

A Study on Yoga as the Significant Milestone towards Healthy Nation

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Abstract

Yoga Education is increasingly important in today's stressed world since it allows us to maintain a fit and healthy body without the need of equipment, medicine, or a personal trainer. It is a treatment for purifying the mind and the spirit. In today's stressed world, ancient Yoga is more relevant than ever. Yoga may be utilized to treat a variety of disorders and difficulties that arise as a result of an indiscipline lifestyle, daily shifting expectations, and a deteriorating environment. In today's world, everyone is chasing money, celebrity, and power; we are obsessed with hollow progress, acquiring wealth, and believing that by doing so, we have achieved our life's goal. Today, there is rivalry, conflict, and complexity in every sector, resulting in an increase in stress, loss of values, anger, frustration, and failure in life among students. Yoga should be taught in schools to help children see these patterns. As a result, Yoga education is part of the curriculum. Yoga may be stressed at the school as a way to maintain the students' minds as well as their physical growth healthy.

Introduction

Yoga is a subject that is very important in today's society. Between ancient Yoga and modern Yoga, there is a significant difference. Yoga used to have a wide definition, but in recent years it has become more specific. In ancient times, yoga was exclusively practiced by a select few. He used to be different from the rest of the world's population. He was more interested in discovering the truth about life than in the material world. Individuals had to give up all of the world's accomplishments, aspirations, and happiness, among other things, in order to learn Yoga. Yoga was practiced at the ashram, which was established in a secluded location away from worldly life, under the direction and instruction of the Guru. The life and environment of the ashrams are described in ancient literature.

Antiquity is a concept that has been around for a long time. Yoga has taken on a new significance in recent years. Yoga is no longer limited to a small number of people. Yoga has piqued the interest of people from all walks of life. Yoga, which was initially advocated in ancient times, is currently being studied scientifically in the present day. Yoga has been exposed to a number of scientific experiments, many of which have shown amazing findings. This is why so many people nowadays are interested in Yoga. It is no longer restricted to those who have surrendered to the world's shackles and practiced Yoga to gain salvation. It is now considered advantageous in the daily lives of ordinary people. Yoga is

today embraced in every part of the world, not only as a discipline to be done in solitude away from the worldly life. It's incredible how applicable traditional Yoga practices are in today's modern, technology environment. There is a reason for this: since Yoga is such an instrument, it is able to address the issues that occur as a consequence of modernisation in our day. In today's world, one is continually presented with problems that are completely new and created by the person. The present scenario is much different from previous ones.

It's not flawless, but it's extremely useful for dealing with important matters. This is why Yoga is mentioned in the Vedas, Puranas, Bhagavat Geeta, Mahabharata, and other ancient scriptures. This period is rapidly gaining popularity. In the past, man's life was more easier. Religion and religious conviction served as his guiding. He acted as though everything he did was God's will. Today's man is more agitated and unsatisfied than previous generations. Man does not work and instead relies on machines to do his tasks. Our life's exterior and interior equilibrium is being destroyed. Science has surely ushered in a revolution in man's way of life, but the end result has yet to be satisfactory. Only religion can teach you how to reprogram your brain for appropriate action, behavior, and path. Religion teaches man to regulate himself, to serve others, to comprehend and love others' needs and feelings. These are some of the characteristics that distinguish humans from other animals. Science has affected religion and philosophical beliefs, making human existence more dynamic and complex and restoring societal equilibrium. As a result, it is necessary to establish a harmony between science and religion as well as philosophical ideas, which is only possible when either religion or science is given a scientific or religious form, which both appear to be impossible because science is not ready for some of the things that religion believes to be God, soul, liberation, heaven, hell, and so on, and science is not covered in religion. The discipline that directs the mind and body is growing more popular.

Yoga is a philosophy of life that is founded on intellectual truths and strives to achieve a balance between the body and the mind. Yoga is founded on universal religious concepts. It leads to the acquisition of information that aims to help people achieve enlightenment, self-satisfaction, and self-control. It uses only scientific approaches in all of its processes. As a result, Yoga might be considered a useful science. Religion and science do not conflict, and man does not stay uninformed in the pursuit of his life's aim. Yoga empowers people in this manner.

living a happy and healthy life Yoga brings happiness, coordination, and balance to human existence in this manner. Yoga keeps a person free from animal instincts by waking his consciousness. In today's scientific and complicated culture, yoga is appropriate. Thousands of individuals are ignorant of their internal body problems, and many of them seem healthy and powerful on the outside but suffer emotionally. Lack of physical labor, more food, imbalanced diet, more work, bad habits, a luxurious lifestyle, and so on are some of the effects of contemporary living. Despite all of contemporary life's conveniences and amenities, man's physical and mental health continues to deteriorate. Humans may benefit from material wealth. However, health is the most important basis on which life is built. This is why, in order to stay healthy, the majority of people throughout the globe practice

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Yoga. Some individuals seek to get rid of serious health issues including stress and exhaustion. Yoga is recommended for these individuals. People all across the globe are beginning to think that Yoga may help them heal. Yoga is more beneficial than medications in treating a variety of ailments. Yoga practice will never be considered by someone who believes he can be treated by medications. Many individuals have turned to Yoga to heal problems that had previously been dismissed by conventional medicine. Despite the fact that Yoga has been around for a long time, it is now mostly utilized to cure ailments.

Concept of Yoga

Etymologically, the Sanskrit word 'Yoga' has been derived from the Sanskrit root 'Yuj' which means 'to join', 'to unite', 'to combine', or 'to integrate'. In its broader sense, Yoga means integration at three levels: body, mind and soul. According to the literal meaning Yoga is also called "Samadhi". Samadhi is union of the soul with the pure spirit and the divine. Therefore, the joining of the soul to the divine or the union of a living being with God is called Yoga. For this union the mind has to give up all desires, sensuality etc. Only after doing this can the soul be recognized as pure. It has two forms-

In the first form, the seeker loses his existence completely in God or Brahma. Losing oneself is absolutely the same way that a river joining the sea becomes only the sea.

The second type of Yoga is that which is between God and life. In this, the seeker does not completely lose his existence within the Sadhya or Aradhy Dev, but in part he preserves his existence.

Yoga is viewed as a system of holistic life. It encompasses all facets of human life such as physical, mental, social and spiritual. Yoga converges all these elements into a seamless whole. Bhagavad Gita has elaborated the significance of Yoga as a powerful tool in practical life situations. The scripture posits that Yoga is a state of equanimity at public level, where one can perform one's duties effectively as well as efficiently. This is likely because Yoga practice makes a person redeemed from different forms of stress. The aim of Yoga is not only to develop the muscles and the body but also to regulate the proper activities of all the internal organs and the glands that affect the nervous system and that which control our well-being to a much greater degree than we actually suppose.

For a simple person, Yoga is another form of physical exercise. By doing physical exercises, one can develop only body muscles. But through Yoga, one achieves the conditioning of even all the internal organs like - heart, brain, spleen, liver, lungs, intestines, etc. Apart from these vital organs, through Yoga all the glands, like - thyroid, pituitary and pineal gland of the brain, function better.

Yoga and Education

Yoga education has great importance in Indian religion and philosophy. The need and importance of yoga and yoga education for spiritual progress or physical and mental health have been accepted unanimously and openly by almost all philosophies and Indian religious sects. The importance of yoga and yoga education is universal in Vedic, Jain, and Buddhist philosophies. The importance of yoga-sadhana for transforming it into alternative intellect and nirvikalpa wisdom is widely accepted.

The subject of yoga is undoubtedly one of the oldest and most important components of Indian culture, it originated in the Indus Valley Civilization more than 5000 years ago, it is still a very living tradition in India like earlier generations and its devotees. More than any other human, scientific and technical disciplines, the theory and application of yoga have attracted the attention of people in the rich western countries in recent decades, but till now yoga is not accepted in any schools and colleges of India. It could not be made a compulsory part of the curriculum. This remarkable neglect of yoga from all government instructional programs is a strange contradiction in its native land, which will need a great deal of understanding, as Swami Vivekananda well said 80 years ago when the foundations of modern science and technology were being laid in the West. It was understood that yoga can be developed as a scientific subject and it can also be taught in educational institutions and it will prove to be more meaningful than many other human subjects being run by our present universities.

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Yoga has been an important place of education since ancient Vedic times. There is no single founder of yoga education. But its origin is considered to be from India. The evidence of which is found in the ancient Upanishad Bhagavad Gita and Yoga Sutras of Patanjali. Under the Upanishads, in the Kathopanishad, the five sense organs, eyes, ears, nose, mouth, skin, including the mind, should sit still in the soul or in samadhi posture. That state is called paramgati. That is, controlling the senses and preventing mental activities. Still, there is no concrete evidence about meditation in ancient texts. The entire universe is formed by the union of elements like earth, fire, air, water, and sky. There is one element at the root of these five elements which is present everywhere, that is Prana.

The Buddhist texts are the oldest texts describing the practices and states of meditation that developed during the time of Buddhism. Yoga is the oldest expression of thought in the Buddha's early teachings. A new teaching method of the Buddha was to combine meditation with practice. According to the Buddha, the state of meditation is not the only end, but the realization is attained in death. He considers it salvation.

According to the Bhagavad Gita, yoga is a means to get rid of sorrows, sufferings, and pains. The

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practice of yoga controls the mind. Due to which a person feels bliss in himself by realizing the truth. Shri Krishna has said in the Gita - Yoga brings efficiency in actions.

According to Maharishi Patanjali, yoga means the cessation of chittvritti or a controlled mind. Yoga education is the sequence of physical, mental and spiritual development. The main objective of yoga education is to prepare the body for attaining mental peace for the attainment of the Supreme Brahman. Maharishi Patanjali has prescribed Ashtanga Yoga for the welfare of human beings. Among them, the Yamas, Niyama, and Asanas come under Bahiranga Yoga which is helpful in calming and purifying the body and mind. Dhyana, Dharana, and Samadhi come under inner yoga. Which are the means of self-realization and attainment of Kaivalyananda. Pranayama acts as a bridge between inner and outer yoga. If the body is to be healthy and disease-free, then it is possible only through Pranayama.

The importance of yoga education is increasing in the present modern era. The reason for its increase is the busy life and anxiety of the mind. Modern man today needs more yoga and yoga education. While the mind and body are under extreme stress, the environment has become diseased by the life of pollution. The modern distressed chit or mind has deviated from its center. There was no balance between his being introverted and extroverted. Most of the extroverts take pleasure in living a life that has resulted in relationship tension and a disorderly lifestyle. The importance of yoga and yoga education has also increased because the human race has to progress further, then yoga has to be learned and for that, it is very necessary to take yoga education. To go to space, to discover new planets, to spend a long time in space keeping body and mind healthy and balanced, then science has to understand the importance and importance of yoga education and yoga.

Yoga is psychology in which it is taught to restrain the mind and draw it from animalistic instincts. The success of life, in any field, also depends on a balanced mind. Mindfulness refers to the concentration of the mind on a single object at a time. Such is the nature of the mind by practicing for a long time. It is very difficult in the beginning to practice such a practice that the mind should remain focused while thinking or doing any work, but when it becomes such a nature while doing the practice, then there is great happiness. Not being able to think properly and coherently or to do any work in a good way is due to the restlessness of the mind in thought and action. Students know that nothing can be learned if the mind is not stable and workers know that nothing can be done with an unsteady mind. Many students fail in university examinations every year, the reason for this is that they do not have the power to concentrate their mind on studies. The same is true of failures in worldly matters. Unless a man is engrossed in his subject matter or causal work, he cannot get success in it.

Currently Yoga science has taken the form of a mass movement. The central and state governments are making their full contribution in this. The ministry of health has established "Yoga and naturopathy research institute" for the promotion of Yoga science. Which headquarter in

Delhi. It provides grants for research and promotion in Yoga science. Undergraduate, postgraduate, diploma and research program in Yoga education have been started by many universities of the country. Dr. Harisingh Gaur university sagar is first to started a Yoga science department in 1959. Today, Yoga is formed and working in many states for public health and education.

In the 21st century Yoga is entering all spheres of daily life as science. On 11 December 2014, 193 member countries of the United Nations General Assembly unanimously resolved to celebrate International Yoga Day on 21 June.

Importance of Yoga

In ancient times, Yoga was considered only for the ascetics or seekers of the path of salvation and for the practice of Yoga, these seekers had to leave the house and go to the forest and live in solitude. For this reason, Yoga practice was considered very rare, due to which belief was formed among people that this Yoga is not for social individuals. As a result, this Yoga technique gradually disappeared. But for the past few years, people suffering from increasing tension, anxiety and competition in the society, got many benefits from this secret Yoga and Yoga science once again started becoming popular in the society. Today not only in India but also in the whole world, many research works are being done on Yoga and it is benefiting from it. The special thing in this propagation of Yoga is that here, as much as this Yoga was useful for the path seeker of the Moksharga, it is equally important for the ordinary man. In today's modern and development era, Yoga has special significance in many areas. It is mentioned below-

- **In field of health:-** at present Yoga is being used in the health sector not only in India but also abroad. With the positive result of many research on Yoga in the field of health, this Yoga science has got a new identity again. Today the world health organization has also recognized that in the current fast spreading psychosomatic diseases, Yoga is particularly effective. The WHO believes that Yoga is a systematic and scientific lifestyle. Which can be avoided by adopting many types of life-threatening diseases.

The Shatkarma which comes under Yoga leads to easy removal of accumulated toxins in a person's body. The practice of the Yoga asana increases flexibility in the body and blood circulation in the veins is smooth. By doing pranayama the person's body increases the power of life. Simultaneously, complete carbon-dioxide is expelled from the body. Apart from this pranayama provides stability of mind which helps the seeker to meditate and can achieve a healthy mind.

In the field of disease treatment:- undoubtedly, in this era of competition and luxury, many diseases have been born, on which special benefits can be seen from Yoga. Due to this positive effect of Yoga on diseases, it got propagated again. One special thing in the field of medicine is that while another allopathy has many side effects, Yoga is a harmless method. Today not only in the

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country but also abroad, many health related organizations are doing different types of research work on Yoga therapy. Today, asthma, high blood pressure, heart disease, rheumatism, diabetes, obesity, anxiety, depression etc. are being effectively treated and many people are benefiting from this.

In the field of sports:- Yoga also has a special significance in the field of sports. In various types of sports, players help Yoga daily to increase their skill, ability and capacity. Yoga is where the stress level in the player decrease. On the other hand it had concentration of players and also increases physical ability. Players practice Yoga daily to bring flexibility in the body. Even now there are many research on the Yoga effects in sports on government expenditure for the players, which are proving the importance of Yoga in the field of sports.

In the field of education:- increasing stress on children in education is being reduced by Yoga. Children are being strengthened not only physically but also mentally by practicing Yoga. Yoga is taught daily in physical education in school and colleges. By practicing Yoga-meditation, mental stress can be reduced in the students. Along with this, special positive effects are being seen on the concentration and memory power of Yoga students. Today computer science, psychology and management students can also be seen controlling stress through Yoga. Another reason for the increasing trend of Yoga in education is its positive impact on moral life. Nowadays, Yoga is being resorted to restore moral values falling in children. Our behaviour and duties with others are taught in Yam which comes under Yoga. At the same time, under Niyam children are being taught to discipline in themselves. Scholars around the world have recognized that the practice of Yoga would lead to moral development, not just physical and mental. That is why Yoga is being taught as a compulsory subject in school today.

Family importance:- the family of an individual is an important unit of society and the family institution is the foundation for the development of the individual. It is known from many positive results from Yoga that this education also awakens family values and beliefs in a person. Practices of Yoga develop the qualities of love, intimacy, affinity and virtue in a person and these qualities are undoubtedly the cornerstone of a healthy family. Presently the decreasing joint family system and increasing single family system has given rise to many kinds of problems. Today the person is becoming insensitive, intolerant, angry, selfish, which is weakness the roots of the family. But by practicing Yoga, such vicious tendencies are automatically eliminated. In Indian scriptures, even the householder life has been given the special significance of life in the name of the Yoga. Ahimsa, Satya, Asteya, Brahmacharya, Aparigraha, Tap, Swadhyaya, and Ishwar Pranidhan are guided in Yoga science, create and enrich the family atmosphere.

Social importance:- there is no doubt that a healthy citizen makes a healthy family and a healthy and cultured family creates an ideal society. Therefore, the direct importance of practicing Yoga can be seen in the uplift of society. Social activities both the physical and mental aspects of a person. Generally, in

this era of competition, social activities are having a negative effect on a person. The person is growing without hesitation towards the tendency of violent, militant believers and corruption to earn money and cherish the means of luxury. Yoga are giving new creative and peaceful direction to the society. The principle of Karma Yoga is based on complete sociality. All be happy, all are healthy. With this purpose, people are giving a new direction to the society.

Financially importance:- on a direct view, the importance of Yoga from an economic point of view may seem secondary, but on a microscopic view, it is known that there is a direct relation of Yoga education at the economic level in human life. On the basis of the "Pahlasukhnirogikaya, baadmeiskedhanormaya" described in the scriptures, Yoga experts have considered the first money is healthy body. A healthy person can develop his means of income. At the same time, with more diligence, a person can also increase his income. On the other hand because there is no disease in the body, there is no cost for the treatment of the person. Yoga along with the increase of concentration in a person also increase his work capacity. Now-a-days, through Yoga asana, big industrialists and famous people of the film world can be seen increasing their work capacity. While Yoga has its special importance from a more economic point of view, on the other hand Yoga instructors working in the field of Yoga are also earning money from Yoga. Today many Yoga centers are running not only in the country but also abroad, out of which Yoga is taught by paying fees. At the same time hundreds of tourists from abroad come to India every year and get Yoga training which is giving special benefit to the financial world.

In the spiritual realm:- since ancient times, Yoga has been used for spiritual development. The sole purpose of Yoga is to attain the state of Samadhi through union of the Atma Paramatma. Knowing this meaning, many seekers achieve the path of salvation and liberation through Yoga practice. Under Yoga, the Seekers cross the phase of Yama, Niyam, Asana, Pranayam, Pratyahar, Dharna, Dhyana and Samadhi can be achieved the kaivalya.

Importance of Yoga for students:- Yoga education is a very important basis of the life of the students, the inclusion of mental, physical, and intellectual abilities from childhood is very useful to make the life of a person progressive. In today's era of progress, it has become very necessary to know the area of the person's body, mind, and actions. There are variety of positive outcomes of Yoga for learners and various other peoples. Some of the benefits of Yoga to students—

De-stress students- Student faces a lot of depression and stress due to a variety of reasons such as family pressure financial pressure or any other depression. Yoga is one of the best ways to eliminate all your pressure. Yoga keeps all your depression away and keeps your mind fresh.

Concentration and Sharpness- Yoga helps in increasing the sharpness of your brain and your

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concentration power. It helps you in relaxing your mind and provide you more peace of mind.

Strength - Strength is required by your body to fulfil all the day activities appropriately. Especially young students need a lot of strength as they are overloaded with lots of tasks. Therefore, Yoga helps in building your strength and gives you power.

Health benefit - Medically proved Yoga have various medical benefits. A lot of disease can be improved by doing Yoga daily. It helps to reduce a great hypertension among students.

Advancement of educational brain- Doing Yoga regularly helps in advancing your brain muscles and helps students to score highest grades. Hence Yoga helps learners to stay relaxed and stress free from all the depression and academic tensions which is beneficial in academic advancement.

Enhances power and memory- Yoga is the power for all the students that helps in enhancing their memory and provides them more energy and power.

Increase focus - Student can enhance their focus and concentration with the help of Yoga. A student can receive multiple benefits with the help of Yoga.

Reduce conflicts - Yoga may also help students get along better with one another, which fosters a more positive learning environment. Yoga may teach students to better manage their emotions and reactions as well as to respect the feelings and emotions of others.

It is clear from looking at the different importance of Yoga that Yoga is a truly scientific lifestyle, which has a profound effect on each side of our life. For this reason, Yoga is not limited to ascetics, but has become the ideal method for the whole society and every person. Today it has become certified as a well-organized and scientific lifestyle. Every human being is seen adopting Yoga method in order to maintain his health, for treatment of diseases, to increase his work capacity, stress management, treatment of psychosomatic diseases etc. The increasing demand for Yoga in television programs every day proves that Yoga has become an integral part in present life which has been said in "Yogashikopnishad" about the popularity and importance of Yoga- There is no virtue like Yoga, no welfare like Yoga, no power like Yoga, nothing is greater than Yoga, in fact Yoga is the greatest Ashram in life.

Importance of yoga education in the life of teachers:-

Role of Yoga in Mental Balance - Whenever teachers do very hard teaching and do not get the expected results, then the teacher's mind becomes depressed and anxious. Yoga plays an active role in getting rid of that sadness and anxiety.

Yoga in Memory and Learning Ability - In yoga practice, when we do asanas and pranayama, our breath becomes longer and deeper, then we focus our attention on the focal point and yoga proves helpful in remembering that subject.

Role of Yoga in Emotional Balance - The teacher has an important role in the field of education. Teachers have to adjust themselves with

society. There is an imbalance in our minds regarding students, friends, co-teachers, and other social work, Yoga is the only means through which constant practice of emotional balance can be achieved.

Role of Yoga in Stress, Anxiety, and Other Disorders - Many types of stress arise in the minds of teachers during school teaching. One should do yoga to reduce anxiety. If the teacher includes yoga in his regular routine, then such unwanted tensions can be controlled. Yoga is one such tool that frees the tensions and worries of the teachers.

Aims and Objectives of Yoga

Yoga is the art of living means and science. It has an important place in human life. Knowledge is given importance in its practice and principles. Spiritual and material development is possible through this. Yoga is also discussed in the vedas puranas. It is proven that this learning has been considered very special since ancient times.

If we look at different disciplines of Yoga, then you find that the purpose of Hath Yoga is to completely subdue the deflection caused by the gross body which annoys the mind.

If we pay attention to Ashtanga Yoga, we find that removing the factors of malice, greed, attachment, anxiety etc. is the basic objective of Yama and Niyama.

It involves the well-ordered identification, position and analysis of documents containing details related to the research problem. The review of related literature means to locate, to read and to evaluate the past as well as the current literature of research concerned with the planned investigation. The major purpose of reviewing the literature is to determine what has already been done that related to one's problems. Another important function of review is that to specify research plans and particular mechanism and determined devices that have and have not been found to be productive, in investigating one's problem. Being familiar with previous research also facilitates interpretation of these results of the study.

Review of related literature leads us to establish course and effect and helps to analyse various inputs and place them in structural order. This helps to place establish certain thrust lines and bases so that important conclusion can be drawn, survey of related literature helps us to show whether proof already available to solve problem appropriately without further exploration. This may save duplication of the exploration by providing aims, proposals, conjectures and explanations precious in formulating the problem and may suggest method of research appropriately. Finally, these reviews give information, which can either support or challenge the conclusions of the investigations research and therefore provided clues for later research.

Meaning & Definition of Review of Literature

A literature review is a body of text that aims to review the critical points of current knowledge including substantive findings as well as theoretical and methodological contributions to a particular topic. Literature reviews are

secondary sources, and as such, do not report any new or original experimental work. Also, a literature review can be interpreted as a review of an abstract accomplishment. Review of

related literature literally means reviewing already acquired knowledge in a detailed and completely connected way.

According to Best, “A familiarity with the literature in any problem area helps the students to discover what is already known, what others have attempted to find out, what methods have been promising and disappointing and what problems remain to be solved.”

According to Cooper, a literature review uses as its database reports of primary or original scholarship, and does not report new primary scholarship itself. The primary reports used in the literature may be verbal, but in the vast majority of cases reports are written documents. The types of scholarship may be empirical, theoretical, critical or methodological in nature. Second a literature review seeks to describe, summarize, evaluate, clarify and integrate the content of primary reports.'

According to Charter V. Good, “The key to the next storehouse of published literature may open doors to sources of significant problems & explanatory hypotheses & provide helpful orientation for the dysfunction of the problem, background for selection of procedure and comparative data for interpretation of results”.

Importance of Review of literature

The importance of the review of related literature has been recognized by all the researchers. The status of any research problem can be assessed only in relation to their knowledge of what has been done earlier because to start without going through the available previous literature is obviously imprudent and wasteful groping in the dark.

In the words of Good, "The key to the vast storehouse of published literature may open the doors to sources of significant problems and explanatory hypotheses and provide helpful orientation for definition of the problem, background for selection

of procedure and comparative data for interpretation of results, in order to be truly creative and organs, one must read extensively and critically as a stimulus to thinking".

Good, Barr and Scates analyse the following purposes of the survey of related literature:

- To provide ideas, theories, explanations or hypotheses valuable in formulating the problem.
- To suggest methods of research appropriate to the problem.
- To locate comparative data useful in the interpretation of the results.
- To avoid the risk of duplicating the same study already undertaken.
- To contribute the general scholarship of the investigator.

Studies Conducted in India

Chandran, et.al. (2021) studied the “Analysis of the effect of yoga practice on anxiety during the COVID-19 pandemic”. The objective of this study was to analyse the effect of yoga practice on anxiety experienced by people during the COVID – 19 pandemic period. It was conducted among 220 randomly selected yoga practitioners having minimum of six months yoga practice from Kozhikode District of Kerala, India through a

questionnaire containing the GAD-7 anxiety scale (Spitzer *et al.*, 2006). Data was analysed as frequencies and scores using statistical techniques. The results reveal that even though anxiety has increased during the COVID-19 pandemic period when compared to before its occurrence, yoga has helped the practitioners in managing it. In the previous month of yoga practice, which is during the pandemic period, a total of 67.8% male and 55.6% of female yoga practitioners report either anxiety less than half of the time or no anxiety at all. Sex and the level of anxiety of the yoga practitioners before the pandemic significantly influence the anxiety experienced by them during the pandemic period. The results of the study indicate the usefulness of yoga practice to reduce the anxiety of people during the pandemic period, which may otherwise lead to psychosomatic disorders, if the pandemic continues and increases in severity in the days to come.

□ **Sahni, et.al. (2021)** studied on “Yoga an effective strategy for self-management of stress-related problems and wellbeing during COVID-19 lockdown: A cross-sectional study”. This cross-sectional research aims to study the effect of yoga practice on the illness perception, and wellbeing of healthy adults during 4–10 weeks of lockdown due to COVID-19 outbreak. A total of 668 adults (64.7% males, M = 28.12 years, SD = 9.09 years) participated in the online survey. The participants were grouped as; yoga practitioners, other spiritual practitioners, and non-practitioners based on their responses to daily practices that they follow. Yoga practitioners were further examined based on the duration of practice as; long-term, mid-term and beginners. Multivariate analysis indicates that yoga practitioners had significantly lower depression, anxiety, & stress (DASS), and higher general wellbeing (SWGB) as well as higher peace of mind (POMS) than the other two groups. The results further revealed that the yoga practitioners significantly differed in their perception of personal control, illness concern and emotional impact of COVID-19. However, there was no significant difference found for the measure of resilience (BRS) in this study. Yoga practitioners also significantly differed in the cognitive reappraisal strategy for regulating their emotion than the other two groups. Interestingly, it was found that beginners—those who had started practicing yoga only during the lockdown period reported no significant difference for general wellbeing and peace of mind when compared to the mid-term practitioner. Evidence supports that yoga was found as an effective self-management strategy to cope with stress, anxiety and depression, and maintain wellbeing during COVID-19 lockdown.

Today there is competition, struggle and complex in every field due to which stress, loss of values, aggression, frustration, failure in life etc. are increasing among the students. Yoga should be included in the education system to diagnose these trends in students. Therefore, Yoga education is included in the curriculum. Yoga can be emphasized in the school along with keeping them in mind of the student's healthy as well as physical development.

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