

TUESDAY TALK_July, 2023

YOGA IN URBAN LIFE TODAY

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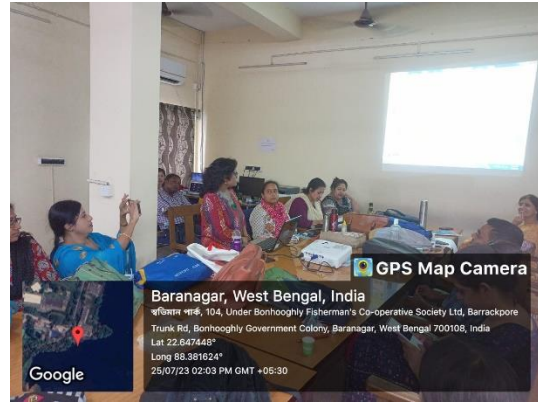
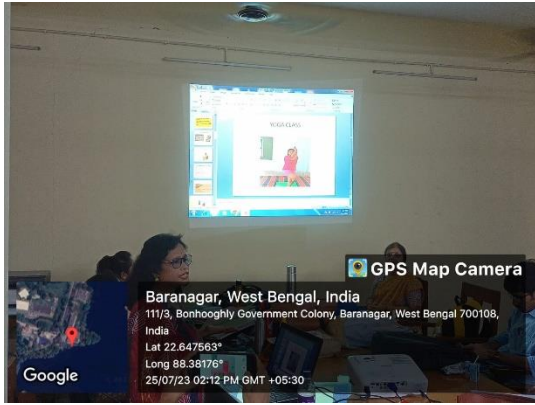
Prasanta Chandra Mahalanobis Mahavidyalaya

Abstract

“Yoga” – the body–mind technique has now become popular among modern urban dwellers. This is a traditional age old practice. Many people today take up Yoga for health-related reasons, to ‘energize’ their body or to find relief from physical ailments. Yoga is a practice of physical fitness on the one hand and spiritual practice on the other hand. “YOGA” is an ancient Sanskrit word which, in only two syllables, encompasses the entire body of spiritual experiences. This process may also encourage a particular view of physical and mental wellbeing, the embodied self, health, and individual agency. Yoga is highly connected with Religion (mainly Hindu Religion). ‘Yoga’ is the practice which encompasses both body and mind. Modern period of yoga begins with Swami Vivekananda’s religious speech in Chicago Parliament, where he emphasized on ‘Raja Yoga.’ There are different types of Yoga. Such as Raja Yoga, Hatha Yoga, Karma Yoga, kriya Yoga, Patanjali yoga etc. Bibhabari Bal, in her book ‘Integral Yoga And The Spirit Of Work In Auroville’ wrote that ‘yoga’ refers to ‘join in the Divine consciousness with one’s own consciousness to see ‘One in All ‘And ‘All in One’. In mapping ‘Modern Yoga’, Michelis has set out a helpful typology which draws attention to what are sometimes vastly different manifestations of phenomena described as ‘yoga’. She has outlined five ideal- typical descriptions of Modern Yoga:

Postural Yoga differs from other kinds of physical exercise, because it emphasizes on the variety of benefits of stretching and cultivating the body and mind. Yoga, mainly the postural yoga is now gaining popularity among the urban dwellers. Like medicines, many Yoga asana can be very potent and can have strong side effects if performed incorrectly. So for both safety and effectiveness, the golden rule applies when in doubt, find a good teacher and learn the basics.

Postural Yoga differs from other kinds of physical exercise in the emphasis given to the multi benefits of stretching and cultivating the body and mind. Here, the importance is given on postures and Postural Yoga becomes a means of physical fitness and mental wellbeing. Key Words: Body-mind Technique, Postures, Physical fitness, spiritual practice, Postural Yoga, Present day Urban Society.



Speaker

Perform or Perish: How many roads must a man walk?

Presented by Dr. Parthasarathi Dutta, Assistant Professor, Department of Commerce,

Prasanta Chandra Mahalanobis Mahavidyalaya

Abstract

Performance – The word which we always hear and face in our daily life since birth whether in our family or in our job.

It determines our traits right from act of presenting any form of entertainment to do a job whether successfully or not.

Appraisal always follow performance because an action is termed “Performance” only when it is appraised.

According to Dale Yoder the famous Management author it is the formal process through which an individual employee’s behaviour/personalities and accomplishments/contributions are measured and evaluated both in quantitative as well as qualitative aspect.

Features of Performance Appraisal:

- a) To find out how well the employees (people) are performing the job and establish a plan of improvement.
- b) It is a systematic process in the sense that it tries to evaluate performances of a group (people in similar job) in the same manner using the same approach.
- c) It is a continuous process.
- d) It always targets growth and development of people at work

People always differ in their abilities and aptitudes. This is natural and cannot be eliminated even by imparting same education and training. The system tries to measure the relative merit of each employee and it is also a psychological process advent of NEP 2020 has changed the total higher education system. Besides formal learning students have to be made market ready through development of their professional skill along with their education skill.

The role of PRINCIPAL has undergone a paradigm shift from an educationist -administrator to a leader, a visionary, a trend setter, resource provider and faculty team builder.

The role of TEACHERS: A study by U Parekh and T.V Rao had revealed that the patterns of classroom interaction of a teacher is classified as;

- a) Directive behaviour → Contribution to academic learning
- b) Indirective behaviour → Produces initiative, adjustment, independence, inspire, pave ways of dealing with frustration among the students

Conclusion:

After the liberalization of economy in the last century we understood we had made a great mistake by using the word *appraisal*. Often people concentrated on appraisal as it is a system owned and emphasized by the managers (top boss) themselves with an eye to fire someone. The system had diverted the attention of the people from DEVELOPMENT to appraisal. We often pretend to generate numbers and make comparisons. Organizations like TISCO, L&T, NSE, Dr. Reddy's Laboratories etc. has replaced the word appraisal. They renamed it as PADS- *Performance Analysis and Development System*.

So Not Perish but Develop.



Speaker