea of novices that yoga constitutes physical exercises or merely asanas and pranayamas, etc., is an error. We understand yoga as a cosmic process of the Divine Nature (Aishwara-Yoga) making itself felt in every individual in the Cosmos. Physical exercises have nothing to do with real Yoga, though certain exercises like asanas and pranayamas, bandhas, mudras and kriyas are considered to be aids in Yoga practice.

Self-Check Exercise-4

Q-1: Yoga is not merely a means of personal regeneration but is universal in character. **True/False**

Q-2. Which is Purity of body and mind?

- | | | | |
|----|---------|----|-----------|
| a) | Santosa | b) | Sauca |
| c) | Tapas | d) | Svadhyaya |

Q-3. Yoga is not a way of a better living. **True/False**

1.5 Summary

Today, millions of people around the world have experienced the benefits of yoga, a practice that has been preserved and nurtured by esteemed yoga masters from ancient times to the present. Yoga continues to flourish, becoming more vibrant with each passing day. It serves as a pathway to a healthier and more fulfilling life, enhancing efficiency in work and fostering better control over emotions. Through regular practice, yoga helps achieve harmony between the body and mind, promoting overall well-being. Yoga is the science of life and the art of living. It is India's oldest scientific, perfect spiritual discipline. Yoga is a method of training the mind and body for discovering spiritual truths. Yoga is science of life; it offers us simple, easy remedies, techniques and methods of health and hygiene to assure physical and mental fitness with a minimum of time, effort and expense. Yoga is neither a sect nor an ideology but a practical training of mind and body.

1.6 Glossary

- 1. Yoga:** Yoga is not just exercise and asanas. It is the emotional integration and spiritual elevation with a touch of mystic element, which gives you a glimpse of something beyond all imagination.
- 2. Dharma:** It is a key concept with multiple meanings in the Indian religions-Hinduism, Buddhism, Sikhism and Jainism. There is no single word translation for dharma in western languages.
- 3. Artha:** Artha is one of the four aims of human life in Indian philosophy. The word artha literally translates as "meaning, sense, goal, purpose or essence" depending on the context.

1.7 Answer to Self-Check Exercise

Self-Check Exercise-1

Ans-1:The origins of yoga trace back thousands of years, predating the emergence of organized religions and belief systems. Ancient sages carried this profound yogic science to various regions, including Asia, the Middle East, Northern Africa, and South America. Interestingly, modern scholars have observed and been fascinated by the striking similarities among ancient cultures worldwide.

Self-Check Exercise-2

Ans-1:According to Lord Krishna, "Yoga is skill in actions."

Self-Check Exercise-3

Ans-3:The primary objective of yoga as an educational method is to support the harmonious development of children and young individuals. The yoga tradition provides a framework for profound self-exploration through the *Purusharthas*, or the four fundamental aims of life.

Self-Check Exercise-4

Ans-1: True

Ans-2: Sauca

Ans-3: False

1.8 References /suggested readings

1. Goel, A. (2007) Yoga Education, Philosophy and Practice. New Delhi: Deep and Deep Publications.
2. Jessica Frazier (2014), in The Bloomsbury Companion to Hindu Studies (Editor Jessica Frazier). Bloomsbury Academic, ISBN 978-1-4725-1151-5, pages 24-25.
3. Max Muller (1962). Katha Upanishad, in The Upanishads Part II, Dover Publications, ISBN 978-0-486-20993-7, page 22
4. Meditation and Yoga-Masahiro Oki, published by Oki Yoga publications, Japan, first edition, 1978.
5. Patanjali (circa 200 A.D.) Yoga Philosophy - Guidelines for Life. From The Yoga Sutra

1.9 Terminal Questions

1. What do you understand by yoga?
2. What are the benefits of yoga?
3. Write short notes on the following:
 - a) Metaphysical basis of yoga
 - b) Embodiments of Divine Atma
 - c) The healing power of Yoga
 - d) Essence of Yoga-Vasishtha

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UNIT -2

YOGA AND SOCIO-MORAL BASES OF YOGA

Lesson Structure

- 2.0 Introduction
- 2.1 Learning Objectives
- 2.2 Socio-Moral Bases of Yoga - the universal code of Socio-Moral restraints and Personal Observances leading to ideal adjustments in life and the final Goal
 - 2.2.1 Moral Disciplines and Restraints
 - Self Check Exercise-1**
 - 2.2.2 Disciplines of Self-restraint and Personal Observances
 - Self Check Exercise-2**
- 2.3 Benefits of Yoga
 - Self-Check Exercis-3**
- 2.4 Summary
- 2.5 Glossary
- 2.6 Answer to Self-Check Exercise
- 2.7 References /suggested readings
- 2.8 Terminal Questions

2.0 Introduction:

It is having its own concept of wellness which has been scientifically understood and presented by many. Yoga is one of the most ancient metaphysical sciences, which investigates the nature of soul and, through its discipline, awakens the super-conscious mind of the man which unites the moral being with the immortal supreme spirit. Morality coming from outside points a man what to do and what not to do. But while diseases weaknesses live in the human consciousness the demands and prohibitions will only feed them. True morality cannot be imagined without love, the dynamic unification with the object of attraction. This may be a specific or abstract object. Accordingly, the state of love may be expressed in specific actions or in an abstract state. In the Tradition of Yoga, the process of unification with the object is called Samyama. This is a continuous transition from Dharana (concentration of the rays of attention on the object) to Dhiyana (contemplation and fusion with the qualities of the object) and further to Samadhi (the ecstasy of complete identification with it). The core objectives of yoga practice are to cultivate freedom in all aspects of life, along with health and harmony. *Yoga* also represents an inner science, encompassing various techniques that enable individuals to experience this union and gain control over their destiny. Recognized as an 'immortal cultural heritage' of the Indus-Saraswati Valley civilization, dating back to 2700 B.C., yoga has continually contributed to both the material and spiritual evolution of humanity. At its essence, the practice of *Yoga Sadhana* is deeply rooted in fundamental human values.

2.1 Learning Objectives

After going through this lesson, you will be able to:

- Explain socio-moral bases of yoga - the universal code of socio-moral restraints.
- Understand personal observances leading to ideal adjustments in life and the final goal.
- Understand benefits of Yoga

2.2 Socio-moral bases of yoga: The universal code of socio-moral restraints and personal observances leading to ideal adjustments in life and the final goal

Non-Violence in thought, word, and action is the highest priority for a yogi. Peacefulness is the key to a better world and it is based upon the idea that all life is sacred. Fear, weakness, ignorance, and suffering are the causes of violence. Morality is the principal law on which human behavior is based. This is very important where this law comes from either from outside or from inside. Morality coming from outside points a man what to do and what not to do. But while diseases-weaknesses live in the human consciousness the demands and prohibitions will only feed them. Individual morality originating from the inside is based on love, and can develop in the Individual as a simple and natural state of pure consciousness. And it is obtained through the liberation from mental delusions, a balance of powers and the growing up of the Spirit. The value of such morality is much higher than that, of the social morality dictated by an external authority. True morality cannot be imagined without love, the dynamic unification with the object of attraction. This may be a specific or abstract object. Accordingly,

the state of love may be expressed in specific actions or in an abstract state. In the Tradition of Yoga, the process of unification with the object is called Samyama. This is a continuous transition from Dharana (concentration of the rays of attention on the object) to Dhiyana. Without constant vigilance and balance new mental delusions may develop.

2.2.1 Moral Disciplines and Restraints

At the beginning of Patanjali's eight-fold path of yoga lays the Yamas, the moral, ethical and societal guidelines for the practicing yogi. While we may not strive to reach such a pure state ourselves, the Yamas are still highly relevant and valued guides to lead a conscious, honest and ethical life. Patanjali considered the Yamas the great, mighty and universal vows.

1. **Ahimsa (Non-Violence):** This principle encourages non-violence in thought, word, and action—toward both others and oneself. Often, we create violence through our reactions, whether through judgment, criticism, anger, or irritation. Practicing compassion can be challenging at first, but the key is to extend kindness even to oneself for struggling with it and to embrace the irony with a smile.

2. **Satya (Truthfulness):** This Yama calls for living and speaking one's truth at all times. However, truth must be expressed with awareness of *Ahimsa* (non-violence). If speaking the truth would cause harm, it should be approached with care and sensitivity. Upholding truthfulness fosters respect, honor, and integrity, ultimately allowing one to perceive the deeper truths of the yogic path.

3. **Asteya (Non-Stealing):** This principle goes beyond simply avoiding theft; it extends to not taking anything that is not freely given. Practicing *Asteya* means refraining from taking what belongs to others—not just physically, but also mentally, verbally, or through indirect means. It emphasizes integrity and contentment.

4. **Brahmacharya (Moderation):** This Yama teaches the importance of self-restraint and balance, particularly in controlling physical impulses and excessive indulgences. By breaking free from attachments and addictions, one gains knowledge, vitality, and inner strength. Practicing moderation helps conserve energy, which can then be directed toward higher spiritual growth.

5. **Aparigraha (Non-Possessiveness):** This principle encourages letting go of unnecessary attachments and possessing only what is truly needed. Yogic teachings remind us that material objects are temporary and ever-changing. When we become attached to possessions, we lose sight of our one true, eternal possession—the *Atman* (the Self). By releasing attachment, we create space to receive what is truly essential for our well-being.

Self Check Exercise-1

Q-1: What do you mean by Brahmacharya?

2.2.2 Disciplines of self-restraint and personal observances

Niyama translates to "rules" or "laws" and refers to personal disciplines that guide one's inner life. Unlike the *Yamas*, which focus on external behavior, the five

Niyamas are more personal, shaping the attitude we cultivate toward ourselves as we develop a meaningful and soulful way of living.

1. **Sauca (Purity of Body and Mind):** The first *Niyama*, *Sauca*, emphasizes both inner and outer cleanliness. Outer cleanliness involves maintaining personal hygiene and an organized, uncluttered environment. Inner purity relates to the healthy functioning of the body and a clear, focused mind. *Asanas* (yoga postures) and *pranayama* (breath control) are key practices for internal purification—*asanas* detoxify and strengthen the body, while *pranayama* purifies the lungs, oxygenates the blood, and calms the nervous system. However, the true essence of *Sauca* lies in cleansing the mind of negative emotions such as hatred, anger, greed, lust, pride, and delusion. When we clear the clutter from our personal environment and our mind, we are more able to remain focused on the higher aspects of living consciously, we are less distracted by outside stimulations that take us away from being centered and grounded in our loving nature.
2. **Santosa (Contentment and Modesty):** *Santosa* is the practice of embracing contentment and finding peace within ourselves. It involves accepting life as it is, recognizing that every experience serves a purpose in our growth. By cultivating *Santosa*, we develop the ability to remain at ease, even amidst challenges, viewing them as opportunities for learning and self-discovery. In yoga, this acceptance aligns with the concept of *karma*—understanding that everything happens for a reason. True contentment comes not from longing for what we lack, but from appreciating and finding joy in what we already have.
3. **Tapas (Disciplined Use of Energy):** *Tapas* represents a burning enthusiasm and deep determination to achieve self-realization. It signifies the disciplined effort to channel our energy toward growth and transformation. Literally meaning "to generate heat," *Tapas* refers to the inner fire that purifies the body and mind, removing obstacles on the path to spiritual awakening. It encourages us to engage with life wholeheartedly, using every experience as a tool for self-discovery. Another aspect of *Tapas* involves maintaining awareness of our physical and mental well-being—paying attention to posture, eating habits, breathing patterns, and treating the body with reverence as the vessel of our life force.
4. **Svadyaya (Self-Study and Reflection):** *Svadyaya*, the fourth *Niyama*, refers to the practice of self-inquiry and introspection. Derived from *sva* (self) and *adhyaya* (study or examination), it involves cultivating self-awareness in all aspects of life. Any activity that fosters deeper self-reflection and understanding can be considered *Svadyaya*. It encourages us to consciously observe our thoughts, actions, and limitations, allowing us to embrace both our human and spiritual nature. Through this practice, we learn to remain centered and non-reactive amid life's dualities, shedding self-destructive tendencies and fostering inner balance.
5. **Isvarapranidhana (Surrender to the Divine):** *Isvarapranidhana* is the practice of dedicating all actions to the divine, embracing the flow of life with trust and devotion. It involves deep contemplation of *Isvara* (the higher power) to cultivate love, gratitude, and spiritual awareness in all aspects of life. This practice

encourages us to recognize the divine presence in everything, allowing us to align with our higher purpose and develop a sense of harmony with the universe. Through mindful attention and surrender, we attune ourselves to the natural expression of love and goodness in all things.

Self Check Exercise-2

Q-1: What do you mean by the term Svadhyaya?

2.3 Benefits of Yoga

1. It develops the physical stability.
2. It keeps a person young.
3. It Strengthens the hamstring, calf, and back muscles.
4. It relieves the stiffness of joint, particularly at knee, hip and ankle.
5. It removes excess fat in the abdominal region
6. It gives more flexibility to the vertebral column
7. It is extremely beneficial to the spinal column.
8. It will enlarge the thoracic cavity.
9. It strengthens the back and abdomen muscles.
10. It helps to make the maximum range of movements in all directions in the hip joint
11. It develops the balancing power in the body.
12. It loosens the spinal column.
13. It reduces the excess fat in the sideways.
14. It strengthens the ankles and tones the muscles of the legs.
15. It promotes the spinal bone growth

Self-Check Exercis-3

Q-1. Yoga is the movement of the body through different positions.
(Fill in blank)

Q-2. The word "Yoga is derived from Sanskrit root yuj which means(Fill in blank)

Q-3 Yoga is a system of integral education, i.e., education not only of the body and the mind or the intellect, but also of the inner spirit. True/False

Q-4. Which is the practice of non-violence, which includes physical, mental, and emotional others and the self?

- a) Ahimsa b) Satya
c) Aparigraha d) Brahmacharya

2.4 Summary

Regardless of your yoga experience, you will likely notice its benefits within a short time. While some yoga styles are more intense than others, all forms help build core strength, which is essential for daily activities and becomes even more valuable as you age. Improved strength and flexibility also contribute to better posture. With enhanced core stability and heightened body awareness from regular practice, you are more likely to recognize poor posture and correct it.

Additionally, most yoga styles emphasize deep, controlled breathing, which can expand lung capacity and improve endurance. While many people associate yoga primarily with physical exercises for fitness, it is much more than that. Systematic yogic practices not only help prevent and manage various health conditions but also promote mental clarity and inner peace, leading to overall physical and mental well-being.

2.5 Glossary

1. Kama: Kama often connotes sexual desire and longing in contemporary literature, but the concept more broadly refers to any desire, wish, passion, longing, pleasure of the senses, the aesthetic enjoyment of life, affection, or love, with or without sexual connotations.

2. Moksha: Which means to be set free or release - such as of a horse from its harness?

3. Isvarapranidhan: "to lay all your actions at the feet of God".

2.6 Answers to Self-Check Exercise

Self-Check Exercise-1

Ans-1: It states that when we have control over our physical impulses of excess, we attain knowledge, vigor, and increased energy. To break the bonds that attach us to our excesses and addictions, we need both courage and will. And each time we overcome these impulses of excess we become stronger, healthier and wiser. Practicing moderation is a way of conserving our energy, which can then be applied for higher spiritual purposes.

Self-Check Exercise-2

Ans-1: Cultivating self-reflective consciousness. The fourth niyama is svadhyaya. Sva means "self" adhyaya means "inquiry" or "examination".

Self-Check Exercise-3

Ans-1: postures, and poses

Ans-2: join' or 'unite

Ans-3: True

Ans-4: a) Ahimsa

2.7 References /suggested readings

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3. Yoga A Healthy Way of Living. Upper Primary Stage, National Council of Educational Research and Training, 2015
4. Yoga, Health & Physical Education, Dr. T. Krishnammal, Dr. D. Grace Nirmala PriyakamalPathipagam.

2.8 Terminal Questions

1. Explain socio-moral bases of yoga - The universal code of socio-moral and personal observances leading to ideal adjustments in life and the final goal.
2. Discuss in detail the benefits of Yoga.

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Unit-3

ASHTANGA YOGA OF PATANJALI

Lesson Structure

- 3.0 Introduction
- 3.1 Learning Objectives
- 3.2 Ashtanga Yoga of Patanjali
 - Self Check Exercise-1**
- 3.3 Importance of Ashtanga Yoga
 - Self Check Exercise-2**
 - Self-Check Exercise-3**
- 3.4 Summary
- 3.5 Glossary
- 3.6 Answer to Self-Check Exercise
- 3.7 References/suggested readings
- 3.8 Terminal Questions
- 3.0 Introduction**

Patanjali has prescribed an eight-limbed process of reaching the goal known as Ashtanga Yoga. The eight limbs are Yama, Niyama, Aasan, Pranayam, Pratyahara, Dharana, Dhyaan and Samadhi. For many, Yoga is equal to Asanas; but this is only of the parts of authentic Yoga. Today some kind of reconstruction of thought is necessary to understand clearly what the great Yoga teachers of the past have taught. Patanjali, the systematiser of Yoga, has explained the thoughts through Yogasutra. The term Yoga means a systematic practice and implementation of mind and body in the living process of man to keep harmony with in self, within the society and with nature. Patanjali, an ancient sage, defined yoga as the 'restraining of thought waves'. He compiled 'Patanjali's Yoga Sutras', the aphorisms of yoga, in which he provides an eight-limbed approach for the well-being and purification of body, mind and soul. Ashtanga Yoga is a Yogic system that has been devised by Maharishi Patanjali in order to control the mind. Ashtanga Yoga was enunciated basically for spiritual development, but it is also very relevant to attain holistic personality. Ashtanga Yoga, if adopted properly would help in physical, intellectual, emotional, social and spiritual development of a person. This eight-limbed approach, known as Ashtanga Yoga, is not to be mistaken as a step-by-step approach but a multidimensional approach in which all eight limbs are practised simultaneously. Patanjali explains one of the fundamental principles of Yoga in this chapter. He speaks of Karma and Samskaras and their alliance and how this alliance is the cause of Avidya (ignorance). Patanjali clearly is addressing those who wish to use a systematic method to reach Self Realization. For these he suggests the path of Astanga or Raja. The word Ashtanga is comprised of two Sanskrit words, "Ashta" and "Anga." "Ashta" refers to the number eight, while "Anga"

means limb or body part. Therefore, Ashtanga is the union of the eight limbs of yoga, into one complete, holistic system. In Sanskrit, ashtanga means eight-limbed (asta-eight, anga- limb). Ashtanga Yoga is an eight-limbed path towards achieving the state of Yoga, also known as Samadhi.

3.1 Learning Objectives

After going through this Lesson, you will be able to :

- understand Ashtanga Yoga of Patanjali, Yamas. Niyamas, Asanas. Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.

3.2 Ashtanga Yoga of Patanjali

Over a thousand years later, the Hatha Yoga Pradipika mentions 84 asanas taught by Shiva, stating four of these as most important: Siddhasana (accomplished), Padmasana (lotus), Simhasana (lion), and Bhadrasana (glorious), and describes the technique of these four and eleven other asanas. Yoga philosophy and practice were first described by Patanjali in the classic text. Yoga Sutras, which is widely acknowledged as the authoritative text on yoga.

Yoga is commonly practiced as a routine which helps in improving physical fitness and sometimes as a means to stress management. There is growing awareness that yoga can be effectively used as therapy in treating a variety of ailments, including hypertension, diabetes, heart conditions etc.

Patanjali defines Yoga as yogashchittavrittinirodhah" ||Sutra 2||

In Sanskrit "Ashta anga" is Ashtanga "Ashta" means Eight and "Anga" is limbs so it means Eight Limb path, ashtanga yoga is based on Yoga Philosophy of Patanjali The asanas, Pranayamas or the dharana which we have studied earlier or the yam and niyam are based on the Yoga Sutras of Patanjali. Hence, we will acquaint ourselves with the fundamentals as stated by Patanjali first.

Ashtanga Yoga is the royal eightfold yoga, standardized by the ancient sage Patanjali. Its outset and conclusion is the state of unlimited ecstasy and freedom that forms the core of our being.

The practice of these eight limbs can take up a copious amount of time of one's daily life. Since yoga and the Vedas out of which it grew are life affirmative, the Vedic Seer Vamana presented Ashtanga Vinyasa Yoga, a practice for householders-people with family and a job or business-in which the eight limbs were practiced simultaneously not sequentially. Ashtanga Vinyasa Yoga is a presentation of Ashtanga Yoga, designed for urban people with time constraints. Ashtanga Yoga employs a multitude of techniques, such as postures, breathing, concentration and meditation exercises. We could call it the yoga of techniques. Ashtanga Vinyasa Yoga differs from other forms of yoga in that it is dynamic, whereas most forms are static.

Man is a social being. He has to effectively interact with the external world. Yet he has an internal life where he can think, reflect and conceptualize about the purpose of life. Ashtanga Yoga or the eight limbs of Yoga addresses both these aspects and is aimed at creating harmony in the external as well the internal world. The eight limbs of Yoga are Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.

Ashtanga Yoga



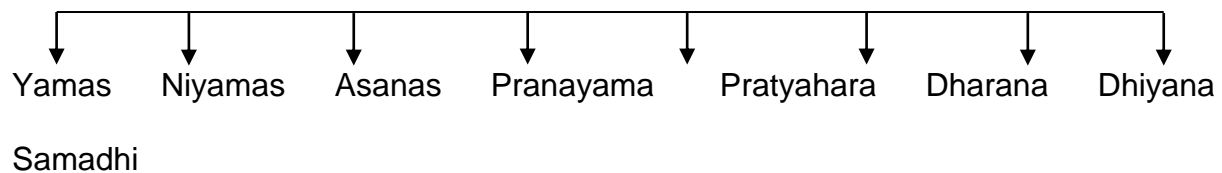


Figure: 1

1. **Yama:** Yama has done more with the social mode of conduct. It helps to harmonize our interactions with the society or the external world.

- The five yamas are:
- Ahimsa: nonviolence
- Satya: truthfulness
- Asteya: nonstealing
- Brahmacharya: continence

Aparigraha: noncovetousness

The five yamas are:

- **Satya (Truthfulness)** – Upholding honesty in thoughts, words, and actions.
- **Ahimsa (Non-violence)** – Refraining from causing harm to any living being, physically or mentally.
- **Asteya (Non-stealing)** – Avoiding taking anything that is not freely given.
- **Aparigraha (Non-possessiveness)** – Taking only what is necessary from nature and avoiding excessive accumulation.
- **Brahmacharya (Sense control)** – Practicing moderation in sensory pleasures, including a balanced approach to sexuality. For renunciants and monks, it may also imply celibacy.

Each of these principles fosters ethical and harmonious social conduct, promoting a balanced and mindful way of living.

2. **Niyama:** Niyama has to do with personal mode of conduct. It helps to maintain self-discipline. It disciplines our internal world.

- The five niyamas are:
- Saucha cleanliness
- Samtosa contentment
- Tapas heat, spiritual austerities
- Svadhyaya study of the sacred scriptures and of one's self
- Isvara pranidhana: surrender to God

3. **Asana:** Sthirasukhamasanam (PYS 2.46)

Asana is to stay in a position firmly with ease. That's how Patanjali defines it. The purpose of asanas or Yogasanas or physical postures is to use the body to gain health and the mastery over the mind. Asanas, or yogic postures, are designed to promote overall well-being and prepare the body for advanced yoga practices. They enhance strength, flexibility, stability, and balance, serving as a foundation for deeper yogic disciplines. Asanas can be meditative postures, such as Padmasana, Sukhasana, and Siddhasana, or dynamic poses that cultivate physical endurance and steadiness. Beyond their spiritual significance, each asana also offers specific health benefits, contributing to both physical and mental wellness.

4. Pranayama: According to Patajali Tasmīn sati avasāpārasavayavagatīviccheda pranayama (PYS 2.49) i.e., to cut the speed of inhalation and exhalation is Pranayama. Pranayama deals with control of the breath, which can improve our physical as well as mental health. Prana, or life energy, flows through subtle channels known as nadis. Pranayama, the practice of breath control, purifies these nadis by removing impurities, a process called "Nadi Shuddhi." This cleansing has a profound impact on both the body and mind, enhancing overall health and mental clarity while fostering a deep sense of well-being. A calm mind is essential for inner exploration, whereas a restless mind cannot attain meditative states. Through regular practice, pranayama naturally leads to the next stage of yoga, Pratyahara, which involves withdrawing the senses from external distractions.

Different types of Pranayama can be classified into four main categories:

1. Balancing
2. Sensitizing Pranayama
3. Cooling and awareness developing Pranayama
4. Resonance and laya Pranayama

5. Pratyahara: Pratyahara is the practice of withdrawing the senses from the external world, preparing the mind for meditation and inner exploration. It serves as the gateway to the inward journey, bridging the transition between external awareness and deep internalization. In this state, the mind becomes free from external distractions, allowing it to turn inward and delve deeper into its own reality.

6. Dharana: Dharana involves focusing the mind on a single internal object, serving as the foundational stage for all internal visualization techniques.

7. Dhyana: Dhyana, or meditation, succeeds Dharana. When the mind remains deeply focused on the object of meditation for an extended duration, it attains the state of Dhyana.

8. Samadhi: Samadhi, or the state of super-consciousness, occurs when a practitioner transcends their sense of individuality through deep meditation, ultimately experiencing Cosmic Consciousness. It is a progressive journey through

various states and experiences, as outlined in the Yoga Sutras. The highest stage, known as 'Dharma Megha Samadhi,' brings complete liberation from all limitations of the body and mind.

Self Check Exercise-1

Q-1: What is the meaning of Ashta anga in Sanskrit?

3.3 Importance of Ashtanga Yoga:

Ashtanga yoga will keep your body moving in coordination with the breath. Breath awareness is particularly important in this practice. This sort of moving meditation and constant focus on the breath will purify and still your mind, relieve you of stress and allow you to alter patterns of unwanted behavior. In terms of Ashtanga Yoga, which gained prominence in the 20th century, offers numerous benefits, including enhanced mental clarity, strength, flexibility, stress reduction, and overall balance of body and mind. These benefits align with Patanjali's Eight Limbs of Ashtanga Yoga, which serve as a guide for living a meaningful and purposeful life. These eight limbs provide ethical principles for moral conduct, self-discipline, and holistic well-being, addressing both physical health and spiritual growth. While each limb can be practiced individually, yoga philosophy emphasizes that physical postures and breathing exercises prepare the mind and body for meditation and deeper spiritual development.

Self Check Exercise-2

Q-1: Discuss the Importance of Ashtanga Yoga.

Table: 1

Limbs of Astanga Yoga	Developmental Dimensions of Personality
Yama	Emotional, Social and Spiritual Development
Niyama	Emotional, Intellectual and Spiritual Development
Asana	Physical and Emotional Development
Pranayama	Physical and Emotional Development
Pratyahara	Emotional, Intellectual and Spiritual Development
Dhara □ a Dhyana and Samadhi	Emotional, Intellectual and Spiritual Development

Self-Check Exercise-3

- Q-1.** Patanjali clearly is addressing those who wish to use a systematic method to reach (Fill in blank)
- Q-2** Patanjali defines Yoga as "yogashchittavrittinirodhah".
True/False
- Q-3** The practice of ten limbs can take up a copious amount of time of one's daily life. True/False
- Q-4** The eight limbs of Yoga are (Fill in blank)
- Q-5** Which has do more with the social mode of conduct.
- a) Yama b) Niyamas
c) Asanas d) Pranayama
- Q-6** Emotional, Social and Spiritual Development related with
- a) Pranayama b) Yama
c) Asanas d) Niyamas

3.4 Summary

In terms of Ashtanga Yoga, it started back in the 20th century, and it was found that there were a few people who influenced it, including Krishnamacharya, Rama Mohan, Pattabhi jobs, and T.K.U Desikachar. It was Pattabhi who developed the main features of Ashtanga, but it was based on Hatha Yoga Ashtanga goal on benefits is to promote harmony within the individuals, to create a greater view of our own reality.

There are many others benefits of the practice of Ashtanga including increase ment clarity Strength, flexibility, decrease stress and balances body and mind. All these benefits come along with Patanjali's eight limbs of Ashtanga. Patanjali, the systematiser of Yoga, has explained the thoughts through Yogasutra. It, therefore, prescribes several sadhanas or directions which are called ashtanga yoga or eight steps of yoga to realize one's essential nature and get instantly free from samsara, the cycle of transmigration, and attain kaivalya or moksha or nirvana. This realization of the Atman is nothing other than attaining the infinite Brahman. Patanjali Yoga Sutras mainly deal with mind control to achieve concentration and physical asanas are one of the eight steps or one of the eight limbs of the Yoga sytem (ashtanga yoga) to achieve that purpose of mind control or chittavrittinirodhah. Thus, the emphasis of Patanjali is more on mind than on physical positions. The main focus of Patanjali is controlling the mind and subduing the fluctuations of the mind, called 'chittavrittis'. Once the mind is calm and peaceful, one gets established in his own true nature Ashtanga Yoga, as propounded by Patanjali, is very relevant for development of a holistic personality. It consists of the following eight limbs: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. All limbs, if practised together help a person in developing all dimensions making her/him a holistic personality Yama can be interpreted as self-restraints or the social code of conduct, which are to be followed in social life. Ahinsa (non-violence), Satya (truthfulness). Asteya (non-stealing), Brahmacharya (continence) and aparigraha(non-acquisitiveness) are yamas. We all know that social problems like murders, corruption, theft, polygamy, rape etc. are caused by the violent tendencies, dishonesty, untruthfulness, greed,

hoarding, stealing and sexual urges. What I understand about the definition of holistic health is an integrated system including physical, mental, spiritual and emotional. It also takes into consideration the whole individual wellbeing and the influences of social, psychological and environment that affect health.

3.5 Glossary

1. **Ashtanga:** Ashtanga means eight limbs or branches, of which asana or physical yoga posture is merely one branch, breath or pranayama is another.
2. **Yamas:** Yamas, and its complement, Niyamas, represent a series of "right thing" or ethical rules within Hinduism and Yoga. They are a form of moral imperatives, commandments, rules or goals.
3. **Niyama :** Niyama literally means positive duties or observances in Indian traditions particularly Yoga, niyamas and its complement, Yamas, are recommended activities and habits for healthy living, spiritual enlightenment and liberated state of existence.
4. **Asana:** Asana is defined as "posture or pose," its literal meaning is 'seat originally, there was only one asana a stable and comfortable pose for prolonged seated meditation.

5. Pranayama: Pranayama refers to the regulation of breath. The term "Prana" signifies breath or the vital energy that sustains life, while "Ayama" means control or expansion. On a deeper level, prana represents the life force that governs all bodily functions, and pranayama involves techniques to harness and regulate this energy.

6. **Pratyahara:** Pratyahara means literally "control of ahara," or "gaining mastery over external influences. It is compared to a turtle withdrawing its limbs into its shell the turtle's shell is the mind and the senses are the limbs.
7. **Dharana:** Dharana is the sixth stage, step or limb of eight elucidated by Patanjali's Ashtanga Yoga or Raja Yoga. For a detailed account of the Eight Limbs, refer to the Yoga Sutras of Patanjali.
8. **Dhyana:** (in Hindu and Buddhist practice) profound meditation which is the penultimate stage of yoga.
9. **Samadhi:** A state of intense concentration achieved through meditation in yoga this is regarded as the final stage, at which union with the divine is reached (before or at death)

3.6 Answer to Self- Check Exercise

Self- Check Exercise-1

Ans-1: In Sanskrit "Ashta anga" is Ashtanga "Ashta" means Eight and "Anga" is limbs so it means Eight Limb path, ashtanga yoga is based on Yoga Philosophy of Patanjali. The asanas, Pranayamas or the dharana which we have studied earlier or the yam and niyam are based on the Yoga Sutras of Patanjali.

Self- Check Exercise-2

Ans-1: Ashtanga yoga will keep your body moving in coordination with the breath. Breath awareness is particularly important in this practice. This sort of moving

meditation and constant focus on the breath will purify and still your mind, relieve you of stress and allow you to alter patterns of unwanted behavior.

Self- Check Exercise-3

Ans-1: Self-Realization

Ans-2: True

Ans-3: False

Ans-4 Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi

Ans-5: a) Yama

Ans-6 b) Yama

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3.8 Terminal Questions

1. Explain Ashtanga Yoga of Patanjali.
2. Explain the importance of Ashtanga Yoga.
3. Write short note on the following: -
 - (a) Yamas and Niyamas
 - (b) Asanas and Pranayama
 - (c) Pratyahara and Dharana
 - (d) Dhyana and Samadhi

Unit-4

THERAPEUTIC AND PSYCHOLOGICAL VALUE OF YOGA

Lesson Structure

4.0 Introduction

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4.2 Therapeutic Value of Yoga

Self Check Exercise-1

4.2.1 Yoga therapies in anxiety disorders

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4.2.3 Alcohol dependence syndrome and yoga therapy

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4.5 Answer to Self-Check Exercise

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4.0 Introduction

This literature review is both timely and significant, offering valuable insights into the therapeutic benefits of yoga across various populations and health conditions. Therapeutic yoga refers to the use of yoga postures and practices as a means of addressing specific health concerns. Yoga provides benefits for individuals of all ages, promoting mental well-being, physical fitness, improved physiological functions, and spiritual growth. The advantages of practices such as Yoga Asana, Pranayama, Mudra, Shatkarma, and Meditation extend to all aspects of our being. To fully comprehend these benefits, it is essential to understand the different dimensions of our existence. According to ancient scriptures, we are fundamentally the eternal Spirit or Atma, which manifests in the world through not only the physical body but also subtler layers of being.

4.1 Learning Objectives

After going through this Lesson, you will be able to:

- Understand Therapeutic Value of Yoga.

4.2 Therapeutic Value of Yoga:

Numerous mental health benefits can be gained from a yoga therapy practice. It has been shown to improve mood associated with mental illness, improve self-regulation, reduce stress, and increase resilience. The word "yoga" conjures up images of extreme poses, stretches and near miraculous physical feats, all being done by the stereotyped yogi-like person. The use of yoga, in mundane and less glamorous applications like physical therapy and medicinal healing, in addition to its established role in physical and mental conditioning, is growing at a phenomenal rate. It is generally accepted that the philosophy, theory and practice of yoga were systematized by the sage Patanjali in his classic work, Yoga Sutras. In it, the sage the eight limbs or stages of yoga. Initially, the practice of asanas or postures (hatha yoga) was the public's perception of yoga. Then came meditation, popularised and propagated by many organizations including the TM organization, Brahma Kumaris and the Art of Living Foundation, to name but a few of the international groups. The practice of breath control or pranayama, though an integral and core part of the eight-limbed yoga, was not as popular. The spread of the concept of mindfulness and the mind-body connection has served to include and integrate pranayama into the practice of yoga in the western world.

Yoga therapy is a holistic mind-body practice that supports physical, emotional, and mental well-being. It incorporates movement, mindfulness, meditation, relaxation, and breathwork to promote relaxation, reduce stress, and manage various health conditions alongside conventional medical treatment. This therapeutic approach involves guided yogic practices and teachings aimed at preventing, reducing, or alleviating structural, physiological, emotional, and spiritual discomfort or limitations. Yoga practices help enhance muscle strength and flexibility, improve respiratory and cardiovascular function, aid in addiction recovery, alleviate stress, anxiety, depression, and chronic pain, regulate sleep patterns, and contribute to overall well-being and a better quality of life.

The old adage "prevention is better than cure" traditionally propelled the practice of yoga. Now an increasing emphasis is being placed on the therapeutic value and aspects of yoga. The approach adopted in the practice of western medicine has been to treat the illness as the trigger for the initiation of treatment. Only when we are sick would we seek a cure. The approach adopted by yoga has been to adopt a holistic approach to living so as to maintain one's health: the curative versus the preventive, the eastern versus the western. These two approaches were initially viewed, particularly by western medicinal practitioners, as being incompatible, the legacy of the religious traditions of the monotheists that engendered and fostered an unnatural binary view of the world. In this world, healing systems that were thousands of years old, like yoga, were arrogantly dismissed. Mercifully, a more enlightened approach is gaining acceptance, one that treats both systems as complementary. This move is reflected by increasing studies on and incorporation of these alternative and older systems and approaches to healthcare and management. There is no doubt that the relief and cure brought out by "western medicine is real and fast. In some cases extraordinary and almost miraculous. Nevertheless, it has limitations like everything in the world and it is expensive. It also inculcates or tends to inculcate the view that our health is the doctors' business. The practice of therapeutic yoga, for instance, does not bring about immediate relief but can result in long-term relief. Lower back pain is viewed

by many as the bane of the modern world. It limits or prevents an active lifestyle and disrupts sleep. Both lead to a downward spiral in health. One can opt for the daily use of pain killers and or sleep inducers (or combined pain killers and sleep inducers) for immediate and daily relief but run the risk of addiction and its attendant ills, or embark on a programme of therapeutic yoga for long- term relief. The latter requires, of course, a daily commitment and investment of time to the programme for relief in the first instance and subsequent maintenance practice. Amazingly, many people find this difficult to do. Yoga can be practiced in all stages in life from the young to the old. In an aging population it focuses on pranayama, meditation and slow mindful movements. In the younger it can be rather strenuous: to build strength, endurance and conditioning. Irrespective of the approach or type of yoga, the concept of mindfulness is integral to the practice for the mind-body connection is stressed. This awareness of the body has an invigorating and therapeutic effect on it. Its practice requires a mindset change for many as they are accustomed to living "mindlessly," which can be described as performing an action while the mind is elsewhere.

As engagement in mind-body fitness programs like yoga continues to rise, it is essential for healthcare professionals to understand the nature of yoga and the scientific evidence supporting its therapeutic benefits. This manuscript offers insights into the healing effects of yoga, as explored in various populations and across a wide range of health conditions and ailments.

It is said that healing begins within. This process is enhanced when we are in touch with ourselves. The practice of yoga allows us to experience our feelings and sensations, to become aware of our body and its limitations. It allows being able to listen to our body, so necessary not only to the healing process but also to prevent injuries. Too often we injure ourselves because we are unable to interpret the signal emanating from our bodies. Regular practice of yoga, for therapeutic or conditioning stabilizes the body and mind, promotes good physical and mental health, and provides the ability to recover quickly from illnesses and injuries. It must be a part of any health promotion programme.

Yoga is a mind-body fitness practice that integrates physical movement with a mindful awareness of the self, breath, and energy. Its healing system is based on four fundamental principles. The first principle views the human body as a holistic entity, where all dimensions are interconnected, and the well-being of one aspect affects the others. The second principle recognizes that each individual is unique, requiring a personalized approach to practice that respects their specific needs. The third principle emphasizes self-empowerment, where the practitioner becomes their own healer. By actively engaging in the healing process, individuals cultivate inner transformation and a deeper sense of autonomy, rather than relying solely on external sources for healing. Some of the procedures of yoga, for example, chanting 'Om' has shown that some regions of the brain actually become 'calm', their activity becomes less. Why should the activity of the brain become less? These are the areas of the brain which, in an emotionally excited situations function more. So, it seems there is a neuro-physiological correlation of reduced emotionality, which in turn makes the process of brain-repair get better. So, these are the examples of why yoga would help the brain function better and protect it from other possible harmful effects.

- 1) **Jnana yoga:** We do psycho-education. We improve the individual's understanding of the disease, what he needs to do and what the family needs to do - jnaana.
- 2) **Bhakti yoga:** We know that when patients have faith in their doctor, they obtain better benefits. In fact, inducing faith is also establishing better rapport. In psychotherapy, this is one of the important preconditions. When you improve the rapport, the person develops more faith in the doctor's treatment and both of them can work together better. So, that's Bhakti yoga.
- 3) **Karma yoga:** it is something that you are seeing in the Psychiatric Rehabilitation centre Patients with psychiatric disorders who have lost their motivation are motivated to engage in useful and constructive activities, get themselves trained. This is very helpful for them. So we are using Karma yoga every day.
- 4) **Raja yoga:** It is a form of many other things, which include yogasana, meditation, and on. The patient helps himself (self-help) to recover. We use yogasanas and pranayama, which are very well incorporated as part of Raja yoga. And, of course we have meditation, which we selectively use. We don't use it with all patients. In fact, meditation is one of the key elements of Raja yoga. But, we know psychiatric patients may have difficulty in trying to meditate.

Self Check Exercise-1

Q-1: Discuss the term Yoga therapy.

4.2.1 Yoga therapies in anxiety disorders

Yoga has been demonstrated to cause change in the neurophysiological markers of stress and anxiety like GSR and stress hormone levels. With practice of relaxation techniques, improvement in the anxiety disorders has been noted. Hence yoga has been tried as treatment for anxiety disorders.

4.2.2 Yoga therapies in schizophrenia

Schizophrenia is a more severe psychiatric disorder that has benefited from yoga. Initial results in chronic inpatients exposed to yoga were encouraging (Nagendra et al. 2000). This led to a randomized trial comparing yoga and exercise in outpatients of schizophrenia. While both interventions benefited the negative symptoms and quality of life, yoga was better.

4.2.3 Alcohol dependence syndrome and yoga therapy

Depression is a common co-morbidity with alcohol dependence syndrome (ADS) and predicts relapse especially in early withdrawal state, with the relapse rate of around 50%. In a randomized controlled trial, 60 inpatients of ADS, detoxified in the first week, were randomized into SKY or treatment as usual groups.

Self-Check Exercise-2

- Q-1:** Yoga is a form of mind-body fitness that involves a combination of muscular activity and an internally directed mindful focus on awareness of the self..... (Fill in blank)
- Q-2:** Pharmacological treatment of insomnia is often associated with hazardous side effects such as states of confusion, psychomotor performance deficits nocturnal falls, dysphoric mood, impaired intellectual functioning and daytime sleepiness, especially in older adults. True/False
- Q-3:** Yoga is Chitta-vritti-nirodhah, restraint of the mind-stuff or the psychological apparatus inside, generally known as the..... (Fill in blank)

4.3 Summary

When discussing yoga, people often highlight its physical benefits, such as increased strength, flexibility, and relaxation. It is well-documented that yoga can lower blood pressure, slow heart rate, and even aid in weight management while improving balance and coordination. However, its impact on mental, psychological, and cognitive well-being is often overlooked. According to a review in *Harvard Mental Health* (April 2009), yoga has been shown to help reduce anxiety, depression, and certain forms of Post-Traumatic Stress Disorder (PTSD). Additionally, recent studies suggest that yoga may enhance social connections, alleviate stress, and improve sleep quality. Its therapeutic effects have proven particularly beneficial for individuals dealing with depression and anxiety disorders.

4.4 Glossary:

1. **Therapeutic:** Relating to the healing of disease.
2. **Psychological Value:** The process of according value to a symbol is psychological and social. Money is a social institution based on the consent of the population and a psychological symbol based on the consent of the individual.

4.5 Answer to Self-Check Exercise

Self-Check Exercise-1

Ans-1: Yoga therapy is a holistic mind-body practice aimed at enhancing physical, emotional, and mental well-being. It incorporates movement, mindfulness, meditation, relaxation, and breathwork to promote relaxation, reduce stress, and support the management of various health conditions alongside conventional medical care. Through guided yogic practices and teachings, yoga therapy helps prevent, reduce, or alleviate structural, physiological, emotional, and spiritual discomfort, fostering overall healing and balance.

Self-Check Exercise-2

Ans-1: the breath, and energy

Ans-2: True

Ans-3: Mind

4.6 References/suggested readings

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4.7 Terminal Questions

1. What do you understand by Therapeutic Value of Yoga?
2. Explain Yoga therapies in anxiety disorders.
3. Discuss Yoga therapies in schizophrenia.

Unit-5

PSYCHOLOGICAL VALUE OF YOGA

Lesson Structure

- 5.0 Introduction
- 5.1 Learning Objectives
- 5.2 Psychological Value of Yoga

Self Check Exercise-1

- 5.2.1 The Five Mental and Psychological Benefits of Yoga

Self Check Exercise-2

- 5.2.2 Psychological aspects leading to origin of Yoga
- 5.2.3 Psychological Benefits

Self Check Exercise-3

- 5.3 Summary
- 5.4 Glossary
- 5.5 Answer to Self-Check Exercise
- 5.6 References/suggested readings
- 5.7 Terminal Questions

5.0 Introduction

This literature review is both timely and significant, offering valuable insights into the therapeutic effects of yoga across various populations and a wide range of health conditions. Therapeutic yoga involves the application of yoga postures and practices to support the treatment of medical conditions. Yoga benefits individuals of all ages, promoting mental tranquility, physical fitness, overall health, improved physiological functions, and spiritual growth. The advantages of Yoga Asana, Pranayama, Mudra, Shatkarma, and Meditation extend to all dimensions of our being. To fully grasp these benefits, it is essential to understand the different levels of our individual existence.

According to the scriptures, we are essentially the eternal Spirit or the Atma. The spirit manifests in the world by taking a body, not just the gross physical body, but also associated subtler bodies that constitute our being. The Upanisads talk of five bodies or sheaths that accompany us when we manifest as an embodied self or Jiva. Just like a manual of a car will describe all the parts and its functions, the Upanishads have explored the various levels of manifestation in our being. These five layers, or sheaths, are called 'Pancha Kosha'. They are as follows: Physical body (called Annamaya Kosha), Pranic Body (Pranamaya kosha), Mental body (manomaya kosha), Intellectual body (Vigyanamaya kosha), and Bliss Sheath (Anandamaya kosha).

5.1 Learning Objectives

After going through this Lesson, you will be able to:

Explain Psychological Value of Yoga.

5.2 Psychological Value of Yoga:

Practicing Yoga can positively affect your mood, behaviour and overall mental health in various ways. For students or working professionals, daily Yoga practice brings increased concentration, relaxation and peace of mind, helps to relieve symptoms of anxiety, stress, and so on. 2021, Yoga is Chitta-vritti-nirodhah, restraint of the mind-stuff or the psychological apparatus inside, generally known as the mind. The different ways of controlling the mind or restraining the Chitta constitute the whole procedure of Yoga. Yoga is not magic or a feat of any kind, physical or mental. Yoga is based on a sound philosophy and deep psychology. It is an educational process by which the human mind is trained to become more and more natural and weaned from the unnatural conditions of life: Yoga has particular concern with psychology, and, as a study of the 'self, it transcends both general and abnormal psychology, and leads one to the supernormal level of life. In yoga we study ourselves, while in our colleges we are told to study objects. Not the study of things but a study of the very structure of the student is required by the system of yoga, for the known is not totally independent of the knower.

According to Yoga psychology, bondage is the illusory assumption, or imagination rather, on the part of spirit or consciousness, that it has the characteristics of the object, of Prakriti or matter or something which is just the opposite of itself. All movements in nature belong to Prakriti, and not to Purusha. Students of Yoga know very well that the movement of the Prana has something to do with the mind, that the mind and the Prana are inter-related in some way, and as such, Pranayama helps control of the mind. Even as the mind and the body cannot be separated into watertight compartments, the Prana and the mind also cannot be so isolated. Yoga practices done with breath awareness, pranayama and meditation can help to bring calmness of the mind. They can reduce anxiety and tension. A calm mind is a prerequisite for meditation and higher practices of Samadhi, which leads to spiritual evolution. Fluctuations of mind can be removed by Hatha Yoga practices like Trataka (concentration on a point or object) and pranayama. Many spiritual seekers use the way of knowledge, or 'Jnana' as their path to realization. They rely mainly on intellectual understanding of the Self as explained in the scriptures. They may not do any yogic practices per se, yet there are yogic practices which can help them improve the quality of their contemplation on the truth. Many of the practitioners of Jnana Yoga use Pranayama as a means to reduce the menace of the mind. The mind is like a monkey that is constantly active without our permission.

Self Check Exercise-1

Q-1: Discuss the Psychological Value of Yoga.

5.2.1 The Five Mental and Psychological Benefits of Yoga

1) Yoga Enhances Mental Well-Being:

Do you often feel stressed and overwhelmed, as if carrying the weight of the world on your shoulders? Yoga can help you release those burdens and cultivate a sense of calm. According to the British Psychological Society, yoga promotes mindfulness by focusing on breath and body awareness, making it an effective tool for soothing

the mind and alleviating worries. Through its combination of poses and breathing exercises, yoga helps discharge tension and stress, allowing individuals to free themselves from negativity. As a result, regular yoga practice contributes to improved psychological well-being.

2) Yoga Alleviates Anxiety and Depression:

Incorporating relaxation, meditation, social connection, and physical movement, yoga has been shown to effectively reduce anxiety and depression. According to a Harvard University article, yoga helps regulate the body's stress response system, promoting emotional balance. By lowering blood pressure, slowing heart rate, and enhancing respiratory function, yoga equips individuals with natural tools to manage stress and improve mental well-being—offering a holistic alternative to medication.

3) Yoga Enhances Memory and Focus:

At times, maintaining concentration on daily tasks can be challenging. Fortunately, yoga offers a proven solution. According to *Women's Fitness*, yoga significantly improves memory and focus. Practices like *Dharana*—the art of concentration—help clear the mind, calm the senses, and enhance mental clarity, making it easier to stay attentive and engaged.

4) Yoga Helps Prevent Mental Health Issues in Adolescence:

Adolescence is a critical stage where individuals are more susceptible to developing mental health challenges. With the rising number of psychological disorders diagnosed in teenagers, it is essential to adopt preventive measures. Yoga serves as an effective practice to support mental well-being and reduce the risk of such conditions.

5) Yoga Alleviates the Impact of Traumatic Experiences:

Survivors of abuse and military personnel who have faced combat often develop Post-Traumatic Stress Disorder (PTSD). This condition is characterized by symptoms such as nightmares and flashbacks. Practicing yoga has been shown to help reduce the effects of trauma, promoting emotional healing and resilience.

6) Yogic attitudes for personality development: 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. Attitudes can be both positive and negative. Positive attitude prepares an individual to behave in a positive way, while negative attitude brings negative proneness in one's behaviour. Simply put, our behaviour is the reflection of our attitudes. Hostility reflects the negative attitude, while friendliness reflects the positive attitude. A person with negative attitude may find faults in other persons, objects, and situations; while, the person with positive attitude would see the strengths in those persons, objects, and situations. Yoga emphasises on adoption of positive attitudes which we call Yogic attitudes. We may define Yogic attitudes as mental predispositions which have been recommended by the Yogic philosophy to respond consistently in a positive manner toward a given person, object or situation. 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.

Self Check Exercise-2

Q-1: Discuss one psychological benefit of yoga.

5.2.2 Psychological Factors Behind the Origin of Yoga

Several psychological factors contributed to the emergence of Yoga, primarily driven by:

1. **The Pursuit of Happiness (Sukha-Pravritti) and the Elimination of Suffering (Dukha-Nivritti):** The realization that suffering, frustration, and pain are inevitable and persistent in life, while moments of joy are fleeting, led ancient philosophers to explore the nature and causes of suffering. Their quest for knowledge ultimately gave rise to Yoga as a means to transcend suffering and attain lasting peace and bliss.
2. **Curiosity About the Self and Life's Realities:** A deep desire to understand the self and the fundamental truths of existence inspired the development of Yoga as a path to self-awareness and enlightenment.

Three Forms of Suffering (Tapa) Addressed by Yoga:

1. **Physical Suffering (Adi-Bhautika Tapa):** This type of suffering arises from external sources such as injuries, infections, conflicts, or natural dangers like wild animals.
2. **Divine or Cosmic Suffering (Adi-Daivika Tapa):** This refers to distress caused by supernatural or environmental forces, including natural disasters like earthquakes and floods, as well as astrological influences.
3. **Internal Suffering (Adhyatmika Tapa):** This stems from one's own body and mind, manifesting as emotional distress, loneliness, depression, and stress-related disorders.

Yoga evolved as a transformative practice to help individuals navigate and overcome these forms of suffering, leading to inner peace and spiritual fulfillment.

5.2.3 Psychological Benefits

- ☐ 1. Enhances somatic and kinesthetic awareness
- ☐ 2. Improves mood and overall subjective well-being
- ☐ 3. Promotes self-acceptance and self-actualization
- ☐ 4. Strengthens social adjustment skills
- ☐ 5. Reduces anxiety and depression
- ☐ 6. Lowers levels of hostility

1. Psychomotor functions improve

- Grip strength increases

- Dexterity and fine skills improve
- Eye-hand coordination improves
- Choice reaction time improves
- Steadiness improves
- Depth perception improves
- Balance improves
- Integrated functioning of body parts improves

2. Cognitive function improves

- Attention improves
- Concentration improves
- Memory improves
- Learning efficiency improves
- Symbol coding improves
- Depth perception improves
- Flicker fusion frequency improves

3. Psychological Benefits - Overview

- Concentration improves
- Memory improves
- Attention improves.
- Learning efficiency improves
- Mood improves
- Well-being increases
- Somatic and kinesthetic awareness increase
- Self-acceptance increase
- Self-actualization increase
- Social skills increases
- Depression decrease/elimination
- Anxiety decrease/elimination
- Hostility decrease/elimination
- Balance improves
- Depth perception improves
- Steadiness improves
- Mind/Body neuro connection improves
- Cognitive function improves

Self-Check Exercise-3

- Q-1:** Yoga is not magic or a feat of any kind, physical or mental .Yoga is based on a sound philosophy and deep..... (Fill in blank)
- Q-2:** Consisting of activities such as relaxation, meditation, socialization, and exercise, yoga been proven helpful in reducing your..... (Fill in blank)

5.3 Summary

When discussing yoga, people often highlight its physical benefits, such as improved strength, flexibility, and relaxation. It is well-known that yoga can lower blood pressure, slow heart rate, aid in weight loss, and enhance balance and coordination. However, the mental, psychological, and cognitive advantages of yoga are often overlooked. According to a Harvard Mental Health review (April 2009), yoga has been found to effectively reduce anxiety, depression, and even some forms of Post-Traumatic Stress Disorder (PTSD). Recent studies also suggest that yoga can strengthen social connections, alleviate stress, and improve sleep quality. Additionally, yoga has been recognized as a therapeutic tool for managing depression, anxiety disorders, and even schizophrenia. Beyond these conditions, yoga has shown promise in supporting individuals with Attention Deficit Hyperactivity Disorder (ADHD), autism, and cognitive decline in the elderly, including mild cognitive impairment. It has also proven beneficial for sleep disorders and psychosomatic conditions, such as body aches linked to non-physical causes. Gaining a deeper understanding of therapeutic yoga is valuable not only for those pursuing expertise in its healing applications but also for yoga teachers who wish to safely support students facing physical and mental challenges in general yoga classes, but also for an individual student who wants to learn more about his/her own special needs and how to address them for a safe and rewarding yoga practice. Whether it's enduring the heat in a Bikram yoga class, or holding a difficult posture, yoga principles teach us to lean into the discomfort. Yoga practice shows us how not to be afraid of discomfort and helps us gain confidence within ourselves that we can tolerate the distress by breathing, maintaining balance and being present in the moment at hand.

5.4 Glossary:

1. **Cognitive impairment:** People used yoga for elderly with cognitive failure.
2. **Sukha- pravritti:** Attainment of happiness
3. **Dukha- nivritti:** termination of sorrow and misery

5.5 Answer to Self-Check Exercise

Self-Check Exercise-1

Ans-1: Yoga is rooted in profound philosophy and deep psychological understanding. It is an educational journey that trains the human mind to return to its natural state, free from the artificial conditions of life. With a strong emphasis on psychology, yoga goes beyond both general and abnormal psychology, guiding individuals toward a higher, supernormal state of being. Unlike conventional education, which focuses on studying external objects, yoga encourages self-exploration and inner awareness.

Self-Check Exercise-2

Ans-1: Yoga enhances memory and sharpens concentration. At times, you may struggle to focus on daily tasks, but yoga offers an effective solution. According to *Women's Fitness*, yoga has been shown to improve both memory and concentration. A key practice in this regard is *Dharana*, the art of focused concentration, which helps clear the mind and soothe the senses, leading to improved mental clarity.

Self-Check Exercise-3

Ans-1: Psychology

Ans-2: Anxiety and depression

5.6 References/suggested readings

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6. http://www.womenfitness.net/yoga_ad.htm
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8. <http://www.apa.org/monitor/2009/11/yoga.aspx>

5.7 Terminal Questions

1. Explain Psychological Value of Yoga.
2. Discuss the Five Mental and Psychological Benefits of Yoga
3. Explain Psychological aspects leading to origin of Yoga
4. Write short note on Psychological Benefits of Yoga.

UNIT -6

YOGA EDUCATION

Lesson Structure

- 6.0 Introduction
- 6.1 Learning Objectives
- 6.2 Concept of Yoga Education
 - Self Check Exercise-1**
- 6.3 Need and Significance of Yoga Education
 - Self Check Exercise-2**
- 6.4 Objectives of Yoga Education
 - Self-Check Exercise-3**
- 6.5 Summary
- 6.6 Glossary
- 6.7 Answer to Self- Check Exercise
- 6.8 References/suggested readings
- 6.9 Terminal Questions

6.0 Introduction

Yoga education serves as a complementary extension to traditional academic learning, preparing students physically and mentally for the integration of their physical, mental, and spiritual faculties. This holistic approach enables individuals to integrate seamlessly into society with a balanced mind, guided by the principles of yoga and meditation.

Yoga is fundamentally a spiritual discipline rooted in an intricate science that harmonizes the mind and body. It is both an art and a science of healthy living. The term "Yoga" originates from the Sanskrit root *Yuj*, meaning "to join," "to yoke," or "to unite." According to yogic scriptures, the practice of yoga unites individual consciousness with Universal Consciousness, fostering perfect harmony between the mind and body, as well as between humans and nature. Modern science also suggests that all existence is a manifestation of a singular quantum reality. A person who realizes this interconnectedness is considered to be in a state of yoga and is referred to as a yogi—someone who has attained *mukti*, *nirvana*, or *moksha*. The ultimate aim of yoga is self-realization, leading to liberation (*moksha*) or absolute freedom (*kaivalya*). Practicing yoga promotes freedom in all aspects of life, fostering health and harmony.

Yoga is also an inner science encompassing various methods through which individuals can achieve self-mastery and shape their destiny. The growing global popularity of yoga can be attributed to its numerous benefits, particularly in fostering body awareness and strengthening the mind-body connection. Examining the role of

yoga in education, researchers have explored different educational approaches worldwide, analyzing the levels of stress children experience in the classroom. The challenges, distractions, and energy dissipation that students face have been considered, leading to the introduction of yogic principles and practices as an experimental approach. Initially aimed at enhancing students' learning abilities, yoga was also introduced to teachers as a tool for transforming their instructional methods.

The presence of yoga dates back to ancient India, as evidenced by seals and fossil remains from the Indus-Saraswati Valley civilization, depicting yogic postures and figures engaged in yoga *sadhana*. The discovery of phallic symbols and mother goddess idols further suggests the influence of Tantra Yoga. Yoga has deep roots in various traditions, including folk practices, the Indus Valley civilization, Vedic and Upanishadic teachings, Buddhist and Jain philosophies, the *Darshanas*, and the epics *Mahabharata* and *Ramayana*. Additionally, yoga has been an integral part of Shaiva, Vaishnava, and Tantric traditions, as well as mystical South Asian practices.

In ancient times, yoga was practiced under the direct guidance of a *guru*, with a strong emphasis on its spiritual essence. It was deeply embedded in rituals and *Upasana* (worship). The Vedic period placed great importance on the sun, which may have led to the later development of *Surya Namaskara* (sun salutations). Pranayama was also a significant part of daily rituals and offerings. Although yoga was practiced even in the pre-Vedic era, it was Sage Maharshi Patanjali who systematized and codified its principles and knowledge through the *Yoga Sutras*. After Patanjali, numerous sages and yoga masters further contributed to its preservation and development through extensive literature and well-documented practices.

6.1 Learning Objectives

After going through this Lesson, you will be able to:

- relate why Yoga education is significant in one's life.
- explain how Yoga Education is useful in living a healthy life.
- classify different objectives of Yoga education.

6.2 Concept of Yoga Education

Yoga education means teaching of yoga postures or asanas and such other yoga exercises as would promote the control of the body by bringing in flexibility, strength and endurance and of the mind by enhancing alertness and meditation. "The thought manifests as the word; the word manifests as the deed; the deed develops into habit, and habit hardens into character So watch the thought and its ways with care and let it spring from love Born out of concern for all beings." - The Buddha (Eds. Amidon and Roberts, 1996, p. 13)

Yoga enhances both physical and mental well-being by fostering discipline and sharpening concentration. It is particularly beneficial for individuals engaged in intellectual pursuits. The ideas of positive health and lifelong learning, though relatively modern, require further reinforcement. Through yoga education, individuals

cultivate self-discipline and self-control, leading to heightened awareness, improved focus, and an elevated state of consciousness.

According to the National Standards for Physical Education (NASPE, 2004), young children should engage in a variety of physical activities that help promote physical fitness. Yoga creates opportunities for children to explore movement with a variety of postures that can be fun and challenging. These postures are an exploration of body movements, which enable more students to participate without the pressure of winning or losing. And, the regular participation in physical activity enhances the physical and psychological health of the body, social opportunities and relationships, and quality of life (NASPE.2004).

Mahatma Gandhi once stated that education is the process of "drawing out the best in a child and man—body, mind, and spirit." This vision of education can be effectively realized through yoga education. Yoga has gained global recognition as a means of fostering peace and well-being. It emphasizes physical exercise for fitness, while also nurturing a strong and healthy mind through practices such as Pranayama, Meditation, and Asanas. As Sri Aurobindo aptly put it, "All life is yoga."

The rapid decline of essential human values—truth, cooperation, nonviolence, peace, love, respect for elders, and dedication to hard work—has led to a moral and social deterioration unprecedented in human history. Today, people are burdened by stress and a diminished quality of life. The current education system has largely failed to instill positive human values and foster holistic development. The only viable alternative is to integrate yoga into the education system to achieve the desired transformation in society.

Yoga education is a comprehensive science that systematically promotes the physical, mental, emotional, and spiritual development of individuals. Research has shown that yoga positively influences various aspects of life, including physical health, psychological well-being, intellectual growth, and social harmony. Aminabhavi (1996) found that yoga training cultivates a positive mindset and enhances mental health.

Yoga education can serve as a valuable supplement to traditional college education, preparing students holistically by integrating their physical, mental, and spiritual faculties. This enables them to become healthier, more balanced, and well-integrated members of society and the nation. Since yoga is a deeply personal and experiential practice, conventional evaluation methods may not fully capture its impact. However, an experienced teacher can observe a student's progress through behavioral and lifestyle changes. The Yoga Institute has extensively researched and developed yoga education, pioneering some of the finest training programs for yoga educators.

Self Check Exercise-1

Q-1: Discuss the term Yoga Education.

6.3 Need and Significance of Yoga Education

Yoga helps students develop strength, endurance, confidence, and a deep connection between the mind, body, and soul. The self-assurance gained through yoga extends beyond the practice itself, shaping students into strong, compassionate, and well-balanced individuals.

In today's education system, the focus is primarily on science and technology, leading to material progress but often neglecting the cultivation of ethical, moral, and spiritual values, as well as the promotion of a healthy lifestyle. Given this gap, integrating yoga into modern education has become essential for holistic development, fostering harmony between the body, mind, and spirit while preventing the decline of human values.

Incorporating yoga education into the curriculum can nurture human values, reform attitudes and behaviors, alleviate stress, promote a healthy lifestyle, build strong moral character, and enhance students' overall personality. This integration is crucial for creating well-rounded individuals who are not only academically competent but also mentally and emotionally balanced. Through yoga, students can strive toward the highest goal of self-realization by unlocking their full potential.

The practice of yoga is a powerful tool for gaining control over one's mind, body, and soul. It combines physical and mental discipline to cultivate inner peace, effectively managing stress and anxiety while promoting relaxation. Additionally, yoga enhances flexibility, muscle strength, and body tone, while also improving respiration, energy levels, and vitality. Though it may seem like simple stretching, yoga has a transformative impact on both physical and mental well-being, influencing the way individuals feel, look, and move in their daily lives.

Yoga have become more popular nowadays because people are realizing its importance and the key to the cure of modern-day stress lies in Yoga. Yoga is inexpensive, freehanded form of exercise with a combination of breathing exercises and poses. Yoga is systematic, scientific and result can be obtained by improvement of both physical and mental health. Yoga holds significant relevance in mind-body medicine due to its holistic approach to life. It offers a profound perspective that serves as a timeless prescription for lasting peace and happiness, which remain unaffected by external events and circumstances. In today's fast-paced world filled with stress and competition, yoga education proves to be highly beneficial. Through regular practice, students not only cultivate inner balance but also develop essential social values. Importantly, yoga education is not tied to any specific religion, nor does it conflict with religious beliefs, making it a universally accessible practice for all. It generates positive emotions and compassion. Yoga education helps mental equilibrium and self-control. It reduces stress and helps students to relax and release tension. Yoga education offers students a safe and balanced way for them to relate to themselves and to their surroundings, inner and outer awareness. In adopting and maintaining a posture there is coordination between the nervous system and muscular system, that influences the physical and mental behaviors. It focuses on social factors that can influence behavior. It involves psychological mechanisms in human behavior that can provide potentials for certain behaviors or tendencies to occur and can help the students to survive in complex and often challenging world. Infect. a combination of yoga education and

the formal education system can lead to the twin objectives of swami Vivekanand's philosophy, man making and nation-building which is very helpful for students in present social scenario. Yoga education helps individuals gain fundamental knowledge about their personality, enabling them to navigate various life situations with confidence and resilience. It equips learners with techniques to achieve optimal health, cultivate a discerning mind that distinguishes between reality and illusion, and maintain composure amidst life's challenges. By integrating yoga into education, students can enhance their academic performance, athletic abilities, and social interactions. Yoga practices improve focus and concentration for studies, boost stamina and coordination for sports, and foster a balanced mindset and heightened awareness for social engagement.

Self Check Exercise-2

Q-1: Discuss the significance of yoga education.

6.4 Objectives of Yoga Education

The primary goals of yoga education are:

1. To promote overall physical well-being.
2. To cultivate mental discipline and hygiene.
3. To foster emotional stability.
4. To instill strong moral values.
5. To achieve higher levels of consciousness.

These objectives are interconnected and can be approached holistically. Yoga education empowers individuals with self-awareness, equips them with techniques for maintaining good health, sharpens their ability to distinguish between reality and illusion, and prepares them to navigate life's challenges with balance and resilience.

Self-Check Exercise-3

Q-1: Yoga education is a holistic science True False

Q-2: Yoga is systematic, scientific and result can be obtained by improvement of both physical and..... (Fill in blank)

Q-3: Yoga Education concentrates on physical Exercise for physical fitness and for strong healthy mind, it keeps relation with..... (Fill in blank)

Q-4: Who said, "All life is yoga"?

- | | | | |
|----|-----------|----|------------|
| a) | Aurobindo | b) | Vivekanada |
| c) | Yoganand | d) | Plato |

6.5 Summary

The word 'health' in Sanskrit means to be established in one's self. The body, mind and spirit have to be in harmony. We have seven layers to our existence that is body, breath, mind, intellect, memory, ego and the self. So, we need to learn about all these and the techniques to keep them healthy and in harmony, and that's what Yoga and Sudarshan Kriya is all about. With a few

minutes of meditation, our whole system gets rejuvenated. There are four sources of energy. The first is food, second is good sleep, and third is breathing, fourth is meditation. Yoga plays a vital role as the ancient Indian healing art. Classical Yoga is a science of human psychology. It works on three-facet viz mental, physical & social states resulting in improved health, lesser greed for possession & efficient management of human life. Value Education is a process of education which involves working on the total personality of the individual keeping in view all aspects of personality development, the intellectual, social and emotional, will and character. The human values can be cultivated and retained through Dhyana-Yoga and Karma-Yoga lead to wisdom and understanding humanity. Yoga offers new learning possibilities to a wider group of students than traditional sports or fitness curriculum, making it a valuable addition to any educational program. Additionally, adding yoga to a school's curriculum will help provide a quality physical education program as modification of traditional physical education yoga in sports as important as other think it helps us in different ways and different levels in a sports men life. Yoga can play a key role in cultivating mind control and concentration which helps a sportsperson to perform at their game. It offers children and adults an opportunity to experience success in physical activity, which can help build a foundation of strong of life. However, curriculum specialists, teachers, trainers and students should know and analyze seriously the real challenges of yoga education in classroom settings and real life as well.

6.6 Glossary

1. **Yoga Education:** The person who is open to learn Yoga, he has to go through all the stages and learn all the aspects. The Yoga Education is based on four aspects - Bhavas or attitudes: Dharma (Duty and Discipline), Jnana (Knowledge), Vairagya (Detachment) and Aishvarya (Self-realization).

6.7 Answer to Self-Check Exercise:

Self-Check Exercise-1

Ans-1: yoga education means teaching of yoga postures or asanas and such other yoga exercises as would promote the control of the body by bringing in flexibility, strength and endurance and of the mind by enhancing alertness and meditation."

Self-Check Exercise-2

Ans-1: Yoga has become more popular nowadays because people are realizing its importance and the key to the cure of modern-day stress lies in Yoga. Yoga is inexpensive, freehanded form of exercise with a combination of breathing exercises and poses. Yoga is systematic, scientific and result can be obtained by improvement of both physical and mental health. Yoga holds significant value in mind-body medicine due to its holistic approach to life. The yogic perspective offers an enduring pathway to peace and joy that remains unaffected by external circumstances. In today's fast-paced and competitive world, yoga education plays a crucial role in promoting well-being and instilling social values in students. It is not associated with any particular

religion and does not conflict with religious beliefs, making it a universally accessible practice for personal growth and harmony.

Self-Check Exercise-3

Ans-1: True

Ans-2: Mental health

Ans-3: Pranayam Meditation and Asanas

Ans-4: Aurobindo

6.8 References/suggested readings

1. Aminabhavi, VA. (1996) Effect of yogic practice on attitude towards yoga and mental health of adults.
2. Karambelkar, PV. (1984) Patanjala Yoga Sutras-Commentaries, Lonavla (India). Kivalyadhama SMYM Samiti.
3. National Association for Sport and Physical Education, (2004) Moving into the future: National Standards for Physical Education. 2nd edition. Reston, VA.
4. Srivastava, M.& Mohd. A. (2012) Yoga Education is suitable for present social scenario. Journal of Educational and Psychological Research (Vol 3, No2) July 2013, 95-98.

6.9 Terminal Questions

1. Discuss the concept of Yoga Education.
2. Explain need and Significance of Yoga Education.
3. What are the objectives of Yoga Education?

Unit-7

HOLISTIC APPROACH OF YOGA EDUCATION

Lesson Structure

7.0 Introduction

7.1 Learning Objectives

7.2 Holistic Approach of Yoga Education

Self Check Exercise-1

7.2.1 Practices at Annamaya Kosa (The physical layer)

Self Check Exercise-2

7.2.2 Practices at Pranamaya Kosa (The layer of praa)

7.2.3 Practices at Manomaya Kosa (The mental layer)

7.2.4 Practices at Vijnanamaya Kosa (The layer of wisdom)

Self Check Exercise-3

7.2.5 Practices at Anandamaya Kosa (the layer of bliss)

Self-Check Exercise-4

7.3	Summary
7.4	Glossary
7.5	Answer to Self-Check Exercise
7.6	References/suggested readings7
7.7	Terminal Questions
7.0	Introduction

Yoga as a practice encourages a lifestyle that focuses on balance, harmony, positive thinking and health. This is holistic yoga. Asanas, breathing exercises and meditation are all part of, and essential to a complete yoga practice. The word “holistic” simply means addressing the whole person. This includes a person's physical, emotional, mental, social, spiritual, and financial health. Addressing the whole person in mind-body-spirit can bring out the healthiest, happiest version of ourselves. It makes us free from addiction, enhances our memory power, keeps our mind cool and overall makes us more energetic, effective and builds self-control in us. Yoga is truly the art of living. It is an ancient art by Rishi Patanjali. It is timeless because it is so much in relevance with what is required today, although it was created centuries ago. Yoga is very much accepted in the west also and through Baba Ramdev it has become increasingly popular. Therefore overall, we can say that Yoga is the key to unlock the divinity in man. Body is considered a temple and yoga is the way to worship it. The Holistic Yoga approach is a balanced approach to personal growth. Yoga in its full form is a system that brings one's whole life into and harmony-health and well-being, relating and communication, money, family, sex life and even dying. It combines the wisdom and proven methods from both Eastern and Western sources. This holistic approach of yoga has been beautifully described in the Panchamaya Model of Yoga. This model describes 5 interconnected “Koshas”, that is, layers or sheaths within all of us. Yoga philosophers believe that the human body is multidimensional. It is much more than just the physical body and so has more needs than physical needs.

7.1 Learning Objectives

After reading this lesson you will be able to:

- understand Holistic Approach of Yoga Education

7.2 Holistic Approach of Yoga Education

Yoga is much more than just asanas; it is a holistic practice that integrates both Asanas and Pranayama. Beyond physical movement and breathwork, yoga encompasses a profound philosophy outlined in ancient texts, offering deep insights into life. It is remarkable how much wisdom our ancestors possessed. A holistic approach to teaching and learning acknowledges the interconnectedness of mind, body, and spirit. Early childhood educators who adopt this perspective focus on children's physical, personal, social, emotional, and spiritual well-being alongside

their cognitive development. While they may emphasize specific learning outcomes, they view a child's growth as an integrated and interconnected process. This approach values the relationships between children, families, and communities, emphasizing collaborative learning and active community participation. Additionally, a holistic approach extends to fostering a connection with nature. Educators encourage children to appreciate and respect the environment, recognizing the interdependence between humans, plants, animals, and the land (DEEWR, 2009).

It is a science of holistic living featured by health, happiness & holistic value system of Dana (sharing), Daya (love) and Dama (a moderate life-style in tune with ecology). It is not merely Yogasanas or Pranayama (breathing techniques) or Meditation but a way of life.

The integrated approach goes beyond merely addressing the physical body, where relief is often temporary, as seen with modern medicine's use of drugs to treat psychosomatic conditions like asthma, diabetes mellitus, and hypertension. Instead, it incorporates techniques that engage multiple layers of our existence, promoting a more comprehensive and lasting well-being. Yoga is holistic in nature. Regular yoga practice will help keep all layers intact and increase your stamina, improve your deeper physiological functions as well as your immunity levels. Consistent practice can change the patterns of mind that are translated into the body as each individual experiences the posture in a different way. It will positively influence your personality, steady your mind and take you towards joy and fulfillment. Integrating breathing will energize and relax the body. This connection between the body, breath and mind increases the joy of practice and in turn helps us sustain the practice of yoga regularly.

Self Check Exercise-1

Q-1: What do you mean by the term Holistic?

7.2.1 Practices at Annamaya Kosa (The physical layer)

A balanced yogic diet, Kriyas, loosening exercises, and Yogasanas are utilized to work on the Annamaya Kosa, helping to alleviate physical symptoms of various ailments.

1. Kriyas: These are yogic cleansing techniques described in Hatha Yoga that purify the internal organs of the body. They offer several benefits, including:

- (a) Activating and revitalizing the organs
- (b) Enhancing their functionality
- (c) Desensitization
- (d) Developing deep internal awareness

Among the key Kriyas mentioned in yogic texts, simplified versions of practices such as Catheter Neti, Jala Neti, Kapalabhati, Agnisara, and Vamana Dhauti (Kunjala Kriya) are widely used.

2. Physical Exercises and Movements (Sithilikaranavyayama):

Simple physical movements are utilized to mobilize and activate specific body parts affected by ailments. These gentle exercises are designed to address particular health needs by:

- (a) Loosening the joints
- (b) Stretching and relaxing the muscles
- (c) Enhancing strength
- (d) Building stamina

3. Yogasanas: Physical Postures

Yogasanas are physical postures, often inspired by natural movements of animals, designed to promote mental tranquility. These postures help achieve physical revitalization, deep relaxation, and a sense of inner calm.

Self Check Exercise-2

Q-1: Define kriyas.

7.2.2 Practices at Pranamaya Kosa (The layer of prana)

Prana and Pranayama

Prana is the fundamental life force, and Pranayama is the practice of regulating and mastering this vital energy. The *Prasnopanishad* describes the five manifestations of Prana within the human system, offering a comprehensive understanding of its functions. Additionally, it explains the traditional practice of Pranayama through controlled breathing techniques.

7.2.3 Practices at Manomaya Kosa (The mental layer)

"Listen to the principles of Yoga: By practising these, you can break through the bonds of karma-Bhagvad Gita 2:39-41

i) Dharana and Dhyana

The final three limbs of Patanjali's Ashtanga Yoga—Dharana, Dhyana, and Samadhi—enable direct refinement of the mind. Dharana involves concentrating the mind, while Dhyana is the sustained and effortless focus on a single thought. With continued practice, this leads to Samadhi, a state of superconsciousness. Through progressive habituation, the mind learns to remain relaxed during meditation. Techniques like Transcendental Meditation have gained recognition for their significant benefits, particularly in managing psychosomatic disorders.

ii) Emotional Cultivation

To manage and regulate the root causes of mental agitation and turbulence, Yoga employs techniques aimed at emotional control. Devotional practices such as prayers, chants, bhajans, namavalis, dhunas, and stotras (hymns in praise of the divine) create a harmonious atmosphere that helps evoke, acknowledge, and gradually dissipate emotions. Through these devotional sessions, individuals attain better emotional balance, reducing emotional upheavals and fostering inner stability.

7.2.4 Practices at Vijnanamaya Kosa (The layer of wisdom)

The Power of Inner Knowledge

A fundamental understanding is essential for operating from the Vijnanamaya Kosa. The Upanishads serve as a vast repository of wisdom, offering liberation from suffering and mental afflictions. A lack of inner knowledge (Jnana) often leads to harmful habits, restlessness, and emotional turmoil. The *Ananda Mimamsa* (Happiness Analysis) of the *Taittiriya Upanishad* addresses the universal quest for happiness, guiding individuals toward the realization that true joy lies within. This analysis systematically reveals the Anandamaya Kosa—the source from which Prana and the mind emerge—helping individuals transcend material attachments and desires. By shifting one's perspective on life, knowledge dissolves deep-seated attachments, obsessions, and emotional disturbances, which are the root causes of mental unrest. True liberation (*Atma-Jnana* or Self-realization) is the key to overcoming these fundamental afflictions (*Sara type of Adhis*), leading to inner peace and fulfillment.

One or more of the following eight dimensions are found during the interaction and discussion on a one-to-one basis;

- 1) Hereditary Tendencies
- 2) Congenital problems & their repercussions on the mind
- 3) Over sensitivity
- 4) Excessive rush & speed of mind
- 5) Perfectionist attitude in life
- 6) Calamities & trauma encountered by the persons
- 7) Psychological conflicts between
 - One ethical norm and other.
 - One duty & other duty, etc.
- 8) Questioning the very basis of
 - ethics & morality

- duties
- injunctions & disciplines in life
- the purpose of this life.

Self Check Exercise-3

Q-1: Define Upanishads.

7.2.5 Practices at Anandamaya Kosa (the layer of bliss)

Harnessing Inner Bliss for a Harmonious Life

Integrating the bliss of our causal body (*Karana Sharira*), also known as *Anandamaya Kosa*, into all our actions is the key to a joyful and healthy life. This alignment activates our innate healing powers, leading to a complete cure of ailments. The practice falls under *Karma Yoga*, the art of mindful action. The essence of this approach lies in maintaining inner silence and mental equilibrium while performing daily tasks.

Typically, we react with excitement or distress to situations we like or dislike. However, true mastery lies in cultivating *samatva* (equanimity), remaining balanced regardless of external circumstances. The next step is to sustain deep inner stillness and blissful awareness even in the midst of action. This transformation is achieved through self-discipline, conscious self-improvement, and auto-suggestions.

Recognizing tension as it arises is the first step. The key is to withdraw into the inner space of peace, rest, and bliss while consciously reminding oneself to practice inner silence throughout the day. Maintaining a relaxed, smiling demeanor during all Yoga practices reinforces this state, leading to a more harmonious and fulfilling life.

Self-Check Exercise-4

Q-1. Holistic approaches to teaching and learning recognize the connectedness of mind, body and..... (Fill in Blank)

Q-2. An integrated, holistic approach to teaching and learning also focuses on connections to the natural world. True/False

Q-3. Physical exercises are adopted to fulfill the needs of the particular ailments to;

- (a) loosen the joints
- (b) stretch and relax the muscles,
- (c) improve the power, and
- (d) all the above three

7.3 Summary

This holistic approach of yoga has been beautifully described in the Pancha maya Model of Yoga. This model describes 5 interconnected “Koshas”, that is, layers

or sheaths within all of us. Yoga philosophers believe that the human body is multidimensional. It is much more than just the physical body and so has more needs than physical needs. The present day life style contributes to the alarming rise in the occurrence of this disease. Lifestyle modifications inclusive of dietary modification, regular physical activity and weight reduction are indicated for prevention of diabetes. Accordingly, a holistic yoga approach for the treatment is highly warranted; development of a mind body medicine or an inclusive approach of mind-body interactions is the need of the hour. An array of mind-body therapies is being used presently as adjuncts to conventional treatment for a number of common clinical conditions such as asthma, post-traumatic stress disorder, addiction treatment, stress. Yoga, an ancient system of life style helps to achieve an overall harmonious state of being and is one such mind body medicine approach which is highly appreciated, researched and recommended as a holistic practice towards normal better health, adjuvant in various disease conditions and for life fulfillment. Studies have shown that life style modification through yoga practice along with conventional treatment has an added beneficial effect on the outcome of the disease. Our personality is not just based on our inherent tendencies but also keeps developing throughout our life based on the experiences we face and also has great potential for transformation. With the tools of yoga of meditation and self-reflection, we can build our personality and condition our mind too. A holistic yoga practice creates “navasarira samskara” or the reconditioning of the body, and “sarirasamyama” or balance and alignment of the body. Both these enable you to understand your body, help us make away with the old patterns and habits and help you experience a new you. When you experience an asana with the 5 layers integrated you experience stillness in posture with your mind absorbed in the experience with the body. This helps you to be present in the moment, stay calm and experience mindfulness.

7.4 Glossary

1. **Holistic:** A holistic view means that we are interested in engaging and developing the whole person. It is the concept that the human being being multi-dimensional.
2. **Neti:** Cleansing process of nasal mucosa through water or rubber catheter.

7.5 Answer to Self-Check Exercise

Self-Check Exercise-1

Ans-1: The integration of mind, body, and spirit is essential. When early childhood educators adopt a holistic approach, they consider not only children's cognitive development but also their physical, personal, social, emotional, and spiritual well-being.

Self-Check Exercise-2

Ans-1: These are Yogic techniques outlined in Hatha Yoga designed to cleanse the body's internal organs. They offer the following benefits:

- (a) Stimulating and rejuvenating the organs,

- (b) Enhancing their functionality,
- (c) Reducing sensitivity, and
- (d) Cultivating deep internal awareness.

Self-Check Exercise-3

Ans-1: The Upanishads are a vast reservoir of wisdom, serving as a guiding light to overcome miseries and attachments. A lack of inner knowledge (Jnana) is often the root cause of negative habits, restlessness, and inner turmoil.

Self-Check Exercise-4

Ans-1: spirit

Ans-2: True

Ans-3: (d) all the above three

7.6 References/suggested readings

1. Anantharaman, TR (1996). Ancient Yoga and Modern Science New Delhi MunshiramManoharlal Publishers Pvt Ltd.
2. Burke, C (2009) Mind-fullness approaches with Children and Adolescents A preliminary Review of current Research in an Emergent field. Journal of child & family studies.
3. Jackson, Robin, Holistic Special Education Camphill Principles and practice.
4. Kuvalayananda, S. & Vinekar, SL (1963) Yogic Therapy: Its Basic Principles and Methods New Delhi Ministry of Health and Family Welfare.
5. Holistic Education, Wikipedia: <http://www.holistic-education.net>
6. www.asanayoga.net yoga yoga and Meditation are holistic approaches to reduce stress asana.

7.7 Terminal Questions

1. Explain Holistic Approach of Yoga Education.
2. Write short note on the following:
 - a) Practices at Annamaya Kosa (The physical layer)
 - b) Practices at Pranamaya Kosa (The layer of prana)
 - c) Practices at Manomaya Kosa (The mental layer)
 - d) Practices at Anandamaya Kosa (the layer of bliss)

.....

Unit-8

PLACE OF YOGA IN SCHOOL CURRICULUM IN INDIA IN CURRENT SCENARIO

Lesson Structure

- 8.0 Introduction
- 8.1 Learning Objectives
- 8.2 Place of Yoga in School Curriculum in India in Current Scenario
 - 8.2.1 National curriculum framework-2005

Self-Check Exercise-1

- 8.2.2 Eligibility for conducting Yoga Training in India

Self Check Exercise-2

- 8.2.3 Guidelines for Teacher Training under the Scheme "Introduction of Yoga in Indian Schools"

Self Check Exercise-3

- 8.2.4 NCTE Regulations 2014: Yoga Education in schools

Self-Check Exercise-4

- 8.3 Summary
- 8.4 Glossary
- 8.5 Answer to Self-Check Exercise readings
- 8.6 References/suggested
- 8.7 Terminal Questions

8.0 Introduction: It has now been decided to make yoga a compulsory or optional subject in the school curriculum and the Department of School Education has constituted a committee for this purpose. The need and importance of yoga in education also follows from the fact that it helps in improving concentration and attention span. With yoga helping to improve memory function, its direct impact can also be seen in the child's academic performance. Playing group games have a positive impact on individual self-esteem, promotes better interaction among children, imparts values of co-operation, sharing and to deal with both victory and defeat. Similarly, The practice of yoga plays a vital role in a child's overall development, with various studies highlighting its benefits in enhancing flexibility, improving muscular fitness, and correcting postural defects in school children. We explored the significance of yoga in education from multiple perspectives, including the nature of education provided to children globally and the varying levels of stress they experience in the classroom environment.

The pandemic has forced students to spend extended hours on digital media which makes them a distracted lot. When they open one screen for an online class, there are three others that are claiming their attention. This is taking a toll on their concentration levels and their ability to do one thing at a time. Through Yoga and wellness techniques involving

Pranaya and limb movement, they can be taught to focus their energies for better concentration. With the world endorsing Yoga, we have no reasons to be apologetic about this traditional wisdom and its inclusion in our curriculum and wellness programmes. Yoga in the online format maybe a challenge, but it can be initiated before the resumption of physical classes. The International Day of Yoga was a part of the venture. Now, Yoga is going to be a part of school curricula in different Indian states. Maharashtra, Karnataka and Gujarat had announced their plans to introduce Yoga in their schools' curricula on Sunday. Many CBSE and ICSE schools across India already have Yoga included in their syllabus. Due to the benefits Yoga offers, schools seem to make the right move

8.1 Learning Objectives

After reading this lesson you will be able to:

Explain place of yoga in school curriculum in India in current scenario.

8.2 Place of Yoga in School Curriculum in India in Current Scenario

Research conducted worldwide has demonstrated that incorporating yoga into the school curriculum effectively aids students in developing self-regulation, mind-body awareness, and physical fitness. These benefits, in turn, contribute to enhanced social and emotional learning (SEL) competencies, leading to positive student outcomes such as improved behavior, mental well-being, health, and academic performance.

Recognizing its significance, yoga has been made a compulsory subject for students from classes VI to X in centrally-run schools and has also been integrated into teacher education training modules. Encouraging all children to engage in free play, informal and formal games, yoga, and sports activities is crucial for their physical and psycho-social development.

Yoga's ability to quiet mental chatter and promote mindfulness significantly reduces stress and anxiety, offering profound benefits in various aspects of life. Students often experience immense pressure to excel academically and prove their capabilities. Regular yoga practice helps them manage stress, restore inner peace, and enhance their academic performance.

The commendable efforts of the National Council for Teacher Education (NCTE) in promoting yoga are noteworthy, as yoga is a scientifically verified system that fosters holistic personality development. It serves as a remedy for numerous physical and mental health issues. When practiced consistently and correctly, yogic techniques can alleviate stress, anxiety, fear, and frustration—factors that, when prolonged, contribute to psychosomatic disorders. Additionally, yoga embraces a spiritual dimension, enriching individuals' overall quality of life.

8.2.1 National curriculum framework-2005

The National Curriculum Framework-2005 outlines key guidelines regarding Health and Physical Education, emphasizing the following points:

1. **Foundation for Development:** Healthy physical growth is essential for a child's overall development. This necessitates fulfilling their basic needs, including proper nutrition, physical exercise, and psycho-social well-being. Active participation in free play, informal and formal games, yoga, and sports is crucial for both physical and psycho-social growth.
2. **Skill Development:** Engaging in games, sports, and yoga enhances stamina, fine and gross motor skills, dexterity, self-awareness, self-control, and coordination in team activities.
3. **Holistic Approach:** This curricular area adopts a broad definition of health, integrating physical education and yoga to support a child's physical, social, emotional, and mental development.
4. **Comprehensive Curriculum:** Health, Physical Education, and Yoga must be addressed collectively as a unified curriculum, replacing the fragmented approach currently followed in schools.
5. **Preserving Dedicated Time:** As an integral part of the curriculum, the time allocated for games and yoga should not be reduced or reallocated under any circumstances.
6. **Infrastructure and Teacher Training:** Effective implementation requires adequate physical space and essential equipment in all schools. Additionally, teacher preparation in this field should be well-structured and prioritized. Health education, physical education, and yoga should be seamlessly integrated into elementary and secondary teacher education programs.
7. **Introduction of Yoga:** Yoga can be introduced informally at the primary level, while formal yogic exercises should commence from Class VI onward. All health-related interventions, including hygiene education, should be rooted in practical and experiential learning based on children's everyday experiences.

Self-Check Exercise-1

Q-1: Write one stipulation made in the National Curriculum Framework-2005 on Health and Physical Education.

8.2.2 Eligibility for conducting Yoga Training in India

Non-profit making registered institutions, which conduct regular yoga training courses, are eligible under this Scheme. Only those eligible Yoga Institutes, which have been in existence for three years or more would ordinarily be considered. In order to be eligible under this Scheme, the yoga institutions should:

1. Have a proper constitution or articles of association
2. Have a properly constituted managing body with its powers and duties clearly defined in the constitution;

3. Have proper infrastructural facilities in terms of Training Hall, Hostel accommodation and faculty for conducting the training course;
4. Not discriminate against any person or group of persons on the ground of sex, religion, caste or creed;
5. Not directly function for the furtherance of the interest of any political party;
6. Not in any manner incite communal disharmony.
7. Not proselytize, and
8. Eschew violence

Self Check Exercise-2

Q-1: Write two important points of eligibility for conducting Yoga Training in India.

8.2.3 Guidelines for Teacher Training under the Scheme "Introduction of Yoga in Indian Schools"

- 1) The Course design of the programme should reflect the following concerns Teacher Training Programme should be in consonance with the objectives of National Curriculum Framework (2005)
- 2) The training programme needs to be as per the Syllabus prepared by PSSCIVE.
- 3) Teachers of Yoga/Physical Education or Teachers taking Physical Education classes of Government and Government aided schools need to be considered for training. The training programme may be scheduled before March 2016.
- 4) The training should help teacher to develop the skills so as to help students to appreciate proper gender role orientation Since the focus is on achieving holistic health, training of teachers under this scheme should be reflected on personal and environmental hygiene, sanitation, pollution, common diseases as well as measures for prevention and control.
- 5) The training should focus on practice of Yog asanas and meditations prescribed in the syllabus through which the teacher themselves learn and in turn help students to learn the of self-control, concentration, peace and relaxation to avoid the ill effects of stress and strains of daily life.

Self Check Exercise-3

Q-1: Write one important Guidelines for Teacher Training under the Scheme "Introduction of Yoga in Indian School".

8.2.4 NCTE Regulations 2014: Yoga Education in Schools

Recently, the NCTE has taken significant and transparent steps to reform teacher education through the introduction of the 2014 Regulations, revised Norms and Standards, as well as updated Curriculum Frameworks and syllabi for 15 teacher education programs. It is highly encouraging to note that Yoga Education has been made a mandatory subject in all 18,000+ teacher education institutions, benefiting over 14 lakh student teachers under the guidance of more than 3 lakh teacher educators and faculty members. This marks the first time that Yoga Education has been nationally mandated for all teacher educators and student teachers across the country.

Self-Check Exercise-4

Q-1: Yoga has been an integral part of Health and Physical Education that has been a compulsory subject up to the secondary school stage since

- a) 1980 b) 1985 c) 1990 d) 1996

Q-2: The NCTE's role in this regard is simply laudable, for Yoga is a scientifically proven/verifiable system of providing excellence to the development (Fill in blank) of (Fill in blank)

8.3 Summary:

Yoga's unique ability to quiet the mind and cultivate present-moment awareness effectively reduces stress and anxiety, offering significant benefits across all aspects of life. Students, often under immense pressure to excel and prove themselves, experience high levels of stress. Practicing yoga helps them manage this stress, restoring a sense of calm and balance. Regular yoga practitioners consistently report lower stress and anxiety levels, leading to enhanced academic performance.

Yoga is a healthy way of life, originated in India. Now it is believed to be a form of science accepted all over the world. Yoga for school students contains the practices of Yama, niyama, asana, pranayama, pratyahara, kriya, mudra, bandha and meditation which are helpful to keep oneself physically fit, mentally alert and emotionally balanced. This ultimately prepares ground for the spiritual development of an individual.

Yoga is no longer only a traditional fitness workout. The age-old exercise has now entered schools too. Several institutions, irrespective of the curriculum they follow, have created space for the science of fitness in their busy timetable. Yoga classes are part of school's curriculum. Breathing is essential to life, and the way we breathe has a direct impact on our overall well-being. Proper breathing influences movement, posture, and our ability to manage stress effectively. Through pranayama and other yogic breathing exercises, students can develop the skill of correct breathing from an early age, enhancing their quality of life.

8.4 Glossary

Health: While the absence of disease indicates good health, true well-being encompasses physical, mental, social, and spiritual dimensions, giving health a deeper and more meaningful definition.

8.5 Answer to Self-Check Exercise

Self-Check Exercise-1

Ans-1: The entire group (Health and Physical Education and yoga) must be taken together as a comprehensive health and physical education curriculum, replacing the fragmentary approach current in schools today.

Self-Check Exercise-2

Ans-1: Have proper infrastructural facilities in terms of Training Hall, Hostel accommodation and faculty for conducting the training course;

Not discriminate against any person or group of persons on the ground of sex, religion, caste or creed;

Self-Check Exercise-3

Ans-1: The training should help teacher to develop the skills so as to help students to appreciate proper gender role orientation. Since the focus is on achieving holistic health, training of teachers under this scheme should be reflected on personal and environmental hygiene, sanitation, pollution, common diseases as well as measures for prevention and control.

Self-Check Exercise-4

Ans-1: 1988

Ans-2: 'total' human personality.

8.6 References /suggested readings

1. Yadav, Y.P. & Yadav, R. (1998). Art of Yoga. Friends Publications, India.
2. National curriculum framework-2005.

8.7 Terminal Questions

1. What is the place of Yoga in School Curriculum in India in Current Scenario?
2. Explain National curriculum framework-2005.
3. What are the guidelines for Teacher Training under the Scheme "Introduction of Yoga in Indian Schools"?

UNIT -9

FOUR PILLARS OF EDUCATION

Lesson Structure

- 9.0 Introduction
- 9.1 Learning Objectives
- 9.2 Concept of Four Pillars of Education

Self Check Exercise-1

- 9.2.1 Four pillars of education as recommended by UNESCO
- 9.2.1. Learning to Know
- 9.2.2. Learning to do
- 9.2.3. Learning to live together

Self-Check Exercise-2

- 9.3 Summary
- 9.4 Glossary
- 9.5 Answer to Self-Check Exercise
- 9.6 References/suggested readings
- 9.7 Terminal Questions

9.0 Introduction

According to UNESCO's Learning: The Treasure within (1996), education throughout life is based on four pillars: learning to know, learning to do, learning to live together and learning to be. As you know since we are small kids we start learning, concentrating and thinking. Learning to know, learning to do, learning to live together, and learning to be. In a world where so many people are focused on what they do, it is refreshing to see the "Four Pillars of Education" as an important part of a successful educational system. Learning to do, talks about how can we use education and how can we adapt it to future. The learning to be together, talks about how can we unite the world, how can we teach our students to care for others and make awareness of what is going on, in the world and in other countries and the last one learning to be, talks about how can we just be ourselves and succeed and how that can help us in education letting us be creative and follow our opinions and statements The four pillars of education are important to take in account in order to give the essential tools to our student's needs to develop and growth in this demanding society Learning to know is the teaching that comes from our childhood the teaching from ours parent and us as teacher. That's why is important that what we teach is fundamental of the development of its deductive and inductive reasoning and the increasing of its memory skills. learning to live together is no more than teach tolerance and acceptance to other culture, races or religion follower to our students and a good way to this is putting together to work in a group in order to obtain the goal and at the same time they would learn more about themselves, its culture, religion. To "simultaneously provide maps of a world in constant turmoil and a compass that will enable people to find their way in it",The Delors Commission identified four fundamental pillars of learning: *learning to know, learning to do, learning to live together, and learning to be*. Each

holds equal importance and together they form a comprehensive framework guiding education throughout life. Twenty-five years later, amidst change, complexity, fragility, and uncertainty, these principles remain as relevant as ever. The COVID-19 pandemic has exposed deep societal inequalities, highlighting the ongoing need for more just, equitable, and inclusive communities. It has also underscored the urgency of addressing environmental challenges. However, the crisis has reaffirmed the power of mutual support, cooperative resource sharing, and collective action, offering a strong moral foundation and a reason for hope.

9.1 Learning Objectives

After reading this lesson you will be able to:

- Explain the concept of four pillars of education: learning to know, learning to do, learning to live together, learning to be.

9.2 Concept of Four Pillars of Education

Education should encourage reflection on how our actions impact others and the world around us. Educators must emphasize the rights and responsibilities inherent in our relationships and interdependencies. A *communal learning* approach recognizes that issues of care—caring about, caring for, giving, and receiving care—are deeply social and moral concerns that require collective action and shared responsibility.

As educators, our role extends beyond imparting textbook knowledge. We must equip students with the skills to navigate real-life challenges, many of which may not be covered in traditional classroom lessons. In an increasingly interconnected world, our "global community" demands more from us than ever before. Education should prepare students for life itself, fostering adaptability, critical thinking, and social awareness.

Within this framework, acquiring knowledge is not just about personal empowerment but about connecting individuals across generations to the collective intellectual resources of humanity. A *communal learning paradigm* requires focusing on how knowledge is accessed, shared, and created collaboratively. Education should prioritize *learning to study, inquire, and co-construct knowledge together*.

UNESCO's four pillars of education—*learning to be, learning to know, learning to live together, and learning to do*—serve as a guiding framework for the younger generation. *Learning to be* encourages self-awareness and personal growth, helping individuals become their best selves. *Learning to know* fosters curiosity and continuous learning, ensuring that knowledge remains relevant in an ever-evolving technological world. *Learning to live together* emphasizes respect, acceptance, and conflict resolution, promoting social harmony in diverse communities. Finally, *learning to do* equips individuals with the practical skills needed to excel in their chosen fields, ensuring they understand the steps required for success.

Indian Society needs reconstruction. This can be accomplished with the help of educator who are to transmit the best of Indian culture to younger generation by linking it with western knowledge. The Indian society needs positive social change.

Self Check Exercise-1

Q-1: What are the four pillars of education by UNESCO?

9.2.1 Four pillars of education as recommended by UNESCO

The 'Four Pillars of Education' were originally set out in a report for UNESCO by the International Commission on Education for the Twenty-First Century chaired by Jacques Delors (UNESCO, 1996). These pillars underline the very breadth and depth of UNESCO's vision of education within and beyond schooling. Education, the report holds, must be organized around four fundamental types of learning throughout a person's life: learning to know, learning to do, learning to live together, and learning to be. Although they can be defined separately, they form an integrated whole and should ideally be present in all pedagogical encounters and the curriculum as a whole (Scatolini, 2010).

9.2.2 Learning to Know

Within a shared knowledge framework, acquiring knowledge should be seen not just as a means of individual empowerment but as a way to connect people across generations to the collective intellectual resources of humanity. *Learning to know* involves developing the skills to learn effectively, including concentration, memory, and critical thinking abilities.

Every individual has hidden talents such as

1. Memory
2. Reasoning
3. Imagination
4. Physical ability
5. Aesthetic sense
6. Aptitude to communicate

From infancy, children must learn to focus their attention on objects and people. Developing concentration skills takes various forms and can be nurtured through diverse learning experiences such as games, hands-on activities, work exposure, travel, and practical science exercises.

Enhancing memory skills is crucial in an era dominated by instant information from the media. While vast digital storage capacities exist, it would be a mistake to undervalue the importance of strengthening human memory. Selectivity is necessary when deciding what to memorize, yet the human brain excels at making unexpected connections between seemingly unrelated pieces of information—an ability that surpasses computers in many ways. Associative memorization is not an automatic

function but a skill that must be cultivated. Experts agree that memory development should begin in early childhood, and traditional exercises should not be abandoned simply because they seem tedious.

Thinking is initially shaped by parents and later refined by teachers. This process should incorporate both practical problem-solving and abstract reasoning. Education and research must integrate both deductive and inductive reasoning, often seen as opposing methods. While the choice of reasoning depends on the subject matter, logical thinking generally requires a balanced combination of both approaches.

9.2.3. Learning to do

This question is closely linked to the challenge of occupational training: how can education be adapted to prepare individuals for the evolving demands of the workforce?

Learning should go beyond acquiring certified skills and focus on transforming them into personal competence. This competence is evaluated based on a combination of abilities, including technical expertise, social behavior, personal initiative, and a strong work ethic. Employers often refer to these as interpersonal or people skills. In today's service-oriented economy, knowledge is essential, but so are qualities such as communication, teamwork, and problem-solving abilities. Personal competence also encompasses vital life skills that contribute to overall professional and personal success.

1. Social behavior
2. Personal initiatives
3. Willingness to take risk
4. Communication skills
5. Problem solving skills
6. Adaptability
7. Social responsibility
8. Leadership skills

9.2.4. Learning to live together

Education should help in inculcating a spirit of empathy in students so that it can have a positive effect on their social behaviour throughout their lives. Understanding each other, resolving conflicts through dialogue and discussion should be the essential tools of present-day education.

People of the world should accept their differences but start working on the basis of their commonalities for the survival of humankind.

Values to be developed amongst students.

- a) Non-Violence

- b) Cooperation
- c) Selfless attitude
- d) Developing values
- e) Accepting human diversity
- f) Instill an awareness of the similarities and interdependence of all people

4. Learning to Be

The goal of development is the holistic growth and self-actualization of an individual, enabling them to thrive personally, within their family and community, and as a responsible and engaged citizen.

According to Alvin Toffler: "The illiterate of the 21st century will not be those who cannot read or write, but those who cannot learn, unlearn, and relearn."

A person's holistic development encompasses the mind and body, intelligence, emotional sensitivity, aesthetic appreciation, and spirituality. Every individual should receive an education in their childhood and youth that nurtures independent, critical thinking and sound judgment. This empowers them to make informed decisions and navigate the various challenges they encounter in life.

1. **Individual:** Family member, Community member, Citizen, Professional, Innovator, Creative dreamer.
2. **Educational Experiences:** Aesthetic, Social, Moral, Spiritual, Logic and reasoning.

Self-Check Exercise-2

- Q-1:** The 'Four Pillars of Education' were originally set out in a report for UNESCO by the International Commission on Education for the Twenty-First Century chaired by..... (Fill in blank)
- Q-2:** Learning must transform certified skills into..... (Fill in blank)
- Q-3:** Personal Competence includes life skills like:
- a) Social behavior
 - b) Personal initiatives
 - c) Willingness to take risk
 - d) all the above three
- Q-4:** Learning to know implies learning how to learn by developing one's concentration, memory skills and ability to think. True/False

9.3 Summary

The core foundations of education can be reimagined to both empower individuals and emphasize mutuality, cooperation, and collective action for a better world. The four pillars of education can be refined to better support educators in designing meaningful learning experiences. A commons-based approach, which focuses on shared knowledge, collaboration, and collective growth, helps us rethink the essential skills and competencies needed to shape the future we aspire to create.

The four pillars of education are deeply interconnected. As teachers, we play a vital role in our students' lives, serving as role models who shape their perspectives and actions.

1. **Learning to Know** – This pillar emphasizes acquiring knowledge through life experiences and developing a deeper understanding of the world. It encourages critical thinking and continuous learning.
2. **Learning to Do** – This focuses on applying knowledge, working both individually and collectively, and using our skills to make meaningful contributions to society.
3. **Learning to Be** – This encourages personal growth, self-awareness, and respect for diverse perspectives, fostering emotional intelligence and individuality.
4. **Learning to Live Together** – Perhaps the most challenging pillar, this highlights the importance of social harmony, cooperation, and respect for differences. Teachers play a crucial role in fostering these values to build a more inclusive and compassionate society.

A commons-based approach to education requires focusing on the collective ways knowledge is accessed, shared, and created. This shift would reorient the knowledge pillar toward collaborative learning, inquiry, and co-construction, emphasizing both the social and interconnected dimensions of education.

9.4 Glossary:

Know: Be aware of through observation, inquiry, or information.

Do: Perform (an action, the precise nature of which is often unspecified).

9.5 Answer to Self-Check Exercise

Self-Check Exercise-1

Ans-1: UNESCO identifies four pillars of education as the key for our young generation. Children should learn to be, learning to know, to live together and learn to do.

Self-Check Exercise-2

Ans-1. Jacques Delors (UNESCO, 1996)

Ans-2 Personal competence

Ans-3 All of the Above

Ans-4. True

9.6 References/suggested readings

1. Scatolini Apostolo, S S. A. (2010). The "glocal" dimension of teacher education programmes. In G. Milton (ed.). International explorations in education. LAP Lambert Academic Publishing.
2. UNESCO (1996). Learning: the treasure within. Report to UNESCO of the International commission on Education for the twenty-first century. Paris: UNESCO.

9.7 Terminal Questions

1. Explain the concept of Four Pillars of Education.
2. Write short notes on the following:
 - a) Learning to Know b) Learning to Do
 - c) Learning to Live Together d) Learning to Be

Unit-10

LIFE SKILLS

Definitions, Concept and Categories of Life Skills

Lesson Structure

10.0 Introduction

10.1 Learning Objectives

10.2 Life Skills:

10.2.1 Definitions of Life Skills

Self Check exercise-1

10.2.2 Concept of Life Skills

Self Check Exercise-2

10.2.3 Categories of Life Skills

Self-Check Exercise-3

10.3 Summary

10.4 Glossary

10.5 Answer to Self-Check Exercise

10.6 References/suggested readings

10.7 Terminal Questions

10.0 Introduction

Life skills are a set of psychosocial and interpersonal abilities that enable individuals to make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathize with others, and navigate life in a positive and adaptive manner.

UNICEF, UNESCO, and WHO identify ten core life skills essential for personal development and well-being:

1. Problem-solving
2. Critical thinking
3. Effective communication
4. Decision-making
5. Creative thinking
6. Interpersonal relationship skills
7. Self-awareness
8. Empathy
9. Coping with stress
10. Managing emotions

These skills serve as powerful tools for empowering young people, helping them take initiative, act responsibly, and maintain control over their lives. The foundation of life skills education lies in the belief that when individuals can effectively manage emotional challenges, interpersonal conflicts, and peer pressure, they are less likely to engage in high-risk or antisocial behaviors. Ultimately, life skills foster adaptability and resilience, enabling individuals to navigate the complexities of everyday life with confidence and effectiveness.

10.1 Learning Objectives

After reading this lesson you will be able to:

- Understand Life Skills.
- Concept of Life Skills.
- Explain Categories of Life Skills

10.2 Life Skills:

10.2.1 Definitions of Life Skills

1. In 1993, the World Health Organization (WHO) defined life skills as the abilities that enable individuals to adapt and respond effectively to the demands and challenges of everyday life.

According to the United Nations Children's Fund (UNICEF), life skills education is a behavior change or development approach that integrates three key components: knowledge, attitude, and skills. Research indicates that sustainable changes in risky behavior are unlikely unless all three aspects—knowledge, attitudes, and skill-based competencies—are addressed.

Life skills encompass a broad range of psychosocial and interpersonal abilities that empower individuals to make informed decisions, communicate effectively, and develop coping and self-management strategies. These skills equip individuals to lead healthier, more productive lives by enhancing their ability to navigate challenges with confidence and resilience.

Self Check exercise-1

Q-1: Define Life Skills.

10.2.2 Concept of Life Skills

Life skills encompass a variety of abilities, including personal skills, interpersonal skills, writing skills, and numeracy skills. While everyone possesses some of these skills, there are always areas for improvement. The term "life skills" refers to the essential abilities needed to navigate life effectively, enhance well-being, and achieve one's full potential.

Life skills are psychosocial competencies that enable individuals to develop adaptive and positive behaviors, allowing them to handle everyday challenges successfully. These skills can be broadly categorized into three main groups:

1. **Cognitive skills** – for analyzing and applying information.
2. **Personal skills** – for self-management and personal development.
3. **Interpersonal skills** – for effective communication and social interaction.

Additionally, managing emotions such as anger and stress is a crucial life skill. Understanding what triggers these emotions, recognizing their symptoms, and learning how to control them can significantly improve one's quality of life. Resources on **stress management**, **anger control**, **self-esteem improvement**, and **confidence-building** can help individuals overcome these challenges.

Life skills also include problem-solving, critical and creative thinking, effective communication, decision-making, empathy, and relationship-building. They can be categorized into two primary types:

- **Thinking skills**, which involve self-reflection and decision-making.
- **Social skills**, which focus on interpersonal interactions and do not always rely on logical reasoning.

A balance of both thinking and social skills is essential for assertiveness, effective negotiation, and emotional intelligence. Emotional intelligence plays a vital role not only in making rational decisions but also in influencing and persuading others. To communicate effectively and gain agreement from others, self-awareness and emotional regulation are key.

Self Check Exercise-2

Q-1: Define self-esteem.

10.2.3 Categories of Life Skills

Category 1: Skills of knowing and living with oneself

- Self-awareness
- Self esteem
- Coping with emotions
- Coping with stress

Category 2: Skills of knowing and living with others

- Empathy
- Effective communication
- Conflict resolution and negotiation
- Friendship formation
- Assertiveness
- Peer pressure resistance

Category 3: Skills of effective decision making

- Critical thinking
- Creative thinking
- Problem solving
- Decision making

Self-Check Exercise-3

Q-1: Who define life skills in 1993 as, the abilities for adaptive and positive behaviour that enable individuals to deal effectively with demands and challenges of everyday life?

- a) World Health Organization (WHO)
- b) United Nations Children's Fund (UNICEF)
- c) UNESCO
- d) None of these

Q-2: Decision-making, problem-solving skills and information gathering skills include in

- a) Thinking Skills b) Social Skills
- c) Emotional Skills d) all the above three

10.3 Summary

Studies show that social-emotional skills—such as problem-solving, self-regulation, impulse control, and empathy—help improve academics, reduce negative social behaviors like bullying, and create positive classroom climates. Social-emotional skills also help kids successfully manage everyday life. SEL involves developing the ability to understand and manage our emotions, establish positive relationships, develop empathy for others, set and achieve goals and feel good about ourselves. Social-emotional skills are essential for connecting with others! They help us manage our emotions, build healthy relationships, and feel empathy. Life skills are abilities for adaptive and positive behaviour that enable humans to deal effectively with the demands and challenges of everyday life.

10.4 Glossary

1. Life Skills: Life skills refer to the abilities that foster adaptive and positive behavior, enabling individuals to navigate daily challenges and meet life's demands effectively.

2. Thinking Skills: Thinking skills are the mental processes that we apply when we seek to make sense of experience.

10.5 Answer to Self-Check Exercise

Self-Check Exercise-1

Ans-1: The skills that promote adaptive and positive behavior, empowering individuals to effectively handle the demands and challenges of daily life.

Self-Check Exercise-2

Ans-1: Self esteem is how we value and perceive ourselves.

Self-Check Exercise-3

Ans-1: a) World Health Organization

Ans-2: a) Thinking skills

10.6 References/suggested readings

1. Berk L E. (2013) Child development (9th ed.) Boston Pearson.
2. Kimberly, A., Nevarez, A., Henderson, W., Kerrick, A (2013). Early Childhood Education Becoming A Professional. New York SAGE Publications.
3. Srivastava, Garima (2016). The importance of life skills for adolescents All India Institute of Medical Sciences.
4. Wilson, RL, & Wilson, R. (2015) Understanding emotional development. Providing insight into human lives. New York, NY: Routledge.
5. WHO (1999), Partners in Life Skills Training: Conclusions from a United Nations Inter-Agency Meeting, Geneva
6. WHO (2004). Skills for health: An important entry-point for health promoting/child-friendly schools, Geneva.

10.7 Terminal Questions

1. What do you understand by Life Skills?
2. Explain the concept, components and types of Life Skills.
3. What is the importance of Emotional, Social and Thinking Skills.
4. Explain the importance of Life Skills for Growing Minds.
5. Discuss the need for Life Skills Education

Unit-11

Components and Types of Life Skills, Importance of Life Skills, Importance of Emotional, Social and Thinking Skills, Need for Life Skills Education

Lesson Structure

- 11.0 Introduction
- 11.1 Learning Objectives
- 11.2 Life Skills:
 - 11.2.1 Components and Types of Life Skills
 - Self Check Exercise-1**
 - 11.2.2 Importance of Life Skills
 - Self Check Exercise-2**
 - 11.2.3 Importance of Emotional, Social and Thinking Skills
- 11.3 Need for Life Skills Education
 - 11.3.1 Life skills and role of parents
 - Self-Check Exercise-3**
- 11.4 Summary
- 11.5 Glossary
- 11.6 Answer to Self-Check Exercise
- 11.7 References/suggested readings
- 11.8 Terminal Questions
- 11.0 Introduction**

Life skills are a set of psychosocial and interpersonal competencies that enable individuals to make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathize with others, and manage their lives in a healthy and productive manner. According to UNICEF, UNESCO, and WHO, the ten core life skills include problem-solving, critical thinking, effective communication, decision-making, creative thinking, interpersonal relationships, self-awareness, empathy, and coping with stress and emotions.

Life skills empower young people to act responsibly, take initiative, and exercise control over their lives. When individuals can navigate emotional challenges, manage conflicts, and resist peer pressure, they are less likely to engage in antisocial or high-risk behaviors.

In essence, life skills foster adaptive and positive behavior, helping individuals handle everyday demands effectively. Any skill that enhances one's ability to navigate life's challenges—such as tying shoelaces, swimming, driving, or using a computer—can be considered a life skill. However, the importance of specific life

skills varies based on individual circumstances. For example, someone in a remote rural area may prioritize driving, while others may consider different skills more essential.

11.1 Learning Objectives

After reading this lesson you will be able to:

- Understand Life Skills.
- Explain Components and Types of Life Skills.
- Understand importance of Emotional, Social and Thinking Skills.
- Explain Importance of Life Skills for Growing Minds.
- Understand Need for Life Skills Education.

11.2: Life Skills

11.2.1: Components and Types of Life Skills

Main components of Life Skills:

1) Thinking Skills: Thinking skills encompass decision-making, problem-solving, and information-gathering abilities. Individuals should be capable of assessing the potential future consequences of their present actions on others. Additionally, they must be able to explore alternative solutions and critically analyze the impact of their own values, as well as the values of those around them.

2) Social Skills: Social skills encompass verbal and non-verbal communication, active listening, and the ability to express emotions and provide feedback. This category also includes negotiation and refusal skills, along with assertiveness, which play a crucial role in conflict resolution. Empathy—the ability to listen and understand others' needs—is a vital interpersonal skill. Additionally, teamwork and cooperation involve showing respect for others and fostering positive interactions.

3) Emotional Skills: Emotional skills empower individuals to develop an internal locus of control, fostering the belief that they can influence change and make a meaningful impact on the world.

The Ten Core Life Skills Identified by WHO:

Recognizing the crucial role life skills play in shaping individuals, the World Health Organization (WHO) has emphasized the importance of integrating these skills into education worldwide. To equip future generations with essential competencies, WHO has outlined ten fundamental life skills:

1. **Self-Awareness:** The ability to recognize one's character, strengths, weaknesses, desires, and dislikes. Self-awareness helps individuals manage stress, communicate effectively, and build empathy.
2. **Empathy:** Understanding and caring about the emotions, needs, and perspectives of others. Empathy fosters positive relationships and enhances social interactions across diverse backgrounds.
3. **Decision-Making:** A skill that enables individuals to assess various options and foresee the consequences of their choices, leading to constructive and well-informed decisions.
4. **Problem-Solving:** The ability to objectively analyze a problem, explore possible solutions, and make decisions based on a careful evaluation of pros and cons.
5. **Effective Communication:** The ability to express oneself clearly and appropriately in both verbal and non-verbal ways, including expressing opinions, asking for help, and articulating emotions.
6. **Interpersonal Relationships:** Skills that help individuals build and maintain healthy relationships with peers, family, and society while also learning how to resolve conflicts and end relationships constructively.
7. **Creative Thinking:** A skill that involves fluency (generating new ideas), flexibility (adapting perspectives), originality (creating novel solutions), and elaboration (expanding on ideas).
8. **Critical Thinking:** The ability to objectively analyze information, recognize influences such as peer pressure or media bias, and make reasoned decisions.
9. **Coping with Stress:** Recognizing stress triggers, understanding their effects, and adopting proactive coping strategies such as relaxation techniques and lifestyle adjustments.
10. **Coping with Emotions:** The ability to identify and manage one's emotions and respond appropriately to the emotions of others. This includes regulating intense feelings like anger or sadness to maintain mental well-being.

These life skills empower individuals to navigate challenges effectively, make informed choices, and foster positive interactions in their personal and professional lives.

Self Check Exercise-1

Q-1: Define social skill.

11.2.2 Importance of Life Skills

1. Life skills support adolescents in transitioning from childhood to adulthood by fostering healthy social and emotional development.
2. They enhance social competence and problem-solving abilities, enabling adolescents to shape their own identity.
3. Life skills help individuals assess the pros and cons of situations, acting as a safeguard against problematic behaviors.
4. They promote positive social norms that influence adolescent health services, schools, and family life.

5. These skills improve communication by helping adolescents distinguish between hearing and active listening, reducing misunderstandings related to critical issues such as substance abuse.
6. They contribute to delaying the onset of harmful behaviors, such as tobacco and alcohol consumption.
7. Life skills boost self-esteem and equip individuals with techniques for managing emotions, including anger control.

Self Check Exercise-2

Q-1: What is the importance of life skills?

11.2.3 Importance of Emotional, Social and Thinking Skills

People with strong social-emotional skills are better equipped to manage daily challenges, build positive relationships, and make informed decisions. SEL helps students and adults thrive in school and in life. And the skills can be taught and learned from preschool all the way through adulthood. School is full of social interactions for children, from playing on the playground to engaging with adults. Until recently, it was pretty common for parents and teachers to focus on the academic development and progress of children; social skills must be learned. Through social skills, children learn who they are in the world. This is also the way that children build relationships, strengthen connections, learn to empathize, verbalize feelings, and develop compassion. Children learn social skills by observing parents, teachers, and other adults. They learn social skills by interacting with others, listening and watching the world around them. They are constantly taking things in and gaining knowledge about emotions and how to navigate relationships with other people for children to develop social and emotional skills they need guidance that is matched to their level of development, as well as practice. In addition to teaching social and emotional learning at school, parents and carers can encourage children to use these skills in everyday interactions at home. Prompting and encouraging children to apply their learning in this way helps them develop their skills. Here we provide two examples that show how everyday situations can be used as opportunities for supporting children's social and emotional skills development.

Early Childhood social and emotional skill areas are.

- 1) Children are developing capacity to feel positive about themselves and their capabilities.
- 2) Children are developing capacity to interact successfully with others.
- 3) Children's developing capacity to recognize, express and regulate feelings.

1. Keys to supporting emotional, social and thinking skills development

It's important to recognize that emotional, social and thinking skills develop over time, and that they may develop differently for different children. Parents and schools working together to help children develop social and emotional skills can really make a positive difference for children's mental health.

- **Get involved** - find out about the social and emotional learning program your child's school is using. Learn the language and basics and look for opportunities to apply them at home.
- **Talk about feelings** - help children explore theirs.
- **Be a model** - use the skills yourself and show children how they work. Parents don't have to be perfect; showing them you can make a mistake and learn from it can be really helpful too.
- **Be a guide** - turn difficulties into learning opportunities.
- **Acknowledge and appreciate** - provide explicit feedback and praise.

11.3 Need for Life Skills Education

Life Skills Education provides long-term benefits to society, encompassing educational, social, health, cultural, and economic advantages.

(a) Educational Benefits:

- Enhances the teacher-student relationship.
- Encourages positive behavior change.
- Promotes better discipline in schools.
- Reduces issues such as truancy, absenteeism, substance abuse, and teenage pregnancies.
- Helps students improve their academic performance.
-

(b) Social Benefits:

- Enhances the socialization process, fostering friendly interactions among learners.
- Enables students to select trustworthy and supportive friends.
- Encourages productive use of leisure time.
- Helps learners identify and avoid risky situations.
- Promotes meaningful engagement between students, teachers, and the school community.
- Contributes to character development.
-

(c) Health Benefits:

- Aids in the prevention and management of diseases such as STIs, HIV, and AIDS.
- Promotes overall well-being, including physical, mental, emotional, and social health.
- Reduces pressure on healthcare facilities.

- Encourages individuals to take responsibility for their own health and the well-being of others.
-

d) Cultural Benefits:

- Encourages the adoption of meaningful cultural practices while avoiding those that may pose risks to oneself or others.
- Fosters harmonious interactions among individuals from diverse cultural backgrounds.

Aids in the clarification and reinforcement of societal values.

-

e) Economic Benefits

- It leads to high productivity due to a motivated, strong and energetic labour force
- Savings are increased as money used eg on management and control of HIV and AIDS can be invested elsewhere. Resources such as time and money are saved as learners acquire skills to manage themselves and their environment.
- rehabilitation of drug and substance abuses
- repair of damaged property
- buy teaching learning resources

11.3.1 Life skills and role of parents

- Deciding the menu to be prepared every day/special occasion/festivals/birthday
 - Looking after the household chores in the absence of elders at home
 - Planning the holiday activities
 - Actively involving the children/adolescents when the financial or personal constraints occur
- ☐ Assisting in managing responsibilities when an excessive number of guests arrive.
 - ☐ Taking over the duties of a sick family member.
 - ☐ Engaging in interior decoration and organizing household items, both routinely and for special occasions.
 - ☐ Creating daily rangoli for pooja.
 - ☐ Communicating and interacting with family members based on the current family situation.
 - ☐ Understanding the behavioral dynamics of parents and siblings and adapting accordingly.
 - ☐ Maintaining verbal communication with family members, visitors, relatives, neighbors, friends, and guests.

- ☐ Reading newspapers or storybooks and sharing insights with family members.
 - ☐ Participating in family outings, visiting relatives, and attending ceremonies.
 - ☐ Collaborating during family functions.
 - ☐ Encouraging self-reflection and introspection.
 - ☐ Recognizing and responding to positive and negative behavior through rewards and discipline.
 - ☐ Caring for sick family members.
 - ☐ Assisting elderly family members.
 - ☐ Coping with both joyous and sorrowful family events.
 - ☐ Looking up to esteemed family members as role models.
 - ☐ Adopting effective stress management techniques from significant family members.
-
- ☐ Practicing division of labor within the household.

Self-Check Exercis-3

Q-1: Life skills have been defined as the abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life. True/False

Q-2: Decision-making, problem-solving skills and information gathering skills include in

- | | | | |
|----|------------------|----|---------------------|
| a) | Thinking Skills | b) | Social Skills |
| c) | Emotional Skills | d) | all the above three |

11.4 Summary

Recognizing the crucial role life skills play in daily life, the World Health Organization (WHO) has emphasized the importance of integrating these skills into students' education worldwide. To prepare future generations with essential competencies, WHO has identified ten core life skills as fundamental for personal and social development.

Well-implemented SEL programs positively affect students' success in school. Studies show that social-emotional skills—such as problem-solving, self-regulation, impulse control, and empathy—help improve academics, reduce negative social behaviors like bullying, and create positive classroom climates. Social-emotional skills also help kids successfully manage everyday life. They help students focus, make good decisions, and become supportive members of their community well beyond school.

11.5 Glossary

1. **Life skills:** Life skills are abilities for adaptive and positive behaviour that enable humans to deal effectively with the demands and challenges of everyday life.
2. **Thinking Skills:** Thinking skills are the mental processes that we apply when we seek to make sense of experience.

11.6 Answer to Self-Check Exercise

Self-Check Exercise-1

Ans-1: Social skills encompass both verbal and non-verbal communication, active listening, and the ability to express emotions and provide feedback. They also include negotiation, refusal, and assertiveness skills, which play a crucial role in effectively managing conflicts.

Self-Check Exercise-2

Ans-1: It helps adolescents to differentiate between hearing and listening and thus, ensuring less development misconceptions or miscommunications regarding issues such as drugs, alcoholism etc.

It delays the onset of the abuse of tobacco, alcohol etc.

Self-Check Exercise-3

Ans-1: True

Ans-2: Thinking skills

11.7 References/suggested readings

1. Berk L E. (2013) Child development (9th ed.) Boston Pearson.
2. Kimberly, A., Nevarez, A., Henderson, W., Kerrick, A (2013). Early Childhood Education Becoming A Professional. New York SAGE Publications.
3. Srivastava, Garima (2016). The importance of life skills for adolescents All India Institute of Medical Sciences.
4. Wilson, RL, & Wilson, R. (2015) Understanding emotional development. Providing insight into human lives. New York, NY: Routledge.
5. WHO (1999), Partners in Life Skills Training: Conclusions from a United Nations Inter-Agency Meeting, Geneva
6. WHO (2004). Skills for health: An important entry-point for health promoting/child-friendly schools, Geneva.

11.8 Terminal Questions

1. What do you understand by Life Skills?
2. Explain the components and types of Life Skills.
3. What is the importance of Emotional, Social and Thinking Skills?
4. Explain the importance of Life Skills for Growing Minds.
5. Discuss the need for Life Skills Education

UNIT -12

Story Telling, Improving storytelling skills and Learning the Story Steps and Techniques for Children and Teachers

Lesson Structure

12.0 Introduction

12.1 Learning Objectives

12.2 Methods and Techniques of Developing Emotional and Social Skills among Children

Self Check Exercise-1

12.2.1 Story Telling

Self Check Exercise-2

12.2.2. Improving storytelling skills

Self Check Exercise-3

12.2.3. Learning the Story Steps and Techniques for Children and Teachers

Self-Check Exercise-4

12.3 Summary

12.4 Glossary

12.5 Answer to Self-Check Exercise

12.6 References /suggested readings

12.7 Terminal Questions

12.0 Introduction

The most effective way to nurture social-emotional skills in children is through natural and enjoyable everyday activities. For instance, board games can teach children valuable lessons in taking turns, paying attention, and listening to others. Books, cartoons, and movies can also serve as powerful tools for fostering empathy. Encouraging emotional development in children is essential for equipping them with strong life skills, and the best part is that they will simply see it as play.

Early childhood development lays the foundation for all future learning and growth. Social-emotional development refers to a child's ability to understand others' emotions, regulate their own feelings and behavior, and interact positively with peers. For children to acquire essential skills such as cooperation, following directions, self-control, and attentiveness, they must first develop social-emotional competence. These skills are not innate but must be nurtured by parents, caregivers, and educators.

Unlike physical or cognitive development, teaching social-emotional skills requires a more flexible approach. However, it is widely recognized that fostering these skills in early childhood positively impacts lifelong learning and development. Social-emotional growth plays a crucial role in building essential life skills such as thinking, planning, and decision-making. Key aspects of this development include trust, security, friendships, emotions, and a sense of humor. Ultimately, a strong and positive adult-child relationship that fosters confidence and security is the cornerstone of healthy social and emotional development. As with all aspects of childhood growth, these skills are deeply influenced by the child's environment and experiences, particularly in the early years.

12.1 Learning Objectives

After reading this lesson you will be able to:

- understand methods and techniques of developing emotional and social skills among Children
- explain storytelling
- Improving storytelling skills
- Learning the Story Steps and Techniques for Children and Teachers

12.2 Methods and Techniques of Developing Emotional and Social Skills among Children

Social development refers to a child's ability to build and maintain meaningful relationships with both adults and peers. Emotional development, on the other hand, involves a child's capacity to express, recognize, and regulate their emotions while also responding appropriately to the emotions of others. Given the importance of social development in young children, various approaches have been proposed to enhance social skills.

The foundation of social and emotional development is established early in life. During this period, children begin to understand their own identity, recognize their emotions, and learn what to expect when interacting with others. It is also when they develop the ability to form and maintain positive relationships, manage their emotions effectively, and express their feelings in appropriate ways.

Self Check Exercise-1

Q-1: What do you mean by social development?

12.2.1 Story Telling:

Stories bring concepts to life, transforming abstract ideas into tangible understanding. Through storytelling, listeners gain insight into the thought processes of scientists and mathematicians, helping them grasp the significance and

application of complex concepts (Ellis, 2005). Wells (1986) emphasized that storytelling is a fundamental tool for meaning-making.

Beyond education, storytelling is also a powerful business skill. When used effectively, it enhances customer loyalty, strengthens marketing strategies, and ultimately drives profitability. Business storytelling focuses on the human aspect of work, making messages more relatable and impactful.

Children acquire and develop their mother tongue not through isolated desk work or rote memorization but by actively engaging with language in meaningful ways within a community of learners. Storytelling, the ancient art of narrating from memory rather than reading, is one of the oldest forms of communication, dating back to prehistoric times. It involves two key components—selection and delivery.

Storytelling has long been a fundamental teaching method, with some societies still relying on it as their primary form of instruction. While modern adaptations, such as television, attempt to mimic storytelling, live oral narration remains irreplaceable. A well-told story continues to serve as the foundation of effective teaching.

Storytelling is also a dynamic art form, much like music and dance. The storyteller's background, choice of details, and interaction with the audience shape the narrative. Words, sounds, and language patterns serve as the storyteller's building materials, while voice, facial expressions, and gestures function as essential tools. The ultimate outcome is a shared human experience fueled by words and imagination.

Since storytelling is an individual art, a rigid, standardized approach will not suffice. Aspiring storytellers must move beyond structured techniques, recognizing their strengths and developing a unique style. Listening to stories also provides an engaging way to introduce or reinforce new vocabulary and sentence structures, exposing children to language in rich and memorable contexts.

Additionally, listening to stories enhances children's concentration and listening skills through:

1. Visual cues, such as pictures and illustrations.
2. Their prior understanding of language structures.
3. Their general knowledge and experiences.

Self Check Exercise-2

Q-1: Storytelling is also a living art. Discuss.

12.2.2: Improving storytelling skills:

Storytelling brings language learning to life, creating an engaging and immersive experience that allows young learners to enjoy hearing the language in a dynamic, expressive, and entertaining manner. Encouraging participation through key vocabulary and phrases helps children develop an awareness of rhythm and sentence structure.

To make storytelling more enjoyable and effective, consider using various techniques when reading aloud. If children are new to storytelling, start with short sessions to maintain their attention and prevent cognitive overload. The focus should be on the content of the story rather than the method of delivery.

- If possible, have children sit on the floor around you, ensuring they can clearly see both your face and the story's illustrations.
- Speak slowly and clearly, allowing time for children to think, ask questions, examine pictures, and make comments. Adjust your pacing when the story naturally speeds up to enhance engagement.
- Highlight the illustrations by pointing to relevant images as you say corresponding words. Encourage children to do the same to reinforce comprehension.
- Invite children to participate in the storytelling process by repeating key vocabulary and phrases. Use nonverbal cues such as pausing, making eye contact, or cupping your hand to your ear to prompt their involvement.
- Enhance the storytelling experience with gestures, mime, facial expressions, and varied voice modulation. Adapt your voice to match different characters, helping to convey meaning while maintaining children's attention and interest.

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- Enhance the storytelling experience with gestures, mime, facial expressions, and varied voice modulation. Adapt your voice to match different characters, helping to convey meaning while maintaining children's attention and interest.

Self Check Exercise-3

Q-1: In what way you will present the story?

12.2.3: Learning the Story: Steps and Techniques for Children and Teachers

1. **Big Ideas:** Start with the big ideas and build your stories around them.
2. **Overheads:** Use these to help you and your students tell a story. The illustrations from a story may help you remember the storyline.
3. **Props and/or Costumes:** These are not always necessary, but in many cases, simply a hat/cap or artifact may help you tell your story, and may help the listener focus.
4. **Section and Picture:** This is a good technique to use to help students retell a story or prepare to tell a story. After reading or listening to a story, ask students to identify the main parts/sections, in sequential order. Divide the class into small groups so that each group has a main part/section to work on. Using butcher/chart paper, ask students to work in their small groups to illustrate those main parts of the story. When done, display illustrations in sequential order and invite a representative(s) from each group to stand before the class to retell the story. While referring to the illustration, encourage students to retell the story from their memory, imagination and collective work with their small group. Let them know that you are not expecting a "perfect" retelling of the story as they read or heard it.
5. **Storytelling in Groups/Group Storytelling:** As with the above activity, offer opportunities to tell stories as a group. Also, invite students to share/tell stories in pairs or small groups to lower anxiety and build skills.
6. **Interactive Storytelling:** Look for ways to engage your listeners so they actually become participants in the story. Pattern stories work well since students usually pick up on the repetitive line(s) or story sequence. Solicit their assistance in providing background sounds, standing in as characters, etc.
7. **Storytelling Exercises:** Use every opportunity to build your students' skills as storytellers. Even a few minutes each day to play with inflection, body language, facial expression, colorful language, etc. will benefit your storytelling. Students love to talk let them talk by giving them a purpose, topic, rationale, motivation, etc. Build these kinds of opportunities into your class.
 - Sharing
 - Talk arounds
 - Choral reading
 - Dramatic exercises
 - Book talks and literature circles
 - Socratic seminar

- Capturing stories (use journals or post-it's to capture and store those great ideas that pop-up during class)
- 8. **Storytelling Environment:** Build a positive, inviting, conducive environment for storytelling that lowers anxieties and nurtures the development of all storytellers with:
 - Exposure to good, plentiful literature
 - Integration of social studies, language arts and visual and performing arts
 - Opportunities for discussion and constructing meaning of the curriculum
- 9. **Tell it in Your Way:** Personalize a story. Make your own.
- 10. **Seven Steps to Storytelling:**
 1. Select a story you want to tell.
 2. Learn the structure and block the story.
 3. Visualize the settings and characters.
 4. See the action taking place as if you're watching a silent movie.
 5. Tell the story aloud, using your voice to project the images you've visualized.
 6. Learn the story by heart, not word for word.
 7. Practice telling the story until it comes naturally.

Self-Check Exercise-4

Q-1. Listening to stories develops the child's listening and concentrating skills via:

- a) Visual clues (for example, pictures and illustrations)
- b) Their prior knowledge of how language works
- c) Their general knowledge
- d) At the above three

- a) Ments b) Qing c) Jodd d) Skinner

12.3 Summary

A group discussion tests the teamwork and communication skill of candidates. A group discussion involves a discussion on a given topic with other candidates, usually with similar experience and educational qualifications. Performing well in a group discussion helps you to get noticed and practicing for one improves your public speaking skills. In this article, we will review what a group discussion is, its importance in the selection process, the skills evaluated during a group discussion and how to perform well in this round. Stories educate, illustrate, enlighten, and inspire. They give relief from the routine and stimulate the mind Group discussions

are common in our society, and have a variety of purposes, from planning an intervention or initiative to mutual support to problem- solving to addressing an issue of local concern Education Tours are very important for the overall development of a student. It gives them an opportunity to learn from their own experiences and from the experience of others Project method is one of the modern methods of teaching in which, the students point of view is given importance in designing the curricula and content of studies. This method is based on the philosophy of Pragmatism and the principle of 'Learning by doing'.

12.4 Glossary

1. **Project:** A project is a bit of real life that has been imparted into school.
2. **Role playing:** It is a way of practicing basic social skills.
3. **Discussion:** Discussions occur when a group assembles to communicate with one another through speaking and listening about a topic or event of mutual interest.

12.5 Answer to Self-Check Exercise:

Self-Check Exercise-1

Ans-1: Social development is a child's capacity to establish and maintain meaningful relationships with both adults and peers.

Self-Check Exercise-2

Ans-1: Storytelling is a dynamic art form, much like music and dance, that comes to life through performance. A story evolves based on the storyteller's background, their selection of setting and details, and the connection they establish with the audience. The storyteller crafts their narrative using words, sounds, and language patterns.

Self-Check Exercise-3

A story should be conveyed in a manner that highlights its content rather than the method of narration.

Self-Check Exercise-4

Ans-1: d)

12.6 References/suggested readings

1. Applebee, A., Langer, J., Nystrand, M., & Gamoran, A. (2003). Discussion-based approaches to developing understanding: Classroom instruction and student performance in middle and high school English. *American Educational Research Journal*, 40, 685-730.
2. Bandura, A. (1986) *Social foundations of thought and action*. Upper Saddle River, NJ: Prentice Hall Publishing.

12.7 Terminal Questions

1. Explain methods and techniques of developing emotional and social Skills among Children

UNIT -13

Role Playing and Group Discussion

Lesson Structure

13.0 Introduction

13.1 Learning Objectives

13.2 Role Playing

Self Check Exercise-1

13.2.1 Group Discussion

Self Check Exercise-2

13.3 Summary

13.4 Glossary

13.5 Answer to Self-Check Exercise

13.6 References /suggested readings

13.7 Terminal Questions

13.0 Introduction

It is widely accepted that the development of social and emotional skills in early childhood benefits all aspects of children's lifelong learning and development. Children's developing social and emotional skills in the early years form the foundation upon which subsequent learning and development depends, including life skills such as thinking, planning and decision making. Social emotional skills represent a child's ability to understand the feelings of others, control his own feelings and behaviors and understand how to get along with his peers. For children to acquire the basic skills they need, they must have social and emotional skills such as cooperation, self-control and concentration. As we all know, trust, security, friendship, emotion and a sense of humor are part of the socio-emotional development of children. In other words, a positive adult-child relationship that inspires confidence and security is the key to proper social and emotional development. As in all areas of child development, social-emotional aspects are really important in the first months and are directly related to the environment and experiences that surround the child.

13.1 Learning Objectives

After reading this lesson you will be able to:

- Understand methods and techniques of developing emotional and social skills among Children
- Explain role playing, group discussion

13.2 Role Playing:

Role-playing involves altering one's behavior to assume a role, either unconsciously to fit a social role or consciously to act out an adopted role. It allows individuals to embody a particular character, responding and behaving as that character would. Some children find great enjoyment in role-playing and acting. Practicing role-play with a colleague can help prepare for negotiations.

A role-playing game is a collaborative storytelling experience where participants take on character roles and shape the narrative. Their actions are guided by characterization and follow a structured set of rules and guidelines to determine success or failure.

Role-playing offers a unique opportunity to explore one's imagination and practice essential social skills. It is especially beneficial for individuals with learning disabilities who may struggle with authority figures. As a teaching method, role-playing is commonly used to develop communication skills.

Enhancing role-play through techniques such as warm-ups, role creation, doubling, and role reversal can deepen learning experiences. These methods help learners step into others' perspectives, gain insight into unspoken attitudes and emotions, and refine their communication skills through simulated interactions based on real-life challenges.

According to Qing (2011), Role play is defined as the projection in real life situations with social activities" (p. 37) Ments (1999) says, "In a role players act as a part of the social environment of the others and provides a framework in which they can test out their repertoire of behaviours or study the interacting behavior of the group" (p. 5).

When students were assigned a situation to role play in my hard put the effort to think of the appropriate language that could be used to express views and thoughts for communication. It also helped them to acute speaking skill and oral fluency, which also helped to boost their confidence level. As speaking skill requires more 'practice and exposure', role play can play an effective role. A clear observation of the similarly assigned situation helped the students to adapt to the moods and vocal expression of the given situation, which they could then perform.

1. Overcome any hesitation you may have about role-playing: It is important to distinguish role-playing from deception, pretending, impression management, or manipulation. Instead, role-playing is a valuable tool for learning how to handle situations effectively, with honesty, skill, and authenticity. Here are some steps to help you get started:

1. Begin with a simple scenario and prepare thoroughly before practicing with a friend.
2. Practice role-playing alone first. Speak out loud, record yourself, and listen for strengths—such as clear speech, appropriate tone, good grammar, or confidence. Focus on positive aspects before identifying areas for improvement.

3. Use desensitization techniques to ease any discomfort associated with role-playing.
4. If it helps, take on the persona of someone else—a confident individual, a movie star, or even a psychologist coaching someone through social challenges.
5. Occasionally, it can be beneficial to exaggerate your mistakes in a playful manner. Acting out your most embarrassing blunders can help break the ice and reduce anxiety.

2. Visualize a desired way of interacting—ideally, a more effective and natural approach with a specific person in a given situation. Here are some ways to develop strategies for handling challenging interactions:

- Observe a skilled and confident individual. Pay close attention to their phrasing, body language, tone of voice, and timing. Adapt their techniques to suit your own communication style.
- Practice independently by imagining how a confident person would respond. Explore multiple approaches rather than relying on just one clever remark.
- Work on handling the specific situation:
 - Make the role-play scenario as realistic as possible. Start with easier situations and gradually take on more challenging ones.
 - Apply your new skills in real-life interactions.

Self Check Exercise-1

Q-1: Discuss the term role playing.

13.2.1 Group Discussion

Group discussion (GD) is a comprehensive technique to judge the suitability of an individual and his appropriateness for admission, scholarship, job, etc. GD assesses the overall personality – thoughts, feelings and behaviour - of an individual in group. Group discussions promote a deeper understanding of a topic and increase long-term retention. Group discussions can also help increase participants' attention and help maintain their focus by involving them in the learning process. Group discussions can also provide feedback to instructors on participant comprehension. Discussions occur when a group assembles to communicate with one another through speaking and listening about a topic or event of mutual interest. To state a group of learners convenes to discuss what it has learned about global warming Discussion methods are a variety of forums for open-ended, collaborative exchange of des among a teacher and students or among students for the purpose of furthering students thinking, learning problem solving understanding or literary appreciation Participants present multiple points of view, respond to the ideas of others, and effect on their own ideas in an effort to build their knowledge, understanding or interpretation of the matter at hand, Discussions stand in contrast to a more traditional classroom event called citation, so called because it provides a forum for the students and/or the teacher to recite what is known, usually from the reading of a written text.

Discussion methods vary on a number of dimensions Roby (1998) classifies types of discussions primarily on a continuum that relates to whether the teacher or students, or both have interpretive authority A secondary dimension is the content of the discussion Using these dimensions, he decodes three types of discussion Problematical discussions focus on the solutions to other complex or simple problems in which the teacher is dominant in the discussions Dialectical discussions focus on expressing comparing and refining students (and the teachers) points of view and the students play a dominant role in the discussions Informational discussions focus on controversial issues within an accepting atmosphere, and students have considerable freedom to bring up issues they wish to discuss.

- Group Discussion is an interactive oral process where participants actively listen to one another, use effective voice and gestures, communicate clearly, and present ideas persuasively.
 - It follows a structured format, ensuring that ideas are exchanged systematically. Each participant has the opportunity to share their views and respond to the perspectives of others.
 - Group Discussions involve dynamic interactions, both between individuals and within the group as a whole. Participants must engage in goal-oriented communication, considering the needs of others and the overall objectives of the discussion.
 - Group Discussions enhance problem-solving, decision-making, and personality assessment skills. Whether one is a student, job seeker, professional, or executive, mastering group discussion skills is essential.
-
- Participants decide how they will organize the presentation of individual views, how an exchange of the views will take place, and how they will reach a group consensus. If the mode of interaction is not decided, few of the members in the group may dominate the discussion and thus will make the entire process meaningless.
 - In the Group Discussion, participants often forget that it is a group activity and not a solo performance as in elocution. By participating as an active listener, he/she may be able to contribute significantly to the group deliberations. The listening skills are closely linked to the leadership skills as well.
 - It may not have a specific goal - many group discussions are just that: a group kicking around ideas on a particular topic. That may lead to a goal ultimately...but it may not it may not.
 - It's less formal, and may have no time constraints, or structured order, or agenda.
 - Its leadership is usually less directive than that of a meeting.
 - It emphasizes process (the consideration of ideas) over product (specific tasks to be accomplished within the confines of the meeting itself).

- Leading a discussion group is not the same as running a meeting. It's much closer to acting as a facilitator, but not exactly the same as that either.

An effective group discussion typically includes several key elements:

- Every member has the opportunity to speak, freely expressing their thoughts and ideas while being able to develop and refine them.
- Participants actively listen to others and openly share their perspectives.
- Members feel comfortable testing out new or incomplete ideas in a supportive environment.
- Constructive feedback—whether positive, negative, or corrective—is given respectfully to enhance understanding and accuracy.
- A range of viewpoints is presented and explored.
- No single person dominates the discussion; everyone has a chance to contribute.
- Debates focus on the content of ideas rather than personal differences.
- Even in disagreement, there is a collective effort to resolve issues, develop solutions, make decisions, or establish common principles for further discussion.

Self Check Exercise-2

Q-1: What do you mean by the term group discussion?

Q-2: Storytelling is the original form of teaching. True/False

Q-3: Role playing is a way of practicing basic (Fill in blank)

13.3 Summary: Role-playing involves altering one's behavior to adopt a particular role, either unconsciously to fulfill a social function or consciously to act out an assigned role. Educational tours play a crucial role in a student's overall development, offering opportunities to learn from personal experiences and those of others.

The project method is a modern teaching approach that prioritizes students' perspectives when designing curricula and study content. Rooted in the philosophy of Pragmatism and the principle of "learning by doing," this method fosters hands-on learning experiences.

Role-play exercises allow students to take on different personas or act out specific scenarios, either individually, in pairs, or in groups to simulate more complex situations. These activities immerse students in real-world scenarios that may be stressful, unfamiliar, complex, or controversial, encouraging them to analyze their emotions and responses to various circumstances.

Group Discussion (GD) is a technique in which participants share their views and opinions on a given topic within a set timeframe. It is commonly used in professional evaluations, as teamwork and group collaboration are essential skills in business and organizational settings.

13.4 Glossary:

1.Controversial: An adjective that describes something that causes disagreement or discussion.

2. Constructive feedback:Feedback aimed at achieving a positive outcome

3. Dominant: Having power and influence over others

13.5 Answer to Self-Check Exercise:

Self-Check Exercise-1

Ans-1`: Role-playing or role playing is the changing of one's behaviour to assume a role, either unconsciously to fill a social role, or consciously to act out an adopted role. A role-playing is to pretend to be a particular character and to behave and react in the way that character would: Some kids really enjoy role-playing and acting.

Self-Check Exercise-2

Ans-1: Group discussion (GD) is a comprehensive technique to judge the suitability of an individual and his appropriateness for admission, scholarship, job, etc. GD assesses the overall personality – thoughts, feelings and behaviour - of an individual in a group. Group discussions promote a deeper understanding of a topic and increase long-term retention.

Ans-2: true

Ans-3: Social skills

13.6 References/suggested readings

3. Ellis, G. and J. Brewster. 1991. The Storytelling Handbook for Primary Teachers London: Penguin.
4. Forsyth, D.Group Dynamics. (2006). (4th edition). Belmont, CA Thomson Wadsworth.
5. D. & Frank P (2002). Joining Together Group theory and group skills (8th edition). Boston: Allyn & Bacon.

13.7 Terminal Questions

1. Explain methods and techniques of developing emotional and social Skills among Children.
2. Write short notes on the following:
 - a) Role Playing
 - b) Group Discussion and Community Service

UNIT -14

Community Service, Educational Trips, Incidental Teaching

Lesson Structure

14.0 Introduction

14.1 Learning Objectives

14.2. Community Service

Self Check exercise-1

14.2.1 Educational Trips

Self Check Exercise-2

14.2.2 Incidental Teaching

Self Check Exercise-3

14.3 Summary

14.4 Glossary

14.5 Answer to Self-Check Exercise

14.6 References /suggested readings

14.7 Terminal Questions

14.0 Introduction:Community service is work done by a person or group of people that benefits others. It is often done near the area where you live, so your own community reaps the benefits of your work. You do not get paid to perform community service, though sometimes food and small gifts, like a t-shirt, are given to volunteers. In other words, the main purpose of educational travel is to obtain knowledge and experience on certain topics, rather than travel itself. Educational tourism is about learning new things, acquiring new knowledge about culture or history of other destinations. Incidental teaching is a form of teaching in which a teacher takes advantage of naturally occurring 'incidents' or situations to provide learning opportunities for the pupils. For example, a teacher might use a videogame or favourite book characters to make a lesson relevant to the pupil's life.

14.1 Learning Objectives

After reading this lesson you will be able to:

- understand methods and techniques of developing emotional and social skills among Children
- Explain community service, educational trips, incidental teaching

14.2. Community Service

Community Service is important for many reasons. Taking part and volunteering teaches compassion and understanding. One of my favorite things

about community service is that there are opportunities and choices right in your very neighborhood. You can volunteer for something you really believe and have an interest in, and can volunteer as much or as little as you'd like or have time for.

Why is community service important?

Because most community service opportunities allow others to interact and work with other individuals, this service may help volunteers network and connect with others toward a common goal. People gain the most from their community service projects when they volunteer their time to help people that they have never interacted with before. Community service can be something you do every day, or it can be something you only do once in a while. It is one thing to volunteer your time and money, but it is quite another to take on the responsibility of an organization, where people depend on you. Community service essay inspires us to help people and bring a smile to their faces. People gain the most from their community service projects when they volunteer their time to help people that they have never interacted with before. This direct contact allows people to see life from a different perspective and reevaluate their opinions of others.

Self Check exercise-1:

Discuss one example of community service.

14.2.1 Educational Trips

Observations and hands-on learning experiences conducted in real-world settings provide valuable educational opportunities. For instance, students may visit a natural history museum to explore dinosaur exhibits or operate a small business to gain insights into production and marketing.

Educational tours play a crucial role in a student's overall development by allowing them to learn through firsthand experiences and those of others. Visiting historical sites enables students to immerse themselves in the past, making historical events feel more tangible while also learning from past mistakes.

- Educational trips are a significant part of a student's formative years, offering a refreshing change from routine learning while serving as both an educational and enjoyable bonding experience.
- These trips reinforce classroom lessons, helping students gain a deeper understanding of subjects through real-world exposure.
- Teachers can transform these trips into interactive learning experiences by encouraging students to collect data, participate in discussions, or complete projects based on their observations.
- Exposure to new environments teaches students the importance of traveling in groups and respecting the places they visit.
- Students, especially those with limited travel opportunities, benefit from visiting places they may not have otherwise experienced.
- Educational trips often spark curiosity, motivating students to further explore the topics covered during the outing.
- These experiences create lasting "episodic memories," helping children retain information for extended periods.

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Self Check Exercise-2

Q-1: Write a note on educational trips.

14.2.2 Incidental Teaching

The most distinctive feature of incidental teaching — characteristic that separates it from all other forms of applied behavior analysis-based therapies for autistic children—is that all interactions must be initiated by the child. Incidental teaching can be used to teach new language as well as expand upon the language a child already uses. A few examples from the research include teaching children to:

1. Learn the names of highly preferred objects and actions by requesting for them
2. Learn to read words
3. Use prepositions to describe where highly preferred objects are located
4. Use a more detailed sentence to request a specific highly preferred object (e.g. ask for the blue train or the red train).
5. Use a compound sentence to request a toy and say how the toy will be used (e.g. say, I want the blue train and I want to make a train track).
6. Incidental teaching has the same principles of learning as found in discrete trial training, following the same technical conditions:
 - The intervention is composed of operant conditioning techniques;
 - The intervention goals are socially significant, and
 - The intervention results are analyzed objectively by assessing each child's progress before, during, and after the intervention.
 - Incidental teaching is based on the idea that if a skill is rewarded, a child will use it more often.
 - All naturalistic teaching techniques assume that a child will use skills more easily in a wide range of situations if those skills are learned in a natural environment (like playtime), instead of in a highly structured setting (like a clinic). Incidental teaching relies on the child's natural interests as the basis for learning, with the teacher following the child's lead.
7. Incidental teaching involves using several steps to improve communication skills:

Set up an interesting environment for the child (such as a play area with favourite objects and/or activities)

Restrict access to an interesting object in some way (for example, by putting it in a place that is visible, but out of reach)

The learning begins when the child asks for the object or makes a gesture (such as pointing)

Prompt the child to elaborate ("What colour teddy bear do you want?")

Wait until the child responds ('I want the pink teddy bear')

Reward the child by giving the desired item

Self Check Exercise-3:

Q-1 How can a teacher do stunt teaching in an uneven classroom?

1. Sharing his experiences
2. Practice of Equality
3. Discrimination among children
4. None of the above

14.3 Summary

Education Tours are very important for the overall development of a student. It gives them an opportunity to learn from their own experiences and from the experience of others. Project method is one of the modern methods of teaching in which, the students point of view is given importance in designing the curricula and content of studies. This method is based on the philosophy of Pragmatism and the principle of 'Learning by doing'. The term "field trip" has been known for decades in many sectors and it is a common term used in worldwide schools. It seems that a field trip is a favorite part of both teachers and students who are keen on learning and discovering. So, what is a field trip in education? Scroll down to find out the field trip definition and its many types. Students are definitely eager the most to sightseeing school trips enchanting them by a myriad of appealing attractions in their wish destination. Admire well-known attractions, explore historic structures, discover World Heritage Sites, unwind on spectacular landscapes and freshen in front of scenic vista are incredible activities that gain huge interests from students and strongly inspire them.

14.4 Glossary

- 1. Sightseeing:** The activity of visiting places of interest in a particular location
- 2. Speculator landscape:** is everything you can see when you look across an area of land, including hills, rivers, buildings, trees, and plants.
- 3. Incredible:** Impossible or very difficult to believe, or extremely good.

14.5 Answer to Self-Check Exercise:

Self-Check Exercise-1

Ans-1: Assisting people with disabilities, Blood donation drives etc.

Self-Check Exercise-2

Ans-1: Educational trips are among the most prominent of the formative years, largely because they are a welcome break in the routine for both students and teachers. While their purpose is essentially to educate, they can also be a fun bonding experience for everyone involved. The trip can reinforce what a teacher has been instructing in class about a subject and help students understand the topic better.

Self-Check Exercise-3

Ans-1: Practice of Equality

14.6 References/suggested readings

1. Ladd, G.W. (2005). Children's peer relations and social competence: A century of progress. New Haven, CT: Yale University Press.
2. Goldstein, A. P (1973) Structured learning therapy. Toward a psychotherapy for the poor. New York: Academic Press, Inc.
3. Ments, V. M. (1999). The effective use of role-play: practical techniques for improving learning (2nd ed.). Retrieved May 12, 2012, from [http://books.google.com.bd/books/about/The Effective Use of Role Play.html?id=GbXOY18aTIC&redir_esc=y](http://books.google.com.bd/books/about/The_Effective_Use_of_Role_Play.html?id=GbXOY18aTIC&redir_esc=y)

14.7 Terminal Questions

1. Explain methods and techniques of developing emotional and social Skills among Children.
2. What do you mean by the term Educational Trip? Discuss in detail.
3. Write a short note on incidental teaching.

UNIT -15

Problem Solving Technique, Project Work

Lesson Structure

- 15.0 Introduction
- 15.1 Learning Objectives
- 15.2 Problem Solving Technique

Self Check Exercise-1

- 15.3 Project Work

Self Check Exercise-2

- 15.4 Summary
- 15.5 Glossary
- 15.6 Answer to Self-Check Exercise
- 15.7 References /suggested readings
- 15.8 Terminal Questions

15.0 Introduction: Problem solving is the process of finding solutions to obstacles or challenges you encounter in your life or work. It is a crucial skill that allows you to tackle complex situations, adapt to changes, and overcome difficulties with ease. Mastering this ability will contribute to both your personal and professional growth, leading to more successful outcomes and better decision-making. All teams and organizations encounter challenges as they grow. There are problems that might occur for teams when it comes to miscommunication or resolving business-critical issues. You may face challenges around growth, design, user engagement, and even team culture and happiness. In short, problem-solving techniques should be part of every team's skill set. Problem-solving methods are primarily designed to help a group or team through a process of first identifying problems and challenges, ideating possible solutions, and then evaluating the most suitable. Finding effective solutions to complex problems isn't easy, but by using the right process and techniques, you can help your team be more efficient in the process. A project is a set of tasks that must be completed within a defined timeline to accomplish a specific set of goals. These tasks are completed by a group of people known as the project team, which is led by a project manager, who oversees the planning, scheduling, tracking and successful completion of projects.

15.1 Learning Objectives

After reading this lesson you will be able to:

- understand methods and techniques of developing emotional and social skills among Children

- Explain problem solving technique, project work.

15.2: Problem Solving Technique

A general teaching method and organization of curriculum and knowledge where students work purposefully toward a solution, synthesis or cause. Often called problem-based learning. Some problems are small and can be resolved quickly. Other problems are large and may require significant time and effort to solve. These larger problems are often tackled by turning them into formal projects.

1. Finding the right problem to solve
2. Defining the problem
3. Analyzing the problem
4. Developing possibilities
5. Selecting the best solution
6. Implementing

Problem solving is the act of defining a problem; determining the cause of the problem; identifying, prioritizing, and selecting alternatives for a solution; and implementing a solution. Diagnose the situation so that your focus is on the problem, not just its symptoms. Helpful problem-solving techniques include using flowcharts to identify the expected steps of a process and cause-and-effect diagrams to define and analyze root causes.

The sections below help explain key problem-solving steps. These steps support the involvement of interested parties, the use of factual information, comparison of expectations to reality, and a focus on root causes of a problem. Postpone the selection of one solution until several problem-solving alternatives have been proposed. Considering multiple alternatives can significantly enhance the value of your ideal solution. Once you have decided on the "what should be" model, this target standard becomes the basis for developing a road map for investigating alternatives. Brainstorming and team problem-solving techniques are both useful tools in this stage of problem solving.

Many alternative solutions to the problem should be generated before final evaluation. A common mistake in problem solving is that alternatives are evaluated as they are proposed, so the first acceptable solution is chosen, even if it's not the best fit. If we focus on trying to get the results we want, we miss the potential for learning something new that will allow for real improvement in the problem-solving process. Leaders may be called upon to direct others to implement the solution, "sell" the solution, or facilitate the implementation with the help of others. Involving others in the implementation is an effective way to gain buy-in and support and minimize resistance to subsequent changes.

Regardless of how the solution is rolled out, feedback channels should be built into the implementation. This allows for continuous monitoring and testing of actual

events against expectations. Problem solving, and the techniques used to gain clarity, is most effective if the solution remains in place and is updated to respond to future changes.

Self Check Exercise-1:

Q-1: Problem solving is the act of defining a problem. True/False

15.3: Project Work

The project method is a modern teaching approach that prioritizes the student's perspective in curriculum design and content development. Rooted in the philosophy of Pragmatism and the principle of "Learning by Doing," this method encourages students to engage in meaningful, hands-on activities within real-world contexts.

A project integrates real-life experiences into the school environment, requiring students to actively participate in problem-solving tasks and constructive activities. Through a structured series of tasks, students work towards creating a tangible outcome, such as an artifact, media presentation, or performance. This approach promotes individualization, allowing learners to select their topics and determine the methods of execution and production, fostering skill development and knowledge acquisition.

A project is a temporary endeavor designed to achieve a specific goal within a defined timeline. It involves a team, led by a project manager, who oversees planning, scheduling, tracking, and execution. Projects can range from large-scale events, like Fashion Week, to humanitarian efforts worldwide.

In a business context, a project consists of structured tasks, activities, and deliverables, all carefully executed to achieve a desired result. Understanding the nature, characteristics, and phases of a project is crucial for new project managers, as it allows them to define objectives clearly, set realistic expectations, and position teams for success.

Definitions of a Project:

- W.H. Kilpatrick: "A project is a wholehearted, purposeful activity carried out in a social environment."
- Ballord: "A project is a piece of real life incorporated into the school setting."
- Thomas & Long: "A project is a voluntary undertaking that involves constructive effort or thought, culminating in objective results."

Key Characteristics of a Project:

Projects share common elements that project managers must oversee throughout the project life cycle. Identifying, analyzing, documenting, and effectively

communicating these characteristics ensures alignment among stakeholders and equips project teams to work efficiently within the project's scope.

Self-Check Exercise-2

Q-1: Who said "Role play is defined as the projection in real life situations with social activities?"

- a) Ments b) Qing c) Jodd d) Skinner

Q-2: are the useful estimators for language-independent, early life cycle estimates.

- A. Universal language points (ULP)
- B. Universal functions points (UFP)
- C. Function points (FP)
- D. All of the above

15.4 Summary: The project method of teaching is an instructional approach where students are presented with various projects or real-life situations and must select a problem to solve. Once they have chosen a problem, they independently develop a solution, fostering critical thinking and problem-solving skills.

Unlike traditional teaching methods, where the teacher dictates the learning process, this approach shifts the teacher's role to that of a guide or facilitator. The teacher supports and advises students as they navigate their learning journey at their own pace.

The project method is an alternative classroom model that prioritizes student learning over direct instruction. It encourages autonomy by allowing students to take responsibility for their work, including the selection of curriculum content and learning techniques. Rather than imposing a rigid learning style, this method trusts students to engage with the material in a way that suits them best, making it a completely student-centered approach.

15.5 Glossary

1. Project: A project is a bit of real life that has been imparted into school.

2. Discussion: Discussions take place when a group gathers to engage in verbal communication, exchanging ideas and perspectives through speaking and listening about a shared topic or event of interest.

3.Student-

Centric:is an approach to education that focuses on the individual learner's needs.

15.6 Answer to Self-Check Exercise:

Self-Check Exercise-1

Ans-1: True

Self-Check Exercise-2

Ans-1: Qing

Ans-2:Universal functions points (UFP)

15.7 References/suggested readings

1. Qing. X (2011) Role-play an effective approach to developing overall communicative competence. Cross-Cultural Communication, 7(4), 36-39. DOI:10.3968/j.ccc.1923670020110704.317
2. Yablonsky, L (1976). Psychodrama: Resolving emotional problems through role- playing. New York: Basic Books.

15.8 Terminal Questions

1. Explain methods and techniques of developing emotional and social Skills among Children.
2. Write short notes on the following:
 - d) Problem Solving Technique and Project Work

LESSON-16

Socratic Method and Problem Solving Method

Lesson Structure

- 16.0 Introduction
- 16.1 Learning Objectives
- 16.2 Methods and Techniques of Developing Thinking Skills among Children

Self Check Exercise-1

- 16.2.1 Socratic Method

Self Check exercise-2

- 16.2.2 Problem Solving

Self Check Exercise-3

- 16.3 Summary
- 16.4 Glossary
- 16.5 Answer to Self-Check Exercise
- 16.6 References/suggested readings
- 16.7 Terminal Questions

16.0 Introduction

Thinking Skills are mental processes we use to do things like: solve problems, make decisions, ask questions, construct plans, evaluate ideas, organize information and create objects. There are many frameworks of thinking including Bloom's Taxonomy DeBono's thinking tools and Lipman's modes (Moseley et al, 2005). Thinking skills are implicit in many of the educational interventions shown to raise pupil achievement. For example, identifying similarities and differences in subject knowledge (Marzano, 2001), improves grades whilst using the skills of evaluation, decision making and problem-solving Lessons can be more interesting, more engaging and more challenging when they include a range of thinking skills. Students work harder and achieve more Teachers can become more effective and gain a great deal of satisfaction by infusing their lessons with a variety of thinking skills.

The thinking skills debate is ongoing should we teach knowledge and facts or thinking skills? Enlightened educators create lessons that make knowledge interesting and memorable through thinking skills. They do both rather than one or the other. It has always been the central aim of education to improve the quality of thinking because better thinking will not only enable us to become more successful at learning but will also equip us for life, enabling us to realize our own potential and to contribute to the development of society.

16.1 Learning Objectives

After reading this lesson you will be able to:

- Understand methods and techniques of developing thinking skills among children.
- Explain Socratic method, Problem solving Method
- **1.2 Methods and Techniques of Developing Thinking Skills among Children**

Children are confronted daily with rich opportunities to solve problems and exercise their own independent judgment when they're given the chance to safely explore the world. These problems, which might involve physical challenges, social relationship issues, or understanding how things work, often seem minor to us but provide great opportunities to practice thinking skills. Our role as the adults in their lives may sometimes be to offer guidance for creative problem solving. In other cases, it may be more useful to let a child experiment on his/her own for a bit. How and how quickly we respond can have a significant impact on children's development of thinking skills. The development of thinking skills, or learning to learn, emphasizes the process of learning. The development of thinking skills teaches pupils to think for themselves, via a focus on skills rather than subject content, allowing them to deconstruct language and understand that languages have underlying patterns and rules.

Self Check Exercise-1

Q-1: Define the term thinking skill.

16.2.1 Socratic Method:

The Socratic method remains one of the oldest and most effective teaching strategies for developing critical thinking. Rather than providing direct answers, Socratic teaching encourages students to engage with thought-provoking questions. Educators model an inquisitive, analytical mindset by continuously probing into the subject matter.

By systematically examining the elements of reasoning and their logical relationships, students cultivate disciplined and self-reflective thinking. Every academic discipline follows a structured logical framework, shaped by individuals who shared:

- Common goals and objectives that define the subject's focus
- Key questions and problems they sought to solve
- Relevant data and information as empirical evidence
- Methods of interpreting and evaluating that data
- Specialized concepts and ideas to structure their findings
- Fundamental assumptions guiding their inquiry
- A shared perspective for pursuing collective goals

Each of these elements serves as a focal point for Socratic questioning. Educators can challenge students to examine objectives, analyze problems, evaluate evidence, explore alternative interpretations, assess key concepts, question assumptions, and

consider different viewpoints. Encouraging students to reflect on the implications of their reasoning fosters deeper intellectual engagement.

Socratic questioning is a disciplined approach, functioning as an externalized version of the critical inner voice developed through critical thinking. Just as the mind processes different thoughts, classroom discussions must address all ideas fairly and thoughtfully. By continuously following up with relevant questions, the Socratic questioner ensures discussions remain structured, intellectually rigorous, and student-driven.

A Socratic questioner should:

- Maintain focus on the discussion topic
- Ensure intellectual responsibility in the dialogue
- Encourage deeper analysis through probing questions
- Summarize key points and unresolved issues periodically
- Engage as many students as possible in the conversation

Self Check exercise-2

Q-1: What we do in Socratic teaching?

16.2.2 Problem Solving:

Problem-solving involves identifying a problem, determining its cause, exploring possible solutions, selecting the best option, and implementing it effectively. To make well-informed decisions and become valuable problem-solvers, students can follow a simple five-step approach:

1. **Identify and Define the Problem:** The first step is recognizing that an issue exists. Some problems are major and immediately apparent, such as an air-freight service failing to deliver packages on time. Others may be minor but persistent, like frequently running out of toner in an office printer. Clearly defining the problem helps in addressing it effectively.
2. **Gather Relevant Information:** Investigate the issue by collecting data, identifying possible causes, and exploring potential solutions. This may involve reviewing records, consulting experts, or brainstorming with peers. For example, an air-freight company might examine its package tracking system to determine where errors occur.
3. **Analyze the Evidence:** Assess the credibility and accuracy of the gathered information. Consider different perspectives, evaluate potential biases, and distinguish between facts and opinions. For instance, while missing packages are a fact, assuming they are simply misplaced and will reappear is an opinion.
4. **Explore Alternatives and Their Implications:** Based on the evidence, generate possible solutions and weigh their advantages and disadvantages. Consider costs, benefits, potential obstacles, and long-term consequences. Creativity is essential in identifying solutions that best align with individual or organizational goals.

5. **Select and Implement the Best Solution:** Choose the most effective alternative and put it into action. Monitor the outcome and make necessary adjustments to improve its effectiveness. For example, a freight company may compensate dissatisfied customers with free delivery while simultaneously improving its tracking system to prevent future issues.

Successful problem-solving requires adaptability, critical thinking, and continuous evaluation to ensure the chosen solution remains effective over time.

Self Check Exercise-3

Q-1: What do you mean by the term problem solving?

Q-2: In Socratic teaching we focus on giving students, not answers (Fill in blank)

Q-3: Socratic questioning is a highly disciplined process. True/False

Q-4: A Socratic questioner should:

- a) keep the discussion focused
- b) keep the discussion intellectually responsible
- c) stimulate the discussion with probing questions
- d) all the above three

16.3 Summary

Children are confronted daily with rich opportunities to solve problems and exercise their own independent judgment when they're given the chance to safely explore the world. We can examine goals and objectives, delve into the nature of a question, problem, or issue at hand, and assess whether we have the necessary data and information. Brainstorming encourages students to think critically, explore ideas and solutions, make connections, and share thoughts with peers. Since brainstorming typically has no wrong answers, it allows students to express their ideas freely without fear of failure. Critical thinking involves the ability to recognize patterns within given information, particularly in relation to real-world applications. Here are a few straightforward examples.

Knowing how to brainstorm is a useful skill that helps teams collaborate and develop original ideas in the workplace. Problem solving and critical thinking skills are two of the most important and sought after abilities in society today.

16.4 Glossary

1. **Socratic questioner:** Socratic questioner acts as the logical equivalent of the inner critical voice which the mind develops when it develops critical thinking abilities.
2. **Critical thinking:** Critical thinking involves skill at recognizing pattern in given information, and especially recognizing how the information is connected to the real world.

3. **Extempore:** Extempore is an impromptu speech that is delivered with little or no preparation.

16.5 Answer to Self-Check Exercise

Self-Check Exercise-1

Ans-1: Thinking skills are cognitive processes that we use to solve problems, make different decisions, asking questions, making plans, organizing and creating information.

Self-Check Exercise-2

Ans-1: In Socratic teaching we focus on giving students questions, not answers. We model an inquiring, probing mind by continually probing into the subject with questions.

Self-Check Exercise-3

Ans-1: Problem solving is the act of defining a problem; determining the cause of the problem; identifying, prioritizing, and selecting alternatives for a solution; and implementing a solution.

Ans-2: Questions

Ans-3: True

Ans-4: d)

16.6 References /suggested readings

1. Michael Frede, Plato's arguments and the dialogue from Oxford studies in ancient philosophy, supplementary Volume 1992, oxford 1992, 201-19.
2. Overholser, JC. (1996). Elements of the Socratic method: Self-improvement Psychotherapy 33.283-192

16.7 Terminal Questions

1. What are the methods and techniques of developing thinking skills among Children?
2. Explain Socratic Method and problem solving

LESSON-17

Debates, Riddles and Puzzles and Benefits of Riddles for Children

Lesson Structure

17.0 Introduction

17.1 Learning Objectives

17.2.1 Debates

Self Check Exercise-1

17.2.2 Riddles and Puzzles

Self-Check Exercise-2

17.2.3. Benefits of Riddles for Children

Self-Check Exercise-3

17.3 Summary

17.4 Glossary

17.5 Answer to Self-Check Exercise

17.6 References/suggested readings

17.7 Terminal Questions

17.0 Introduction: A debate is an organized argument or contest of ideas in which participants discuss a topic – usually philosophical, social, and/or political in nature, and often a pressing matter in current affairs – from two opposing sides in a controlled, civil setting. At their best, debates teach us that the best way to address a poor or reprehensible argument is to put it on a platform and, using the entire intellectual, forensic, and rhetorical skills at one's disposal, exposes its incoherence and/or dishonesty. The way to become accomplished at this is precisely to interact with positions, ideologies and worldviews different from one's own, on the basis of what the Bible, of all places, calls 'iron sharpening iron'. This is crucial firstly to enable anticipation of the other perspective – the better to rebut it – but also to enable a shift or modification in one's own view, precisely by virtue of having been exposed to alternative arguments that challenge one's own prejudices and presuppositions. That is the essence of what Socrates, according to Plato, called the 'examined life' – or of what we today call critical enquiry. Before we get into how you can hone your debating skills, let's jump back in time and learn more about how debating came about.

Moving forward to 1858, the debates for an Illinois Senate seat between Abraham Lincoln and Stephen Douglas were celebrated for their rhetorical skill

and precision. Their verbal jousting inspired a whole form of modern debating, now a common sight in every election cycle across the world. A riddle is a statement or question that requires a clever or creative solution. Riddles are often presented as puzzles, brainteasers, or wordplay, which challenge the intellect and require the reader or listener to think outside the box. Riddles are puzzles or questions that require creative and critical thinking to solve. They often involve wordplay, logic, or lateral thinking and are designed to challenge and entertain. The goal is to find a clever or unexpected solution to the posed problem. Logical Riddles: Logical riddles rely on deductive reasoning and systematic thinking to arrive at a solution. They present a scenario or set of clues that require the solver to analyze and deduce the correct answer based on logical principles. These riddles challenge the mind to think critically and solve problems methodically. Math riddles can be a fun and engaging way for kids and teens to challenge themselves while strengthening their math skills. In this section, we have curated a collection of math-based riddles that cover a variety of mathematical concepts. These riddles will not only entertain young minds but also encourage them to think critically and apply their knowledge in a playful manner.

17.1 Learning Objectives

After reading this lesson you will be able to:

- Understand methods and techniques of developing thinking skills among children.
- Explain debates, riddles and puzzles

17.2.1 Debates:

A **debate** is an organized argument or contest of ideas in which the participants discuss a topic from two opposing sides. The role that debate-making an argument, using evidence telling a story plays in learning is important in computing education, too in the sense of the bun collar vs white collar. The base of knowledge to learn from construction and design is akin to the elaborate knowledge necessary to engage in a debate.

Teachers frequently use debates to enhance student engagement and participation during tutorials or seminar sessions, particularly in the humanities and social sciences, and occasionally in the sciences.

A debate is a structured form of argumentation with defined rules and advanced techniques. It requires a topic that allows for discussion, ensuring there are at least two opposing viewpoints.

Self Check Exercise-1

Q-1: What is Debate?

A. Benefits of Debate

- Gaining broad, multi-faceted knowledge cutting across several disciplines
- Increase learners' confidence, poise, and self-esteem.
- Improving an engaging, active, learner centered activity.
- Enhancing the ability to structure and organize thoughts
- Developing effective speech composition and delivery.
- Encouraging teamwork.
- Improving learners' ability to form balanced, informed arguments and to use reasoning and evidence.

17.2.2 Riddles and Puzzles:

Critical thinking involves skill at recognizing pattern in given information, and especially recognizing how the information is connected to the real world. Here are a couple of very simple examples. First, consider the five words below.

1. cruise ship
2. bicycle
3. airplane
4. walking on foot
5. automobile (not a race car)

Now, arrange them in order from the slowest to the fastest based on their maximum speed. The correct sequence is: 4-2-5-1-3. As with many such puzzles, there may be slight variations in the answers—one could argue that certain automobiles can surpass cruise ships in speed.

This "indeterminacy characterizes this kind of thinking. However, some puzzles are straightforward for instance, what do the following five things have in common?

1. Sky
2. Navy
3. Celeste
4. Azure
5. Cerulean

These are all words referring to shades of blue.

Self Check Exercise-2

Q-1: What do you mean by the term riddle?

17.2.3 Benefits of Riddles for Children

- **Introduce them to intellectual humor:** Laughter is important to happiness and health. In addition, laughter is a very good way to motivate people to continue working after a long monotonous day. It can relax the brain and body, helps us release stress, and makes us feel great. Boredom and keeping children's attention is one of the largest problems associated with education today, so riddles can be a great way to break up the day and relax the brain, while keeping the brain working
- **Work their brains:** Problem solving and critical thinking skills are two of the most important and sought after abilities in society today. This is demonstrated by the importance of standardized testing when getting into college and graduate school. Both the ACT and SAT are heavily based on critical thinking and problem-solving skills. Riddles have been shown to improve children's comprehension and creativity, making them the perfect prep for children.
- **Reading comprehension:** In the United States literacy rates are at 99 percent, but comprehension is very different and falls on a spectrum. Everybody can read to some extent, but this doesn't mean that they can read quickly enough or understand difficult content that will enable them to be useful in the workforce Riddles can help out with this by expanding vocabulary and increasing the ability to understand context.
- **Expand their vocabulary:** When children (and really everyone) encounter words that they don't understand they figure them out through context. Riddles give words a great deal of context which makes it easier for children to learn, remember and use these words. In another way, riddles force kids to ask more questions about words they don't understand.
- **Giving them the opportunity to teach:** Teaching kids riddles allow them to know and understand something that most other people do not, giving them an opportunity to repeat them and teach them to others. When children learn riddles it's very different from most of what they learn, they can teach these riddles to their peers, parents, and teachers. This reinforces their understanding of the riddle and it also allows them to interact with people in a constructive social way.
- **To bond with children:** Telling and teaching riddles to children is a great way to form relationships with them and break through any social issues the child may have, making it easier for them to form social relationships in the future.

Self-Check Exercise-3

Q-1: When children (and really everyone) encounter words that they don't understand they figure them out through (Fill in blank)

17.3 Summary

Debating in various forms can be traced back to intellectual sparring matches waged between the world-famous philosophers of Ancient Greece or the scholars of Ancient India. The Greek philosopher Socrates (c. 470-399 BC) sought to understand the world by teasing out the assumptions and principles that, often unwittingly, lay beneath the reasoning of his interlocutors, thus exposing self-interest, deception and false reasoning for the smokescreens they were.

In 63 BC, the orator and philosopher Cicero was famed for his ability to detect weaknesses in contemporary Roman government, most famously in his blistering, unrestrained attack on the aristocrat Catalina. That said, debating can be a perilous intellectual pursuit: both men paid for such effrontery with their lives (see later section 'Keeping It Civil').

Teaching kids riddles allows them to know and understand something that most other people do not, giving them an opportunity to repeat them and teach them to others. The seminar method is the most modern and advanced method of teaching. A specific subject or topic is delivered as an article or report in the seminar. Brainstorming motivates because it involves members of a team in bigger management issues, and it gets a team working together. Use Brainstorming well and you will see excellent results in improving the organization performance, and developing the team. A deductive approach to instruction is a more teacher-centered approach. This means that the teacher gives the students a new concept, explains it, and then has the students practice using the concept.

17.4 Glossary:

Spectrum: A band of colours, as seen in a rainbow, produced by separation of the components of light by their different degrees of refraction according to wavelength.

Monotonous: Tediously repetitious or lacking in variety.

Sophisticated:

Made in a complicated way and therefore able to do complicated tasks:

17.5 Answer to Self-Check Exercise

Self-Check Exercise-1

Ans-1: A debate is an organized argument or contest of ideas in which the participants discuss a topic from two opposing sides. The role that debate-making an argument, using evidence telling a story plays in learning is important in computing education, too in the sense of the bun collar vs white collar.

Self-Check Exercise-2

Ans-1: A difficult question that you ask people for fun that have a clever and amusing answer.

Self-Check Exercise-3

Ans-1: Context

17.6 References /suggested readings

1. Paul, R. and Elder, L (April 1997) Foundation for Critical Thinking. <http://www.criticalthinking.org/pages/socratic-teaching/606>

2. Sternberg, R.J. Psychology Belmont, CA. Wadsworth p.578.

17.7 Terminal Questions

1. Write short note on the following:
 - a) Debates
 - b) Riddles and Puzzles
2. How will you organize a debate in your institution on any national issue?

LESSON-18

Seminars, Quizzes

Lesson Structure

18.0 Introduction

18.1 Learning Objectives

18.2 Seminars

Self Check Exercise-1

18.2.1 Aim & Objectives of Seminar Method

Self Check Exercise-2

18.2.2 Advantages and special features of Seminar Method

Self Check Exercise-3

18.2.3. Quizzes

Self Check Exercise-4

18.3 Summary

18.4 Glossary

18.5 Answer to Self-Check Exercise

18.6 References/suggested readings

18.7 Terminal Questions

18.0 Introduction

Enlightened educators create lessons that make knowledge interesting and memorable through thinking skills. They do both rather than one or the other. It has always been the central aim of education to improve the quality of thinking because better thinking will not only enable us to become more successful at learning but will also equip us for life, enabling us to realize our own potential and to contribute to the development of society. Seminars can be used to showcase business knowledge on certain topics in the industry. By simply hosting seminars, companies set themselves ahead of the pack in their industry. Customers and clients want to gain more information on certain topics and providing this through a seminar either online or in person can add great value to them. The use of live events will allow the company to have access to its ideal customer. And by simply providing such a group with the knowledge the company ensures security and loyalty from the customer's perspective. A seminar course is an event, either virtual or in person, hosted by a corporate company or small business owners that focuses primarily on educating customers on either new products, recurring problems or just sharing knowledge that the company has. The main aim of such seminars is to ensure that the clients or customers obtain extra additional knowledge that will add value to their lives. The knowledge can be industry-

driven, problem-focused, or simply promoting information that will enhance the customer's life experiences.

The format of the formal seminar will be mainly professional. The organizer must ensure that the guest is welcomed and know exactly where to be seated. An introduction and some background on the company, the cause, or other information for the seminar is always important. After all this, the guest speakers can share the knowledge that all the customers came for.

The meeting will have breaks to ensure the information is collected and the clients can focus consistently. After the entire session, there must be an open time for questions and debates to ensure that every individual understands the importance of all the information shared.

18.1 Learning Objectives

After reading this lesson you will be able to:

- Understand methods and techniques of developing thinking skills among children.
- Explain seminars, quizzes

18.2 Seminars:

A seminar is a gathering where individuals come together to discuss a specific topic. These meetings are typically interactive, led by one or two presenters who guide the conversation along a structured path. The seminar method is considered one of the most modern and advanced teaching techniques, commonly used in higher education. It creates a setting for guided group discussions on a particular theme, often following a formal lecture or presentation in the form of an essay or research paper.

Francis Bacon famously stated, *"Reading makes a full man, writing an exact man, and conference a ready man."* This highlights the importance of reading, writing, and speaking skills in personal development. The seminar method integrates these skills with presentation abilities, making it an effective technique for higher learning.

In a seminar, a specific subject or topic is presented as an article or report, which is then analyzed and discussed through group interactions to reach a collective understanding or conclusion. Seminars serve as a form of academic instruction, either within educational institutions or professional organizations, bringing together small groups for recurring discussions on focused subjects, with active participation from all attendees.

A well-organized seminar follows a structured format. The organizer ensures that the guest speakers are welcomed and properly accommodated. An introduction is provided, offering background on the topic, company, or cause. Throughout the session, scheduled breaks help participants absorb information and maintain focus. At the end of the seminar, an open forum allows for questions and discussions,

ensuring that every participant fully understands and engages with the material presented.

Self Check Exercise-1

Q-1: Define the term seminar.

18.2.1 Aim & Objectives of Seminar Method

The seminar method is employed to achieve advanced objectives in both cognitive and affective domains.

1. Cognitive Objectives

- Develop higher-order cognitive abilities.
- Enhance the ability to respond in ways that require advanced cognitive processing.
- Foster keen observation of experiences, emotions, and perspectives.
- Strengthen the ability to seek clarification and effectively defend ideas.

2. Affective Objectives

- Cultivate tolerance for differing viewpoints.
- Encourage cooperation and mutual respect for others' ideas and emotions.
- Develop emotional intelligence among seminar participants.
- Instill proper etiquette in questioning and responding effectively during discussions.

Self Check Exercise-2

Q-1: Give two objectives of seminar.

18.2.2 Advantages and special features of Seminar Method

The seminar method provides strong motivation and an enriching learning experience.

- It helps assess learners' ability to grasp concepts effectively.
- Encourages the systematic organization and retrieval of information.
- Promotes self-reliance, self-confidence, responsibility, and a cooperative mindset.
- Facilitates socialization by enhancing student interaction in the teaching-learning process.
- Eliminates traditional monotony, making learning more engaging.
- Enhances students' comprehension and overall learning capacity.
- Being subject-specific, it ensures in-depth knowledge acquisition on a particular theme.
- Allows the presenter to seek further clarification on the topic.

- Develops questioning and critical thinking skills.
- Encourages data processing and analysis as essential components.
- Makes the teaching and learning process dynamic and interactive.
- Enables students to gain valuable insights from both teachers and peers.
- Extends discussions beyond the seminar setting, as participants continue conversations informally, reinforcing learning.

Self Check Exercise-3

Q-1: Give two advantages of seminar.

18.2.3 Quizzes

A Quiz is form of game or mind sport, in which the player attempt to answer questions correctly Quizzes are usually scored in points and many quizzes are designed to determine a winner from a group of participants- usually the participant with the highest score.

Quizzes may be held on a variety of subjects or subject specific Popularly known competition quizzes include:

1. Pub Quizzes
2. Quiz bowl

Quizzes play an important role in learning and provide an array of benefits for both the learner and the teacher.

1. **Less work to be done:** Remember school, when tests lasted an hour at a set time of day and the teacher usually had to stay up late to grade them and then write detailed feedback for each and every individual student?
2. **Unique Tests:** Testing and quizzing can be made unique in a LMS by randomizing question and answer order.
3. **Keep learners engaged:** Quizzes have always been a motivator to study harder when students know that their progress will be judged upon an exam, a performance review etc.

Self Check Exercise-4

Q-1: The seminar method is the most traditional and narrower method of teaching. True/False

Q-2: Seminar method is utilized to realize the higher objectives of cognitive and (Fill in blank)

Q-3: To develop the ability of responding in this manner would involve higher cognitive actions related with

- | | |
|---------------------------|-------------------------|
| a) Cognitive objectives | b) Affective objectives |
| c) Psychomotor objectives | d) none of these |

18.3 Summary

A seminar is a perfect location to gain motivation for new ideas and information. Not only will the participants find what they need at seminars in the form of information, but innovation and creativity will bloom from it. Attendees will be inspired to pursue the change or adapt and change their current ways. The seminar opens ideas that will come to light only at a later stage. Professional seminars focus on the high-end individuals of an industry. A professional seminar's main objective is to share brand-new knowledge or studies that have come to light while obtaining the input of the industry's brightest. These seminars have allocated debate times to ensure that the new topic and information are well covered and understood. A business seminar on a detailed budget is a great example. Public seminars are set out for the public. These seminars usually focus solely on environmental issues in and around the community. The seminar will address issues and provide clear solutions that are factual and that can lead to a growing community. The public seminars are often free to attend and want to equip individuals that have no background on a topic to understand how they can play a key role in the future. An example of these types of seminars is personal finance or a subject on marketing.

18.4: Glossary

1.Probing: Inquiring closely into something; searching:

2.Randomization:

a statistical process in which a random mechanism is employed to select a sample from a population or assign subjects to different groups.

3. Socialization: The process of learning to behave in a way that is acceptable to society:

18.5 Answer to Self-Check Exercise

Self-Check Exercise-1

Ans-1: A seminar is an event where individuals gather to discuss a specified topic.

Self-Check Exercise-2

- **Ans-1:**To enhance the emotional intelligence of seminar participants.
- To cultivate proper etiquette in asking and responding to questions effectively.

Self-Check Exercise-3

- **Ans-1:**Enhance the ability to ask insightful questions.
- Emphasize the importance of data processing and analysis in this method.

Self-Check Exercise-4

Ans-1: False

Ans-2: Affective domains

Ans-3: Cognitive objective

18.6 References /suggested readings

2. Overholser, JC. (1996). Elements of the Socratic method: Self-improvement Psychotherapy 33.283-192
3. Paul, R. and Elder, L (April 1997) Foundation for Critical Thinking. <http://www.criticalthinking.org/pages/socratic-teaching/606>

18.7 Terminal Questions

1. Explain aim & objectives of seminar method?
2. What are the advantages and special features of seminar method?
3. Write short note on the following:

Seminars

Brain Storming

LESSON-19

Brain Storming, Inductive-Deductive Method

Lesson Structure

19.0 Introduction

19.1 Learning Objectives

19.2 Brain Storming

Self Check Exercise-1

19.2.1 Inductive-Deductive Method

Self Check Exercise-2

19.2.2 Extempore Activities

Self-Check Exercise-3

19.3 Summary

19.4 Glossary

19.5 Answer to Self-Check Exercise

19.6 References/suggested readings

19.7 Terminal Questions

19.0 Introduction It's a common scenario: you need to come up with some creative ideas. Maybe you're trying to find a solution to a complex problem, or perhaps you're spitballing your team's next big project. Either way, you're feeling the pressure to amp up your innovation and churn out some brilliant suggestions. What happens now? Well, you might rely on a brainstorming session to get those creative juices flowing. Before we dig into the ins and outs of how to brainstorm effectively, it's helpful to take a step back and actually define brainstorming. Merriam-Webster describes brainstorming as "the mulling over of ideas by one or more individuals in an attempt to devise or find a solution to a problem." Many scientists conducting a larger research project begin with an inductive study. This helps them develop a relevant research topic and construct a strong working theory. The inductive study is followed up with deductive research to confirm or invalidate the conclusion. This can help you formulate a more structured project, and better mitigate the risk of research bias creeping into your work. Remember that both inductive and deductive approaches are at risk for research biases, particularly confirmation bias and cognitive bias, so it's important to be aware while you conduct your research.

19.1 Learning Objectives

After reading this lesson you will be able to:

- Understand methods and techniques of developing thinking skills among children.
- Explain brain storming, inductive-deductive method and extempore activities.

19.2. Brain Storming:

Engage in problem-solving or generate new ideas through discussions that involve all group members. Brainstorming blends a relaxed, informal approach with lateral thinking, encouraging individuals to present ideas that may initially seem unconventional or even unrealistic. Some of these ideas can evolve into innovative solutions, while others may inspire further creative thinking. This method helps break mental blocks by pushing participants beyond their usual thought patterns.

Brainstorming is a vital strategy for fostering creativity and addressing challenges in education, business, industry, and politics. It is a powerful tool that generates fresh ideas, solves problems, motivates teams, and enhances collaboration. By involving all team members in larger management discussions, brainstorming strengthens teamwork and engagement. However, effective brainstorming is not a random exercise—it follows structured rules and requires a facilitator to manage the process, ensure active participation, and oversee follow-up actions.

For successful brainstorming, it is essential to create an open environment where all ideas are welcomed without immediate judgment. The goal is to expand possibilities and challenge restrictive assumptions. Evaluating and refining ideas should be done at the end of the session, allowing for deeper exploration and the development of practical solutions. When used effectively, brainstorming can significantly enhance organizational efficiency, performance, and teamwork.

1. Individual Brainstorming

While group brainstorming is generally more effective than traditional group problem-solving, research suggests that individual brainstorming often generates a greater number of ideas—and of higher quality—compared to group brainstorming.

2. Group Brainstorming

Group brainstorming can be challenging for individuals, as unconventional ideas may initially seem unworthy. It is essential to facilitate sessions carefully to ensure that such ideas are not dismissed prematurely, allowing creativity to flourish.

3. Brainstorming process

1. Define and agree the objective
2. Brainstorm ideas and suggestions having agreed a time limit.
3. Categories/condense/combine/refine.
4. Assess/analyses effects or results.
5. Priorities options/rank list as appropriate.

6. Agree action and timescale
7. Control and monitor follow-up.

Self Check Exercise-1

Q-1: Discuss the term brainstorming.

19.2.1 Inductive-Deductive Method:

1. Inductive Instruction:

Unlike the deductive method, inductive instruction encourages student "noticing." Instead of introducing a concept through direct explanation followed by examples, the teacher presents multiple examples first, allowing students to observe patterns and derive the underlying concept themselves. For instance, in a grammar lesson, the teacher would provide various examples demonstrating a grammatical rule without explicitly explaining it. Students analyze the examples, recognize the pattern, and infer the rule on their own. To reinforce learning, the teacher may conclude by asking students to articulate the rule, ensuring their understanding.

Deductive Instruction:

A deductive approach is more teacher-centered, where the teacher directly introduces a new concept, explains its rules, and then guides students through practice exercises. For example, in a grammar lesson, the teacher would explicitly state the rule, explain its application, and have students practice using it in different contexts.

According to Bob Adamson, the deductive method is often criticized for teaching grammar in isolation, giving little focus to meaning, and relying on mechanical practice. However, this approach can be effective in certain situations, such as when working with highly motivated learners, addressing complex concepts, or preparing students for exams.

Self Check Exercise-2

Q-1: Deductive method is often criticized. Give reason.

19.2.2 Extempore Activities:

Extempore is an impromptu speech that is delivered with little or no preparation. Even though it is spontaneous, it requires great effort to deliver an extempore successfully.

Extempore stands for "off the cuff." In the corporate setup, 'extempore' is one of the ways to evaluate a prospective employee's communication skills and thinking abilities; it has become a benchmark of one's social alertness. Of late, organizations have begun to lay more emphasis on employing wholesome individuals who can think on their feet, and resort to wise but quick action. Today, the mantra of vertical growth is the ability to interact with the top-level management and clients with utmost ease and ingenuity, apart from 'doing one's job well.' For all those who

aspire to relish responsible and accountable designations, being able to discuss any topic under the sun is an essential quality to participate in a power lunch.

Self-Check Exercise-3

Q-1: Which creates new ideas, solves problems, motivates and develops teams.

- | | |
|----------------|-----------------------|
| a) Yoga | b) Brainstorming |
| c) Life skills | d) Psychomotor domain |

Q-2: A deductive approach to instruction is a more teacher-centered approach. True/False

19.3 Summary

Brainstorming and Reasoning Approaches

Brainstorming is a creative problem-solving technique used to generate new ideas and solutions. This method encourages open-minded thinking, allowing participants to share ideas freely without judgment. While commonly conducted in groups, brainstorming can also be done individually. By fostering an innovative and inclusive environment, this approach helps teams explore diverse perspectives and develop actionable solutions.

Inductive reasoning is a logical process that moves from specific observations to broader generalizations. Also known as inductive logic or bottom-up reasoning, this approach identifies patterns and trends to form conclusions.

In contrast, **deductive reasoning** follows a top-down approach, where conclusions are drawn from general principles or established facts. It moves from broad concepts to specific outcomes, making it the opposite of inductive reasoning. Both methods are essential in logical analysis, with inductive reasoning helping to formulate theories and deductive reasoning validating them.

19.4 Glossary:

1.Benchmark: Point of reference against which things may be compared

2. Communication skill:Communication skills give the ability to effectively and efficiently convey your thoughts and ideas.

3.Psychomotor domain:Relating to the origination of movement in conscious mental activity

19.5 Answer to Self-Check Exercise

Self-Check Exercise-1

Ans-1:The brainstorming strategy is a highly effective method for stimulating creativity and problem-solving across various fields, including education, business, industry, and politics. Engaging in group brainstorming fosters innovation, generates

new ideas, and enhances teamwork. This technique not only helps in finding solutions but also boosts motivation by involving team members in key decision-making processes, encouraging collaboration, and strengthening group dynamics.

Self-Check Exercise-2

Ans-1:Because a) it presents grammar in isolation, b) gives minimal focus to meaning, and c) often involves mechanical practice.

Self-Check Exercise-3

Ans-1: Brainstorming

Ans-2: True

19.6 References /suggested readings

1. Michael Frede, Plato's arguments and the dialogue from Oxford studies in ancient philosophy, supplementary Volume 1992, oxford 1992, 201-19.
3. Paul, R. and Elder, L (April 1997) Foundation for Critical Thinking. <http://www.criticalthinking.org/pages/socratic-teaching/606>

19.7 Terminal Questions

1. Explain Inductive-Deductive Method
2. Write short note on the following:
Brain Storming
Extempore Activities

LESSON-20

SIGNIFICANCE OF YOGIC EXERCISES IN DEVELOPING LIFE SKILLS AMONG CHILDREN

Lesson Structure

- 20.0 Introduction
- 20.1 Learning Objectives
- 20.2 Significance of Yogic Exercises in Developing Life Skills among Children
 - Self Check Exercise-1**
 - 20.2.1 Health Benefits from the Regular Practice of Asanas
 - Self Check Exercise-2**
 - 20.2.2 Effects of Pranayamas for children
 - Self-Check Exercise -3**
- 20.3 Summary
- 20.4 Glossary
- 20.5 Answer to Self-Check Exercise
- 20.6 References/suggested readings
- 20.7 Terminal Questions
- 20.0 Introduction**

Yoga is an ancient Indian lifestyle practice that encompasses mental attitude shifts, dietary modifications, and specific techniques such as yoga postures (asanas), breathing exercises (pranayamas), and meditation to achieve heightened consciousness. On a physical level, yoga postures are designed to strengthen, tone, and align the body, enhancing spinal flexibility and promoting healthy blood circulation to organs, glands, and tissues.

The **108 Asana Yoga Cards** serve as a user-friendly sequencing guide for practitioners of all levels, facilitating practice at home, while traveling, or when structuring a class. Each card includes alignment cues, a level guide, a coding system based on yoga anatomy, and Sanskrit/English asana names.

Mentally, yoga incorporates breathing techniques (pranayama) and meditation (dhyana) to cultivate clarity, discipline, and inner calm. While often associated with spiritual growth, yoga is not a religion but a holistic way of living aimed at achieving health and peace of mind. It is an accessible form of exercise requiring only a flat surface, a mat or towel, and sufficient overhead space for movement.

Yoga trains both the mind and body to foster emotional balance. Rooted in Indian tradition, yoga has gained global recognition and is experiencing a resurgence in its country of origin. It consists of postures (asanas), controlled breathing techniques (pranayamas), hand gestures (mudras), and meditation. Various poses are known to benefit different bodily functions, and both ancient and modern yoga literature (Iyengar, 2008) affirm its positive impact on physical and mental well-being.

One notable style, **Bikram Yoga**, consists of a structured sequence of 26 postures and two breathing exercises, practiced in a heated room over 90 minutes. This method traces its lineage to Gosh's Yoga College of India.

20.1 Learning Objectives

After reading this lesson you will be able to:

- Understand significance of yogic exercises in developing life skills among children.

20.2 Significance of Yogic Exercises in Developing Life Skills among Children.

Yoga is an Indian spiritual and physical practice or disciplines whose origins date back to prehistoric times. Contrary to what some may think, Yoga is not just about exercise with the main purpose of improving health and well-being, but it's also about self-realization. The importance of Yoga in our lives cannot be underestimated. It is a science that focuses on improving not only physical health but also mental and spiritual well-being, which are the foundations of our life. You will be surprised at how many health benefits Yoga has to offer. From offering relief from stress and weight management to improving your overall health, this ancient practice can help you live an ideal life. The practice of Yoga is increasing throughout the globe. One of the main reasons for its popularity is that even doctors are advising patients on the worth of yoga. Yoga is being intensively studied by scientists and it is proved that yoga calms and relaxes both mind and body and uplifts the spirit. It is an exceptional discipline for getting a good mind and keeping yourself healthy. "The beauty of yoga is that its benefits are available to students of every school-age group-Henningsen. Yoga is a form of comprehensive education that can be utilized by children to develop physical stamina and flexibility, emotional stability, intellectual and creative talents. A close study of the reveals that the yoga tradition cannot be confined to only the physical or the postural, it enters into a deeper engagement and exploration of the psychological and emotional domains. Yoga is a good practice if one does in daily life. Yoga promotes a healthy lifestyle and enhances overall well-being. Encouraging children to learn and practice yoga daily can help them experience its numerous benefits. Like any well-structured exercise program, yoga improves general health, increases stamina, reduces stress, and counteracts the negative effects of a sedentary lifestyle.

Yoga practice is founded on the belief that physical posture and alignment can influence mood and self-esteem, while the mind has the power to heal and shape the body. Various branches of yoga emphasize different paths to self-awareness and inner peace:

- **Raja Yoga** focuses on mental clarity and discipline through meditation, simplicity, and detachment from material desires.

- **Karma Yoga** emphasizes selfless service, non-aggression, and compassion as paths to enlightenment.
- **Bhakti Yoga** is centered on devotion and love for the divine or universal spirit.
- **Jnana Yoga** nurtures wisdom and knowledge.
- **Tantra Yoga** fosters self-awareness through rituals, recognizing sexuality as sacred and vital.

Even simple yoga exercises can have a profound impact on children. Practicing yoga from an early age helps shape young minds and bodies, equipping children with tools for balance, creativity, and self-awareness. Yoga fosters resilience, enabling young individuals to handle life's pressures, including school, friendships, and family dynamics. It strengthens the connection between the body, mind, and nature, offering relief from stress and emotional challenges.

Research by **Harvard professor Sat Bir Khalsa** highlights how yoga in schools improves students' resilience, mood, and emotional self-regulation. Similarly, **Jodi Komitor**, an expert on children's yoga, outlines several key benefits:

1. Enhances flexibility and strengthens growing bodies.
2. Improves concentration and focus.
3. Boosts self-esteem.
4. Encourages present-moment awareness.
5. Cultivates a peaceful, relaxed state of mind.
6. Provides effective stress-management tools.
7. Sparks creativity and imagination.
8. Promotes positive social interactions.
9. Develops body awareness.
10. Teaches discipline and responsibility.

The ancient practice of yoga contributes significantly to mental health by helping children and young people cope with stress. It supports self-regulation, fosters emotional well-being, and enhances social interactions and school performance. Yoga can assist in reducing daily stress, managing weight, and addressing behavioral or emotional concerns while also improving attention and focus.

Additionally, yoga fosters motivation, strengthens internal self-awareness, and promotes restful sleep. It helps counteract negative cultural influences, such as social media pressure, by encouraging mindfulness and presence. Research by **Kauts & Sharma** suggests that improved concentration from yoga practice often leads to better academic performance.

The word *yoga* originates from Sanskrit, meaning "to yoke"—a union of mind, body, and spirit. **Pranayama**, the practice of breath awareness, activates the parasympathetic nervous system, promoting relaxation and restoring balance. Mastering breath control is particularly useful for managing stress, such as before a major exam, and provides a creative outlet in structured learning environments.

Yoga benefits students of all ages:

- **Young children (4-6 years old)** develop motor skills and full-body movement coordination.
- **Students with learning or behavioral challenges** benefit from the calming and focusing effects of yoga.
- **Yoga engages multiple learning styles**, incorporating visual, kinesthetic, musical, and naturalistic approaches to enhance comprehension and self-awareness.

By integrating yoga into daily routines, individuals can achieve a holistic sense of well-being, fostering physical health, mental clarity, and emotional resilience.

•

Self Check Exercise-1

Q-1: What do you mean by a simple yoga exercise?

20.2.1 Health Benefits from the Regular Practice of Asanas

- Flexibility of the spine is increased
- The joints become more mobile
- The muscles are relaxed, toned and receive a plentiful supply of blood
- Organ and glandular activity is stimulated and regulated
- The lymphatic system and metabolism are stimulated
- The immune system is strengthened
- Circulation and blood pressure are normalised and stabilised
- The nervous system is calmed and strengthened
- The skin becomes clear and fresh

Self Check Exercise-2

Q-1: Write two benefits of regular practice of Asanas.

20.2.2 Effects of Pranayamas for children

Physical Effects

- Preservation of the body's health Purification of the blood
- Improvement in the absorption of oxygen
- Strengthening the lungs and heart
- Regulation of blood pressure
- Regulation of the nervous system
- Supporting the healing process and healing therapies
- Increasing resistance to infection

Mental Effects

- Elimination of stress, nervousness and depression
- Quietening of thoughts and emotions Inner balance

- Release of energy blockages

Spiritual Effects

- Deepening of meditation
- Awakening and purification of the Chakras (energy centres)
- Expansion of consciousness

20.3 Self-Check Exercise-3

Q-1: Yoga is also a very accessible form of (Fill in blank)

Q-2: Yoga is a form of comprehensive education that can be utilized by children to develop.

- a) physical stamina
- b) flexibility, and emotional stability
- c) intellectual and creative talents
- d) all the above three

Q-3: Which type of yoga emphasizes charity, service to others, non-aggression and non-harming as means to awareness and peace?

- a) Karma yoga b) Bhagti Yoga
- c) Tantra Yoga d) None of these

Q-4: Which type of is the path of devotion and love of God, or Universal Spirit Jnana yoga is the practice and development of knowledge and wisdom?

- a) Karma yoga b) Bhagti Yoga
- c) Tantra Yoga d) None of these

Q-5: Which type of yoga is the path of self-awareness through religious rituals including awareness of sexuality as sacred and vital?

- a) Karma yoga b) Bhagti Yoga
- c) Tantra Yoga d) None of these

Q-6: Yoga can help foster motivation, cultivate internal locus of control, improve sleep, and generally encourage healthy and balanced living. True/False

20.4 Summary

Certain yoga exercises can help alleviate common ailments such as colds, coughs, constipation, and gastric issues. Some poses involve forward and backward movements, while others focus on lateral spinal motion. Additionally, specific practices cleanse the lungs and throat, contributing to overall physical well-being by strengthening and toning the body.

Yoga serves as a powerful tool for shaping children's personalities, equipping them to navigate modern-day challenges effectively. Research indicates that practicing

yoga enhances concentration, reduces stress, fosters self-awareness, and improves emotional regulation, behavioral maturity, and self-confidence. There is also evidence suggesting that yoga can complement medical treatments for mental health conditions, yielding positive outcomes.

Consistent yoga practice promotes mental clarity and calmness, increases body awareness, alleviates chronic stress, enhances relaxation, improves focus, and sharpens concentration. It helps clear mental, physical, and emotional blockages, elevating one's quality of life. By adopting a yogic lifestyle, individuals learn to perceive challenges without excessive stress, reducing the body's tendency to remain in a constant fight-or-flight mode. Instead, yoga facilitates relaxation, rejuvenation, and holistic growth.

Today, yoga is widely embraced, particularly by those seeking relief from stress and back pain. While often associated with physical exercise, yoga extends beyond mere movement—it strengthens the mind, enhances mental resilience, and guides individuals toward a healthier, more balanced life. Many online yoga resources offer guidance on poses tailored to individual needs, unlocking health benefits beyond conventional expectations.

20.5 Glossary

1. **Yogic Exercises:** Yoga as exercise is a modern phenomenon which has been influenced by the ancient Indian practice of hatha yoga. It involves holding stretches as a kind of low-impact physical exercise, and is often used for therapeutic purposes.

20.6 Answer to Self-Check Exercise:

Self-Check Exercise-1

Ans-1: A simple yoga exercise has an enormous effect on children. Yoga at an early age sculpts young minds and bodies, giving tools that will enhance and support children to be balanced, creative, and calm individuals with a strong sense of who they are in relation to the world.

Self-Check Exercise-2

Ans-1: The joints become more mobile

The muscles are relaxed, toned and receive a plentiful supply of blood

Organ and glandular activity is stimulated and regulated

Self-Check Exercise-3

Ans-1: Exercise

Ans-2: d) all the above three

Ans-3: a) Karma yoga

Ans-4: b) Bhagti Yoga

Ans-5: tantra yoga

Ans-6: True

20.7 References/suggested readings

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4. Kauts, A & Sharma, N. Effects of yoga on academic performance in relation to stress, Int J Yoga (2009) 2(1):39-4310.4103/0973-6131.53860
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20.8 Terminal Questions

1. Explain the Significance of Yogic Exercises in Developing Life Skills among Children.
2. Write short note on Yogic Exercise and Life Skills
