



## Research Article

### ROLE OF GROUP DISCUSSION IN TEACHING AND LEARNING PROCESS W.S.R. TO AYURVEDA SCIENCE

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#### ABSTRACT

This article presents effects of group discussion on teaching & learning process of Ayurveda education. Discussion is a very important aspect of life to explore its dimensions and understanding. Study noticed group discussion support teaching & learning process significantly since it help to share knowledge, improve confidence level and explore student personality. The group discussion also supports introverted students to become familiar with their classmate. The investigation observed that most of students believe in the fact that group discussion as component of teaching lecture improves long lasting knowledge. The results of study suggested that teaching and learning process improved remarkably using group discussion as teaching component; the beneficial effect of group discussion attributed to the fact that it support students to become familiar with classmate, improve interactions between student and teacher, help to memorize studied material for long period of time, generate interest towards the study material, boost speaking skills and various aspect of a particular topic can be presented by group discussion since each and every one having own view for a specific topic. Group discussion improves efficiency of teaching and learning process since it involves participation of every student which might be not possible in conventional teaching. Article suggested that group discussion must be incorporated in teaching tool to explore education system of Ayurveda science.

**KEYWORDS:** *Adhyayanam*, Ayurveda, Group Discussion, Teaching, *Sambhasha Parishad*, *Sambhasha Vidhi*, *Sandhaya Sambhasha*, *Vigruhya Sambhasha*.

#### INTRODUCTION

The *Ayurveda* means *Veda* of *Ayus*. It encompasses detailed information regarding vital and fatal substances. *Ayurveda* also involve entire mode of living and concern of healthy living for individual as well as society. *Ayurveda* science dealt with the healthcare management of human being and education methodology of ancient medical science. Group discussion incorporated in ancient literature of *Ayurveda* to establish concrete fact of the existing knowledge and providing different views for further research. Ayurveda literature mentioned "*Vaade Vaade Jayate Pratibodhe*" means discussion; interpretation and conversation amongst the groups of people/ experts /specialists should be increased to explore the existing knowledge of speech in all directions. In *Ayurveda* literature, *Acharya Charaka* mentioned methods of group discussion i.e., *Sambhasha Parishad* (conferences) and *Sambhasha vidhi* (discussion). *Sambhasha Parishad* includes discussion on *Ayurvedaavataran*, *Rasa-sankhya*, *Vatakalakaliya*, *Garbhavkranti* and on many other topics. These approaches of discussion contribute towards the pinpoint conclusion of study. *Acharya Charaka* also mentioned *Sambhasha Vidhi* means healthy discussion between intellectual persons like physicians, philosophers, specialists and other who are expert in their own field. Ayurveda described two types of *Sambhasha Vidhi*; *Sandhaya Sambhasha* and *Vigruhya Sambhasha*. *Sandhaya Sambhasha* means a friendly discussion with experts and the power of expression not involves irritability; possess uncensored knowledge, without any jealousy. *Vigruhya*

*Sambhasha* means hostile discussion where two groups of people try to prove them self better than other. *Sambhasha Vidhi* may increases disputes/arguments, *Acharya Sushruta* also mentioned that for a pinpoint conclusion no one should depend upon a particular expert or one branch of science instead of various experts and other sciences. Finally it can be concluded that discussion provide authentic and complete knowledge regarding particular topic.

*Ayurveda* system not only related with the scientific reasoning of medical science but it also emphasized holistic approaches to maintain *Dharma*, *Artha*, *Kama* and *Moksha*.

The teachers are important pillar of *Ayurveda* education system therefore teacher should also read and study; *Adhyayanam*. It is very important to use innovative and new approaches of teaching methodology so as to explore *Ayurveda* education system and group discussion is one of them which not only help to share knowledge but also boost the confidence level of students. Group discussion may impart life-long learning for teacher as well as students stimulate interest, and student may evaluate themselves easily.<sup>1-5</sup>

#### Advantages of group discussion

- Students become familiar with classmate
- Improve student-student interactions
- Improve teacher-student interactions
- It boosts long lasting knowledge

- Improve interest towards the study
- Improve speaking skills
- Explore personality of student even shy student
- Beneficial for teacher also
- Become well versed in science
- Explore knowledge
- A chance to develop an art of expressing himself firmly
- Increase confidence level and remove stage fearing
- Clears doubt/queries about topic
- Provide stability to the topic

- Students were allowed to participate in group discussion as per their choice.

**Aim:** To study effect of group discussion on teaching & learning process in *Ayurveda* institute.

**Selection of Subjects:** The students those were regular selected randomly for the study.

**Inclusion criteria**

- Male female students both.
- Age grouped between 16-26 years.
- Students familiar with languages such as; English, Marathi, Hindi.
- Regular Students having more than 70% attendance.

**Exclusion criteria**

- Students those were do not wish to participate.
- Age grouped between less than 16 & more than 26 years.
- Students not efficient in languages (English/ Marathi/ Hindi).
- Irregular Students having less than 70% attendance.

**Assessment Criteria**

The effect on learning ability was assessed on the basis of following criteria as mentioned in Table 1.

This article presented an investigational study on role of group discussion in teaching & learning process of *Ayurveda* education.<sup>2-6</sup>

**Material & Methods**

The presented investigation was performed at S. V. N. H. T. *Ayurved* College in the department of *Shalya Tantra*, Rahuri Factory, Rahuri, Maharashtra, India. Students were divided into two groups (30 students in each group) randomly. Group A; students were taught by normal routine teaching methodology without group discussion while group B; students taught by group discussion methodology.

- The students were informed regarding topic of group discussion one day before.

**Table 1: Parameters for the Assessment of Teaching & Learning Efficiency**

S. No.	Assessment Criteria	Assessment Rank
1	Descriptive Assignments	1- Acquire marks (65 % or more)
2	Multiple Choice Questions	2- Acquire marks (55 % -64 %)
5	Viva-voce	3- Acquire marks (35 % - 54 %)
		4- Acquire marks (below 35 %)
4	Classroom feedback (verbal communication)	Ranking (excellent/good/satisfactory/poor)

**Statistical test**

For the assessment of the result by statistical analysis, paired t-test and sign test were applied.

**Results & Discussion**

The science of *Ayurveda* need to explore so as to correlate with other science in terms of theoretical and practical aspect and this only can be achieved by excellent theoretical and practical understanding of *Ayurveda* literature, thus the education system of *Ayurveda* must encompasses the new and innovative teaching methodology; group discussion one of them. This article described role of group discussion in teaching & learning process amongst the *Ayurvedic* teachers and students.

The results of study suggested that teaching and learning process improved remarkably using group discussion as teaching component; the beneficial effect of group discussion attributed to the fact that it support students to become familiar with classmate, improve interactions between student and teacher, help to memorize studied material for long period of time, generate interest towards the study material, boost speaking skills and various aspect of a particular topic can be presented by group discussion since each and every one

having own view for a specific topic. It was found that group discussion not only improve learning ability of students but also explore knowledge of teacher since it is a tool of knowledge sharing.<sup>6-13</sup>

Various parameters were used for the assessment of improvement in teaching & learning process such as; descriptive assignments, multiple choice questions, *viva-voce* and overall classroom feedback through direct communication with students. Results revealed that more students acquire rank 1 in group B as compared to group A in all parameters of assessment. The % improvement was found to be significant in Group B when comparing assessment parameters with Group A. Student classroom feedback system also found to be supportive for the teaching methodology along with group discussion. Overall Study observed that most of the students approved group discussion as tool of effective teaching. The 1-5 minutes were given for every student to represents their view and the topic of group discussion disclosed one day before to allow students become familiar with topic. The results of investigation mentioned in Table 2.

**Table 2: Results of Study**

% of Students Rank Wise in Both Group							
S. No.	Assessment Parameters	% of Students Group A			% of Students Group B		
		Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
1	Descriptive Assignments	24	28	48	42	32	26
2	Multiple Choice Questions	34	38	28	40	32	28
3	Viva-voce	19	21	60	37	32	31

Study also observed only some disadvantages of group discussion such as; chances of arguments, abusing, sometimes students may become hyper excited resulted lost of classroom decorum and student may start to avoid normal classroom teaching.

### CONCLUSION

Conventional classroom teaching needed modification in teaching methodology & group discussion may be used as chief component of teaching module. This type of new, innovative teaching techniques helps students to remember topic for longer period of time. Group discussion encourages students to set their own learning objectives, strategy and pace. Group discussion improves efficiency of teaching and learning process since it involves participation of every student which might be not possible in conventional teaching. Article suggested that group discussion must be incorporated in teaching tool to explore education system of *Ayurveda* science.

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