METHODOLOGY

Research design

This is a philosophico-literary research, where the Indian Traditional Scriptures and standard Yoga Texts and text books of Physical Education including the literature of philosophy were critically reviewed, analyzed and evaluated in the context of naturalism that contributes human health and development. The extracts of Scriptures and Classical Yoga Texts and Physical Education were deduced scientifically to justify these subjects towards human health and development. The study was conducted in considering the following steps:

1) Systematic Review of Scriptures, Traditional Texts on Yoga and Physical Education & Research Literature

The ancient as well as modern literatures were reviewed systematically to identify the major dimensions of human health and development.

2) Preparation of Checklist

Based on the attributes of the major dimensions, separate Checklist was prepared considering the laws of naturalism in relation to human health and development. Objectivity, reliability and validity of the Checklist were also established scientifically.

3) Source of data & Data Collection

Each of the selected Yogic Texts (i.e., Patanjala Yoga, Hathayoga etc.), Upanishads, text books on Physical Education, literature of Indian and Western philosophies and modern research reports were verified by using the Checklist as developed in this study and data related to the contribution of each of the literatures on naturalism towards health and human development were collected.
Data Analysis

The data were analyzed using the principles of argument and logical criticism.

RESULTS

*Principles of naturalism facilitate the process of teaching-learning of yoga and physical education*

- Yoga education and physical education are really the integral part of human education. In reality, these two systems of education follow the principles of naturalism and bear the living knowledge, information and skills as required during the course of human life,
- Both yoga and physical education require knowledgeable teachers, who are the master of systematic knowledge of naturalistic theory, to teach the basics of health and fitness.
- The education system (yoga and physical education) is a platform which has already been standardized and used as a reference by teachers to teach their students in communicative, informative and insightful way.

*Identification of the components of naturalism for teaching-learning of yoga and physical education*

- Knowledge evolved from the systematic body movement is a natural phenomenon. Such knowledge helps the practitioners of yoga and physical education to learn the basics of practical skills.
- In fact, naturalistic education system acts as an indicator, which monitors the teaching (yoga and physical education) to carry out within a policy that operates to fulfill the specific goal, which is to achieve and enable students to perform at an expected level within a specific span of time.
Comparison of the role of ingredients of naturalistic education (yoga and physical education) in human development

- As the teaching of education (yoga and physical education) works catalysis for eternal progress in order to produce the valuable and visionary individual, the efficiency of such educational system becomes the focus in the national development.

- In appreciating the ingredients of natural laws applicable to resolving the issues of such education (yoga and physical education), one should consider the combination of academic roots in order to construct the best medium of knowledge. Thus, although the philosophy of yoga education and physical education are different, their common ingredients are to be combined to produce a best medium of knowledge for human development.

Prediction of human development considering the principles of naturalism applicable to yoga and physical education

- Since human residing in different places having their own different culture and background of the societies, prediction of similar type of human development may be inaccurate. However, since the nature of human being is very common, the teachings as per the law of naturalism may help to predict the similar outcomes.

- Although different cultures will have different philosophies, the resultant impact of naturalistic law in shaping an individual seems to be predictable in educating the next generation.

- Teaching and learning process through the laws of naturalism stresses on the major outcomes from the teachers. It means that, teachers are fully responsible on the class effectiveness, by preparing and planning all the activities for their students.

CONCLUSION
- Yoga education and physical education are really the integral part of human education. Naturalism facilitates the process of teaching-learning of yoga and physical education.

- Both yoga and physical education are teacher-centric, where the masters transform the knowledge considering naturalistic theory.

- Knowledge evolved from the systematic body movement in yoga and physical education is a natural phenomenon that produces real knowledge and practical skills.

- Naturalistic education system acts as an indicator, which monitors the teaching yoga and physical education.

- Ingredients of natural laws help to resolve the issues of teaching-learning of yoga and physical education. The combination their common ingredients produces a best medium of knowledge for human development.

- The teachings as per the law of naturalism help to predict its outcomes. The resultant impact of naturalistic law in shaping an individual seems to be predictable in educating the next generation.

- Components of naturalism help to enrich the entire system of yoga education and physical education, where they are complementary to each other.

**RECOMMENDATION**

- Teaching-learning of education (yoga education and physical education) as per the principles of naturalism is recommended in the academic as well as professional training institutions, because both these systems of
education represent the integral part of human education and development.

- Since both these systems of education (yoga and physical education) are teacher-centric, the contents of such education must be taught by a knowledgeable teacher who prefers naturalistic ways of teaching.

- Academic institutions (yoga and physical education) must appointment knowledgeable teacher (s) who prefers naturalistic ways of teaching.

- A teacher of physical education must have the knowledge of yoga education and vice-versa. Therefore, there is a need to enrich the syllabi of these educations with the principles of naturalistic philosophy.

CONTRIBUTION TO THE KNOWLEDGE

The nature of this piece of research is philosophical and totally new in global literature indicating the need of promotion of the tenets of naturalism in teaching components especially in the area of teacher training programmes (yoga and physical education). This study, in fact, adds a quantum of knowledge of naturalistic wisdom especially for teachings of yoga and physical education globally.