YOGA PRACTICES AND STUDENT'S ATTITUDE: A STUDY OF TWO UNIVERSITIES IN HIMACHAL PRADESH

PROJECT REPORT

by

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(H-2016-22-MBA)

Submitted to

DR. YASHWANT SINGH PARMAR UNIVERSITY OF HORTICULTURE & FORESTRY SOLAN (NAUNI) HP-173230 INDIA

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CERTIFICATE-I

This is to certify that the Project entitled**, "Yoga Practices and Students' Attitude: A Study of Two Universities in Himachal Pradesh",** has been submitted to Department of Business Management, Dr. Yashwant Singh Parmar University of Horticulture and Forestry, Nauni-Solan by Rohit Kumar (H-2016-22-MBA) in partial fulfillment of the requirements for the degree of Master of Business Administration of this university. To the best of my knowledge no part of this project has been submitted for any degree or diploma elsewhere and the help received during the course of investigation and sources of literature have been duly acknowledged.

Date:
Place: Nauni-Solan

Dr. Nisha Raghuvanshi
Project Advisor

CERTIFICATE-II

This is to certify that the project entitled, **"Yoga Practices and Students' Attitude: A Study of Two Universities in Himachal Pradesh",** has been submitted to the department of Business Management, college of Horticulture, Dr. Yashwant Singh Parmar University of Horticulture and Forestry, Nauni, Solan (H.P.) by Rohit Kumar (H-2016-22-19-MBA) in partial fulfillment of the for the degree of Master of Business Administration. The project has been approved by the examination committee after conducting an oral examination in collaboration with the external examiner.

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CERTIFICATE-III

This is to certify that the project entitled **"Yoga Practices and Students' Attitude: A Study of Two Universities in Himachal Pradesh",** has been submitted to Dr. Yashwant Singh Parmar University of Horticulture and Forestry, Nauni, Solan (H.P.) by me in partial fulfilment of the Master of Business Administration programme is my original work and no part of the project has been copied from any other source. Information used from other sources has been duly acknowledged by me.

Date: **Rohit Kumar**

Place: Nauni (HP) **H-2016-22-MBA**

CERTIFICATE-IV

This is to certify that all the corrections/amendments suggested by the external examiner have been incorporated in the project entitled **"Yoga Practices and Students' Attitude: A Study of Two Universities in Himachal Pradesh",** has been submitted to Dr. Yashwant Singh Parmar University of Horticulture and Forestry, Nauni, Solan (H.P.) by Rohit Kumar (H-2016-22-MBA) in partial fulfillment of the Master of Business Administration programme.

_____ _____

(Dr. Nisha Raghuvanshi)
Project Advisor

(Dr. Krishan Kumar)
Head of Department

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I owe entire responsibility for all the errors and omissions

Date:

Place: Nauni, Solan

(Rohit Kumar)

TABLE OF CONTENTS

LIST OF TABLES

LIST OF FIGURES

CHAPTER 1

Introduction

Good health is the right of every human being. But this right depends on individual, social and environmental factors. Along with social or environmental factors to a large extent, we can develop a better immune system and a better perception of oneself so that other conditions do not affect us adversely and we can achieve good health. Health is a positive concept. Positive health does not mean merely freedom from disease, but, it also include a jubilant and energetic feeling of well-being with an amount of general resistance and capacity to easily cultivate immunity against specific offending agents. There are many modern and indigenous methods and disciplines that can help us to successfully fight with diseases. For example, the system of yoga, naturopathy, *Ayurveda, Unani,* Homoeopathy and *Siddha* can be quoted among indigenous systems, whereas allopathic system is quoted as the modern and popular medical system. Yoga is one of the most powerful drugless systems of treatment. It is having its own concept of wellness which has been scientifically understood and presented by many. Yoga can be adopted as lifestyle for promoting our physical and mental health.

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. The origins of yoga have been speculated to date back to pre-Vedic Indian traditions; it is mentioned in the *Rigveda*. In Sanskrit, the word yoga comes from the root *Yuj* which means "to add", "to join", "to unite", or "to attach" in its most common senses. Yoga is a healthy way of life, originated in India. Now it is believed to be a form of science accepted all over the world. The western culture is also accepting it as a healthy form of scientific exercise. Although the origin of yoga is obscure, it has a long tradition. In course of time, various schools of yoga developed. The major schools of yoga are Jnana yoga, Bhakti yoga, Karma yoga and Raja yoga. These schools of yoga advocate particular type of methodology which includes a variety of Systematized practices of yoga depending on their particular approach. However, all these are leading to the common goal of self-realization and integration of body and mind (NCERT, 2015).

Yoga for a common student contains the practices of *Yama, Niyama, asana, Pranayama, Pratyahara, Kriya, Mudra, Bandha* and meditation which are helpful to keep one physically fit, mentally alert and emotionally balanced. This ultimately prepares ground

for the spiritual development of an individual. Postures or *asanas* form an important basis of this curriculum. These have, therefore, been given more weightage. Though, other yogic activities have also been included in the curriculum.

Yoga, if introduced at the university level would help to inculcate healthy habits and healthy lifestyle to achieve good health. The aim of yoga and its effect on the student's attitude is to encourage a positive and healthy lifestyle for physical, mental and emotional health of students. Yoga helps in the development of strength, stamina, endurance and high energy at physical level. It also empowers oneself with increased concentration, calm, peace and contentment at mental level leading to inner and outer harmony. Yoga practice improves quality of life. We learn to note differences between tense and calm body processes so that we can implement a change through yoga postures and deep breathing. But, the practice of yoga over time also has psychological and spiritual benefits.

As you grow in your ability to sense the relationship between your mind and body, you become more aware of dualities that exist in experience. The practice of yoga brings you to the awareness that there is a relationship between two ends of one phenomenon. You are body and mind. There is never a point in which you are just one or the other. Too, you are ego and spirit, tension and relaxation, pain and ease, balance and unsteadiness, love and hate, and separated and united.

1.1 Importance of Yoga

Practicing yoga on daily basis enhances the blood circulation in the body. This enables oxygenation in the body due to which there is a significant reduction in the blood pressure as the body calms down. Yoga helps to detox and eliminate toxins and free radicals. This, apart from other benefits, helps delay aging too. Yoga also relives stress which is yet another factor that beats aging.

Yoga improves blood circulation. This means better transportation of oxygen and nutrients throughout the body. Improved blood flow also indicates healthier organs and glowing skin. Yoga eases the body by reducing the strain. When the body relaxes, the pulse rate decreases. A low pulse rate indicates that your heart is strong enough to pump more blood in a span of fewer beats. Yoga and Immunity go hand in hand. As yoga works towards healing and enhancing every cell in the body, your body automatically becomes more immune.

Practicing yoga on regular basis will help you become aware of your own body. You will begin to make subtle movements in order to enhance your alignment. With time, yoga helps you to become comfortable in your own skin. The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. Practicing yoga might seem like just stretching, but it can do much more for your body from the way you feel, look and move.

1.2 Mental Health

The most common definition of ‘mental health’ is given by the World Health Organization. The mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community. As can be seen, in this definition multiple factors come forward, which are well-being, effective functioning and being able to contribute to the near outside world (WHO, 2005, p.2).

The medical perspective on mental health as discussed in the sections above, mental health was purely seen as the absence of mental illness. Positive psychology postulates that this view does not do justice to the whole meaning of ‘mental health’. Although negative symptoms such those of anxiety and or depression have a crucial impact on the individual, mental illness represents only part of a person’s functioning and mental health states that the main focus of the medical perspective is aimed at negative symptoms and to reduce these in order to bring forth the positive mental health of the individual.

Yoga’s positive benefits on mental health have made it an important practice tool of psychotherapy (American Psychological Association). It has been shown to enhance social well being through a sense of belonging to others, and improve the symptoms of depression, attention deficit and hyperactivity, and sleep disorders. Also, yoga can improve symptoms of schizophrenia when it is done alongside drug therapy.

1.3 Physical Health

Yoga Improved flexibility is one of the first and most obvious benefits of yoga. During your first class, you probably won't be able to touch your toes, never mind do a backbend. But if you stick with it, you'll notice a gradual loosening, and eventually, seemingly impossible poses will become possible. You'll also probably notice that aches and

pains start to disappear. That's no coincidence. Tight hips can strain the knee joint due to improper alignment of the thigh and shinbones. Tight hamstrings can lead to a flattening of the lumbar spine, which can cause back pain. And inflexibility in muscles and connective tissue, such as fascia and ligaments, can cause poor posture.

Strong muscles do more than look good. They also protect us from conditions like arthritis and back pain, and help prevent falls in elderly people. And when we build strength through yoga then we become more active. If you just went to the gym and lifted weights, you might build strength at the expense of flexibility. When you contract and stretch muscles, move organs around, and come in and out of yoga postures, you increase the drainage of lymph. This helps the lymphatic system fight infection, destroy cancerous cells, and dispose of the toxic waste products of cellular functioning.

When we regularly get our heart rate into the aerobic range, we lower your risk of heart attack and can relieve depression. While not all yoga is aerobic, if we do it vigorously or take flow or Ashtanga classes, it can boost your heart rate into the aerobic range. But even yoga exercises that don't get your heart rate up that high can improve cardiovascular conditioning. The weight-bearing exercise strengthens bones and helps ward off osteoporosis. Many postures in yoga require that you lift your own weight. Asana and *Pranayama* probably improve immune function, but, so far, meditation has the strongest scientific support in this area. It appears to have a beneficial effect on the functioning of the immune system.

1.4 Emotions Health

Emotional health is a state of positive psychological functioning. It can be thought of as an extension of mental health; it's the "optimal functioning" end of the thoughts, feelings, and behaviors that make up both our inner and outer worlds. It includes an overall experience of wellness in what we think, feel, and do through both the highs and lows of life. Emotional health is a positive state of wellbeing which enables an individual to be to function in society and meet the demands of everyday life.

Improving emotional health is similar to improving physical health. It transcends the notion of mere freedom from illness to involve actively feeling well and living well. Emotional health and wellbeing involve defining and creating your own life worth living, a concept that comes to us largely from the field of positive psychology. An important step in creating emotional health is to identify your own emotions and to understand their value. All emotions have meaning and value simply because they're part of us. That doesn't mean they

are all good for us to experience long-term, however. We don't have to sit back and let feelings overwhelm us.

Yoga refined your feelings. Plus, you see the things that surround you better. Then, you feel more at peace with the world and your surroundings. By breathing correctly, you get rid of your feelings of anger, stress, and anxiety. Ultimately, it gets rid of all these feelings that make you feel bad. These are the feelings that won't let you live in harmony. Yoga can improve your self-esteem and get to know yourself without criticizing yourself**.** You can also get rid of the negative thoughts that limit you and fill your mind with positive ideas that allow you to grow. Without a doubt, this is a fantastic tool for seeing everything with more clarity. It also increases your vital energy. Doing yoga even increases your confidence in your abilities and helps you make more definitive decisions.

Melatonin is the hormone in charge of regular sleep cycles. Meanwhile, the neurotransmitter called serotonin has the job of regulating your mood and appetite. Both of these become balanced when you do yoga**.** As a result, you can sleep better every night. If you have insomnia, too many nightmares, or have difficulty getting to sleep, there isn't anything better than a yoga session. At night, you'll sleep like an angel. In the morning, you'll feel completely renewed. Being in balance with your mind and body is a good thing. If you are, you can get along well with others, discover what you want, and simply be happier. On the other hand, if you don't forgive yourself, look for all of your mistakes, and compare yourself to everyone else, the only thing you'll get is sadness and frustration.

The practice of this oriental doctrine improves your ability to reason, make decisions, and think clearly. It improves your concentration**.** This is thanks to the stillness of the postures and the breathing. The ability can be translated into any day-to-day situation. This includes work, studies, etc. It helps you avoid distractions and have better memory.

1.5 NEED OF STUDY

To understand the attitude of a student who is practicing yoga. The aim of yoga and its effect on the student's attitude is to encourage a positive and healthy lifestyle for physical, mental and emotional health of students. Yoga helps in reduction of stress, depression, anxiety and less support to aggression. Students practicing Yoga perform better overall academics than the non performing students group. The work load, academic pressure and exam fear faced by university student causes stress and depression due to which numbers of

suicidal cases are increasing. Yoga, if introduced at the university level would help to inculcate healthy habits and healthy lifestyle to achieve good health.

1.6 OBJECTIVES

1. To study the attitude of students towards practicing yoga.
2. To study the physical, emotional and mental health through yogic activities.

CHAPTER 2

REVIEW OF LITERATURE

A review of literature provides an understanding about various concepts in many disciplines. Such review assists in formulation of problem, selection of appropriate methodology. Following studies have been studied and review on education and integration of theory with practice

Bhatia (1981) studied the effect of reciprocal inhibition therapy on anxiety in adolescents. The prior study of the incidence and pattern in adolescents was studied among students of three Delhi schools of classes IX and X within the age group of 15- 17 years. Anxiety as a whole was found to be almost normally distributed in the population. It was stated to be a matter of concern for a clinical psychologist and mental hygienist that the distribution of anxiety among the adolescents at such a tender and pliable age was normal; and 18per cent were those who definitely required psychotherapeutic help.

Zuckerman *et al,* (1993) stated by obtaining a statistical survey of the National Institute of Mental Health estimates that one in five people will experience mental illness in their lifetime, and one in four knows someone personally who has a mental illness. Anxiety disorders are the most common, affecting nearly 15 per cent of people at some time in their lives. Depressive disorders occur nearly 8 per cent in lifetimes, while 2 per cent of people will experience schizophrenia in their lifetimes. In all likelihood, employees or students will experience mental illness while at work or in school.

Telles *et al,* (1993) conducted a study on physiological changes in sports teachers following three months of training in yoga. The study was conducted on 40 physical education teachers who already had an average of 8.9 years physical training. The three month of yogic training produced a significant improvement in general health. The result showed that decrease in autonomic arousal and heart rate, respiratory rate. The study suggests that practicing yoga may help to bring about a balance in different autonomic functions, or that functioning is optimized.

Telles *et al,* (1993) evaluate a study on improvement in static motor performance following yogic training of school children. The study was conducted on 45 students. The age of the students are ranged from 9-13 years. Students divided into two groups for the 10 days. During the 10 days of period one group which is doing the yoga received training in special physical posture voluntary regulation of breathing, silence as well as visual focusing exercise

and games to improves the attention and span memory. Where control group shows no change in it.

Telles *et al,* (1995) examine a study on improvement in a visual perception following yoga training. The study was conducted on 2 groups of 18 college students. The age ranged from 17-22 years. One group had training in yoga at the end of the 10 days the frequency at which the yoga group was able to detect the flicking of intermittent light of fixed luminance was significantly more than the initial values, where as the control group shows no change.

Telles *et al, (*2000) assess a study on effect of yoga training on maze learning. The study was conducted on adults of either sex. At each assessment subject were given 5 trials without a gap between them. The result showed that the yoga groups shows improvement in maze learning and give high performance. After the 30 day practicing yoga the group become faster maze learner and also effect of yoga on learning.

Hudziac *et al,* (2000) Using Child Behavior Checklist (CBCL) found that genetic factors accounted for 60-68 per cent of the variance in Attention Problems; 70-77 per cent of the variance in Aggressive Behavior; and 61-65 per cent of the variance in Anxious /Depressed syndrome scores. These were thus large genetic effects on these syndromes. However, there were also moderate environmental effects, ranging from 23 per cent of the variance in the Aggressive Behavior syndrome scores for boys to 40 per cent of the variance in the Attention Problems syndrome scores for girls.

Dash *et al,* (2006) evaluate a study on effect of yoga on visual perception and visual strain. The study was conducted on 118 professional computer users for two months. The result showed that two month of yoga practice reduced subjective report of symptom of dry eye and objective evidence of visual fatigue in these professional. Hence yoga practice has potential applications in those occupation requiring good visual perceptual sensitivity and minimal visual strain. Yoga practice improved the response to flickering light stimulus.

Deshpande *et al,* (2008) conducted a study on A random control trial of the effect of yoga on a verbal aggressiveness in normal healthy volunteer. The study was conducted on 226 peoples both male and female. 226 people divided into two groups. The age ranged from 17-62 years. The study conducted in eight weeks. Both groups practice yoga for 1 hours a day, 6 days a week, for eight weeks. The result showed that there was significant decrease in verbal aggressiveness in yoga groups. The conclusion of the study is that the study has demonstrated that an eight weeks intervention of an integrated yoga module decreased verbal aggressiveness in the yoga groups.

Kumar (2008)[3] the study aimed at finding out the effect of *Yoga* on stress and anxiety on college going students. The study conducted where Practice time was 30 min the duration was 6 months. 80 students were taken from PG *Yoga* classes for observing the effect as well as 30 was in control group. Eighty students (40 male and 40 female) of ranged 20-30 yrs from Dev Sanskriti Vishwavidayalaya of PG *Yoga* classes selected for the practice of *Yoga* assigned to the experimental group. One of the groups of thirty students (15 male and 15 female) of same age group and same class also considered as control group. Both the groups, experimental and control groups were from PG Yoga classes, so all hadbeen practicing the set of *Asanas, Pranayamas* The result showed a significant change in the practice group as *Yoga* positively decreased the stress level of the male and female subjects.

Kauts and Sharma (2009)[2] conducted a study on the effect of Yoga effect on academic performance in relation to stress. The finding of the study showed that the students who experienced Yoga module performed better in overall academics as well as in their separate subjects than those students who did not experience Yoga module. Further the finding reveals that excessive stress is harmful to academic performance and may lead to dropping out. It may be concluded from findings that with the intervention of Yoga, academic performance improves by optimizing the stress levels. Hence it is suggested that Yoga should become a regular features in schools.

Ragan *et al,* (2009) conducted a study on Effect of yogic education system and modern education system on sustained attention. The study is conducted on 49 boys from 11 to 13 year old from modern education system and gurukula education system. The gurukula education system is based around integrated yoga module while the MES provides a conventional modern education program. Sustained attention was assessed using the SLCT at the start and tell the end of the year. The result showed that improvement in GES groups as compared to MES groups at significance level the Study suggests that both modern system and gurukula education system improvement sustained attention in school but gurukula education system is more effective

Adhia *et al,* (2010) examine a study on impact of yoga way of life on organizational performance pre and post data were measured using self reported questionnaire. The T-test and Pearson's correlation test were used to conduct the data using SPSS. The result of the study showed that yoga has significant positive impact on four out of five indicators. Only the job involvement does not show significant improvement. The construct using for job

involvement had a chronic back alpha 0.613 which is an indicator of moderate reliability which could be the main reasons for not getting positive result.

Pardhan and Nagendra (2010) assess a study on immediate effect of two yoga based relaxation techniques on attention in children. The study conducted on 208 school students 132 boys and 76 girls in it. The age ranged from 13-16 years. They were assessed on SCLT before and immediately after both yoga groups based relaxation techniques. The result showed that net score significantly increased although the magnitude of changes was more after CM then after SR in the net score. Conclusion of the study is that improvement in both CM and CR but changes caused by CM was larger than SR.

Pardhan and Nagendra (2010) assess a study on immediate effect of two yoga based relaxation techniques on attention in children. The study was conducted on 208 school students in which 132 boys and 72 girls. The aged are ranged from 13-16 years. The subject was assessed on SLCT before and immediately after yoga based relaxation techniques. The result showed that after both practice the net score were increased significantly irrespective of gender and age. The conclusion of the study is that both CM and SR to improvement in performance as assessed by SLCT but changes caused by CM is larger than SR

Ganpat and Nagendra (2011) assess a study on integrated yoga therapy for improving mental health in manager. The study was conducted on 72 manager with a mean age of 40-50 years were participated in this study of single group pre post design. The data were taken in first and the last day of the week (SMET). The result showed that 68.25 per cent decrease in somatic symptoms, 66 per cent decrease in anxiety and insomnia, 65 per cent decrease in social dysfunction, 87 per cent decrease in depression and 71per cent decrease in all medical complaints. The study suggests that participation in SMET programmed was associated with improvement in a mental health and may have implication for executive efficiency.

Ganpat *et al*, (2011) examine a study on effect of yoga on brain wave coherence in executives. Aim of the study was to assess the effect of self management of excessive tension (SMET). The study was conducted on 72 corporate executives 45-51 of mean age refer from oil and natural gas Corporation limited. The data was record on first and the last day of the week in SMET program. The result showed that 19.31 per cent increase in delta, 5.04 per cent increase in theta, 15.40 per cent increase in alpha, 1.67 per cent increase in beta and 18.68 per cent increase in gamma. The study suggest that before and after design limited

inferences about intervention effects further research is warranted to explore the effect of SMET program of stress management using a larger randomized controlled trail.

Khemka *et al,* (2011) conducted a study on effect of integral yoga on psychological and health variables and their correlation. The study was carried out at Swami Vivekananda *Anusandhana Samasthana* University, in its rural campus south of Bangalore. The study was conducted on 108 peoples. Age ranged from 17-63 years. The result of the study is that the significant changes were found in the entire variable. The significant correlations were found between the emotional intelligences and general health. Conclusion of the study shows that EQ and the general health variable correlate significantly with each other and negatively. EQ suggesting that a *sattvic* personality indicates better self control. It suggest that long term yoga practice may stabilize EQ.

Baspure *et al,* (2012) evaluate the study on Barriers to yoga therapy as add on treatment for schizophrenia in India. The study was conducted on 18-60 year o age. So 857 patients screened, 392 patient were found for eligible for the study. Among them, 223 declined to take part in the trial. The result of the study shows that no patients refused citing research nature of the interventions a reason. The conclusion of the study is more than half of the patients which are eligible for yoga did not consent to the study logistic factors, such as the need for the daily training under supervision in a specialized centre for a long period are most important barriers that prevent patient with schizophrenia from receiving yoga therapy.

Tekur *et al,* (2012) assess a study on a comprehensive yoga programs improve pain, anxiety and depression in chronic low back pain patients more than exercise: an RCT. The study is conducted in residential holistic health centre in Bangalore, India. 80 patients were taken for the study 37 female and 43 male with CLBP to yoga and physical exercise groups. The result showed that anxiety reduced 20.4per cent in both yoga groups. Depression reduced 47per cent and pain reduced 49per cent in both yoga groups. The spinal mobility improves in both yoga groups is 50 per cent. The conclusion of the study seven days' intensive pain, anxiety, and depression. It improves the spinal mobility of groups with CLBP more effectively then physiotherapy exercise.

Nidhi *et al,* (2012) examine a study on effect of yoga programmed of glucose, metabolism and blood lipid level in adolescent girls with polycystic ovary syndrome the study conducted on 90 adolescent aged between 15-18 year old who met the criteria PCOS. A group practice yoga for 1 hour per day and for the 12 weeks. The mann-whitney U test was use to score changes between the two groups. The result showed that changes in body mass

index, waist circumference, hip circumference, and waist to hip ratio. The conclusion of the study that yoga was found to be more effective than conventional physical exercise in improving glucose, lipid, and insulin values including insulin resistance value in adolescent girls.

Ganpat *et al,* (2012) evaluate a study on Ancient science of yoga life for academic excellence in university student. Academic excellence helps student to teach problem solving and collaborative learning strategies. The study was conducted on 68 students with a mean age of 9-28 years. In this mean standard deviation, *kolmogorov-smirnov* test and *wilcoxon* signed rank test were used analyzing the data. The result shows that 11.33 per cent decrease in dull personality trait and 0.68 per cent decrease in violent personality trait and 10per cent decrease in balance personality trait. The study suggests that YIC can result in the improvement of balance personality trait among student.

Srinivasan (2012) conducted on study on model and mechanism in yoga research. In a yoga typical representation of human system is provided by five layer of model of human (*panchakosa* models). These are *annamayakosa, pranamayakosa, manomayakosa, vijnanamayakosa and anadamayakosa*. It covers all the body of human. Mechanism is basically the arrangement of link paths which makes a mechanism. There are two type of mechanism machinist and *vitalist.* The machinist means that all the body part working together which can be fixed through mechanical or biological means the vitalist says that *atma or prana* or by any name that is the driving force in a system that process the quality of life.

Nagilla *et al,* (2013) examine a study on effect of yoga practice on acumeridian energies. The study was conducted on 32 healthy individuals. The data were collect in the first and the last week of the study. The result showed significant improvement were observed in all but energy stability supporting the ideas that yoga enlivens and that balance in meridians constitutes health. The conclusion was that yoga improved regulation of QI levels in acumeridian as well as increasing them.

Reddy (2015)[4] conducted a study on Effect of Yoga on Cognitive Functions and attitude towards violence .The study was conducted on 100 rural school children, aged 13-15 years, of both sexes, in 8th and 9th grades. In this study researcher take the survey how the aggression and violent behavior affect the cognitive functions like thinking, memory, analyzing, perception and judgment. The subjects were divided into yoga and control groups. The yoga group practiced yoga for one hour a day for 10 days and control group practiced

physical exercises. Digit letter substitution test was used to measure cognitive function, whereas ATV scale was used to measure attitude towards violence. Yoga group experienced other benefits like increased flexibility, improved digestion, good sleep, relaxation and were cooperative with teachers/parents.

Bhavani *et al,* (2016)[1] conducted a study on the Effect of Yoga and Meditation on Engineering College Students in SRKR Engineering College, *Bhimavaram*. The study revealed that Yoga and Meditation practices improve efficiency, improve attention, fostering emotional balance, facilitating interpersonal interest and teamwork and cooperative activities more generally. Yoga and meditation help professionals to overcome stress, to reduce health issues, to improve professional relationships and to boost productivity in college students. In a study conducted to observe the effect of *Sudharshan Kriya* yoga on college students there was significant change in their behavior in multiple dimensions.

CHAPTER 3

RESEARCH METHODOLGY

Methodology is a way to systematically solve the research problem. In this we study the various steps that are generally adopted by a researcher in studying his research problem along with the logic behind it. Thus when we talk of research methodology it explains why we are using a particular method or technique and why not others so that research results are capable of being evaluated either by the researcher himself or by others (Kothari. 2014). The research methodology for the present study is as follow:

3.1 Area of the Study

The present study has been conducted on the selected two universities namely HPU Shimla University and Shoolini University Solan of H.P.

3.2 Population of the Study

The population of present study has been the university students of the selected two universities.

3.3 Sampling

It may be defined as the selection of some part of an aggregate or totality on the basis of which judgment about the aggregate is made. The sampling technique for the present study has been convenience sampling. It consists of population elements that are selected for the inclusion in the sample based on the ease of access or which are readily available.

3.4 Sample Size

The sample size refers to the number of items to be selected from the universe to constitute a sample. For the present study two universities has been selected and 120 adult students has been conveniently chosen.

3.5 Data Collection

Data collection is a process of collecting data for the research purpose using various sources. The study is conducted by using both primary and secondary data. The task of data collection begins after a research problem has been defined (Kothari, 2014).

3.5.1 Primary Data

Primary data are the original sources from where the researcher, directly collected. There is first hand information collected through closed-ended questionnaire (Kothari, 20I4). The opinion of the respondents for present study has been collected with the help questionnaire.

3.5.2 Survey Instrument

The questionnaire was divided into two parts. Part A was designed to get this information based on demographic variables such as age, gender, education. Part B of the instrument was designed to elicit the response for the identification of the mental, Emotional, and physical health of students. Liken type scale i.e. where, 1=Strongly Disagree (SDA), 2= Disagree (DA), 3= can't say (CS), 4=Agree (A), 5= Strongly Agree (SA) was used to assess the behavior of the students. In this the students were asked to indicate their degree of satisfaction with each series of statement.

3.5.3 Secondary Data

The secondary data for the present study has been collected through the past surveys, books, journals, articles, research work and websites.

3.6 Data Analysis

Data analysis refers to the computation of certain measures along with searching of pattern of relationship that exist among data groups. The data collected from different sources was classified and tabulated according to the requirement of the study. The analysis of present study had been done through appropriate statistical and mathematical tools including arithmetic mean, standard deviation and t-test depending upon the objectives of the study.

3.6.1 Mean

Mean also known as arithmetic average, is the most common measure of central tendency and may be defines as the value which we get by dividing the total of the values of various given items in a series by the total number of items.

$$\text{Mean } (\bar{X}) = \frac{\sum Xi}{N}$$

Where

$\bar{X}$ = the symbol used for mean

$\sum$ = Symbol for simulation

X_i = value of the i^{th} item

N = total number of items

3.6.2 Standard Deviation

The standard deviation concept was introduced by Karl Pearson in 1823. The standard deviation measures the absolute dispersion (or variability of distribution), the greater the standard deviation, the greater will he the magnitude of the deviation of the values from their mean. A small standard deviation means a high degree of uniformity of the observation as well as homogeneity of the series; a large standard deviation means just the opposite. The formula used for standard deviation is:

$$\text{Standard Deviation} = \sqrt{\sum x^2/N}$$

Where

x (x - mean)

N - Number of observation

$x = (X - \bar{X})$

3.6.3 T test

The independent measures t- test was used in the study. We use this when we have two conditions, and we want to know if the mean performance on one condition is significantly different from the mean performance in the other condition. It's used with independent- measures design i.e. there are two different groups of participants, one for each condition in the experiment.

$$t = \frac{\bar{x}_1 - \bar{x}_2}{\sqrt{\frac{{s_1}^2}{n_1} + \frac{{s_2}^2}{n_2}}}$$

Here s^2 is the unbiased estimator of the variance of the two samples, n_i = number of the participants in group i, i = 1 or 2.

CHAPTER 4

RESULTS AND DISCUSSION

4.1 Sample Profile

In the present study an attempt has been made to study the effect of yoga on university students. The data has been collected with the help of questionnaire from a sample of 120 participants. The profile of the respondent with respect to age, gender and education is discussed below and further the opinions of students on mental, emotional, physical health, and student's attitude towards practicing yoga with respect to yoga and students who practices yoga and non yoga performer.

TABLE 4.1.1 Age wise sample profile

Age group	Number	Percentage
Up to 20	36	30
21 to 40	84	70
Total	120	100

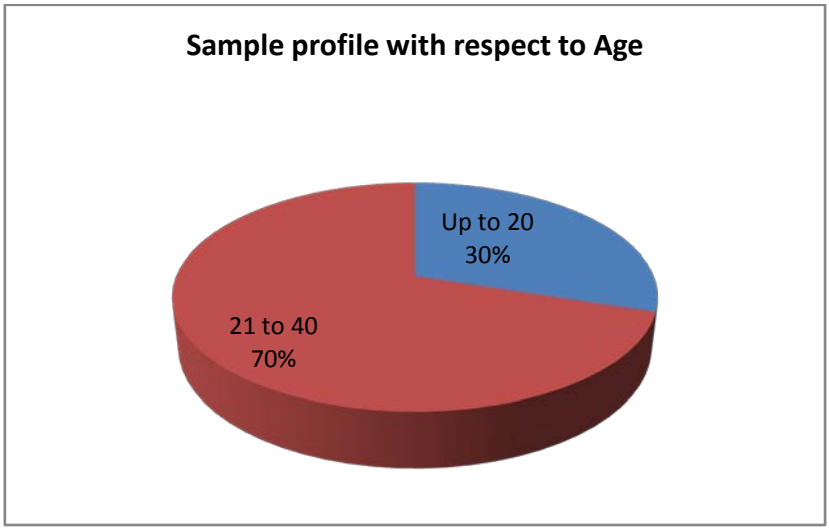

Table 4.1.1 shows sample profile with respect to age. The data depicts that 70 per cent of the respondents were in the age group up to 21 to 40 years that is they have attained the age of young profile of society who are supposed to be health conscious and chance of practicing yoga are higher.

TABLE 4.1.2 Sample profile with respect to gender

Gender	Number	Percentage
Male	65	54.2
Female	55	45.8
Total	120	100

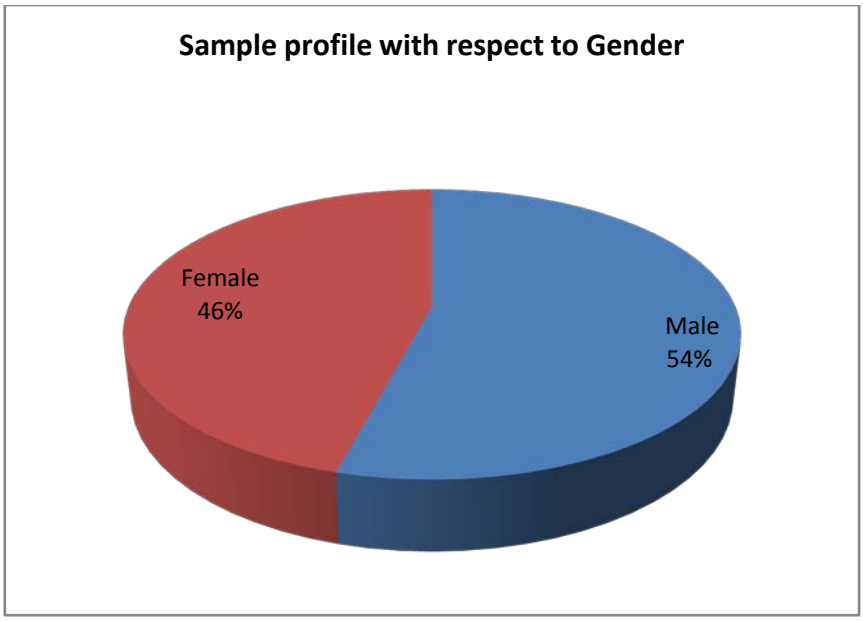

Table 4.1.2 shows sample profile with respect to gender. The data depicts that 54.2 per cent of the respondents were male and 45.8 per cent of the respondents were female.

TABLE 4.1.3 Sample profile with respect to education

Education	Number	Percentage
Up to graduate	36	30
Above graduation	84	70
Total	120	100

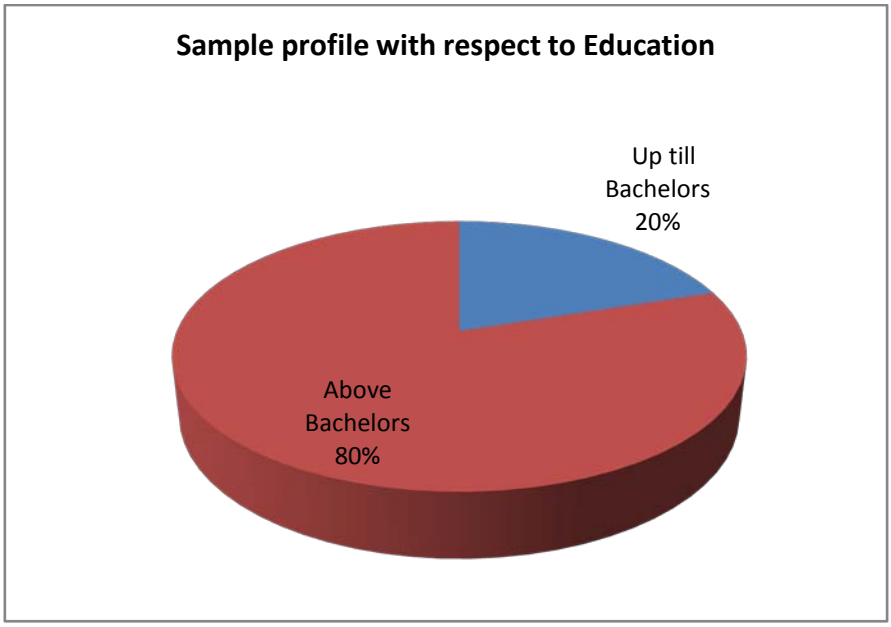

Table 4.1.3 shows sample profile with respect to education. The data shows that 30 per cent of the respondents were educated up to graduate and remaining 70 per cent were educated above graduation level. It can be concluded that all the sample respondents were highly educated and represented important assets of the society.

TABLE 4.1.4 sample profile with respect to yoga performer and non yoga performers

Do you do yoga	Number	Percentage
Yes	68	56.7
No	52	43.3
Total	120	100

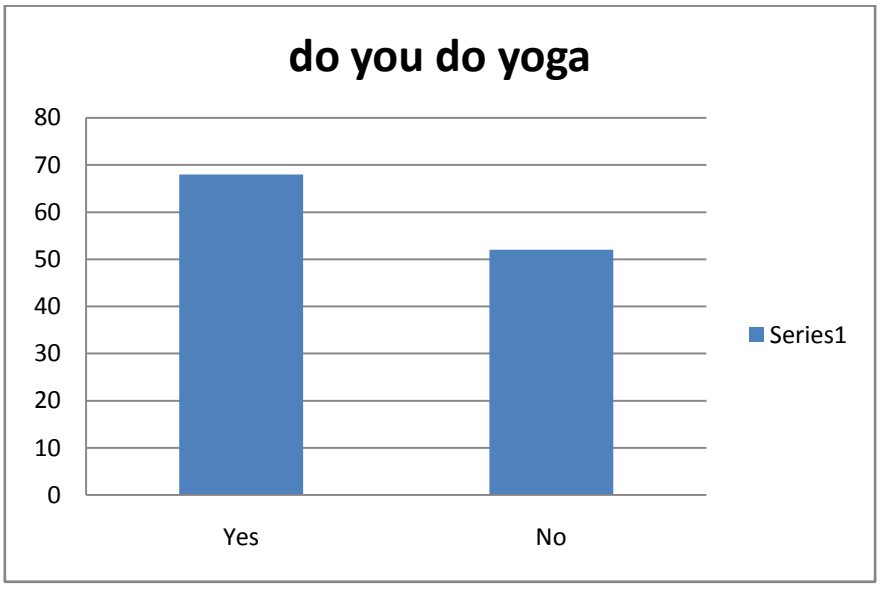

Table 4.1.4 shows sample profile with respect to yoga. The data depicts that 56.7 per cent of respondents were practicing yoga for maintain health and emotional stability. The remaining 43.3 per cent of respondents were non yoga performers depicting thereby that the youth still need to be encouraged and motivated for practicing yoga to maintain health, relief from anxiety and stress management.

TABLE 4.1.5 Sample profile respect to for how long they do yoga

For how long do you yoga	Number	Percentage
Less than 30 minutes	97	80.8
30 to 60 minutes	23	19.2
Total	120	100

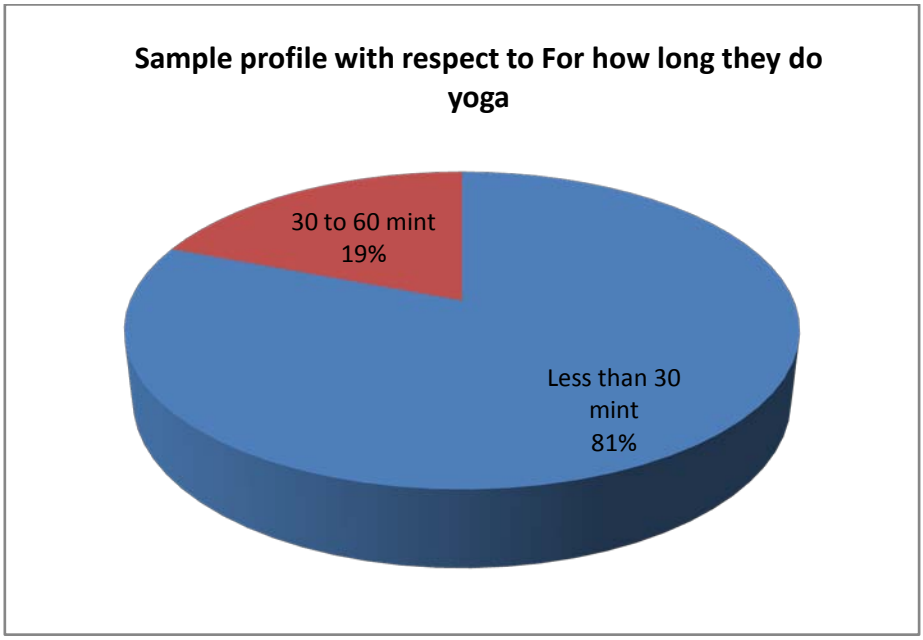

Table 4.1.5 shows sample profile with respect to for how long they do yoga. It can be seen that 80.8 per cent of the respondents practice it for less than 30 minutes while the remaining 19.2 per cent of the respondents practiced it for 30 to 60 mints on daily bases.

TABLE 4.1.6 Sample profile of yoga students does they feel any difference when they skip yoga

Feel different on the day you skip yoga	Number	Percentage
Yes	68	56.7
No	52	43.3
Total	120	100

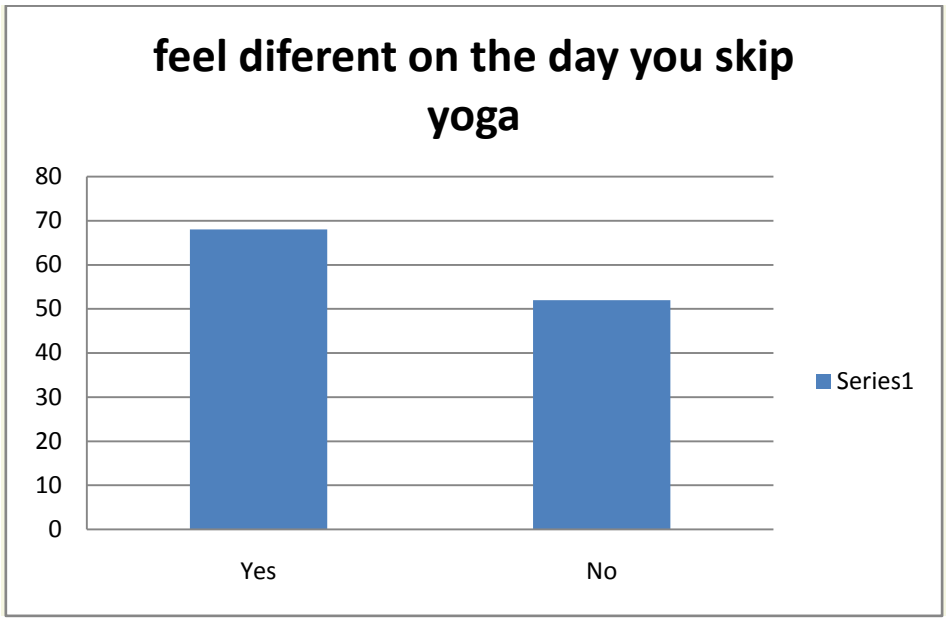

Table 4.1.6 shows sample profile with respect to feel different on the day you skip yoga. The data depicts that 56.7 per cent of the respondents agreed that they feel different on the day they skip yoga and 43.3per cent of the respondents disagree that they don't feel difference on the day they skip yoga.

TABLE 4.2 Mean difference analysis of mental health with respect to yoga performer and non yoga performer

Sr. No.	STATEMENTS (Mental Health)	YOGA GROUP (N = 68)		NON YOGA GROUP (N= 52)		t value	Significance
		MEAN	S.D.	MEAN	S.D.		
1	I feel happy	4.2	0.4	3.8	0.9	3.394	.001
2	I am overwhelmed	3.9	1.1	4.4	1.0	-2.643	.009
3	Feel stress free	4.6	0.6	3.2	1.2	8.606	.000
4	I feel focused	4.2	0.5	3.1	1.0	7.683	.000
5	My mind is clear	4.3	0.6	3.0	0.9	9.317	.000
6	I feel distracted	2.3	1.2	3.0	1.0	-3.516	.001
7	I feel healthy	4.2	0.8	2.8	1.1	7.11	.000
8	University absence due to poor health	2.2	0.9	3.2	1.2	-4.992	.000
9	Do you visit doctor monthly	1.9	0.7	3.0	1.3	-5.129	.000

Table 4.2 indicates the mean difference analysis of mental health with respect to yoga performer and non yoga performer. It can be seen that of mental health which are most likely to be exhibited by yoga performer are “I feel happy” with score (mean = 4.2) and for the non yoga performer (mean = 3.8) means that yoga performer feel happier then the non yoga performer. Similarly sudden emotion regulation that was, “I am overwhelmed” means sudden strong emotion, which originally meant "to overturn or upset," with (mean = 3.9) and for the non yoga performer is with (mean = 4.4), meaning thereby least exhibited by yoga group means that yoga performer feel less overwhelmed then the non yoga performer. The statement that “I feel stress free” (worry-free, free-minded, tension-free) yoga performer with (mean = 4.6) and for the non yoga performer with (mean = 3.2) means that yoga performer feels more stress free then the non yoga performer. The statement that “I feel

focused" (attentive, observant) yoga performer with (mean = 4.2) and for the non yoga performer with (mean = 3.1) means that yoga performer was more focused then the non yoga performer. The statement that "my mind is clear" (not worrying about things, think about positive things) yoga performer with (mean = 4.3) and for the non yoga performer with (mean = 3.0) means that yoga performer was clear about them self then the non yoga performer. The statement that "I feel distracted" (Abstracted, Preoccupied) yoga performer with (mean = 2.3) and for the non yoga performer with (mean = 3.0) means that yoga performer feel less distracted then the non yoga performer. The statement that "I feel healthy" for yoga performer with (mean = 4.2) and for the non yoga performer with (mean = 2.8). It means that yoga performer feel healthier then the non yoga performer.

As far as the university absence due to poor health is concerned for yoga performer with (mean = 2.2) and for the non yoga performer with (mean = 3.2) means that yoga performer have less absence due to poor health then the non yoga performer. The statement that "do you visit doctor monthly" Yoga performer with (mean = 1.9) and for the non yoga performer with (mean = 3.0) means that yoga performer have less health issue then the non yoga performer. Further the standard deviation values from the above table confirmed the results with minimum variance and t test values signified the discussion.

Overall majority of the respondents found that yoga can improve the mental health of students. It was found that the students who do yoga have the better mental health than non performers of yoga. The statement "I feel stress free" had the highest mean of yoga performer with (mean = 4.6, std. = 0.6).

TABLE 4.3 Mean difference analysis of emotional health with respect to yoga performer and non yoga performer

Sr. No.	STATEMENTS (emotional health)	YOGA GROUP(N=68)		NON YOGA GROUP(N= 52)		t value	Significance
		MEAN	S.D.	MEAN	S.D.		
1	Afraid from little things	1.8	0.6	2.6	1.4	-4.647	.000
2	Appear moody or too serious	1.6	0.6	3.2	1.3	-8.170	.000
3	Become upset by criticism	1.7	0.8	2.8	1.3	-5.806	.000
4	Mood change without reason	1.9	0.6	2.8	1.2	-5.200	.000
5	Pessimistic about the future	1.7	0.8	2.8	1.3	-5.672	.000
6	Worry about little things	1.7	0.6	3.0	1.4	-6.942	.000
7	Confused about what other people say	1.7	0.7	3.2	1.3	-7.573	.000
8	Unaware about feelings of other people	2.0	0.7	3.1	1.3	-6.053	.000

Table 4.3 indicates the mean difference analysis of emotional health with respect to yoga performer and non yoga performer. For the statement “afraid from little things” yoga performer scored (mean = 1.8) and for the non yoga performer it was (mean = 2.6) means that yoga performer afraid less from little things then the non yoga performer. The statement that “appear moody or too serious” yoga performer has scored (mean = 1.6) and the non yoga performer (mean = 3.2) means that yoga performer was less moody or less serious than the non yoga performer. On another statement that was “become upset by criticism” yoga performer with (mean = 1.7) and the non yoga performer with (mean = 2.8) means that yoga performers were less upset by criticism than the non yoga performer. The statement that “mood change without reason” yoga performer scored (mean = 1.9) whereas the non yoga performer (mean = 2.8) means that yoga performer were more stable than the non yoga performer. The statement that “Pessimistic about the future” yoga performer (mean = 1.7) and the non yoga performer scored (mean = 2.8) means that yoga performer were less pessimistic about the future than the non yoga performer. The statement that “worry about little things” yoga performer with (mean = 1.7) and non yoga performer with (mean = 3.0) means that yoga performers were less worried about little things than the non yoga performer.

The statement that “confused about what other people say” yoga performer with (mean = 1.7) and for the non yoga performer with (mean = 3.2) means that non yoga performers were more confused about what other people say than the yoga performer. The statement that “unaware about feelings of other people” yoga performer with (mean = 2.0) and for the non yoga performer with (mean = 3.1) means that non yoga performer were more unaware about feelings of other people than the yoga performer. The standard deviation values from the above table verified the findings with minimum variance and t test values signified the results further.

Overall majority of the respondents found that yoga can improve the emotional health of students. It was found that the students who do yoga have the better emotional mental health than non performers of yoga. The statement with the highest mean of yoga performer was (mean = 2.0, std. = 0.7).

TABLE 4.4 Mean difference analysis of physical health with respect to yoga performer and non yoga performer

Sr. No.	STATEMENTS (physical health)	YOGA GROUP(N= 68)		NON YOGA GROUP(N= 52)		t value	Significance
		MEAN	S.D.	MEAN	S.D.		
1	I feel energized	4.2	0.6	3.2	0.8	7.282	.000
2	Appears tired, exhausted or sleepy	1.9	0.8	3.6	1.1	-9.119	.000
3	Attempt to serious hurt to another students	1.6	0.6	2.6	1.0	-7.238	.000
4	Destroy property when angry	1.7	0.7	2.8	1.3	-6.086	.000
5	Hits or push other student	1.7	0.6	3.0	1.3	-7.198	.000
6	Start fights with other students	1.7	0.5	2.7	1.5	-4.832	.000
7	Strike or pushes university personal	1.7	0.5	2.8	1.6	-5.684	.000

Table 4.4 indicates the mean difference analysis of physical health with respect to yoga performer and non yoga performer. The statement that “I feel energized” yoga performer with (mean = 4.2) and for the non yoga performer with (mean = 3.2) means that yoga performer were feeling more energized than the non yoga performer. The statement that “appears tired, exhausted or sleepy” yoga performer with (mean = 1.9) and for the non yoga performer with (mean = 3.6) means that non yoga performer were appears more tired, exhausted or sleepy than the yoga performer. The statement that “attempt to serious hurt to another students” yoga performer with (mean = 1.6) and for the non yoga performer with (mean = 2.6) means that non yoga performer and the yoga performer both don’t wants to hurt other students. The statement that “destroy property when angry” yoga performer with (mean = 1.7) and for the non yoga performer with (mean = 2.8) means that non yoga performers were destroying property when angry than the yoga performer. The statement that “hits or push other student” yoga performer with (mean = 1.7) and for the non yoga performer with (mean = 3.0) means that non yoga performers were more hits or pushes other students than the yoga performer. The statement that “start fights with other students” yoga performer with

(mean = 1.7) and for the non yoga performer with (mean = 2.8) means that non yoga performer can start fights with other student's yoga performer than the yoga performer. It shows us that non yoga performer can be more aggressive. The statement that "strike or pushes university personal" yoga performer with (mean = 1.7) and for the non yoga performer with (mean = 2.8) means that non yoga performer were strike or pushes university personal than the yoga performer. Further the standard deviation values from the above table confirmed the results with minimum variance and t test values signified the discussion.

Overall majority of the respondents found that yoga can improve the physical health of students. It was found that the students who do yoga have the better physical health than non performers of yoga. The statement "I feel energized" with the highest mean of yoga performer with (mean = 4.2).

TABLE 4.5 Mean difference analysis of student attitude toward practicing yoga with respect to yoga performer and non yoga performer

Sr.No.	STATEMENTS (students attitude towards practicing yoga)	YOGA GROUP (N = 52)		NON YOGA GROUP(N= 58)		t value	Significance
		MEAN	S.D.	MEAN	S.D.		
1	I feel happy	4.2	0.4	3.8	0.9	3.394	.001
2	I am overwhelmed	3.9	1.1	4.4	1.0	-2.643	.009
3	Feel stress free	4.6	0.6	3.2	1.2	8.606	.000
4	I feel focused	4.2	0.5	3.1	1.0	7.683	.000
5	My mind is clear	4.3	0.6	3.0	0.9	9.317	.000
6	I feel distracted	2.3	1.2	3.0	1.0	-3.516	.001
7	I feel healthy	4.2	0.8	2.8	1.1	7.110	.000
8	University absence due to poor health	2.2	0.9	3.2	1.2	-4.992	.000
9	Do you visit doctor monthly	1.9	0.7	3.0	1.3	-5.129	.000
10	Afraid from little things	1.8	0.6	2.6	1.4	-4.647	.000
11	Appear moody or too serious	1.6	0.6	3.2	1.3	-8.170	.000
12	Become upset by criticism	1.7	0.8	2.8	1.3	-5.806	.000
13	Mood change without reason	1.9	0.6	2.8	1.2	-5.200	.000
14	Pessimistic about the future	1.7	0.8	2.8	1.3	-5.672	.000
15	Worry about little things	1.7	0.6	3.0	1.4	-6.942	.000
16	Confused about what other people say	1.7	0.7	3.2	1.3	-7.573	.000
17	Unaware about feelings of other people	2.0	0.7	3.1	1.3	-6.053	.000
18	I feel energized	4.2	0.6	3.2	0.8	7.282	.000
19	Appears tired, exhausted or sleepy	1.9	0.8	3.6	1.1	-9.119	.000
20	Attempt to serious hurt to another students	1.6	0.6	2.6	1.0	-7.238	.000
21	Destroy property when angry	1.7	0.7	2.8	1.3	-6.086	.000
22	Hits or push other student	1.7	0.6	3.0	1.3	-7.198	.000
23	Start fights with other students	1.7	0.5	2.7	1.5	-4.832	.000
24	Strike or pushes university personal	1.7	0.5	2.8	1.6	-5.684	.000

Table 4.5 indicates the mean difference analysis of student's attitude towards practicing yoga with respect to yoga performer and non yoga performer. The statement "I feel happy" with score (mean = 4.2) and for the non yoga performer (mean = 3.8) means that yoga performer feel happier then the non yoga performer. Similarly sudden emotion regulation that was, "I am overwhelmed" means sudden strong emotion, which originally meant "to overturn or upset," with (mean = 3.9) and for the non yoga performer is with (mean = 4.4), meaning thereby least exhibited by yoga group means that yoga performer feel less overwhelmed then the non yoga performer. The statement that "I feel stress free" (worry-free, free-minded, tension-free) yoga performer with (mean = 4.6) and for the non yoga performer with (mean = 3.2) means that yoga performer feels more stress free then the non yoga performer.

The statement that "I feel focused" (attentive, observant) yoga performer with (mean = 4.2) and for the non yoga performer with (mean = 3.1) means that yoga performer was more focused then the non yoga performer. The statement that "my mind is clear" (not worrying about things, think about positive things) yoga performer with (mean = 4.3) and for the non yoga performer with (mean = 3.0) means that yoga performer was clear about them self then the non yoga performer. The statement that "I feel distracted" (Abstracted, Preoccupied) yoga performer with (mean = 2.3) and for the non yoga performer with (mean = 3.0) means that yoga performer feel less distracted then the non yoga performer. The statement that "I feel healthy" for yoga performer with (mean = 4.2) and for the non yoga performer with (mean = 2.8). It means that yoga performer feel healthier then the non yoga performer.

As far as the university absence due to poor health is concerned for yoga performer with (mean = 2.2) and for the non yoga performer with (mean = 3.2) means that yoga performer have less absence due to poor health then the non yoga performer. The statement that "do you visit doctor monthly" Yoga performer with (mean = 1.9) and for the non yoga performer with (mean = 3.0) means that yoga performer have less health issue then the non yoga performer. For the statement "afraid from little things" yoga performer scored (mean = 1.8) and for the non yoga performer it was (mean = 2.6) means that yoga performer afraid less from little things then the non yoga performer. The statement that "appear moody or too serious" yoga performer has scored (mean = 1.6) and the non yoga performer (mean = 3.2) means that yoga performer was less moody or less serious than the non yoga performer. On another statement that was "become upset by criticism" yoga performer with (mean = 1.7)

and the non yoga performer with (mean = 2.8) means that yoga performers were less upset by criticism than the non yoga performer.

The statement that “mood change without reason” yoga performer scored (mean = 1.9) whereas the non yoga performer (mean = 2.8) means that yoga performer were more stable than the non yoga performer. The statement that “Pessimistic about the future” yoga performer (mean = 1.7) and the non yoga performer scored (mean = 2.8) means that yoga performer were less pessimistic about the future than the non yoga performer. The statement that “worry about little things” yoga performer with (mean = 1.7) and non yoga performer with (mean = 3.0) means that yoga performers were less worried about little things than the non yoga performer. The statement that “confused about what other people say” yoga performer with (mean = 1.7) and for the non yoga performer with (mean = 3.2) means that non yoga performers were more confused about what other people say than the yoga performer.

The statement that “unaware about feelings of other people” yoga performer with (mean = 2.0) and for the non yoga performer with (mean = 3.1) means that non yoga performer were more unaware about feelings of other people than the yoga performer. The statement that “I feel energized” yoga performer with (mean = 4.2) and for the non yoga performer with (mean = 3.2) means that yoga performer were feeling more energized than the non yoga performer. The statement that “appears tired, exhausted or sleepy” yoga performer with (mean = 1.9) and for the non yoga performer with (mean = 3.6) means that non yoga performer were appears more tired, exhausted or sleepy than the yoga performer. The statement that “attempt to serious hurt to another students” yoga performer with (mean = 1.6) and for the non yoga performer with (mean = 2.6) means that non yoga performer and the yoga performer both don’t wants to hurt other students. The statement that “destroy property when angry” yoga performer with (mean = 1.7) and for the non yoga performer with (mean = 2.8) means that non yoga performers were destroying property when angry than the yoga performer.

The statement that “hits or push other student” yoga performer with (mean = 1.7) and for the non yoga performer with (mean = 3.0) means that non yoga performers were more hits or pushes other students than the yoga performer. The statement that “start fights with other students” yoga performer with (mean = 1.7) and for the non yoga performer with (mean = 2.8) means that non yoga performer can start fights with other student’s yoga performer than the yoga performer. It shows us that non yoga performer can be more aggressive. The

statement that “strike or pushes university personal” yoga performer with (mean = 1.7) and for the non yoga performer with (mean = 2.8) means that non yoga performer were strike or pushes university personal than the yoga performer. Further the standard deviation values from the above table confirmed the results with minimum variance and T test values signified the discussion.

Overall majority of the respondents found that out of 120 respondents, 68 respondents do yoga on the daily bases and those 68 respondents have positive attitude towards practicing yoga. The yoga improves their physical, mental and emotional health. They feel focused and their mind is clear for the decision making. The statement have highest mean is “feel stress free” 4.6. “I feel focused” “I feel energized” and “I feel happy” had mean 4.2. It shows that how’s the yoga change their attitude. Overall majority of the respondents found that yoga can improve the physical health of students. It is found that the students who do yoga have the better physical health than non performers of yoga.

Chapter 5

SUMMARY AND CONCLUSION

The present study on "Yoga practices and students attitude the study was conducted in the two universities of Himachal Pradesh" was undertaken in order to understand the attitude of a student who was practicing yoga. The aim of the study was to find the effect of yoga on the student's attitude and physical, mental and emotional health of students. The study revealed the following results:-

1. The data depicts that 70 per cent of the respondents were in the age group up to 21 to 40 years that is they have attained the age of young profile of society who are supposed to be health conscious and chance of practicing yoga are higher.
2. The data depicts that 54.2 per cent of the respondents were male and 45.8per cent of the respondents were female.
3. The data shows that 30 per cent of the respondents were educated up to graduate and remaining 70 per cent were educated above graduation level. It can be calculated that all the sample respondents were highly educated and represented important assets of the society.
4. The data depicts that 56.7per cent of respondents practicing yoga for maintain health and emotional stability. The remaining 43.3per cent were non yoga performer of yoga depicting thereby that the youth still need to be encouraged and motivated for practicing yoga to maintain health, relief from anxiety and stress management.
5. It can be seen that 80.8 per cent of the respondents practice it for less than 30 minutes while the remaining 19.2per cent of the respondents practiced it for 30 to 60 mints on daily bases.
6. The data depicts that 56.7per cent of the respondents agreed that they feel different on the day they skip yoga and 43.3per cent of the respondents disagree that they don't feel difference on the day they skip yoga.
7. They feel focused and their mind was clear for the decision making. It shows that how's the yoga change their attitude.
8. Overall majority of the respondents found that yoga can improve the mental health of students. It is found that the students who do yoga have the better mental health than non performers of yoga.

9. Overall majority of the respondents found that yoga can improve the emotional health of students. It is found that the students who do yoga have the better emotional mental health than non performers of yoga.
10. Overall majority of the respondents found that yoga can improve the physical health of students. It is found that the students who do yoga have the better physical health than non performers of yoga.

SUGGESTIONS

The following suggestions are made:

1. It is advised that university as well as other educational institutions should create the facilities for regular yoga.
2. The study suggested that every university should organize yoga awareness camps regularly for physical and mental development of the students.
3. It is suggested that students should do yoga on their daily bases as it helps them to improve their mental, emotional and physical health.

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Title of Project	**:**	Yoga Practices and Students' Attitude: A Study of Two Universities in Himachal Pradesh.
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ABSTRACT

Yoga refers to traditional physical and mental disciplines originated in India. The word yoga is associated with meditative practices in both Buddhism and Hinduism. The present study was conducted to examine Yoga practices and student's attitude in two universities of Himachal Pradesh**.** The opinions were collected through questioners administrated to the students of these universities of Himachal Pradesh namely Himachal Pradesh University, Shimla and Shoolini university, Solan. There were two groups one which performs yoga and other which do not perform. The 120 students were taken as the sample. The 68 students were yoga performers and 52 students were non yoga performers. The objectives of the study were to study the attitude of students towards practicing yoga and to know their physical, emotional and mental health through yogic activities. The analysis of present study was done through appropriate statistical and mathematical tools including arithmetic mean, standard deviation and t-test. The findings of the study showed that students have positive attitude towards practicing yoga and the yoga performer have better physical, mental and emotional health as compare to non yoga performers. It was suggested that university as well as other educational institutions should create the facilities for regular yoga and every university should organize yoga awareness camps usually for the physical and mental development of the students.

Signature of Advisor
(Nisha Raghuvanshi)

Signature of Student

Countersigned

Professor and Head

Department of Business Management
Dr. Y S Parmar University of Horticulture and Forestry,
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Questionnaire on Yoga Practices and Student's Attitude

Dear Respondent,

I am Rohit Kumar, pursuing MBA from Dr. Y.S. Parmar University for Horticulture and Forestry Nauni, Solan (Himachal Pradesh). I request you to kindly spend 5 minutes in filling this questionnaire to help me complete my project about student attitude towards practicing yoga and their physical, emotional and mental health through yogic activities. The information provided by you will be used only for academic purposes.

1. **Age (Years)**

   Up to 20 ☐ **21 to 40 years** ☐

2. **Gender**

   Male ☐ Female ☐

3. Educational Status?

   Uptill Bachlors ☐

   Above Bachelors ☐

4. Do you do Yoga

   Yes ☐

   No ☐

5. **For how long do you yoga**

   Up to 30 mint ☐

   Up to 60 mint ☐

6. Feel difference on the day when you skip yoga.

   Yes ☐

   No ☐

Mark the box for the questions on the basis of your experience on Yoga Practice.

1. Strongly Disagree
2. Disagree
3. Undecided
4. Agree
5. Strongly Agree

7. I feel Happy ☐
8. I am overwhelmed ☐
9. Feel Stress Free ☐
10. I feel energized ☐
11. I feel focused ☐
12. My mind is clear ☐
13. I feel distracted ☐
14. I feel healthy ☐
15. Appears tired, exhausted, or sleepy ☐

16. University absences due to poor health ☐
17. Do you visit doctor monthly ☐
18. Afraid of little things ☐
19. Appears moody or too serious ☐
20. Becomes upset by constructive criticism ☐
21. Mood changes without reason ☐
22. Pessimistic about the future ☐
23. Worries about little things ☐
24. Confused by what other people say ☐
25. Unaware of the feelings of others ☐
26. Attempts to seriously hurt another student ☐
27. Destroys property when angry ☐
28. Hits or pushes other students ☐
29. Starts fights with other students ☐
30. Strikes or pushes university personnel ☐

CURRICULUM VITAE

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