



## PERCEIVED BENEFITS OF THE ANCIENT INDIAN PRACTICE – YOGA

\* *Dr. Reshma Avinash Rodrigues*

*\* Associate Professor, St Teresa's Institute of Education, Mumbai – 400 054*

### Abstract:

India has been a region rich not only in natural resources and talent but also in a wealth of spiritual, social, psychological, physical, metaphysical, economic, geographical, political, and even cosmological insights. Significant scientific breakthroughs and economic progress have emerged from this rich knowledge. IKS promotes a comprehensive grasp of the universe that encompasses both physical and spiritual aspects. In this regard, Yoga practices play a crucial role in promoting well-being, joy, and balance in the lives of those who practice it. Looking at the importance of application of this ancient Indian practice in modern days, the researcher conducted a study on the attitude of teacher-trainees towards benefits of yoga. This descriptive research was conducted on teacher-trainees using 5-point Likert Scale prepared by the researcher. The data analysis revealed the importance of yoga w.r.t physical health, mental health, spiritual well-being and social health.

**Key words:** Indian Knowledge System, Yoga, Teacher-trainees

**Copyright © 2025 The Author(s):** This is an open-access article distributed under the terms of the Creative Commons Attribution 4.0 International License (CC BY-NC 4.0) which permits unrestricted use, distribution, and reproduction in any medium for non-commercial Use Provided the Original Author and Source Are Credited.

### Introduction:

The basis of personal development is anchored in strong foundations, leading to a thorough understanding of the traditional Indian Knowledge System (IKS). IKS represents a systematic method for passing knowledge from one generation to another, rather than merely being a set of traditions. The IKS seeks to present Indian knowledge across various aspects of life to students in an engaging and commendable way that inspires further investigation. It significantly relies on ancient Indian literature and customs, including the Vedas, Upanishads, and Puranas. The Indian Knowledge System (IKS) is a broad term that encompasses the knowledge contributions that have emerged in India. From this wealth emerged an extensive system of knowledge that facilitated our attainment of optimal mental, emotional, and physical health. Indeed, we are discussing 'Yoga', one of the most revered and transformative offerings from India to the entire globe. India is recognized as the origin of yoga and meditation, practices that have become internationally embraced for enhancing physical and mental health. These age-old techniques are now extensively practiced around the world for alleviating stress, promoting relaxation, and improving overall health.

Yoga is well-known for its various health advantages, which include physical, mental, and emotional wellness. Engaging in yoga entails a blend of physical poses (asanas), breathing techniques (pranayama), meditation, and moral guidelines. It is a part of ancient Indian wisdom and represents our cultural and spiritual legacy. The core essence of yoga is to achieve balance between body and mind, thoughts and actions; restraint and satisfaction; humanity and nature, promoting a comprehensive approach to health and wellness. It embodies both the art and science of living healthily. Yoga provides a comprehensive approach to wellbeing, assisting people in managing their every day stress, ongoing concerns, and health issues. In addition to promoting flexibility and better breathing, yoga improves physical movement, emotional healing, mindfulness, social relationships and spiritual well-being.

#### Literature Review:

Several past studies have proved the effectiveness of yoga in terms of physical health, mental health, social health and spiritual health. To mention a few – Lee SW, Mancuso CA, Charlson ME. J Gen Intern Med. 2004;19(7):760-5 studied Prospective study of new participants in a community-based mind-body training program. The training program devised was found to be effective w.r.t. the mental health. Woolery A, Myers H, Sternlieb B, Zeltzer L. Alter Ther Health Med. 2004;10(2):60-63 studied A yoga intervention for young adults with elevated symptoms of depression. This study also showed positive effects of yoga in battling with depression. Galantino ML, Cannon N, Hoelker T, Iannaco J, Quinn L. Rehab Oncol. 2007;25(3):3-12 studied Potential benefits of walking and yoga on perceived levels of cognitive decline and persistent fatigue in women with breast cancer. Here, yoga was proved to be beneficial in breast cancer populations, leading to improvements in sleep quality, strength, flexibility, and quality of life. 10) Mendelson T, Greenberg, MT, Dariotis, JK, Gould, LF, Rhoades, BL, et al. J Abnorm Child Psychol. May 4, 2010; DOI:10.1007/s10802-010-9418-x studied Feasibility and preliminary outcomes of a school-based mindfulness intervention for urban youth. The study showed positive results.

#### Rationale of the study:

Our world is digital and fast paced. Our physical, mental, spiritual and social health have suffered as a result of the pressure to perform well, meet deadlines, high quality work, and keep unpredictable schedules consistent. The teacher training course being a rigorous one too demands all of the above from the teacher-trainees. Including yoga in their life can help them overcome these challenges. Yoga is a way of life rather than a religion. It includes pranayama, kriyas, meditation, breathing exercises, mindful living and also disciplines oneself. Hence, it has a several benefits that go beyond simple physical enhancements. Thus, looking at the past literature, and research findings of the several studies, 15 sessions (30 hours) yoga course was organized for teacher trainees to prepare them for the future challenges in their field. After exposing them to this ancient Indian practice, their perspectives w.r.t benefits of yoga were analysed using the survey method.

**Statement of problem:** A study of the attitude of teacher-trainees towards benefits of yoga.

**Aim of study:** To study the attitude of teacher-trainees towards benefits of yoga.

### Objectives of study:

1. To study the attitude of teacher-trainees towards benefits of yoga on the basis of their year of B.Ed. course and frequency of practicing yoga.
2. To know the effects of yoga practice on students' physical health.
3. To know the effects of yoga practice on students' mental health.
4. To know the effects of yoga practice on students' spiritual well-being.
5. To know the effects of yoga practice on students' social health.

### Hypotheses of study:

1. There is no significant difference in the attitude towards benefits of yoga among teacher-trainees on the basis of their year of B.Ed. course and frequency of practicing yoga.
2. Yoga practice shows positive effects on students' physical health.
3. Yoga practice shows positive effects on students' mental health.
4. Yoga practice shows positive effects on students' spiritual well-being.
5. Yoga practice shows positive effects on students' social health.

### Operational definitions of the variables:

- Yoga: It refers to the ancient Indian practice consisting of physical poses (asanas), breathing techniques (pranayama) and meditation.
- Physical health: It refers to what extent the yoga practice help one improve his/her flexibility, strength, sleep quality and physical fitness.
- Mental health: It refers to what extent the yoga practice help one improve his/her mental clarity and concentration power by reducing stress and anxiety.
- Spiritual well-being: It refers to what extent the yoga practice helps one in finding a sense of peace, connecting with self, emotional healing and mindfulness.
- Social health: It refers to what extent the yoga practice helps one in connecting with others, feel more social, feel more connected to community and find the purpose and meaning in life.

### Procedure:

Descriptive research design was used by the researcher to study the attitude of teacher-trainees towards benefits of yoga. For the same, the data was collected from 81 teacher-trainees. The sample was comprised of 43 F.Y.B.Ed. students and 38 S.Y.B.Ed. students. For this study, the sample was drawn from the population using the non-probability sampling technique of convenience sampling. The data was collected using 5-point Likert Scale prepared by the researcher. The rating scale was divided into four dimensions covering the four benefits of practicing yoga – Physical Health, Mental Health, Spiritual Well-being and Social Health. Collected data was then analysed using descriptive statistics – mean, median, mode and inferential statistics – t test, ANOVA. The scores were also analysed using the graphs for better clarity of the study.

### Data analysis and interpretation:

**Objective 1:** To study the attitude of teacher-trainees towards benefits of yoga on the basis of their year of B.Ed.

course and frequency of practicing yoga.

**Hypothesis 1:** There is no significant difference in the attitude towards benefits of yoga among teacher-trainees on the basis of their year of B.Ed. course and frequency of practicing yoga.

Attitude of teacher-trainees towards benefits of yoga on the basis of their year of B.Ed. course

**Table 1: Descriptive statistics values of F.Y.B.Ed and S.Y.B.Ed. teacher-trainees**

Mean		Median		Mode		t test
F.Y.B.Ed.	S.Y.B.Ed.	F.Y.B.Ed.	S.Y.B.Ed.	F.Y.B.Ed.	S.Y.B.Ed.	
78.32558	76.21053	80	78.5	80	100	0.606298

Attitude of teacher-trainees towards benefits of yoga on the basis of their frequency of practicing yoga

**Table 2: Descriptive statistics values of teacher-trainees w.r.t. their frequency of practicing yoga**

	Everyday	Thrice a week	Twice a week	Once a week	Not at all
Mean	82.33333	81.375	79.82759	78.4	72.6087
Median	80	80	80	80	77
Mode	80	80	80	80	80
F = 0					

### Interpretation:

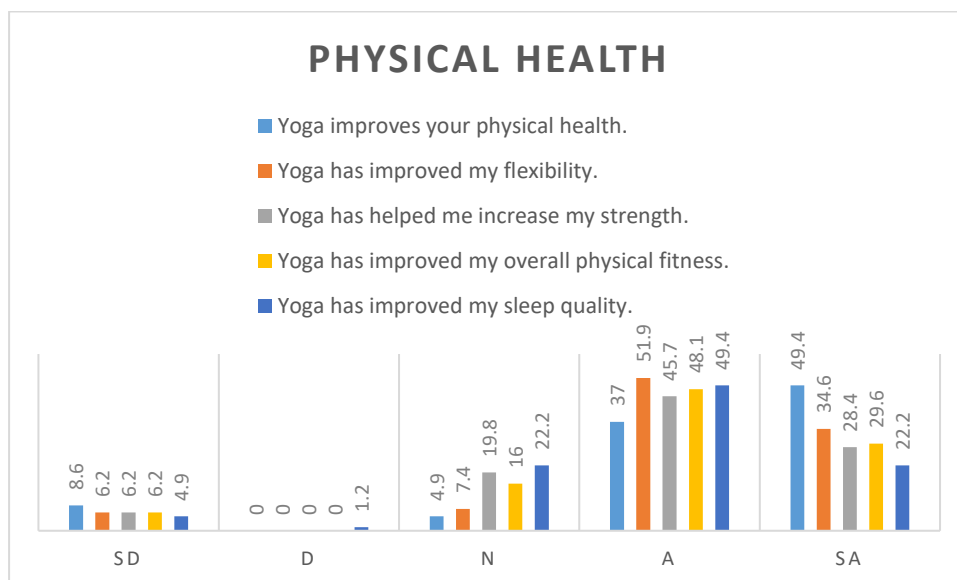
This hypothesis was tested using 't' test and ANOVA. The calculated t value was found to be greater than 0.05 and the calculated value for F was 0. This indicated that -

- There is no significant difference in study the attitude of teacher-trainees towards benefits of yoga on the basis of their year of B.Ed.
- There is no significant difference in study the attitude of teacher-trainees towards benefits of yoga on the basis of their frequency of practicing yoga.

Though the mean scores for the frequency of practicing yoga were nearly equal, yet they revealed the importance of practicing yoga every day. There was a pattern observed of highest mean scores for the group practicing yoga every day and least mean scores for the group not practicing yoga at all.

**Objective 2:** To know the effects of yoga practice on students' physical health.

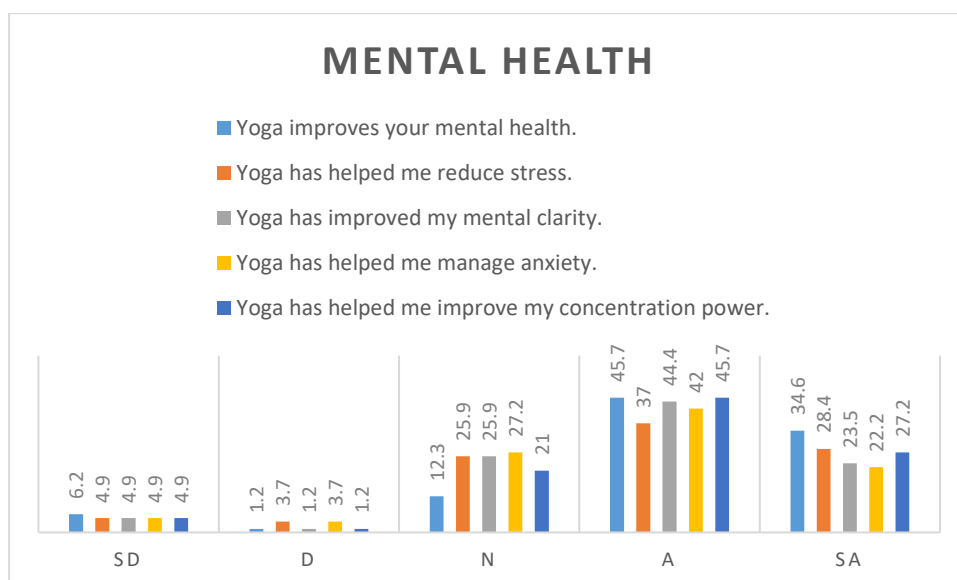
**Hypothesis 2:** Yoga practice shows positive effects on students' physical health.



Interpretation: The above graph showed maximum values scattered at SA i.e. Strongly agree and A i.e. Agree. Thus, the students were found to be positive towards yoga practice in terms of the physical health benefits.

**Objective 3:** To know the effects of yoga practice on students' mental health.

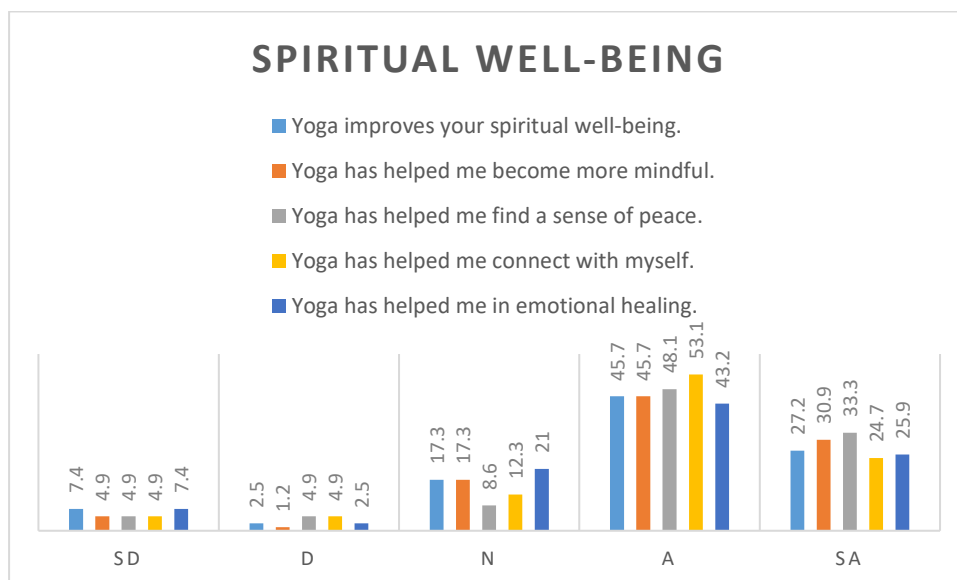
**Hypothesis 3:** Yoga practice shows positive effects on students' mental health.



Interpretation: The above graph showed maximum values scattered at SA i.e. Strongly agree and A i.e. Agree. Thus, the students were found to be positive towards yoga practice in terms of the mental health benefits.

**Objective 4:** To know the effects of yoga practice on students' spiritual well-being.

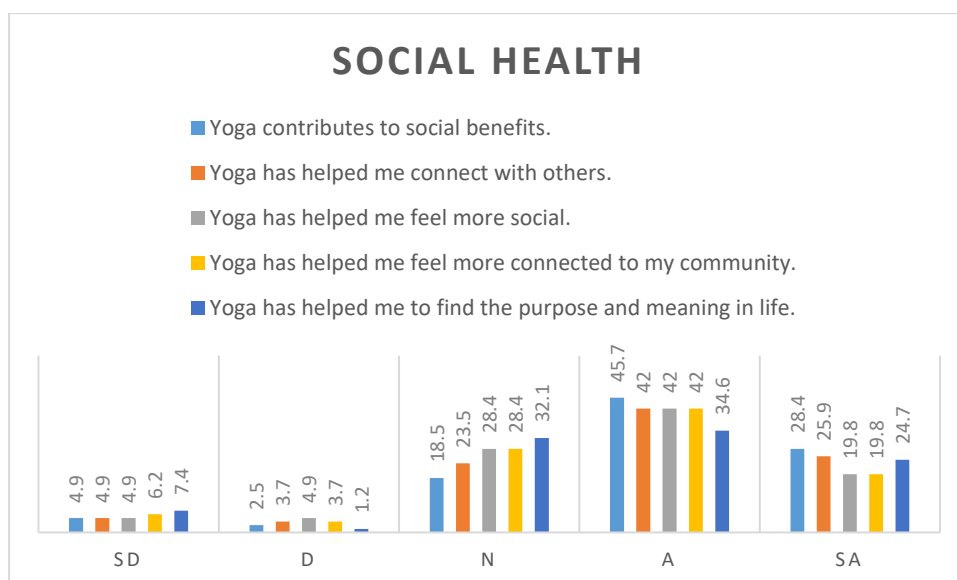
**Hypothesis 4:** Yoga practice shows positive effects on students' spiritual well-being.



Interpretation: The above graph showed maximum values scattered at SA i.e. Strongly agree and A i.e. Agree. Thus, the students were found to be positive towards yoga practice in terms of the spiritual well-being.

**Objective 5:** To know the effects of yoga practice on students' social health.

**Hypothesis 5:** Yoga practice shows positive effects on students' social health.



Interpretation: The above graph showed maximum values scattered at SA i.e. Strongly agree and A i.e. Agree. Thus, the students were found to be positive towards yoga practice in terms of the social health benefits.

Overall, the students were very positive about yoga benefits w.r.t. physical health and spiritual well-being. But, w.r.t. the mental and social health benefits of yoga students were found to be less satisfied as compared to the other two benefits.

**Findings of the study:**

1. There is no significant difference in the attitude towards benefits of yoga among teacher-trainees on the basis of their year of B.Ed. course and frequency of practicing yoga.
2. Yoga practice shows positive effects on students' physical health.
3. Yoga practice shows positive effects on students' mental health.
4. Yoga practice shows positive effects on students' spiritual well-being.
5. Yoga practice shows positive effects on students' social health.

**Conclusion:**

Yoga is one of the most significant and priceless legacies of India. The popularity of this practice is gaining a wide momentum due to its benefits on both body and mind. Present study focused on the same by knowing student's perspectives w.r.t. the benefits of yoga on physical health, mental health, spiritual well-being and social health. The study concluded the fact that the teacher-trainees were benefited from the yoga course in improving their health of body and mind. It was also observed that, in order to obtain the maximum benefits, one needs to be consistent in practicing yoga. The regular practice of yoga can help one face the challenges of this fast-paced world. The results of this study support the claim that yoga is the one of the best practices of ancient India, that can be used in schools and other educational institutions to promote good health of body and mind among our students. Incorporation of this practice in curriculum will ensure the use of our ancient practice which is a risk-free, simple, and healthy method to stay in shape for the rest of your life.

**References:**

1. Sourabh Tiwari (2023), *Yoga In Indian Knowledge Systems, Knowledgeable Research A Multidisciplinary Journal* 2(05):9-15, DOI:10.57067/kr.v2i1.195, retrieved from [https://www.researchgate.net/publication/378849010\\_Yoga\\_In\\_Indian\\_Knowledge\\_Systems](https://www.researchgate.net/publication/378849010_Yoga_In_Indian_Knowledge_Systems) on 3<sup>rd</sup> April 2025
2. Arunabha Ray (2024), *Importance of Yoga in Human Life in Present Days, International Journal of Humanities Social Science and Management (IJHSSM) Volume 4, Issue 3, May.-June, 2024, pp: 757-760* retrieved from [https://ijhssm.org/issue\\_dcp/Importance%20of%20Yoga%20in%20Human%20Life%20in%20Present%20Days.pdf](https://ijhssm.org/issue_dcp/Importance%20of%20Yoga%20in%20Human%20Life%20in%20Present%20Days.pdf) on 3<sup>rd</sup> April, 2025
3. <https://continentalhospitals.com/blog/10-benefits-of-yoga/>
4. <https://theyogainstitute.org/importance-and-benefits-of-yoga>
5. <https://yogaactivist.org/about/development/thanks/141-2/literature-review-of-research-on-yoga-benefits/>

**Cite This Article:**

**Dr. Rodrigues R.A. (2025).** *Perceived Benefits of the Ancient Indian Practice – Yoga.* In **Educreator Research Journal**: Vol. XII (Issue II), pp. 19–25.