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ENHANCING YOGA EDUCATION THROUGH MULTIMEDIA TECHNOLOGY



A. Sivakumar¹ and G. Pazhanivelu²

¹Assistant Professor in Biological Science, Nandha College of Education, Erode.

²Associate Professor, Department of Education and Management,
Tamil University, Thanjavur.

ABSTRACT:

Yoga and relaxation techniques have traditionally been used by nonmedical practitioners to help alleviate musculoskeletal symptoms. The development of technology is placing new demands of expertise and it is also leading to the increasing use of information technology in teaching and learning Yoga & Meditation. Web Blogs, WhatsApp, Twitter, Face book, YouTube, Mobile Phone, Podcasting, Internet and its dimensions are really playing a vital role in this aspect. A transition through multimedia is one of the challenges being faced by educational institutions to enhance teaching yoga. The world is going through a phase of globalization and the success of educational institutions depends on how quickly the students are able to learn yoga and transmit various skills required today. Yoga Education can be done through networks, or standalone computer. Network always enable transfer of skills and knowledge. The objective of this study is to insist learners to learn yoga through

multimedia.

KEY WORDS: Yoga, Yoga through Multimedia

INTRODUCTION:

Multimedia enables learners to sit in the comfort zone to learn yoga. It has improved the ways of learning and improved the ways of learning and improvised the dissemination of knowledge. E-learning has globalized teaching and learning process. E-learning materials in a variety format are available to suit different learner styles. Teaching yoga is becoming one of the most challenging professions in our society where knowledge is expanding rapidly and much of it is available to students as well as teachers through multimedia. Recent developments of innovative technologies have provided new possibilities to teach yoga and meditation effectively. Yoga and meditation teaching in general and yoga in particular have tremendously changed over the centuries. When yoga entered in curriculum of the students as compulsory subject, it was a challenge for the yoga teacher to teach to the yoga and meditation learners. More than 5,000 years ago, yoga started its journey as an ancient Indian science of exercise and healing, passed along from teacher to student through oral tradition and physical practice.

PAST AND PRESENT TRENDS IN TEACHING YOGA AND MEDITATION

The word "yoga" signifies "union," or "to yoke or join." This union is about the person cognizance joining with something more prominent—some might call that God, the heavenly or widespread cognizance. We additionally allude to yoga as the union of body, psyche and soul—a union we can reach through the yoga practices of particular stances (asanas), breathing activities (pranayama), unwinding techniques (pratyahara and dharana) and reflection (dhyana). The historical backdrop of yoga can be assembled into four periods. The most punctual time of Vedic Yoga concentrated on the Vedas, the consecrated blockadedure of Brahmanism that is the premise of cutting edge Hinduism. The Vedas contain the most seasoned known Yogic teachings. This period was described by customs and functions that permitted one to surpass the confinements of the brain and live in perfect agreement.

The 21st century confronts its citizenship with new choices, opportunities and challenges due to the all per vending technology into all spheres of life. The need of the day is to equip people with proficiency in the yoga blend of edification and e-learning tools (modern technologies) Traditional teaching on yoga and learning paradigms have been shaken by the impact of the E-learning is a diverse range of technological tools and systems that can be utilized by capable and yoga teachers to enhance teaching and learning yoga in all situations. These are used to make yoga and meditation more interesting, motivating, simulating and meaningful to the students. These tools have been to use potentially powerful enabling tools for problem solving, behavior change and reform as they are making marked in roads into the combination of personality and physical fitness.

E-LEARNING TOOLS IN TEACHING YOGA AND MEDITATION

INTERNET

Internet is not merely a source of authentic material for yoga and meditation, but also a source of information in the form of articles, courses, conferences and many more. The teachers can send yoga assignment to the students through e-mails and can also take online exams. Parents can view their children's work online at any time. Students do not miss their lessons as now they can see a

webcam version online schools are linked in a network and work on projects together and prepare materials online. Every school has got its own website. So, it is easy to revise the exercises whenever necessary.

YOGA TEACHER TRAINING OBJECTIVES THROUGH ONLINE

This online teacher's training home study course is comprehensive. No secrets, wisdom or knowledge is withheld. In addition to learning the profound art of yoga, you will also be taught meditation and pranayama, as well as the practical wisdom on how to run a successful yoga studio and create a high traffic yoga web site. Today there is no greater need than spiritual teachers and guides, and there is no greater calling either. It is true that one can choose to join us in walking this noblest of paths. Here is some of what the program teaches its learners.

- Learn Yoga Sequences, Kriyas and Sets
- Learn Meditation and Pranayama (Yoga Breathing Exercises)
- Learn Mudras (Hand Gestures) and Bandhas (Body Locks)
- Learn the Fundamentals of Enlightened Living
- Learn How to Teach a Yoga Class
- Learn How to Run a Successful Yoga and Meditation Center
- Learn How to Build a High Traffic Yoga Web Site
- Help Spread the Light and Uplift the World

ADVNTAGES OF YOGA AND MEDITATION THROUGH MULTIMEDIA E-LEARNING

There are a number of benefits to tertiary learning online that are unique to the medium. A participant can access the yoga programme at any time that is convenient not just during the specific 1-3 hour period be quick snatches at odd times or long late night sessions. The students do not have to meet that means they can be anywhere International sharing is feasible community learning center or from their hotel when traveling.

ADVANTAGES TO THE LEARNER

- Along with the expanded maintenance, lessened learning time and other previously stated advantages to understudies, specific focal points of e-learning incorporate.
- On-interest accessibility empowers understudies to learn yoga and reflection advantageously at off – hours or from home.
- Self-pacing for moderate or snappy learners diminishes stretch and builds fulfillment.
- Interactivity connects with clients, pushing them as opposed to pulling them through preparing.
- Confidence that refresher or speedy reference materials are accessible diminishes weight of obligation of dominance

YOU TUBE

YouTube has tons of yoga channels that are great for yoga enthusiasts who prefer to salute the sun from their own backyards. Of course, not all yoga channels are created equal, nor are they right for every person. Many may lack the proper instruction and expert leadership needed to make them particularly helpful to you. However, there are some truly standout yoga. You Tube videos can be used in an yoga classroom for various aspects of yoga as to enhance mental health, attitude, awareness knowledge and many more. The real advantage of using you tube in teaching yoga is that is offers

authentic examples of everyday benefits daily life the teacher can use it as a tool for improving their memory skill. They will improve their physical and mental health. Another activity to enhance their concentration skills can be the teacher who can show a selected part of the pranayama to the students and further ask them to do the Asanas.

SKYPE

Using skype provides unlimited possibilities for the teachers and students to collaborate with each other anywhere in the world. It provides immense opportunities for the students in a yoga and meditation class to contact with classes in other countries to practice their Asanas and meditation.

TWITTER

Twitter is a gift of technology in social networking application that could help in improving students self confidence to a greater extent through yoga. Being an online technology tool, twitter's impact on engaging students in learning concepts is unlimited. The teacher can use a dozen activities for using an online technology tool to engage students in classroom activities to develop a better understanding of yoga and its concepts, the teacher can ask the students to select kinds of Asanas of the week and week it around the network and practices it. The teacher can also conduct online yoga exercise through twitter. It can be done with the students through twitter network.

MOBILE PHONE

The use of mobile phones as a learning tool has a wide variety of applications in teaching yoga and meditation. The teacher can ask the students to make a photo documentary related to types of Asanas etc. They can share the photo their teachers, classmates, family and friends. Yoga is incredibly popular with people of all ages and backgrounds. The usage of mobile can become almost addictive to practitioners, and many students whose practices transform their lives want to become teachers to share their knowledge of yoga with others. Others just want to learn more about this ancient practice. Simple yoga stretches to keep a person safe from any health hazards.

PODCASTING

Today the students are listening to news clips, music, and video clips via the web. The teacher can reach to these students in a new way i.e. through podcasts. A podcast is a series of digital audio or video files that are distributed over the internet using syndication feeds for playback of exercises on portable media players and computers. Today, from your American aunt trying to stay in shape, to the Prime Minister wanting to stay close to his roots, everyone has had their yearnings massaged by turning to yoga. A former-physicist-and-publisher couple hailing from Europe was travelling around the world when they stumbled upon a yoga teacher they instantly connected with, in the jungles of Kerala. But after spending a soulful week there, they found it increasingly difficult to stay in touch with that beautiful world even though yoga had become a rage across the globe.

BLOG

Blogging has become increasingly popular, especially in the realm of teaching yoga as they are a great way to share information. Instead of text books and traditional methods, many yoga trainers prefer using these new techniques to help teach students and gain experience with various forms of social media.

CONCLUSION

The progress of any country depends upon the quality of education offered and its practices. The recent developments in technology have changed to world outside the classroom it is more eye-catching and interesting for a student then the classroom setting teacher should be in a position to integrate yoga and meditation into teaching and develop the art of exploring joy and accessing information from multimedia. The multimedia provides a wide range of scope for integrating varied learning experiences in yoga and meditation making learning holistic.

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A. Sivakumar

Assistant Professor in Biological Science, Nandha College of Education, Erode.

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