

## UGC SPONSORED MINOR RESEARCH PROJECT

### **“Study Of The Effect Of The Yogasanas And Pranayama On Working Capacity Of Women Primary Teachers From Sangli District”**

#### **Executive Summary**

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Teachers are expected to reach unattainable goals with inadequate tools. This miracle thing is accomplished by these women at all times in daily life. No doubt it is an impossible task but still they did it by heart and were successful in their teaching life. Title of the research is **“Study of the effect of the Yogasanas and Pranayama on working capacity of Women primary teachers from Sangli District”**. In this research WPTS came out with flying colors from the merit point of view. They did all the Yogasanas and Pranayama as taught by me for near about 10 weeks. Women who lead a fairly comfortable and carefree life with slender and supple figure are a bit lazy in teaching. Most of the women are lacking in working capacity. That is why I have studied near about 2107 subjects from Sangli district, it comes near about 40 subjects per place or say per “Goan”. After the school is over, I gave them the ten Yogasanas and four Pranayama to do in their school premises. It was very difficult to assemble them all, at one place, at once, at a time. Before doing asana they were asked to warm up because their body should be ready to do asanas one by one till the given time finishes.

It is a great experience for me that these women are educated and are working in rural and urban areas. These subjects are of the age group of 23 to 45. Most properly the women above 35 are generally addicted with diseases like Diabetes, B.P., Asthma and pains at joints with regards to obesity. One peculiar thing I like to discuss regarding these subjects is about their remarkable name excuses. I am not worried about the above said things but the main thing which I want to calculate is the working capacity in connection with teaching facts. The progress of these working capacities of the women is best. Many are good and

many are better. At first I started my field work from long distance place i.e. Jath. I told these WPTS to assemble at Z.P. School No-1 at nearest S.T. stand. Near about 50 to 60 teachers were presents for the further work. It was started on 26/09/2010 and ended at Khardi in Sangola Taluka on 20/03/2011. This was the outward of WPTS in those years again I started the same work after two months gap from Walwa on 03/11/2011 which ended at Gomewadi on 17/12/2012.

The house work they did in the mean time of working process was well and good. I want your full co operation in regards to yoga and pranayama. First of all I told them the aims and objectives of the research work and how to do the asnas actual by practical and by charts also. Those who are unable to do asnas they were told to sit aside at the time of practical. This is an experimental research of women from eight Taluka from Sangli District. It is to determine the cause and effect of relationship under controlled conditions of all talukas women at the center place of the same taluka. Then and then only their real like situations will improve a lot in the sense of achieved to these movements of teaching facts.

Yoga when applied to these women their life in various ways develop a lot to far extend. We found effect on the WPTS by creating complete human beings. Yoga is becoming popular to over the world. We found that she is healthy and free from disease. She looked charming and beautiful. She could do difficult aerobic training to become slender and supple. WPTS actual participation in the teaching work is easy to assess in daily life after the yoga class. Yoga has an innate quality of getting entangle with the human society in achieving a universal status. According to the effect of the result of this research many of women fans have started doing Yogasanas and Pranayama for healthy life and fitness for ever.

Here I like to give brief review of the research chapter wise. In Chapter No-1 the deep introduction regarding women power is given. Significance of the study with objectives and limitations, delimitations are also discussed thoroughly. National, International relations must be good. Effect on the working capacity of women in relation to power of middle age women is totally good. Personality of teacher, their emotional motivations and the pros and cons of the teaching matter are improved a lot. Student' relation with teacher in the class room should be well behaved.

Development of integration and major responsibilities of WPTS may award them as good quiet teacher. In chapter No-2 related literature of the authors is discussed one by one. The eight fold path of the yoga is also explained properly. Here trikut shikhsr is also meaningful discuss spiritually. In chapter No-3 related to method of study. In this instruction for practice of Yogasanas and Pranayama for healthy life and fitness forever .I have given some of the photo graphs of the women primary teachers taken at the time of practice. In chapter No-4 presentation and analysis of the data is done deeply. Graphical statement of WPT is given in four tables by counting Mean, Mode, S.D.and range. Then field works statement is also given in details. In chapter No-5 Over view of summary is given. Tips and notes of heart attack are also given and at last references and appendixes.

last but not the least WPTS know that their family will considered as a healthy family in the society for long time in sense of achievements and progress from the teaching point of view. It is said in military that what matters much Gun or the man behind the gun here it is the same the WPTS matters much in working conditions of the students of the class.