

A STUDY ON THE ATTITUDE OF TEACHER STUDENTS TOWARDS YOGA EDUCATION

* Ms. Nazia Mohammad Talha, **Ms. Manjusha Borade &*** Dr. Savita Shinde

*, ** Student , ***Guide, Ashoka International Center for Educational Studies and Research, Nashik.

Abstract:

Yoga is an essential part of an Indian knowledge system . This study deals with yoga attitude of B. Ed students. It also related with the Indian Philosophies started as back to second century by Maharshi Patanjali yoga. This study is considered a holistic approach in our Indian knowledge, system. We have tried to understand various type of yoga, so the one of various types of yoga . this paper aims to study to find out student teacher attitude towards yoga .

Keyword: Yoga, holistic development, ‘ yuj ’= unite,yogasutra,Asanas, wellbeing, Indian knowledge system.

Copyright © 2026 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:

Now a days people are facing many physical and mental problems due to stress and busy life style it is not always possible to control everything but we can learn how to manage stress and live a better life Yoga is one of the best way to do this. The Indian knowledge system is a very rich and complete system.

yoga history according to yoga knowledge Shivaji is first Yogi or Aadi Yogi considered mean he is first teacher of yoga. thousand years ago at Himalaya ranges yoga teaching was done at Kanti Sarovar Lake it is taught by Shapt Rishi's flourish this knowledge all over the world. approx. 5000 year before Indus valley civilization time had some SEALS indicates clearly in India had practiced yoga.

yoga also mention in Upanishad and Mahabharata, after that maharishi Patanjali head all you practices into 200 yoga sutra which are systemized and modified. Now in modern days, yoga is not only limited physical and breathing exercise this is a way of life. yoga word made from Sanskrit route “Yuj ” that mean to unite or connect, control our mind, to self-connect is defined as yoga, Yoga removing our mind dirt and negative thoughts, when we practice yoga daily basis after that we see full infinite possibilities and true self.

science behind the practice of yoga lets understand, so yoga work on two levels at the level of body and at the level of mind, so there are certain kind of yoga which are very vigorous that activate the left side of the brain which is responsible for the body function so the blood flow will improve the toxification process will happen faster and the body will build strength and stamina.

next at the level of mine the right side of the brain is associate activated and this very slow useful of yoga activate this site of the brain and allow want to become very come very teaspoon and cellular prepare happens at the stage so traditionally yoga sequences were designed in a way that traditional got the benefit of both type of yoga the active and grounding asanas also so that one put work one overall health. Indian knowledge system covers a

wide range of subject. Including philosophy physics ethics spirituality governance social science mathematics yoga astronomy and more.

The system has a deep-rooted tradition is spiritual Heritage that contemporary Indian society

Need and Important:

Modern life is stressful and busy, so people face many physical and mental problems. It is not possible to control everything, so yoga helps manage stress. People need a way to balance body and mind. It helps in removing negative thoughts and mental pressure. Yoga is needed to improve lifestyle and overall health. It connects us with our inner self and peace of mind. It is a natural and holistic method (no medicines needed). Improves physical health (strength, stamina, flexibility). Enhances mental health (focus, calmness, emotional balance). Helps in spiritual development and self-realization. Increases blood circulation and detoxification of the body. Activates the brain and improves concentration. Builds a healthy and disciplined lifestyle. Promotes overall well-being (body, mind, and soul).

Yoga is Part of Indian Psychology:

Yoga and Indian psychology is correlated with each other. Its base contains yoga, spirituality that honour the gift of life and an Indian world observe refers to the philosophical. In India yoga are applied to enhance overall health. It has been revealed that yoga is important for boosting mental wellness. It has been illustrated to decrease anxiety, sorrow, restlessness, stress signs. It has been assumed that traditional form of yoga for example Hatha yoga can help respite mental health problem.

Government Efforts & Education:

The Ministry of AYUSH is encourage yoga by organizing awareness programs and workshops. It also makes sure yoga education is exact and standardized cast the Yoga Certification Board (YCB).

Statement of Research:

A study on the attitude of teacher students towards yoga education

Yoga Protocol 2026

The 2026 Yoga Protocol, informed international Yoga Mahotsav 2026 before the 12th International Day of Yoga on June 21, includes special yoga practices study on research. These are plan for people with health problems (like lifestyle diseases), different age groups, and also a new 5-minute yoga routine that can be done within air travel.

Objectives:

1. To know the attitude of B.Ed. student towards yoga.
2. To aware student teacher regarding yoga.
3. To give suggestions to B.Ed. students as a future teacher for yoga.

Scope and Limitations:

The scope of our research is limited to AICESR, and its limitations are that it includes only B.Ed student teachers.

Literature review:

We have check several articles related to this topic as well as. One of the articles was published by Pragati Rath

and Dr. Dinesh Chaudhari, who published their work titled “Yoga as a Holistic Approach in the Indian Knowledge System.” including we examined another research paper by Anupama Khatun, titled “A Study on the Attitude of Student Teachers Towards Yoga Education.”

Methodology:

The survey method is a research technique for collecting data by asking a predefined set of structured or unstructured questions to a sample of individuals. It is primarily used to gather information on behavior, attitudes, opinions from a specific population, often using online forms, telephone interviews, or face-to-face interactions to generate quantitative or qualitative insights. We have studied many research paper in that the case study Mahadev Maan and Bhupendra Kumar -A study of yoga attitude of B.Ed. students and we have referred two books one of is international journal of yoga physiotherapy and physical education as well as book introduction of Indian knowledge system -B. Mahadevan ,Vinayak Rajat Bhat.

Population and Simple :

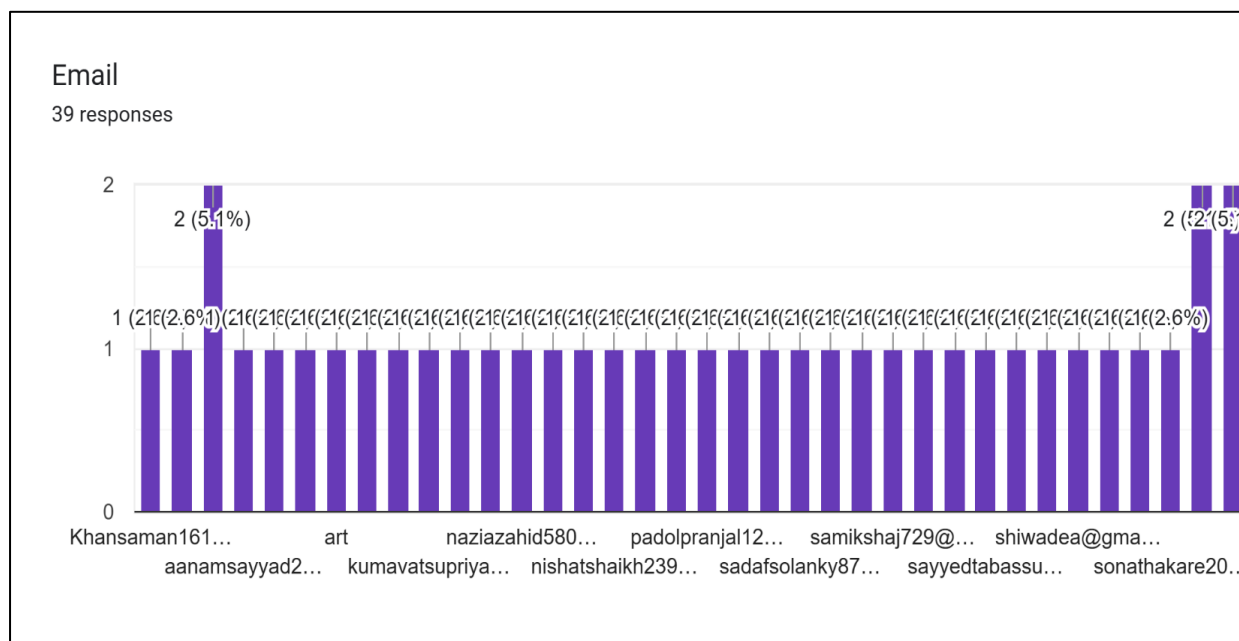
All B.Ed. student in AICESR is a population for the research. sample 40 students are selected for the research with lottery method.

Data Collection and Tools

As researchers, we collected data using a Likert scale. It consisted of four response options: strongly agree, agree, disagree, and strongly disagree. This made it easier for us to conduct and analyze the survey.

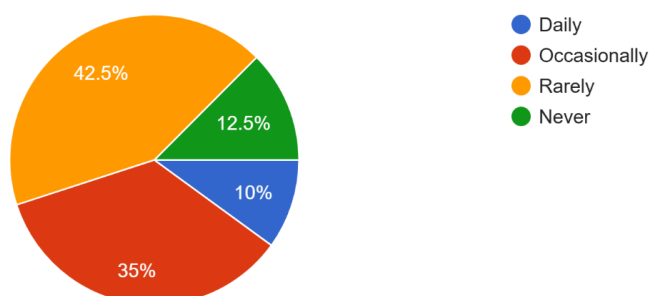
Data anlysis:

We have analyzed the survey data. For each question, we are presenting a pie chart and explaining the exact information it show



1) Do you practice yoga regularly?

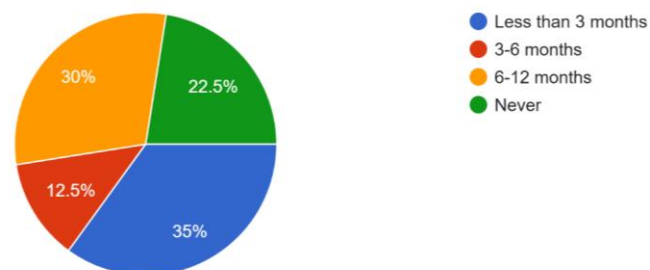
40 responses



42.5% practice rarely 35% practice occasionally
10% practice daily 12.5% never practice

2) How long have you been practicing yoga?

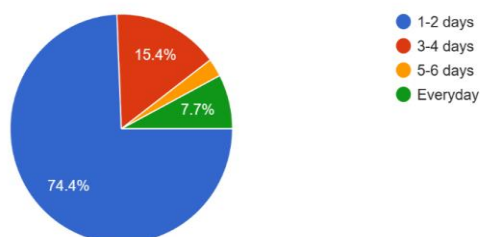
40 responses



35% -less than 3 months 30% - 6-12 months
12.5% - 3-6 months 22.5%- Never

3) How often do you practice yoga in a week ?

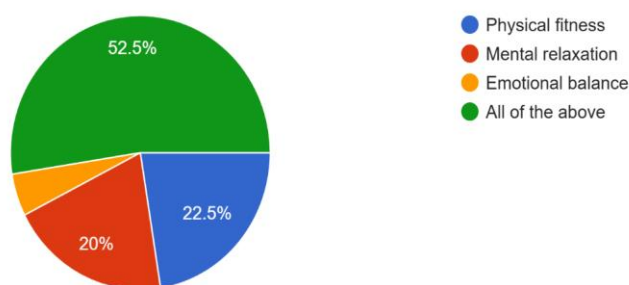
39 responses



74.4 % - 1-2 days 15.4%- 3-4 days 2.5% - 5-6 days 7.7% - Everyday

4) What is your main purpose for practicing yoga?

40 responses

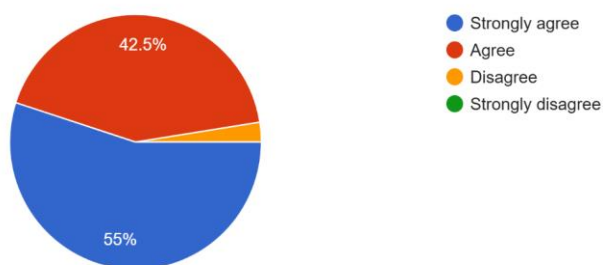


52.5% - chose all of the above (fitness, mental relaxation, emotional balance)

22.5% - for physical fitness 20% - for mental relaxation 5% - for emotional balance

5) Yoga has improved your physical health (strength, flexibility):

40 responses



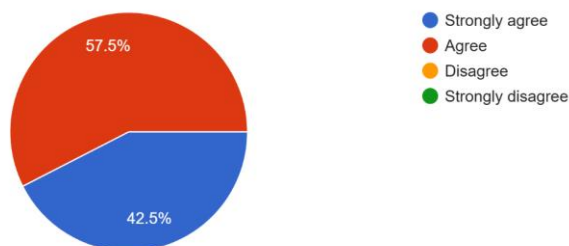
55% - strongly agree

42.5% - agree

Very few disagree

6) Yoga helps you manage stress and anxiety:

40 responses



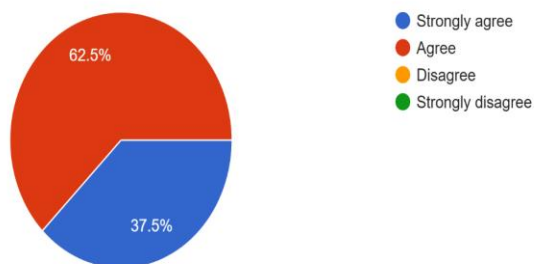
42.5% - strongly agree

57.5% - agree

100% - positive responses

7) Meditation as part of yoga improves your concentration:

40 responses

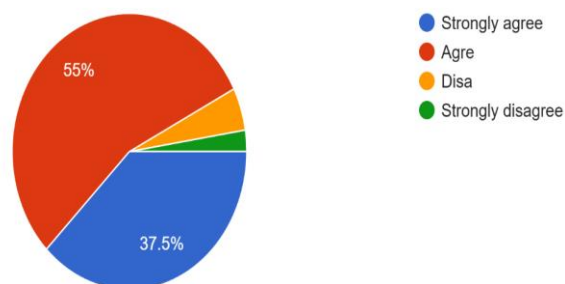


37.5% - strogly agree

62.5% -agree

8) Yoga helps in improving your self-confidence:

40 responses

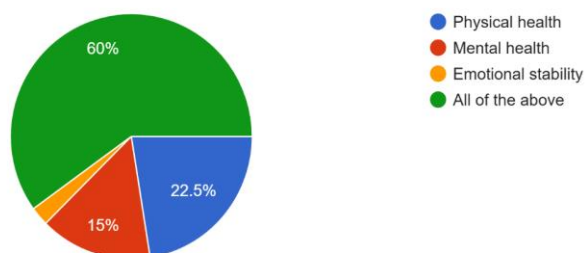


37.5% - Strongly agree

55% - Agree

9) Which aspect improved the most due to yoga?

40 responses



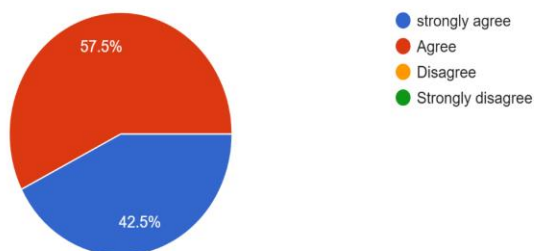
60% - All of the above

22.5% - Physical health

15% - Mental health

10) Yoga helps you maintain a balanced lifestyle:

40 responses

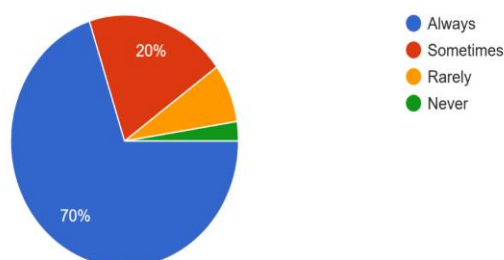


42.5% - Strongly agree

57.5% -Agree

11)Do you feel emotionally stable after practicing yoga?

40 responses

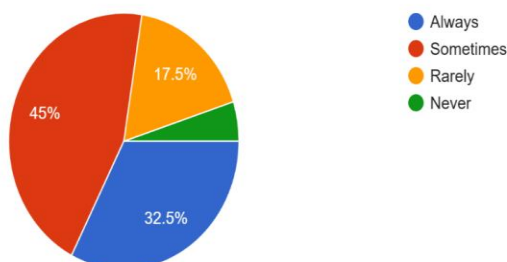


70% - Always

20% - Sometimes

12)Do you include meditation in your yoga routine?

40 responses

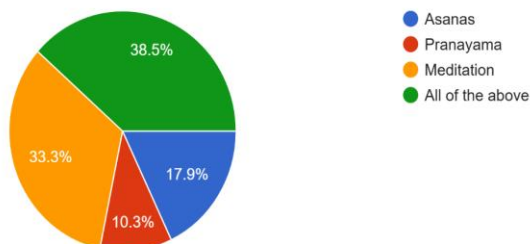


32.5% - Always

45% - Sometimes

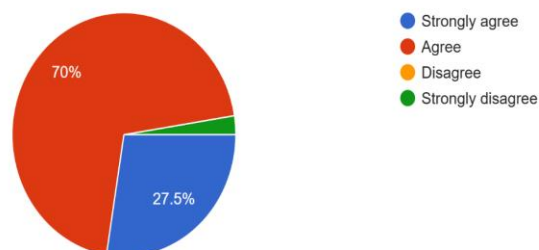
17.5% - Rarely

13) Which yoga practice do you prefer most?
39 responses



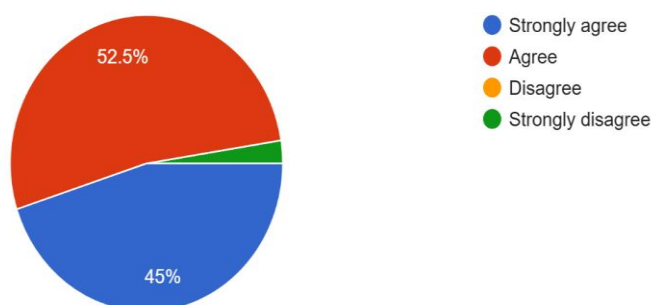
10.3% - Pranayama 33.3 % - Meditation 17.9% - Asanas 38.5% - All of the above

14) Yoga has helped you develop discipline in daily life
40 responses



70% - Agree 27.5% - Strongly agree

15) Overall, yoga has contributed to your holistic development:
40 responses



52.5% - Agree 45% - Strongly agree

Finding:

Yoga Practice Frequency:

Only 10% practice daily Majority practice occasionally or rarely never practice. Regular daily practice is quite low; most people are inconsistent.

Weekly Practice practice only 1–2 days/week .Very few practice more than 3 days .Yoga is not yet a regular habit for most respondents.

Experience Level

Many fall into 6–12 months A significant portion never practiced. Mix of beginners and non-practitioners.

Purpose of Practicing Yoga

chose “All of the above” (fitness + mental + emotional) as well as Physical fitness

Mental relaxation :

People see yoga as a holistic activity, not just physical exercise.

Physical Health Benefits:

Majority agree or strongly agree .Strong perception that yoga improves strength and flexibility.

Stress & Anxiety

strongly agree Yoga is highly effective for stress relief according to respondents.

Concentration

100% positive response agree, strongly agr .Meditation/yoga clearly helps focus.

Emotional Stability

always feel emotionally stable after yoga. Strong emotional benefits.

Most Improved Aspect

All aspects (physical + mental + emotional) .Holistic improvement is the dominant outcome.

Balanced Lifestyle

Majority agree yoga helps maintain balance. Yoga contributes to overall lifestyle improvement.

Meditation Inclusion

sometimes include meditation always. Meditation is common but not consistent.

Preferred Practice

Largest group prefers “All of the above”. People favor a combination of asanas, pranayama, and meditation.

Overall Development

97.5% agree/strongly agree yoga helps holistic development . Very strong overall positive perception of yoga.

Overall Insight

Yoga is widely seen as beneficial (physically, mentally, emotionally) However, regular practice is low, with most people practicing only occasionally Respondents strongly associate yoga with stress relief, concentration, and holistic well-being

Conclusion :

The survey shows that although most people do not practice yoga regularly, they strongly believe in its benefits. A large number of respondents practice yoga only occasionally or a few times a week, yet they recognize it as a powerful tool for improving overall well-being. Most participants agree that yoga contributes to physical fitness, mental relaxation, emotional stability, and a balanced lifestyle. Many people also reported improved concentration and reduced stress through yoga and meditation. Overall, yoga is viewed as a holistic practice that positively impacts multiple aspects of life.

Reference

1. Anjumanara Khatun: *international journal of yoga physiotherapy and physical education*.
2. wikipedia _introduction
3. Book_introduction to Indian Knowledge System _B.Mahadevan
4. Vinayak Rajat Bhat
5. Nagendra Pavana.R.N
6. Pragati Rathi Dr.Divesh Chaudhry _*Internaional journal of yoga physiotherapy and physical education*
7. www.sportsjournal.in
8. <https://www.youtube.com> _introduction
9. Case study Sahadev Maan and Bhupendra Kumar _*A study of yoga attitude of b.Ed students*
10. Indian Knowledge system- Dr.Anshul Saluja

Cite This Article:

Ms. Talha N.M., Ms. Borade M. & Dr. Shinde S. (2026). A Study on the Attitude of Teacher Students towards Yoga Education . In **Educreator Research Journal: Vol. XIII (Issue III)**, pp. 267-276