

Dissertation

On

**A STUDY OF YOGA ATTITUDE OF B.N.Y.S. AND D.N.Y.S YOGA AND
NATUROPATHY MEDICAL STUDENTS OF MANAVSEVA PARAMEDICAL
COLLEGE**

Submitted towards the partial fulfilment of Free

YOGA TTC

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With profound respect and gratitude,

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Abstract

The present paper is highlighting the attitude of students towards yoga. As the ancient art of healing and wellness, yoga is becoming famous at globe level. The celebration of International Day of Yoga has the positive impact over youth and all citizens of our nation. Still this art of healing and unite is unreachable to every youth in terms to absorbs or practice at daily routine. Lifestyle of youth is diverting day by day from achieve their desired goal of live on the price of their health. Many of us even spent hours to become fit by doing Gym. The philosophy of youth is derived from the recent trends or fashion. They may have thought yoga as out of the trend. Thus the need of study about to deeply know the attitude of youth towards yoga is important. The paper has descriptive questionnaire survey about the yoga attitude. The subjects were taken from the Medical Background students of Yoga Evam Naturopathy College of Anjangaon Surji City, as sample of the study. It was found that, the Boys has less positive attitude than Girls in terms of most of the statement asked by the researcher. Finally it was concluded that the Girls have more interest in yoga than Boys.

Key words, Yoga, Attitude, Survey, Research

Introduction

Yoga is the study of body & mind. It is mostly related to the breathing. The word "Yoga" comes from Sanskrit root 'Yuj' which means "to join" or "to unite". It means 'bring together' bonding together, fixing together.

The continued practices of yoga lead to sense of peace and wellbeing, and also a feeling of being at one with their environment. Yoga alters stress response and person's attitude, towards stress along with improving self-confidence, increasing one's sense of wellbeing, and creating a feeling of relaxation and calmness.

Yoga has been said to help strengthen the power of concentration, to banish constipation, to relieve stomach disorders, improve muscle coordination and reduce excess body fat. Yoga has also been said to strengthen the mind-body connection, bring calmness and relaxation to mind, enhance self-confidence, strengthen self-discipline and self-resolve, reduce stress / anxiety and increase vitality and energy throughout the body. Evidently, it would appear that yoga has extensive benefits and can help us to be a more balanced, relaxed, focused, efficient and effective person. The benefits of yoga can thus be applied to a variety of disciplines including all streams professional.

Yoga can help person to have evenness of mind and control of their thoughts even during stress and/or adversity. Yoga is able to help a person have control over their body through control of their mind. As such, Yoga can play a key role in cultivating mind control and concentration which helps a sportsperson to perform at their peak level.

Yoga also helps to reduce stress and anxiety, cultivate self confidence and self-belief. Swami Sivananda states the importance of mind control; he asserts "without concentration you cannot have success in any walk of life".

Everyone knows about our "An Ancient Science of Ayurveda and Yoga Evam Naturopathy " which is most advisable and authentic medicinal science of Bharata. Having great historical aspects for every human being to survive healthy and happily. Our traditional believes about our Rituals and their teachings for everyone in this world and our duties. Following shloka mentioning the behavior of human being who having these good qualities they think for everyone happy.

ॐ सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु मा कश्चित् दुःखभाग् भवेत् ॥
ॐ शान्तिः शान्तिः शान्तिः ॥

May all is happy May all being free from diseases. May all realize what is auspicious May none become subject to misery. Yoga and Naturopathy in the subject of

B.N.Y.S and D.N.Y.S. course. Yoga gives self satisfaction, which help to live life happily. Student's does not get disappointment & pain. They improve the capacity of decision making fastly. Yoga has been going on from thousands of years. All caste's people do the yoga. Yoga brings body & mind together. Regular study of yoga or its practice is useful for heart diseases, blood pressure, and cholesterol. It is also useful for psychological health & maintenance .The way how to seat, how to take breathing is important for yoga study.

Why to understand yoga, is important?

Exercise needs ground & its tools, but yoga does not need it.

Yoga is the greater at its penance.

Yoga is useful if it has done regularly.

If we broke the rule of yoga it affect wrongly upon us.

The posture of yoga is the important science of yoga.

The posture of yoga is the third step among the eight step of yoga.

Understanding Dhyaan

Dhyaan (Meditation) The position of mind of concentrating on particular point keeping away from diversion. Meditation gives us health, flexibility of mind, delighted face, sweet voice, unready personality. Samadhi (deep & devout meditation) the achievement of knowledge after trying all things. Yogi gets the satisfactory step when he has consciousness.

Regular use of yoga not only makes us healthy but also repairs to fight against any diseases. It is also useful to overcome the cancer. It saves from the side effect of Chemotherapy. Breast cancer patients need radiotherapy & chemotherapy but yoga is useful them physically & mentally.

Swami Ramdev says yoga & medicine together cure patients quickly. The world's famous John Haphics cancer hospital is also interested to cure patient with yoga & medicine.

Boys feels relax because of yoga. In today's fast life yoga is the only medicine to get relax. Yoga & Naturopathy do not make any side effects to anybody. That cures patient fastly Swami Ramdev baba says the prisoner after regulating yoga changes their nature & behavior make them yogi.

Purpose:

- 1) To find the insight of the B.N.Y.S and D.N.Y.S.Students about Yoga subject.
- 2) To study the attitude of Boys and Girls B.N.Y.S and D.N.Y.S. Students regarding yoga.

RESEARCH METHOD

A self made Questioner based on Dr. M.K Muchchhals yoga's questions series is used for this research to observe the attitude of B.N.Y.S and D.N.Y.S Yoga and Naturopathy Medical Students of Manavseva Paramedical College And Hospital, Anjangaon Surji City. The A self made Questioner used to filling the 10 question series of yoga attitude. These 10 Questions were taken after discussion with the yoga and Naturopathy experts specifically connected with Yoga and Naturopathy Degree Course students. The Teachers has been convinced after the discussion about the question series & also told them about its motive. Then all teachers are called & information & criteria of question series was explained. They have been given the time of 10 minutes for solving the questions the participated subjects.

Method of Research:

A self made Questioner based on Dr. M.K Muchchhals yoga's questions series is used from this research to observe the attitude of B.N.Y.S and D.N.Y.S. Yoga and Naturopathy Medical Students of Manavseva Paramedical College and Hospital Anjangaon Surji City. Following sets of ten (N=10) Questions have been taken.

Question series:

- 1) Yoga improves concentration power
- 2) Yoga develops physical, Mental & spiritual ability
- 3) Yoga motivates uncomfortable body for active & designed work.
- 4) 'Kapalbhati'is useful to decrease weight & fats & maintains shape of stomach.
- 5) Yoga controls the negative attitude in modern life.
- 6) Pranayam reliefs' psychological deceases.
- 7) Regular yoga changes the attitude about society.
- 8) Yoga & Pranayam develop attitude.
- 9) 'Tratak Kriya' is useful for concentration.
- 10) Yoga study is useful for all schools/Colleges

Discussion of findings of recorded Response.

The subjects were asked to record their responses in 3 point responses such as Agree, Disagree, and Uncertain. They had selected their choice of statement response. The response are given here,

The First statement is "Yoga improves concentration power" In total 105 participants 90.48% Boys agree 6.67% & 2.85% uncertain about this question shows Boys' positive attitude to look after the yoga. Girls shows 99.05 agreement 5 proves most positive attitude than Boys.

Statement Second is "Yoga develops physical, Mental & spiritual ability" gets 81.90% agreement of Boys & 92.54% agreement of Girls shows the knowledge of both of them but Girls' knowledge is greater.

Third statement is "Yoga motivates Unicom fordable body for active & planned work" gets 74.29% agreement 14.29% diagram & 11.43 uncertain Boys voting 91.43% agreement 6.66% disagreement & 1.90% not confirmation of Girls.

Fourth statement is "Kapalbhati is useful to decrease the weight & facts & also maintains the shape of stomach." In 105 participants 71.43% Boys agree, 11.43% disagree. & Girls gives 76.19% agreement 15.24 disagreements & 8.57% uncertain show the more awareness of Girls about yoga attitude.

Fifth statement is "Yoga controls the negative attitude in modern life." Gets 72.38% Boys & 87.61% Girls agreement, 10.48 Boys & 5.71% Girls disagreement & 17.14% Boys & 8.57% Girls Uncertain shows more positive attitude of Girls.

Sixth statement is "Pranayam reliefs psychological diseases." Gets 73.33% Boys & 93.33% Girls agreement, 10.47% Boys & 0.95% Girls disagreement & 16.19 % Boys & 05.71 % Girls Uncertain. Shows Girls' positive attitude towards education & their reading of newspaper, periodicals, magazines.

Seventh statement is "Regular yoga changes the attitude about society." Gets 73.33% Boys & 75.24% Girls agreement, 6.67% Boys & 3.81% Girls disagreement & also 20.00% Boys & 20.95% Girls not conform. This shows Girls' positive attitude about yoga.

An eighth statement is yoga & Pranayam carats positive thoughts & developed the various this question is asked in attitude measuring question series. The question gets 90.00% Boys & 93.00% Girls agreement & 13.3% Boys & 1.90% Girls disagreement this shows Girls' positive attitude about yoga.

Ninth statement is "Tratak (kriya) is useful for concentration. This question gets 56.19% Boys & 59.76% Girls agreement & 14.29%Boys & 4.76% Girls disagreement & 29.52% Boys & 36.19% Girls Uncertain.

Tenth statement is "Yoga study is useful for all schools "Among 105 teachers 81.90% Boys & 97.14% Girls agreement,10.47 % Boys & 2.86 % Girls disagree and 7.61% Boys & Uncertain about it Now a day's parents only concentrate on the study of pupils they don't think about their health. So, yoga study is useful for physical & mental level.

The question has used for the Attitude measuring question series. Following discrimination has been given related to that question.

Table - 1

TABLE NO.01 BNYS DNYS Students	YOGA IMPROVES CONCENTRATION POWER						
	Total	Agree		Disagree		Uncertain	
		No.	In %	No.	In %	No.	In %
Boys	105	95	90.48 %	07	6.67 %	03	2.85 %
Girls	105	104	99.05 %	01	0.95 %	0	0.00 %

The result concluded in the statement response of Table no 1, that Girls has more **Positive Attitude** about yoga compare to Boys students.

Table- 2

TABLE No. 02 BNYS DNYS Students	YOGA DEVELOPS PHYSICAL, MENTAL & SPIRITUAL ABILITY						
	Total	Agree		Disagree		Uncertain	
		No.	In %	No.	In %	No.	In %
Boys	105	86	81.90 %	12	11.43 %	07	6.67 %
Girls	105	100	95.24 %	02	1.90 %	03	2.86 %

The result concluded in the statement response of Table no 2, that Girls has more **Positive Attitude** about yoga compare to Boys students.

Table- 3

TABLE No. 03 BNYS DNYS Students	YOGA MOTIVATES US COMFORTABLE BODY FOR ACTIVE & PLANNED WORK						
	Total	Agree		Disagree		Uncertain	
		No.	In %	No.	In %	No.	In %
Boys	105	78	74.29 %	15	14.29 %	12	11.43 %
Girls	105	96	91.43 %	07	6.66 %	02	1.90 %

The result concluded in the statement response of Table no 3, that Girls has more **Positive Attitude** about yoga compare to Boys students.

Table- 4

TABLE No. 04 BNYS DNYS Students	KAPALBHATI IS USEFUL TO DECREASE THE WEIGHT & FACTS & ALSO MAINTAINS THE SHAPE OF STOMACH						
	Total	Agree		Disagree		Uncertain	
		No.	In %	No.	In %	No.	In %
Boys	105	75	71.43 %	12	11.43 %	18	17.14 %
Girls	105	80	76.19 %	16	15.24 %	09	08.57 %

The result concluded in the statement response of Table no 4, that Girls and boys both have **Positive Attitude** about yoga .

Table- 5

TABLE No. 05 BNYS DNYS Students	YOGA CONTROLS THE NEGATIVE ATTITUDE IN MODERN LIFE						
	Total	Agree		Disagree		Uncertain	
		No.	In %	No.	In %	No.	In %
Boys	105	76	72.38 %	11	10.48 %	18	17.14 %
Girls	105	92	87.61 %	06	5.71 %	07	6.67 %

The result concluded in the statement response of Table no 5, that Girls has more **Positive Attitude** about yoga compare to Boys students.

Table- 6

TABLE No.06 BNYS DNYS Students	PRANAYAMA RELIEFS PSYCHOLOGICAL DISEASES						
	Total	Agree		Disagree		Uncertain	
		No.	In %	No.	In %	No.	In %
Boys	105	77	73.33 %	11	10.47 %	17	16.19 %
Girls	105	98	93.33	01	0.95 %	06	05.71 %

The result concluded in the statement response of Table no 6, that Girls has more **Positive Attitude** about yoga compare to Boys students.

Table-7

TABLE No. 07 BNYS DNYS Students	REGULAR YOGA CHANGES THE ATTITUDE ABOUT SOCIETY						
	Total	Agree		Disagree		Uncertain	
		No.	In %	No.	In %	No.	In %
Boys	105	77	73.33 %	21	20.00 %	07	06.67 %
Girls	105	79	75.24 %	22	20.95 %	04	03.81 %

The result concluded in the statement response of Table no 7, that Girls and Boys both have **Positive Attitude** about yoga.

Table-8

TABLE No. 08 BNYS DNYS Students	YOGA & PRANAYAMA CREATES POSITIVE THOUGHTS & DEVELOPED THE VIRTUOUS						
	Total	Agree		Disagree		Uncertain	
		No.	In %	No.	In %	No.	In %
Boys	105	84	80 %	14	13.33 %	07	6.67 %
Girls	105	98	93.33 %	02	01.90 %	05	04.76 %

The result concluded in the statement response of Table no 9, that Girls has more **Positive Attitude** about yoga compare to Boys students.

Table- 9

TABLE No. 09 BNYS DNYS Students	TRATAK (KRIYA) IS USEFUL FOR CONCENTRATION						
	Total	Agree		Disagree		Uncertain	
		No.	In %	No.	In %	No.	In %
Boys	105	59	56.19 %	15	14.29 %	31	29.52 %
Girls	105	62	59.05 %	05	04.76 %	38	36.19 %

The result concluded in the statement response of Table no 9, that Girls and Boys both have **Positive Attitude** about yoga.

Table- 10

TABLE No. 10 BNYS DNYS Students	YOGA STUDY IS USEFUL FOR ALL SCHOOLS AND COLLEGES						
	Total	Agree		Disagree		Uncertain	
		No.	In %	No.	In %	No.	In %
Boys	105	86	81.90 %	11	10.47 %	08	07.61 %
Girls	105	102	97.14 %	03	02.86 %	0	0 %

The result concluded in the statement response of Table no 10, that Girls has more **Positive Attitude** about yoga compare to Boys students.

Conclusion

Yoga is not a type of exercise or therapy by which you can heal quickly. It is the science and art of unite our body through the disciplined adaptation in lifestyle. Youth can get relief from stressful life, by adopting yoga practices in routine. They may enjoy the holistic lifestyle with a sound health, healing, and mental stability. In light of the study , "***Maharishi Patanjali's Ashtang Yoga***" is the vital content which could be learned and observed The result showing the attitude of girls' students seems more positive towards almost every dimensions of the attitude scale.

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