

A STUDY OF YOGA ATTITUDE OF B.A.M.S. AYURVEDA MEDICAL STUDENTS OF JALNA

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Abstract

The present paper highlights the attitude of students towards yoga. As the ancient art of healing and wellness, yoga is becoming famous on a global level. The celebration of the International Day of Yoga has a positive impact on youth and all citizens of our nation. Still, this art of healing and unity is unreachable to every youth in terms of absorbing or practising in their daily routine. The lifestyle of youth is diverting day by day from achieving their desired goal of life at the cost of their health. Many of us even spent hours becoming fit by going to the gym. The philosophy of youth is derived from the recent trends or fashion. They may have thought yoga was out of the trend. Thus, the need to study deeply know the attitude of youth towards yoga is important. The paper has a descriptive questionnaire survey about the yoga attitude. The subjects were taken from the Medical Background students of the Ayurveda College of Jalna City, as a sample of the study. It was found that the Boys have a less positive attitude than the Girls in terms of most of the statements asked by the researcher. Finally, it was concluded that the Girls have more interest in yoga than the Boys.

INTRODUCTION

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

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

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

yoga can thus be applied to a variety of disciplines, including all professional streams. during stress and/or adversity. Yoga is able to help a person have control over their body through control of their mind. As such, Yoga can play a key role in cultivating mind control and concentration, which helps a sportsperson to perform at their peak level.

Yoga also helps to reduce stress and anxiety, cultivate self-confidence and self-belief.

Swami Sivananda states the importance of mind control; he asserts, "without concentration you cannot have success in any walk of life".

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

ॐ सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु मा कश्चित् दुःखभाग् भवेत् ॥

ॐ शान्तिः शान्तिः शान्तिः ॥

May all is happy May all being free from diseases. May all realize what is auspicious May none become subject to misery. Swasthavritta and Yoga in the Second Year subject of BAMS course. Yoga gives self satisfaction, which help to live life happily. Student's does not get disappointment & pain. They improve the capacity of decision making fastly. Yoga has been going on from thousands of years. All caste's people do the yoga. Yoga brings body & mind together. Regular study of yoga or its practice is useful for heart diseases, blood pressure, and cholesterol. It is also useful for psychological health & maintenance. The way how to seat, how to take breathing is important for yoga study.

Why to understand yoga, is important?

Yoga can help a person to have evenness of mind and control of their thoughts, even Exercise needs ground & its tools, but yoga does not need it.

Yoga is great at its penance.

Yoga is useful if it is done regularly.

If we break the rule of yoga, it affects wrongly upon us.

The posture of yoga is an important aspect of yoga.

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

Understanding Dhyaan

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

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

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

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

- 1) To find the insight of the BAMS Students about Yoga subject.
- 2) To study the attitude of Boys and Girls BAMS Students regarding yoga.

RESEARCH METHOD

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

Method of Research:

A self made questionnaire based on Dr. M.K Muchhal's yoga questions series is used from this research to observe the attitude of BAMS Ayurveda Medical Students of Dr. V.PAM College, Jalna City. The following sets of ten (N=10) Questions have been taken.

Question series:

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

Discussion of findings of the recorded Response.

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

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

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

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

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

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

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

The seventh statement is "Regular yoga changes the attitude about society."

Gets 73.33% Boys & 75.24% Girls agreement, 6.67% Boys & 3.81% Girls disagreement & also 20.00% Boys & 20.95% Girls not conform. This shows Girls' positive attitude about yoga.

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

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

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

The question is used for the Attitude Measuring Question Series. Following discrimination has been given in relation to that question.

Table - 1

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

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

Table- 2

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

Boys	105	86	81.90 %	12	11.43 %	07	6.67 %
Girls	105	100	95.24 %	02	1.90 %	03	2.86 %

The result concluded in the statement response of Table no 2, that Girls have a more **Positive Attitude** about yoga compared to Boys.

Table- 3

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

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

Table- 4

TABL E No. 04 BAMS Students	KAPALBHATI IS USEFUL TO DECREASE THE WEIGHT & FACTS & ALSO MAINTAINS THE SHAPE OF STOMACH						
	Total	Agree		Disagree		Uncertain	
		No	In %	No	In %	No	In %
Boys	105	75	71.43 %	12	11.43 %	18	17.14 %
Girls	105	80	76.19 %	16	15.24 %	09	8.57 %

The result concluded in the statement response of Table no 4, that Girls and boys both have **Positive Attitude** about yoga. Table- 5

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

The result concluded in the statement response of Table no 5, that Girls have a more **Positive Attitude** about yoga compared to Boys.

Table- 6

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

The result concluded in the statement response of Table no 6, that Girls have a more **Positive Attitude** about yoga compared to Boys.

Table-7

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

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

Table-8

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

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

Table- 9

TABL E No. 09 BAMS Students	TRATAK (KRIYA) IS USEFUL FOR CONCENTRATION						
	Total	Agree		Disagree		Uncertain	
		No	In %	No	In %	No	In %
Boys	105	59	56.19 %	15	14.29 %	31	29.52 %

Girls	105	62	59.05 %	05	04.76 %	38	36.19 %
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The result concluded in the statement response of Table no 9, that Girls and Boys both have a **Positive Attitude** about yoga.

Table- 10

TABL E No. 10 BAMS Students	YOGA STUDY IS USEFUL FOR ALL SCHOOLS AND COLLEGES						
	Total	Agree		Disagree		Uncertain	
		No	In %	No	In %	No	In %
Boys	105	86	81.90 %	11	10.47 %	08	07.61 %
Girls	105	102	97.14 %	03	02.86 %	00	0 %

The result concluded in the statement response of Table no 10, that Girls have a more **Positive Attitude** about yoga compared to Boys.

Conclusion

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

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