UNIT 6 – TEACHING METHODOLOGY IN YOGA - I

UNIT STRUCTURE

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6.1 LEARNING OBJECTIVES

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

- learn the concept of understanding the principles of yoga
- learn about the teaching skills
- learn about fostering awareness and well being
- learn about the integration of theory and practices

6.2 INTRODUCTION

This is the sixth unit of the application of yoga course. We will first start with the basics knowledge of teaching: meaning and different definitions. Next, we will discuss about on the principles and importance of teaching. In this unit, the teaching methodology focuses on creating an environment conducive to learning through structured, progressive and experimental approaches. The main aim is to ensure students develop not only the technical skills of yoga postures but also an understanding of the philosophy, mindfulness and breath control that form the core of yoga practices.

6.3 MEANING AND DEFINITION OF TEACHING

Teaching is a purposeful activity that helps students learn by giving them knowledge, skills, attitudes, and values. A conscious attempt to direct, instruct, and promote the comprehension and application of concepts is known as teaching. This can take place in official contexts like schools and universities or informally in everyday interactions. It is a dynamic exchange between students and teachers with the goal of achieving particular learning objectives. Mentoring and coaching are examples of informal contexts where teaching takes place outside the official educational institutions.

Depending on its context and goal, teaching can be defined in a number of ways:

General Definition:

Teaching is the process of directing and motivating students to gain information, their abilities, and develop their attitudes via deliberate and well-thought-out activities.

Definition of Pedagogy:

The art and science of teaching include creating, implementing, and assessing instructional strategies to accomplish learning objectives.

Definition in Philosophy:

Promoting critical thinking, creativity, and the whole development of people is the ethical and intellectual endeavor that is teaching.

Definition of Teaching:

“Teaching is an intimate contact between the more mature personality and a less mature one which designed to further the education of the latter.”**– H C Morrison**

“Teaching is a system of actions intended to induce learning.” – **BO Smith**

“Teaching is arrangement and manipulation of a situation in which there are gaps or obstructions which an individual will seek to overcome and from which he will learn in the course of doing so.”**– John Brubacher**

"Teaching is a face to face encounters between two or more persons one of whom (teacher) intends to effect certain change in the other participants (students)" – **Jackson**

“Teaching is a form interpersonal influence aimed at changing the behaviour potential another person.” – **Gage**

Types of Teaching:

Teaching can be largely categorized into different types. They are discussed below:

- **Formal Teaching:** It refers to structured and systematic instruction delivered in different wayswith set curricula in educational institutions such as colleges and universities. It follows a defined curriculum, has clear objectives, and its observation through different tests and examinations. There are different advantages of formal teaching like providing systematic learning, making students prepare for different exams and certifications, creating an environment for social interaction and collaboration etc.

- **Informal Teaching:**It refers to learning that happens naturally, outside of structured or institutionalized settings. It is often unplanned, spontaneous and driven by the learner's curiosity or daily experiences. It takes place through conversations and observations in daily life. It doesn't follow the curriculum or any other assessments. The different advantages of informal teaching are – it encourages lifelong learning and adaptability, it builds up the practical skills, it fosters creativity.

- **Non-Formal Teaching:** It is refers to structured educational activities that take place outside the formal school system. It is designed to provide learning opportunities in a flexible, informal and often less rigidly structured environment. This type of teaching is typically learner-centred, practical and focuses on developing specific skills, knowledge or attitudes without necessarily adhering to a standard curriculum or awarding formal qualifications. This comprises online courses, workshops, and vocational training etc.

Different characteristics of Teaching:

The act of teaching has got different characteristics. Some of them are discussed here:

- Active engagement between the teacher and students is essential to effective teaching.
- The teaching approach is adaptable and sensitive to the various requirements, skills, and learning preferences of the students.
- Effective teaching emphasises students' needs, interests, and experiences in order to improve comprehension and engagement.

- Teaching organises and involves planning of lessons, activities and assessments to achieve defined objectives.
- Effective teaching uses different creative methods, tools and resources to make learning engaging and meaningful.
- Teachers demonstrate properly with meaningful sentences, patience and encouragement to create a positive learning environment.
- Teaching includes evaluating learner's progress and developing methods to improve outcomes.
- Teaching upholds values like honesty, fairness and respect contributing to student's moral development.

Teaching serves several essential functions. It enhances students to thrive academically, socially and personally. Some of the functions of teaching are discussed below:

- Teaching helps imparting factual and conceptual information to learners. It helps learners to acquire academic knowledge, life skills and practical expertise.
- Teaching aids in enhancing technical and interpersonal skills.It also develops cognitive, analytical and problem solving skills.
- Teaching functions through instilling ethical, cultural, and societal values. It promotes teamwork, communication and collaboration.
- It inspires curiosity and a passion for continuous learning. It equips students to adapt to an ever changing world.
- Prepares students to face real world challenges effectively, develop resilience and adaptability in dynamic environments.

Yoga teaching methods consist of a variety of approaches structured to effectively support students in their practices. A good teacher must have balanced knowledge, communication skills and adaptability to deal with different students. In Yoga, teachers have been using traditional and modern methods.Different teaching principles like clarity and simplicity, breath awareness etc are also followed by the teachers. During the hours of teaching the teacher also follows a lesson plan for the structure with teaching contents. The plan must offer balance between dynamic sequences and restful moments.The teacher should encourage the student's active participation through questions and mindful engagement. The teacher also focuses on all the

categories of the students like beginners, advanced and special group of students.

6.4 PRINCIPLES AND IMPORTANCE OF TEACHING

Teaching is guided by fundamental principles that ensure effective learning and development. These principles are rooted in educational psychology, pedagogy, and best practices.

- **Learner-centred Approach:**Teaching should focus on the needs, interests, and abilities of the learners. Teaching encourages active participation and engagement.
- **Clarity of Objectives:**Clear learning objectives should be defined for each lesson or activity. It helps both teachers and students to understand what needs to be achieved.
- **Active Participation:**Learners should be actively involved in the learning process through discussions, problem-solving, and hands-on activities.
- **Motivation and Interest:** Teaching should spark curiosity and sustain learners' interest.Positive reinforcement and encouragement are essential for effective teaching.
- **Adaptability:**Instructions should be flexible to accommodate diverse learning styles and paces. Teachers must modify strategies to suit individual or group needs.
- **Use of Reinforcement:** Positive feedback and rewards strengthen learning and behaviour helping in retaining concepts and maintaining interest.
- **Progression from Simple to Complex:** Concepts should be introduced gradually, starting from basic ideas and progressing to more complex ones. It ensures foundational understanding before tackling advanced topics.
- **Emphasis on Real-Life Application:** Teaching should connect theoretical knowledge to practical and real-world applications. It enhances relevance and understanding.
- **Encouragement of Critical Thinking:** Teachers should encourage analysis, evaluation, and synthesis of information which promotes independent thinking and problem-solving skills.

- **Continuous Evaluation and Feedback:** Regular assessments help track progress and identify areas for improvement.Feedback should be constructive and timely.

Teaching plays a pivotal role in shaping individuals and society. Its significance canbe understood through its various impacts:

- **Facilitates Knowledge Transmission:** Teaching helps pass down accumulated knowledge, culture, and traditions from one generation to another.

- **Promotes Personal Development:** Teaching encourages intellectual, emotional, and moral growth. It helps individuals discover their potential and develop confidence.

- **Builds Skills for Life:** Imparts essential skills like communication, critical thinking, and problem-solving.Prepares learners for personal and professional challenges

- **Encourages Social Development:** Teaching fosters collaboration, empathy, and respect for diversity. It helps individuals understand their role in society.

- **Drives Economic Progress:** By educating individuals, teaching equips them with the skills required for employment and entrepreneurship. It contributes to national development and innovation.

- **Promotes Ethical and Value-Based Living:** Teaching instils moral values and ethical principles. It encourages responsible and socially conscious behaviour.

- **Reduces Inequality:** Teaching provides equal opportunities for education, empowering marginalized groups. It acts as a tool for social mobility and empowerment.

- **Encourages Lifelong Learning:** Teaching cultivates a mindset of continuous growth and curiosity. It prepares individuals to adapt to an ever-changing world.

CHECK YOUR PROGRESS

Q1) What is teaching?

Q2) Write down any two definitions of teaching.

Q3) What is formal teaching?

Q4) Write down the any three characteristics of teaching?

Q5) Write down the any three principles of teaching?

Q6) Write down the any three importance of teaching?

Q7) Fill in the blanks:

i. ---------- is a dynamic exchange between students and teachers with the goal of achieving particular learning objectives.

ii. ---------- is refers to learning that happens naturally, outside of structured or institutionalized settings.

iii. Effective teaching emphasises students' needs, ----- and ----- in order to improve comprehension and engagement.

iv. Teachers should encourage analysis, ------ and ------- of information.

v. Teaching helps pass down accumulated knowledge ------- and ------- from one generation to another.

6.5 LET US SUM UP

- Teaching is a purposeful activity that helps students learn by giving them knowledge, skills, attitudes, and values.
- It is a dynamic exchange between students and teachers with the goal of achieving particular learning objectives
- The art and science of teaching include creating, implementing, and assessing instructional strategies to accomplish learning objectives.
- Formal teaching refers to structured and systematic instruction delivered in educational institutions with set curricula.
- Informal teaching refers to learning that happens naturally, outside of structured or institutionalized settings.
- Non formal teaching is refers to structured educational activities that take place outside of the formal school system.
- Teaching involves planning of lessons, activities and assessments to achieve defined objectives.

- Effective teaching uses different creative methods, tools and resources to make learning engaging and meaningful.
- Teaching helps in enhancing technical and interpersonal skills. It also develops cognitive, analytical and problem solving skills.
- Instilling ethical, cultural, and societal values, teaching promotes teamwork, communication and collaboration.
- Teaching should spark curiosity and sustain learners' interest. Positive reinforcement and encouragement are essential.
- Teaching Instruction should be flexible to accommodate diverse learning styles and paces. Teachers must modify strategies to suit individual or group needs.
- Teaching imparts essential skills like communication, critical thinking, and problem-solving skills. It prepares learners for personal and professional challenges.

✓ 6.6 ANSWERS TO CHECK YOUR PROGRESS

Answer to Q1: Teaching is a purposeful activity that helps students learn by giving them knowledge, skills, attitudes, and values. A conscious attempt to direct, instruct, and promote the comprehension and application of concepts is known as teaching.

Answer to Q2:i. Teaching is the process of directing and motivating students to gain information, hone their abilities, and develop their attitudes via deliberate and well-thought-out activities.

ii) The art and science of teaching include creating, implementing, and assessing instructional strategies to accomplish learning objectives.

Answer to Q3: Formal teaching refers to structured and systematic instructions delivered in educational institutions with set curricula. It follows a defined curriculum, has clear objectives.

Answer to Q4:i) Teaching involves planning lessons, activities and assessments to achieve defined objectives.

ii) Effective teaching usesdifferent creative methods, tools and resources to make learning engaging and meaningful.

iii) Teachers demonstrate properly with meaningful sentences, patience and encouragement to create a positive learning environment.

Answer to Q5:i) **Learner- centered Approach:** Teaching should focus on the needs, interests, and abilities of the learners. It encourages active participation and engagement.

ii) Clarity of Objectives: Clear learning objectives should be defined for each lesson or activity. It helps both teachers and students understand what needs to be achieved.

iii) Active Participation: Learners should be actively involved in the learning process through discussions, problem-solving, and hands-on activities.

Answer to Q6:i) Teaching helps pass down accumulated knowledge, culture, and traditions from one generation to another.

ii) Teaching encourages intellectual, emotional, and moral growth. Helps individuals discover their potential and develop confidence.

iii) teaching imparts essential skills like communication, critical thinking, and problem-solving skills. It prepares learners for personal and professional challenges.

Answer to Q7: i) Teaching ii) Informal teaching iii) Interests and experiences iv) evaluation and synthesis v) culture and tradition

6.7 FURTHER READING

1) Garote, M.L., & Ganguly, S. K. (2001). *Teaching methods for Yogic Practices*. Kaivalyadhama Ashram.
2) Donald G. Butler, *Teaching Yoga,* Geoffrey Chapman Publishers, 1975.

6.8 MODEL QUESTIONS

Q1. Write the meaning and definition of teaching.
Q2. What arethe different types of teaching?

Q3. Write any three principle of teaching.

Q4. Explain the role of teaching in society.

Q5. Discuss about the importance teaching.

Q6. Write a short note on yoga teaching method.

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