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SURVEY ON AWARENESS OF GANDHIAN THOUGHTS ON HEALTH

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Introduction

Mahatma Gandhi can be seen as presumably the best visionary imagined. His life educates us concerning the changed sentiments he encountered as a child and energetic adult during problematic events, and the investigations he did to adjust up to these issues. It was his consistency and dedication to a faithful journey for his target that finally provoked his change. His thoughts like nonviolence, Satyagraha, brahmcharya and the thoughts related to 'Truth' and 'God' can fortify mental and mental adaptability to any individual endeavoring to adjust up to the solicitations of life. At the point when Gandhi's name is taken with regards to health, it's fundamental to cite him.

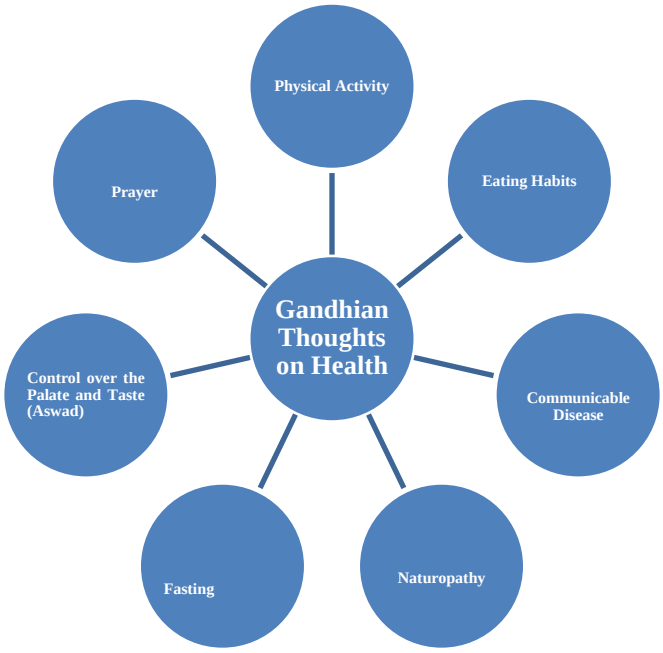
"Anyone who observes the rules of health will not need to knock at the doors of doctors from day to day."

-M. K, Gandhi

In today's time when most of us are running pillar to post to acquire wealth while neglecting our health, there could not be a better eye-opener than this quote. He solidly accepted that good health is of vital important to any human as without it an individual can't create as a top priority or soul. It is fascinating to take note of that he kept mental wellness at standard with physical wellness while discussing health. The same can be seen in his life practice where morning walk, balanced diet along with prayer, fasting and meditation were a piece of his day by day schedule.

Gandhian Thoughts on health covers mainly following areas:

Picture No. 1



NEED OF THE STUDY

The researcher has come across many researches on Gandhian values and on different aspects of Gandhian values. There are few researches done on survey on Gandhian view on health in teacher training course.

TITLE OF THE STUDY:

SURVEY ON AWARENESS OF GANDHIAN THOUGHTS ON HEALTH.

RESEARCH QUESTIONS

1. Are the students of B. Ed aware about Gandhian thoughts on health?
2. Do they believe the Gandhian views on health?
3. Do they find these relevant in present times?

AIM OF THE STUDY:

To study the awareness of Gandhian thoughts on health among B. Ed students.

OBJECTIVES OF THE STUDY

1) To find out the awareness of Gandhian thoughts on health among B. Ed students.
2) To find out if these Gandhian thoughts on health are relevant in modern times among the B. Ed students.

RESEARCH DESIGN:

Methodology of the study

The present study deals with the awareness of Gandhian thoughts on healthamong the B. Ed students.It also deals with the relevance of Gandhian thoughts on healthwith current lifestyle. The method used in this research is descriptive method by using survey technique. The study includes survey data collection, processing, and then analysis of the data obtained.

Sample of the study

The sample consisted of 75 students of Sir J. P. College of Education & Research (B. Ed), Palghar.

Technique: Purposive sampling technique was used for the selection of the sample.

Limitations of the study

The study is limited toonly75 students of Sir J. P. College of Education & Research (B. Ed), Palghar.

Tools used for data collection

The following tools were used to collect data

1) Personal data sheet: This tool has been used to collect information about the gender, qualification and the marital status.
2) A closed end google form was given to students to find out the awareness and relevance of Gandhian values in the presence times. The questions were based on the Gandhian thoughts on health.

DATA COLLECTION:

The tool was administered to 70 students of Sir J. P. College of Education & Research (B. Ed), Palghar.

Scoring

The 3 point likert scale consisted on 15 question wherein the student had to answer the question based on Gandhian thoughts on health. The tool helps to assess the awareness andrelevance of Gandhian thoughts on health in the present scenario.

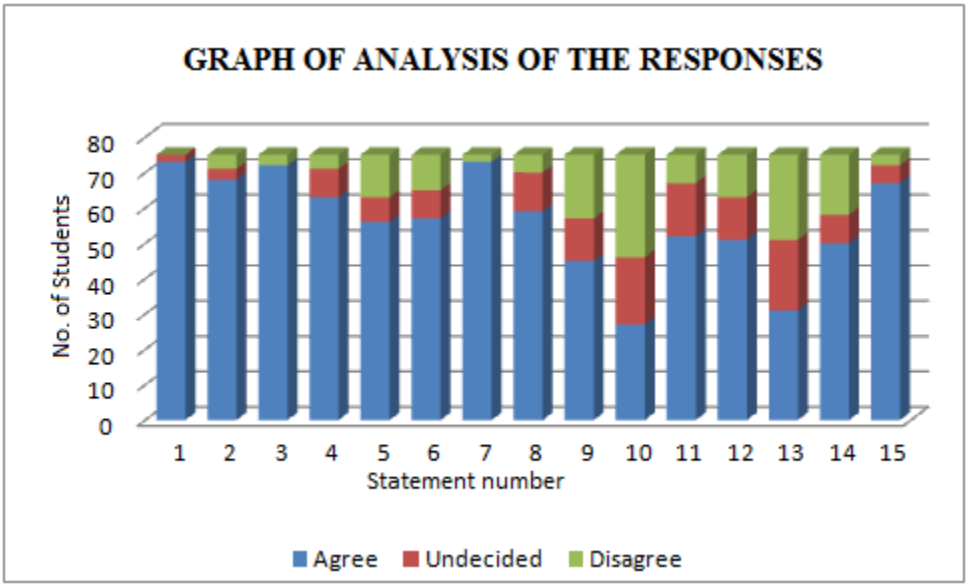
ANALYSIS OF THE DATA:

The data was analyzed and the responses were also analyzed and their percentage was taken into account.

ANALYSIS OF THE RESPONSES TO THE STATEMENT OF THE RATING SCALE

Sr.No.	Statement	Agree	Undecided	Disagree
1	Health along with education is always a real wealth.	73	2	0
2	Health is result of choice of lifestyle made by an individual.	68	3	4
3	Health is a real wealth & not a pieces of gold and silver.	72	0	3
4	Health is outcome of environment that individual interact.	63	8	4
5	Disease are outcome of faulty food choices.	56	7	12
6	Mental health comes with physical health.	57	8	10
7	Daily prayer & meditation are essential for healthy body.	73	0	2
8	Naturopathy is answer for good health.	59	11	5
9	Disease is result of breaking the nature's law.	45	12	18
10	Medication should be the last option for treatment of disease.	27	19	29
11	Changing the way of life is important to avoid route of medication.	52	15	8
12	Fasting helps in detoxication of human body.	51	12	12
13	Short fast of one to five days duration helps to cure acute diseases as well as chronic diseases.	31	20	24
14	Controlling on modified diet & overeating of processed food is unhealthy.	50	8	17
15	Checking of water compartment must be regular to avoid communicable diseases.	67	5	3

Graph No. 1



FINDINGS OF THE STUDY

From the above it can be seen

1) More than 90% B. Ed students are accepting the first three statement i.e. health along with education is always a real wealth, Health is result of choice of lifestyle made by an individual and Health is a real wealth & not a pieces of gold and silver.
2) 96%student teacher believes that health is real wealth & not a pieces of gold ad silver.
3) For the statement, "Health is outcome of environment that individual interact" 84% student teacher were agree where as 11 % were not sure and 4% disagree.
4) 75% B. Ed student were agree upon two statement i.e "Disease are outcome of faulty food choices" & "Mental health comes with physical health."
5) 97% B. Ed students agree for the statement, "Daily prayer & meditation are essential for healthy body."
6) The statement Naturopathy is answer for good health" were accepted by 79% B. Ed students and rejected by 7% and 14% were not sure.
7) 60% of the students believes that Disease is result of breaking the nature's law and 24% rejected this thought and16% were not able to decide.
8) The statement, "Medication should be the last option for treatment of disease." Were rejected by 38.7% B. Ed students but accepted by 36% whereas 25.3% were not sure.
9) Around 68% B. Ed students were agree with the three thoughts i.e. "Changing the way of life is important to avoid route of medication.", "Fasting helps in detoxication of human body." And "Controlling on modified diet & overeating of processed food is unhealthy."
10) 41.3% believes that, "Short fast of one to five days duration helps to cure acute diseases as well as chronic diseases." But 32% disagree upon this and 26.7% were undecided.

11) 89.3% B. Ed students were agree with the thought that "Checking of water compartment must be regular to avoid communicable diseases."

CONCLUSION

For the current survey researcher concluded that maximum B. Ed students were accepted the Gandhian thoughts on health. Very few student teacher were disagree on some of thoughts. It can be seen that even though Gandhiji practiced these thoughts in 19th century period but his way of life is still applicable, accepted and rewarded to have healthy life by B. Ed students.

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