E-Yoga: A New Perspective of Integrating Technology and Yoga

Saurabh Mishra*
Binayak Kumar Dubey**

Abstract

सर्वस्यलोचनंशास्त्रं, यस्यनास्त्यन्धएवसः ॥

Without Science, everyone is like blind as it is considered as the eyes for every truth. Science is the reliable way to find out the facts not only establishing results through labs, instruments or methodology but also nurturing the society and its philosophical behaviour. In Indian context, Yoga is originated, nurtured here and considered as a way of life thus, spread all across the globe today. There is a need of scientific innovation in order to refurbish the profound knowledge and promotion of the classical Indian concept behind Yoga. E-Yoga is defined as the study of Yoga by the help of technology. Online learning approaches in the field of Yogic Sciences can accelerate the advanced studies and research in the field as well as a smooth Teaching Learning process as well. With the advanced knowledge through e-learning resources and scientific approach, the classical Indian concept behind Yoga can overcome the western concepts. Such multidimensional approach evolves the new pathways for applied Yoga through online learning support. E-Yoga can be a tool to preamble the scientificity of Indian Yoga to the world with greater level of interaction into the health sector. It can improve the quality of learning. E-Yoga is also an asset in order to integrate Yoga and Technology to get more precise learning outcomes and a new aspect of Yoga from the scientific eyes. The study suggests the integrating Technology and Yoga to get an innovative and investigative dimension, is the need of this hour.

Keywords: *Blended learning, Technology, Pandemic, Education.*

Introduction

Yoga being the utmost necessity in the recent times where unhealthy lifestyle, poor eating habits, stress and toxicity is so badly inculcated in everyone's daily routine and COVID-19 acted as a catalyst to even further degrade the situation. People were stuck in their homes for an uncertain period of time and with absolutely no work to do. It is an evident fact that Yogic Practices improves mental peace, fitness and motivation level of almost every age group of people. Yogic activities helps in stress management in school students and reduces the symptoms of anxiety as well [1].This feeling of desolation was trailed by dissolution of the routine. People those were used to regular practices out in fields, gardens, parks and classes could not reach to their familiar comfort zones. This adversely affected their routine. In a study it was observed that lack of time and space are major challenges for Yoga practice among students [2]. This problem can now be easily dealt with the help of plenty of newer

*M.P.Ed., B.Sc. (Hons.) Physics & **Ph.D. Assistant Professor, Department of Physical Education, Faculty of Arts, Banaras Hindu University. smishraphyedu@gmail.com | dubeybinayak@gmail.com

techniques. COVID-19 has triggered newer ways of learning. Online learning through computer, laptops, smart phones etc. is the most reliable technique to continue with the process of educating students.

Fig.1 Online Yoga Learning

Benefits of Online Yoga Learning

1. Helps the Instructor to reach and engage a much greater mass at a time. And also to reach out to a way more extensive network of students, instead of being restricted by the geographical boundaries.

2. Also it can help the Instructor to convey his/her information in a more efficient way. Tools like videos, pdfs, images can be used by the teacher as their lesson plans

3. Online education is also an affordable option to choose. It eliminates the transportation costs and also there is no need of real estate.

4. It suits to a variety of lifestyles of the learners.

5. It can be taken by the location of choice of both-learner and instructor
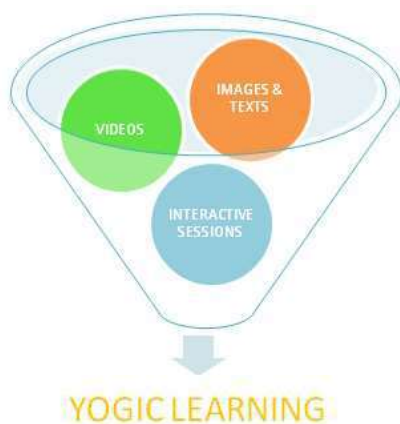

Fig.2 Components of the Teaching Model

Structure of Online Yoga Teaching Model

- Instructor can send his/her own recorded videos to the learners to practice Yoga in the proper manner.

- Sending videos can help in reducing errors as every yoga asana is supposed to be performed in a specific manner.

- Sending the explanatory and informative text messages as well as files can help the learner to understand the actions betters.

- Sending images can help the learner to better visualize the yogasanas.

- Interactive sessions with the learners helps them to clear their doubts.

- Helps the instructor in proper assessment of how much the student understood.

- It can help the instructor to improve his/her own teaching lessons.

The Teaching Model

The present model utilises the ICT tools in an easy interface manner. This model is follows a 3 dimensional pathways between Learner and Instructor as shown in the figure 3.
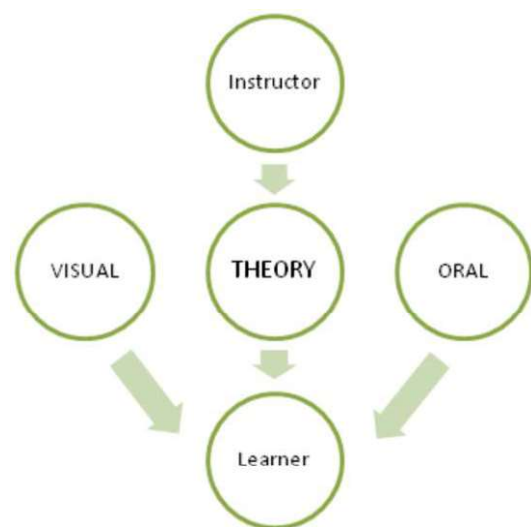

Fig. 3 Teaching Model

In the process of learning yoga through online platforms:

- Instructor sends the lesson to the learner in the form of Recorded videos, live sessions, Images, PDFs or Informative texts.

- The learners then have to see the videos and images thoroughly and carefully read the procedures given in the PDF and the Text message.

- The learner is then supposed to practice the yogasana for a couple of times to be assured that they understood it well.

- Learner is then asked to record his/her own video and then send it to the instructor, so that Instructor can assess whether the practices are going on the right path or not.

- Instructor is then supposed to evaluate the videos and give the reviews to the learners. It can help the learners to improve.

- There must be an interactive session between the teacher and the students at least once in week so that the students can ask their doubts regarding the classes. There are plenty of platforms that provide us with the facility of live interactive sessions. This two way communication also improves the moral of the students and also boosts up the teacher.

Figure 4 shows the above learning cycle in a diagrammatic manner
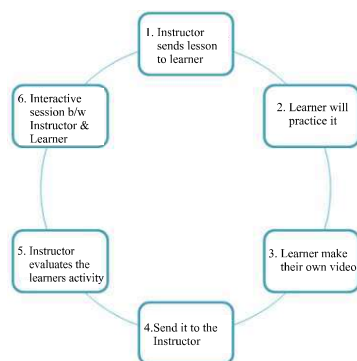

Fig.4 Steps of Teaching Model

Table 1 contains the details of the mobile applications required used in the present online teaching model and their respective role in the communication channel. It also provides information about the internet consumption by the applications and their availability such as pre-installed in the phone or available online.

Table 1. Applications required in the present Model

SL. No.	Mobile Apps	Function	Internet Requirement/ Storage/Status
1.	Telegram	All communication b/w Instructor Learner	Minimal/ Pre-Installed
2.	Sound Recorder	Audio recording	Minimal/ Pre-Installed
3.	Camera/ Images	Pictures/videos sharing	Minimal/ Pre-Installed
4.	PDF Reader	Text based learning	Minimal/ Pre-Installed
5.	Web Browser, Youtube etc.	For content searching, demonstrations etc.	Minimal/ Pre-Installed

Technological Intervention

Telegram, Sound Recorder, Camera/Images, Pdf reader, Web browser etc.

Innovative component

In this model, an e-learning interface is designed to felicitate learning with virtual imagination quotient and maximal interface with the Instructor and Learner.

Salient Features of this model

- This model provides a two learning process which conveys better knowledge.

- Assessment of learning is easier through this model.

- This model promotes self- paced learning.

- This model is feasible with cheaper smartphones and accessible in the remote locations.

- Present model requires very lesser technical skills with greater learning opportunities.

- This model can develop creativity quotient among Instructors & Learners.

Conclusions

Coming out of conventional methods of Yogic Education, the present model has a potential to deliver significant results during COVID-19/ lockdown kind of situation. It can felicitate the Instructor- Learner interaction and cope up effectively with the proposed learning outcomes. This model has a potential to replace classical classroom yoga to virtual learning of yoga in a very simplified and creative manner. This is a user friendly model which provides maximal learning and lesser chaos. In the New Education Policy 2020, there is an emphasis on blended education system and present model for learning yoga is being in accordance with that as well. This can accelerate the learning outcomes as well as coping up with the market challenges to Yoga education as well.

Recommendations

The present model is being designed in a very lesser possible infrastructure. It is highly recommended to conduct research for effective development of such models in future. There is a need of evaluation the outcomes of such models on regular basis. It is recommended that Government & authorities conduct a pilot study to see the possible implementing challenges for this model and promote Yoga Education within the country and Globe as well.

References

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