

# THE YOGIC INSIGHT

Vol.: 1  
Pp: 98-107

## EXPERIENTIAL ANALYSIS OF INDIGENOUS AWARENESS TRAINING MODEL AMONG TEACHER EDUCATORS

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### ABSTRACT

Awareness is the contemporary age mantra. The present age is chartered by the enhanced awareness. Human awareness has become the key factor for the modern day development with the declaration that we have entered the “Age of Intelligence” and “Human Potential”. Mind mapping and meta analysis have paved their way through on the roads of the new academic environs. Awareness as undertaken in the west differs considerably from the awareness as it is taken in as Indian concept. The west emphasizes upon awareness as largely a physical concept stretching it maximum to the physical, emotional and social attributes whereas Indian concept adds spiritual dimension to it too. The concept of ‘chit’ does not find any parallel in the western thought. The age old yogic practices, it was felt by the researchers can trigger off awareness at all plains of human consciousness. Therefore, a new awareness training model viz. Yoga Assisted Awareness Training Model (YAATM) was evolved and the same after having its effects measured among students has been upgraded as Indigenous Awareness Training Model (IATM) for the teachers group. A group of 25 in-service teacher educators undertook the exposure to IATM at a FDP workshop and results were reported at quantitative qualitative level of research analysis.

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## **INTRODUCTION**

The present day age is aggressively moving towards the advent of a spiritually endowed society. Present day turmoil all over has led the age to do serious kind of soul searching. Technology was able to put the life fast forward indeed on the path of generation of imbalances. Society today is suffering from the disease of affluence. We have plenty of information, we boast of being management gurus yet happiness alludes us. It is in this context that we need to know as to what is it that will lead us to satisfaction and happiness. What is it that which constitutes the essence of life and can keep us going and help us to preserve healthy life on this planet. Current pandemic has come as a rude shock to humanity, all systems have crumbled down. Education must undertake a serious endeavour to answer these questions.

Human awareness has become the key factor for the modern day development with the declaration that we have entered the “Age of Intelligence”. Mind mapping and meta analysis have paved their way through on the roads of the new academic environs. Awareness as undertaken in the west differs considerably from the awareness as it is taken in as Indian concept. The west emphasizes upon awareness as largely a physical concept stretching it maximum to the physical, emotional and social attributes whereas Indian concept adds spiritual dimension to it too. The concept of ‘chit’ does not find any parallel in the western thought. The age old yogic practices, it was felt by the researchers can trigger off awareness at all plains of human consciousness. There was increase in Americans practicing yoga from 2004 to 2008 putting it in 10 complementary and alternative medicine modalities, according to national health interview survey

More and more people all over the world are realizing that ‘Yoga’ has the great potential for capacity building among human beings as that is the most natural way of enhancing the awareness levels among the species. Kareem Abdul Jabbar is a retired American professional basketball player and is considered one of the most prominent NBA players of all times. As won six most valuable player awards. Yoga is believed to be responsible for this by hall of Fame center.

"Yoga is somewhat hard to quantify in terms of benefits because you see them in all the injuries you don't get."

"If you watch a group member who is honestly being himself, you will see that at times he expresses feelings, attitudes, and thoughts primarily directed toward facilitating the growth of another member. At other times, with equal genuineness, he will express feelings of concerns which have as their obvious goal the opening of himself to the risk of more growth" (Carl Rogers, 1970). Growth and socialization are the traits which have come naturally to mankind. The need is to be aware of these facts. William Schutz has made efforts in this direction by proposing the 'Awareness Training Model'

Self-other awareness exercises help to increase interaction among group. It is reported by William Schutz reports, "Talking is usually good for intellectual understanding of personal experience, but it is often not as effective for helping a person to *experience* -- to feel. Combining the non-verbal with the verbal seems to create a much more powerful tool for cultivating human growth." We can rediscover immediate experiencing and get beyond the use of words by awareness exercises. We can get in touch with forgotten feelings and sensations with the help of exercise. Ignoring rich powerful, sensual feelings in bodies during childhood can have destructive effect on our bodies. Arthur Foster has said extensively "These non-verbal communication methods involve the whole self-cognitive, volitional, emotive and somatic aspects. Powerfully they evoke and express depth meanings along the dimensions of: love and hate, hope and despair, freedom and bondage, the desire to know and the dread of knowing, winning and losing, strength and weakness, inclusion and exclusion, joy and flatness, individualization and communion, independence and dependence, masculinity and femininity." Bond of community can develop in short period of time by following Awareness methods. Some of are very good ways celebrating that communion from which shared world and meanings evolve.

This is the story of the west. Unaware of the modern jargon, deep in the ancient past, a legendary way to the realization of the self lessons were written in the Indian sub continent through the propagation of the philosophy of Indian sub continent.

Patanjali's Yoga Sutra was an effort to verbalize that grand art or you may call skill of living life- living life at the highest plane of human consciousness i.e. Awareness. "Remember you can do almost anything in this world if you have the strength of will, awareness and interest."(Swami Satyanand Saraswati, 2000)

Further knowing as to what yoga was meant to be Sivanand Yoga Vedanta Centre declares," Yoga is a integration spirit with body, mind." (2008). Writing in the foreword of E. Bryant's "The Yoga Sutra of Patanjali, the legendry BKS Iyenger writes," As each individual is electrically alive and dynamic, so yoga is living."

It was this combination of the knowledge bank which has been generated by the east and the west which this study aimed to collaborate with. Awareness, if that is the key to the realization of human potentials to the unfathomable heights then it must come through all out efforts possible to mankind. The target of the study was to combine and record the experiences of Indigenous Awareness Training Model among the teacher educators. It is supposed that the teacher educators are the axis around which our entire education system rests.

The past experiences had proven that Awareness Training Model has had favourable effects in gaining enhancement in the academic Achievement level of students in the subjects of Commerce, Economics and Mathematics (Bhandari, 2006; Kaur, 2008 & Nitasha, 2009). Therehad been no reported study traceable which has recorded the experiences of the teaching class, teacher educators in specific about their exposure to Awareness Training Model having focus on Yogic Awareness system though it is being largely recommended as an educational strategy in the recent times. Panch Kosha philosophy is gaining ground in contemporary academic circles.

## **OBJECTIVES**

The study had following objectives in mind:

1. To evolve an Indigenous Awareness Training Model.
2. To study the experiences of Teacher Educators about their exposure to Indigenous Awareness Training Model.

## **FOCUS OF THE STUDY**

1. To record the experiences of the teacher educators in the areas of Pranmaya Kosha.
2. To record the experiences of the teacher educators in the areas of Manomaya Kosha.
3. To record the experiences of the teacher educators in the areas of Vijnanamaya Kosha.

## **SAMPLE**

The present study was conducted on the Focus Group of 25 teacher educators drawn from teacher education colleges of Punjab and Chandigarh during the course of a Faculty Development Programme organized by a University Department of Education. T

## **DESIGN**

The design conformed to the 'Focus Group' strategy of the qualitative research methodology.

## **TOOLS**

A 45 minutes module of Indigenous Awareness Training Model (IATM) was prepared. It was aimed at enhancing the level of awareness among the Teacher Educators at the physical, emotional, knowledge generation and spiritual plane and consisted of Warm up, combination of Asanas, Pranayama and Meditation package.

## **PROCEDURE**

The Focus Group qualitative research design procedure was followed for the study. A group of 21 teacher educators were administered IATM module for 45 minutes on the model based approach of knowledge exposure. The focus of analysis for the present study was a sequence of breathing exercises with focus on Pranayama and it was scheduled at sixth slot in a composite Indigenous Awareness Training Model. These consisted of Deep Yogic Breathing, Bhramari Pranayama and Silent Breathing. The focus of the initial five activities being warm up in experiencing and expressing, Asanas and awareness towards Annmaya Kosha, fine tuning towards

other's views in the art of listening as well as making an effort to express one's own thoughts.

## RESULTS AND ANALYSIS

The following is the detail of the experiential responses of the focus group on this specially designed 'Breathing Activity'

Respondent No.	Pranmaya Kosha	Manomya Kosha	Vijnanamya Kosha	Any Other	Comments
1	Participation but not mentioned	peaceful	Concentration power development	-	Indicating movement towards anandmaya kosha
2	Participation but not mentioned	peaceful	Concentration power development	Got into another world	Indicating movement towards anandmaya kosha
3	Good/ excellent activity	-	-	Aware about subtle existence	-
4	Relaxing	Felt light	Pure & peaceful	maintained balance	Indication to Anandmaya Kosha
5	Helpful in breathing	interesting	-	-	Realization of mind- Anandmaya kosha
6	Impressive	peaceful	Construct mind	Relaxing	Indication to Anandmaya Kosha
7	Inner breathing	Feel inner self	Awareness to inner self	-	Indication to Anandmaya Kosha
8	Realize senses	-	Increase in concentration	Moving towards self realisation	Indication to Anandmaya Kosha
9	Awareness to breathing	-	-	-	-
10	Practice in breathing	Relaxed & fresh	-	-	Indication to Anandmaya Kosha
11	-	Calm			Revived energy Indication to Anandmaya Kosha shall practice it daily
12	Breathing awareness	relaxing	Imagination kindled Enhanced concentration	Peace	Indication to Anandmaya Kosha
13	-	Peace	-	Prayer	Indication to Anandmaya Kosha
14	Breathing awareness	Peace	concentration	Feeling light	Indication to Anandmaya Kosha

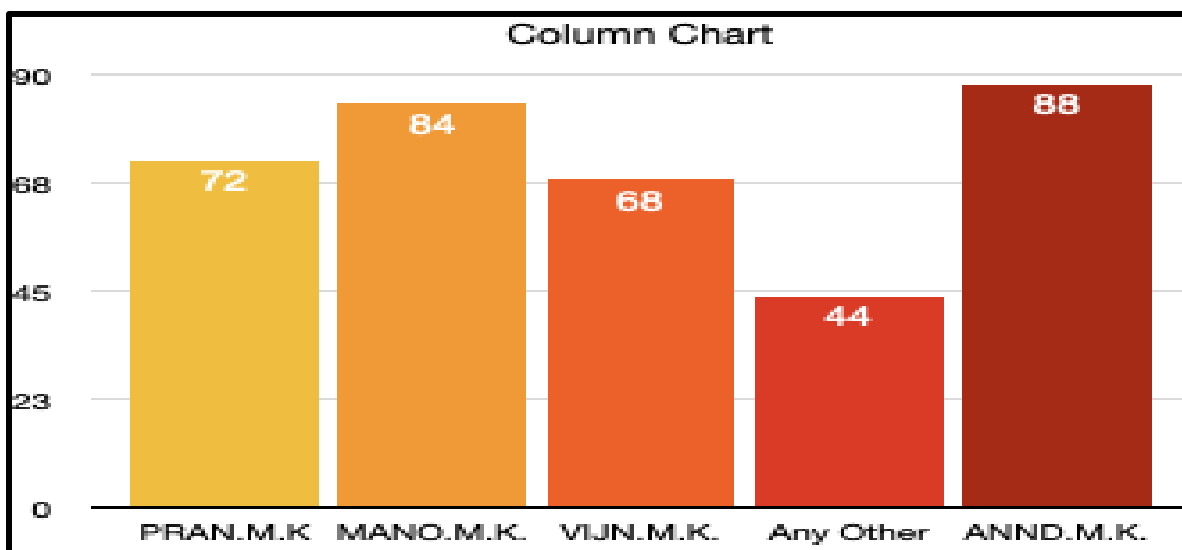
15	Listening to breath	Peace	Knowledge discovery	-	Indication to Anandmaya Kosha
16	Tried but failed to watch breath	Peace	Knowledge discovery	-	Indication to Anandmaya Kosha
17	-	Peace	Connections linkages	-	Indication to Anandmaya Kosha
18	About breath and pranayamas	Felt inside	Discovered new knowledge	-	-
19	-	-	Connection with subtle existence-	-	Indication to Anandmaya Kosha
20	Watched breath	relaxed	Knowledge generation	Peaceful	Indication to Anandmaya Kosha
21	-	interesting	-	-	-
22	Felt the breath	relaxed	Discovery of new knowledge	-	Indication to Anandmaya Kosha
23	-	relaxed	-	-	-
24	Known breath	relaxed	Discovered about breathing	-	Indication to Anandmaya Kosha
25	-	relaxed	-	Peaceful mind	Indication to Anandmaya Kosha

## ANALYSIS

The following are the inferences drawn from the above results:

Responses	Pranmaya Kosha	Manomya Kosha	Vijnanamyia Kosha	Any Other	Comments
<b>In numbers</b>	18	21	17	11	22 (Experience to Anandmaya Kosha)
<b>In percentages</b>	72	84	68	44	88

Pranmaya Kosha experiences occurred among 18 of the subjects, 21 experienced manomaya kosha, 17 touched vijnanamyia kosha whereas 22 indicated some experience of the inner bliss thereby touching the anandmaya kosha (Table 1). 11 of the participants had some other experiences also out of which two were quite different as well as intense.



**FIGURE 1: EXPERIENCES IN %AGES**

72% subjects had experiences at Pranmaya Kosha level, 84% at Manomaya Kosha Level, touched Vijnanamaya kosha level experiences were felt by 68% and a whopping 88% experienced being led into Anandmaya Kosha (Fig. 1). 44% of the participants had some other experiences also out of which 8% had quite different as well as intense experiences. These experiences were quite different than the rest and were quite nearer to higher order spiritual exposures when they experienced ‘prayer like’ environment during this intervention and ‘feeling light’ which is one of the outcomes of through practice of pranayama and is a condition quite nearer to the experiencing of the inner recesses of Antranga Yoga.

The results indicate that teacher educators, if given an exposure into Yogic experiences through models like IATM, can be fairly well versed with the advanced levels of realisation of the self which will essentially contribute towards the betterment of their own personal journey which will subsequently lead them to better professional performance too, which is no ordinary task, They are the builders of the professional careers of the future teachers, who in turn “shape the destiny” of the motherland.

### **EDUCATIONAL IMPLICATIONS**

All is not well with our system of Teacher Education and preparation of teacher educators. It does not cater to the mechanism which can fathom the making of finer human beings, which logically should be the objective of all educational programmes



and specially of the teacher education programmes. The perceptions of the teacher educators in this age of emotional upheaval and material decline matter a lot and the training provided to the student teachers as well as in-service teacher educators in the enhancement of their awareness potentials can lead to the cultivation of valuable life skills in a very big way. The scientific introduction of these awareness enhancement modules is the need of the times and they should be introduced after through scientific investigation and standardization of various modules.

## **CONCLUSION**

It's not an easy place to live as an authentic person. One of the self-consciousnesses is most important source. It is crucially very essential to find some relationship which can nurture and re-energize the inner being the growth of the group and society is dependent on the chiseling of the individuals. Life is a shared adventure and in this quest one has to learn to venture out on the AWARENESS TRIPS so as life enlivens up into a flame of an eternal flow of joy, peace, harmony and thereby true progress!. "To be something enlivening is much more difficult than to do something technically appropriate" seems to be so right on the occasion. This little effort on the way to the making of the teacher educators can spell a qualitative change all around us in the coming future.

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