



## Think India (Quarterly Journal)

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in collaboration with

**Indira Gandhi Government Post Graduate College,**

**Bangarmau, Unnao-209868, Uttar Pradesh, India**



### **Alternate Options as Innovative Technique of Researches and Teaching Pedagogy: Creative Spaces towards Healthy Patterns and Behavioral Stands**

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#### **Abstract:**

*In today's world, our Health and Hygiene is an artefact of our habits and patterns of living, and it brings the sustainability towards the pattern of 'the survival of the fittest'. Its representation, in various art forms, and professional attitudes, is quite valid, and historically evident. In a sense, the issues of health and hygiene and the curricula of education are interrelated, and the professionals, taking them as the course of studies, find practical implications in life from the manifestation of literary activities, music, art and architecture, technology, medical or nuclear science, sociology and construction of culture, psychology of human behaviour, economic and political agenda, organizing and managing skills and the laws that we have developed in setting up required situational demands and communication dynamics etc, by and large, roar for the great changes that have given an entirely new definition to the prevalent culture, of which we are, and have become the drafters, and makers of the so called society of modern civilization.*

*The food we eat, the clothes we wear, the technology we use, the blocks and the concrete we are sheltered into, and even the water that we drink, are all machine dependent. We are now machine made. Will it, therefore, require oiling and greasing? Or may all of a sudden stop working! This is a thought that flashes across my mind. An Inquiry is required towards finding an alternative or more better options from the various disciplines of art, science, literature and cultural studies that may help us in understanding value based flora and fauna, and life and environment with friendly technique and researches towards a bold and beautiful humanity, where our rich traditions, customs and patterns find their appropriate space in meeting out the standards of the globalized culture prevalent in our society.*

**Key words:** Healthy Patterns, Hygiene, Behavioural Stands, Teaching Pedagogy, Creative Spaces.

Teaching pedagogy and researches in Education, Medical Sciences, Dentistry, Environmental Sciences, Art forms, Music, Literature and Cultural studies, Yoga culture, Legal Studies and other areas of Human sciences have a wide canvas to be painted with a brush of the most brilliant thought of imagination. By this way it can pave the royal path for the latent capacity and competence to make human being and this world a more fashionable place to live in. It will almost transcend all geographical and cross-cultural boundaries, and shall manage more inclusive definition of human life.



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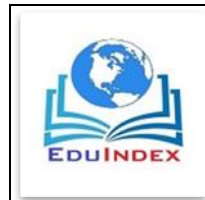
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I, very sincerely, like to propagate creative fulfilment as a tool to sustain life in the present scenario, which aims at making education more and more pragmatic and life centric . The aim of education should not be confined to set facts and arguments for scholastic debates but to provide something quite palpable for the welfare of humanity. This way we can make this planet a better place to live in. There is a need of many an alternate option as innovative technique of research and teaching. We can be more creative towards inculcating the habits of healthy patterns and behavioural stands. In the light of the present day environmental disasters, socio cultural upheavals and many other by- products of modern civilization

As it is said that ‘a healthy mind lives in a healthy body’, it is important to identify the factors that can nurture a body towards healthy and ill-free conditioning for constructing minds. It is the mind which is capable of generating and experimenting with crisis situations, and consequently frame policies for the facilitation of humanitarian values in particular and value based society in general. It is imperative and important to understand human psyche that has terrorized different parts of the world. It is human psyche that stands as a cause behind the requirement of statutes , codes and rules to streamline growing chaos that has tarnished the existence of mankind . It is appropriate to understand here the concept of human psyche from a lesson by *Deborah Teasley*, an experienced administrator with a demonstrated history of working in the higher education studies. *Deborah Teasley’s views stand as a combination of thoughts and emotions that structure our identity. She says:*

The word 'psyche' derives from ancient Greek mythology. Born a mortal woman, Psyche eventually marries Eros (Cupid), the god of love. The love affair between them is great at first but becomes filled with secrecy, betrayal, abandonment, and a near-death experience. Eventually, Eros and Psyche reunite, and she is deemed worthy of becoming immortal. The supreme god, Zeus, then gives her the name, 'Goddess of the Soul.' The ancient Greeks saw the story of Psyche and Eros as an allegory of life. Their love was 'born' in the beginning, and in the end Psyche 'dies' and moves to the after world as an immortal. Her long and rough journey in between was symbolic of the human soul navigating its way through life. She had to make tough choices and handle turbulent emotions in order to experience personal growth. In ancient Greek, her name eventually became associated with the word 'soul' or 'mind'. In psychology, we call the soul or mind



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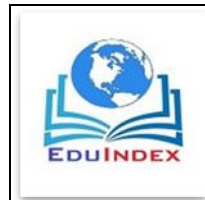
the human psyche. It allows us to think, judge, and feel emotions.

<https://study.com/academy/lesson/human-psyche-definition-lesson-quiz.html>

An enquiry may be made into several incidences that create haranguing and horrifying narrations in constructing stories that alter our experiences and understanding of the behaviour of human and the related species around . It is evident to find ourselves under pressure when some minor, in broad day light, is found crushed and mutilated signalling the complete devastation of modern civilization. In a competitive world of ours , it is increasingly becoming difficult to find and understand the meaning of success and happiness out of the systems that we have created . It has been long in tracing the history of women's identity in society when we have come across by now to find women related issues of health and hygiene, specifically her inner journey through menstrual cycle as something that can become part of academic and cultural studies before floating bigger theories of subjectivity boasting her upliftment and participation in society and nation building .

It is now in the twenty first century that we are celebrating her manifestations through texts and films like *Padman* (comedy-drama film directed and written by R. Balkiin, 2018) and *Period. End of Sentence*, ( *documentary* directed by Rayka Zehtabchi in 2018) .This is indicating an age that celebrates healthy mind and healthy body having taken such texts as exemplary illustrations in our day to day debates and discussions of academic and popular culture .We feel for identifying many more ingredients and factors for a healthy growing inclusive society .Thinkers and researchers are coming up with noble thoughts and discourses that analyse the reasons for treating some of the subjects traditionally put at margin or periphery .With the end of 'the grand tradition' , we are coming across, everyday, with the news on the 'god of small things' .We can see leading women who motivate , and are motivated out of the shams and evils gripped in our society that, once, had robbed them of their joys and beauty . Similarly, people at periphery who once were coined as underprivileged, Dalits, downtrodden and others have given new definitions of the ingredients of the society that structures it towards making up an institution or nation. The growing size of the minds, and the new song of humanity in every discipline of academics and culture at large establishes an important fact that the growth of the mankind is possible out of the growth through researches, innovations and teachings that value human mind , and this human mind is acculturated in a healthy body .

There has been a significant development in recent teaching pedagogies, trends and practices when we have started observing the importance of Yoga, bodily exercises, walking , creative writing ,



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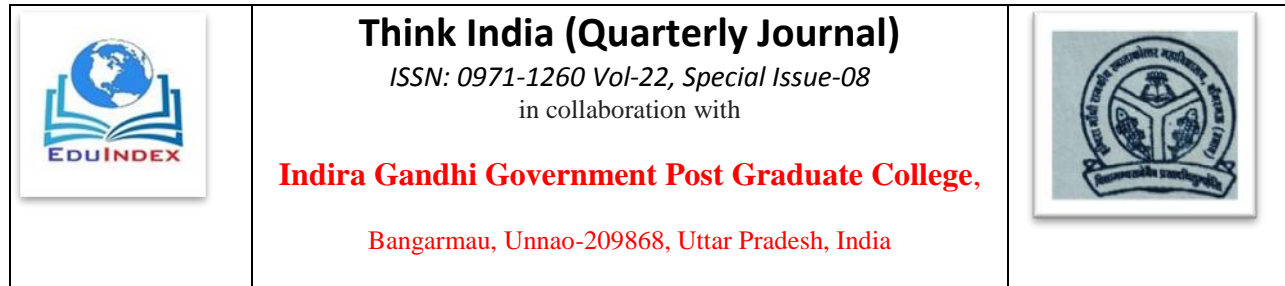
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listening music and other means and modes of art forms that engage human mind to feel happy in a big way, and this has led to the development of society and nation at large. Recently, some of the institutions in India have started with the welcome gesture of particular centres and departments for infusing and understanding happiness for a constructive society. The *Times of India*, on August 28, 2019 reports that, a “medical college prescribes happiness classes thrice a week for students. If happiness is a cure-all, you must find it in a heal hub. Welcome to Era Medical College, arguably the first higher education institution in the country to boast a department of happiness.” ([http://timesofindia.indiatimes.com/articleshow/70866984.cms?utm\\_source=contentofinterest&utm\\_medium=text&utm\\_campaign=cppst](http://timesofindia.indiatimes.com/articleshow/70866984.cms?utm_source=contentofinterest&utm_medium=text&utm_campaign=cppst)).

It is a fact that when someone is happy, it is obvious that the good will come out of his or her body. It is, therefore, revitalizing to find oneself for the cause of goodness on the planet. Today, when we have moved in an age of technology and mass communication, we have started realizing the adverse effects of the machine culture towards the invocation of sustainable development in almost every discipline of human knowledge. When there is peace of mind, and when we are happy and disease free, i.e. the state of being healthy enough, we try to create pathways for better human conditions, and in this spirit the welcoming, singing, dancing, creative writing, promoting centres for art and excellence in personal and professional behaviour can contribute to alternate options and choices for coming up with innovative techniques in researches and teaching in the various disciplines concerned for the stakeholders. In the similar way when someone listens to a good music, is infused with positive vibes to spread positivity. A good poem with a strong message can help thousands of people to overcome the negative thoughts around.

As good food is the need of the healthy body, and a good literature is strength to a healthy mind, similarly towards nourishing these paradigms, there is a prerequisite to inculcate all these life style lessons and behavioural stands towards man and the environment. It can help us to understand the sustenance of life through a criticism and appreciation of all those discourses that create alternate choices in enriching the standards of different levels of Education system. There is, further, a need to create space for inter-disciplinarily in place of disseminating any particular lesson in isolation. In this spirit Yoga culture and other related behavioural sciences can play pivotal role in bringing disciplines to facilitate stress-free academic environment. The incorporation of the modules on health and hygiene, sustainable development, peace and values etc in our syllabi is the need of the hour and we should introduce it under the patterns of interdisciplinarity.



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