

## A STUDY OF THE IMPACT OF THE YOG PARICHAY COURSE ORGANIZED BY JANARDHAN SWAMI YOGABHAYSI MANDAL, NAGPUR FOR SNTD WOMEN'S UNIVERSITY GRADUATE STUDENTS

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### Introduction:

Yoga is recognized for its potential to enhance physical, mental, and emotional well-being. With increasing stress and academic pressures, many universities have started incorporating yoga into their curricula to support holistic student development. The Yog Parichay Course, organized by *Janardhan Swami Yogabhaysi Mandal, Nagpur*, for SNTD Women's University (WU) graduate students, is a focused intervention aimed at improving students' overall well-being through structured yog education. This research seeks to explore the course's impact on the 80 graduate students in terms of physical health, mental well-being, academic performance, and overall life satisfaction.

Despite the widespread integration of yoga into educational institutions, there is limited empirical research evaluating the specific outcomes of such programs. In particular, little is known about how yoga courses affect female graduate students' physical health, mental state, and academic success. This study has assessed how participation in the Yog Parichay Course impacts these areas for SNTD WU students.

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### Objectives of the Study:

1. To assess the physical health benefits experienced by students participating in the Yog Parichay Course.
2. To evaluate the influence of the course on students' mental health, particularly focusing on stress, anxiety, and emotional stability.
3. To explore the course's impact on academic performance and cognitive functions, such as concentration and focus.
4. To gauge the overall satisfaction and perceived value of the course from students' perspectives.

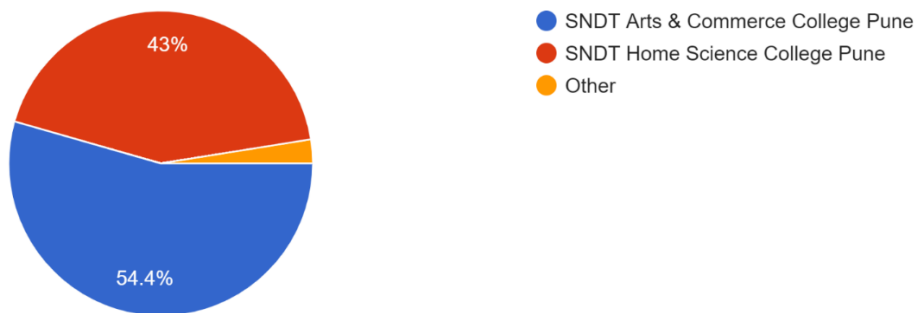
### Significance of the Study:

This study has provided insights into the impact of yoga education on graduate students, particularly its role in enhancing physical health, reducing stress, and improving academic performance. The findings can help shape future wellness programs in educational institutions, promoting holistic development alongside academic success.

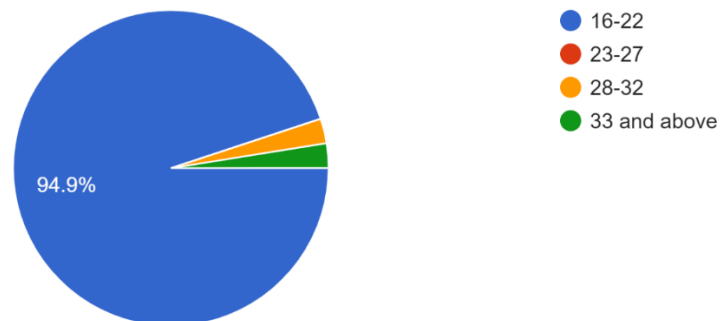
**Ethical Considerations:**

Participants has fully informed about the purpose of the study, and their consent will be obtained prior to data collection. Confidentiality of the participants' data will be maintained throughout the research process.

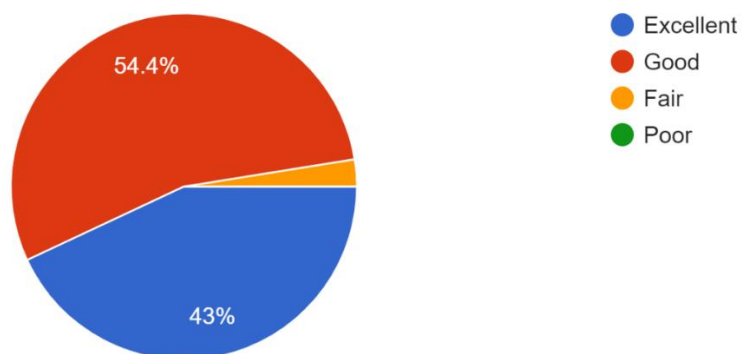
**Name of the College:**



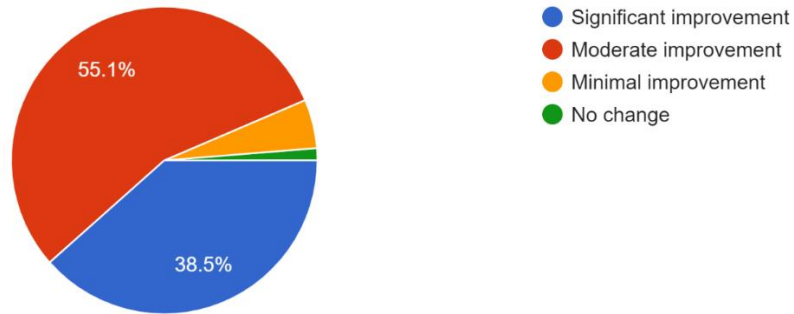
**Age Group of Participants:**



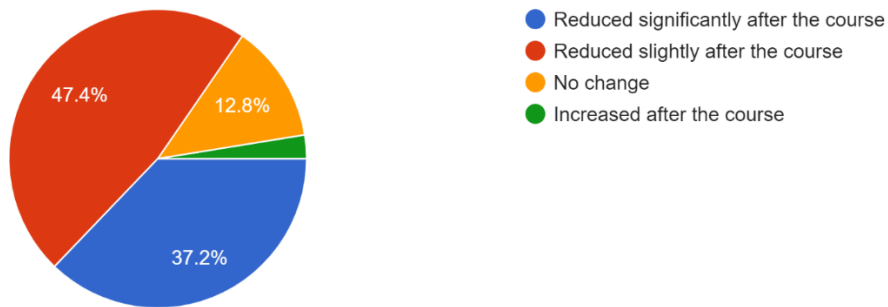
**Effect on Physical health after Course:**



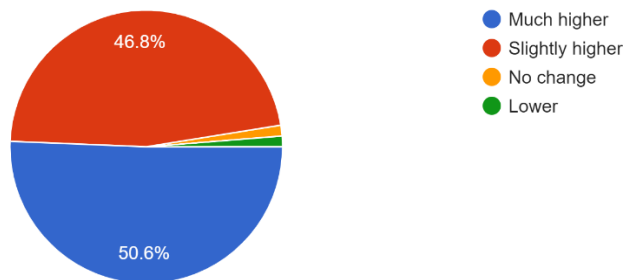
**Physical Flexibility since attending Course:**



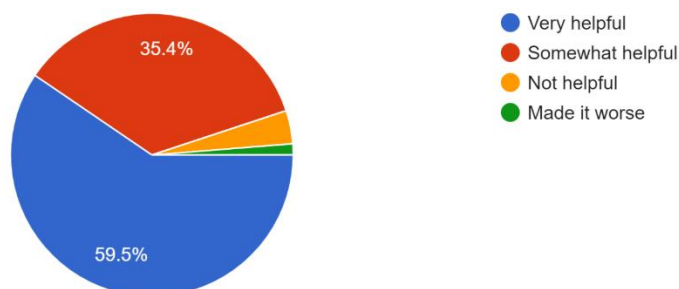
**Physical pain or discomfort before and after Course:**



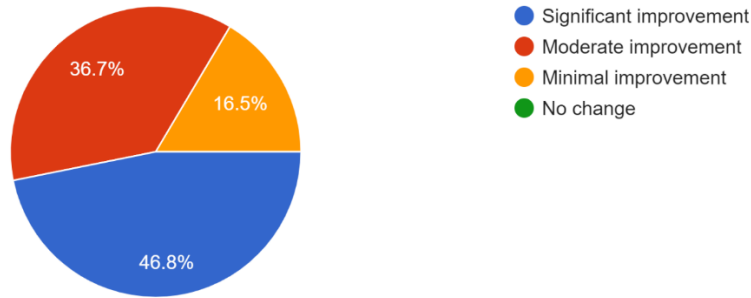
**Energy Levels Throughout the day after the Course:**



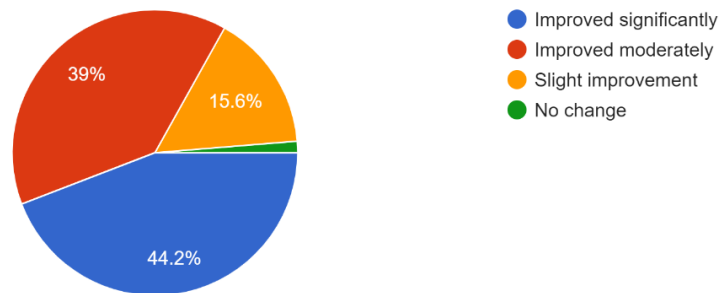
**Managing anxiety or emotional tension:**



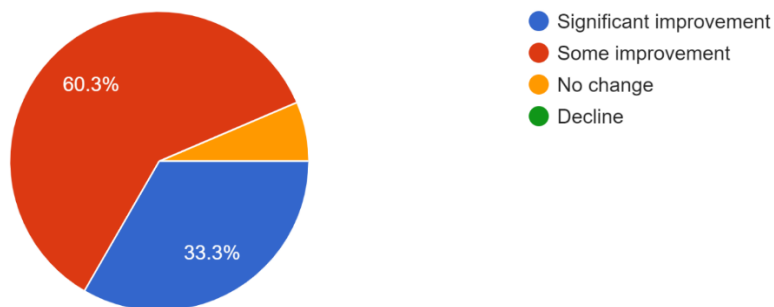
**Mental clarity & focus after completing Course:**



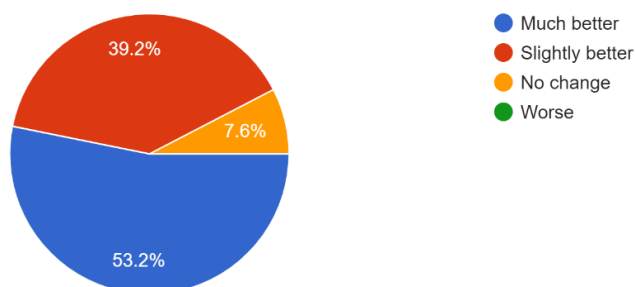
**Concentration and focus on Academic tasks after Course :**



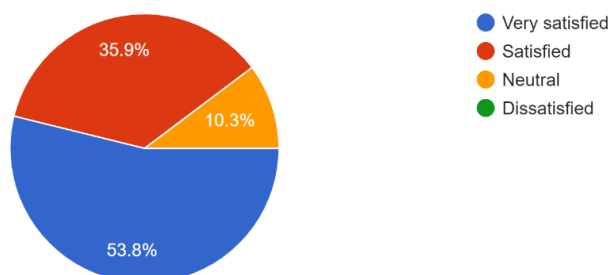
**Academic Performance after the Course:**



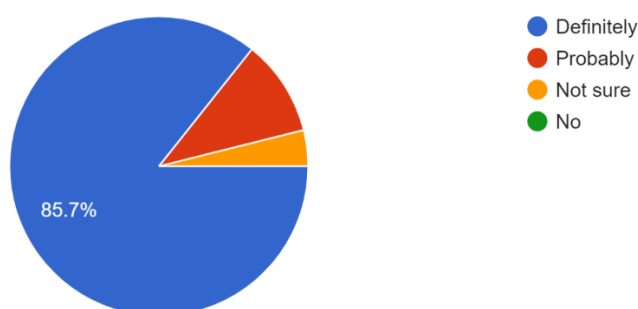
**Management Academic stress completing the Course:**



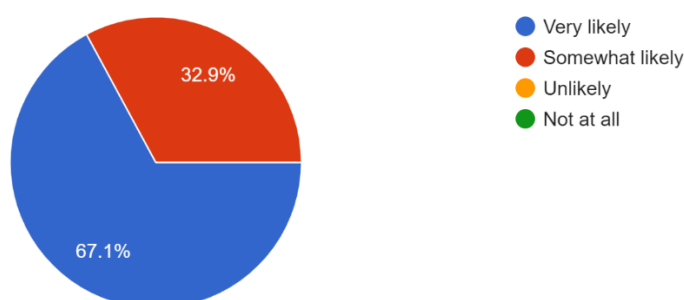
### Satisfaction with overall content and Structure of the Course:



### Recommend the Yog Course to other students



### To continue practicing yoga regularly after completing the Course:



### Major Findings of the Study:

- ❖ **Improvement in Physical Health:** A significant percentage of students reported enhanced physical flexibility and reduced physical discomfort (e.g., back pain, joint pain) after completing the Yog Parichay course. Many participants experienced increased energy levels, with the majority indicating that they felt more physically active and less fatigued throughout the day.
- ❖ **Reduction in Stress and Anxiety:** A major finding was the reduction in stress and anxiety levels among students. A large proportion of participants reported feeling calmer and more emotionally balanced after the course. The course also helped students improve their ability to manage emotional tension, with mindfulness and breathing exercises proving particularly effective.

- ❖ **Enhanced Mental Clarity and Focus:** Many students observed a significant improvement in mental clarity and focus during academic tasks after the course. This included better concentration and the ability to maintain attention for longer periods. Participants reported feeling more in control of their thoughts, contributing to better academic performance.
- ❖ **Positive Impact on Academic Performance:** There was a noticeable improvement in academic performance for a majority of the students, with many attributing this to better concentration, stress management, and an improved ability to stay focused during study sessions. - Some students reported that their grades had improved slightly, while others noted enhanced efficiency in completing academic tasks.
- ❖ **Increased Mindfulness and Daily Yoga Practice:** A significant number of students continued practicing mindfulness and yoga techniques learned in the course, with many incorporating them into their daily routine. Breathing exercises and meditation techniques were frequently cited as the most useful practices adopted post-course.
- ❖ **High Satisfaction with the Course:** The majority of students expressed a high level of satisfaction with the content and structure of the Yog Parichay course, finding it to be well-organized and impactful. Most participants believed that the course would have long-term benefits for their personal and professional lives, particularly in terms of stress management and maintaining physical health.
- ❖ **Future Yoga Commitment:** A large proportion of students indicated they were very likely to continue practicing yoga after completing the course, showing a strong commitment to maintaining the benefits experienced.
- ❖ **Holistic Personal Development:** Beyond physical and mental health improvements, many students noted that the course promoted a sense of holistic well-being.

#### **Bibliography:**

- Davis, D. M., & Hayes, J. A. (2011). *What Are the Benefits of Mindfulness? A Practice Review of Psychotherapy-Related Research. Psychotherapy, 48(2), 198-208.* - *The mindfulness aspect of yoga will be explored in relation to stress reduction and mental well-being, with this paper providing key insights.*
- Brown, K. W., & Ryan, R. M. (2003). *The Benefits of Being Present: Mindfulness and Its Role in Psychological Well-Being. Journal of Personality and Social Psychology, 84(4), 822-848.* - *The connection between mindfulness, yoga, and psychological well-being is explored in this foundational paper, which supports the mental health component of the research*
- Khalsa, S. B. S., & Cope, S. (2006). *Yoga as a Therapeutic Intervention: A Bibliometric Analysis of Published Research Studies. \*Indian Journal of Physiology and Pharmacology, 50(4), 289-304.* - *This study provides a comprehensive review of the therapeutic benefits of yoga, which will be useful for understanding the potential impacts of the Yog Parichay Course.*
- Nagendra, H. R., & Nagarathna, R. (2001). *Yoga for Promotion of Positive Health. Swami Vivekananda Yoga Prakashana.* - *This book explores how yoga promotes positive health outcomes, offering a holistic view that will support the study's theoretical framework.*

- Ross, A., & Thomas, S. (2010). *The Health Benefits of Yoga and Exercise: A Review of Comparison Studies. Journal of Alternative and Complementary Medicine, 16(1), 3-12.* - This review will inform the physical health assessment part of the research by comparing the benefits of yoga to other forms of exercise.
- Smith, C., Hancock, H., Blake-Mortimer, J., & Eckert, K.(2007). *A Randomized Comparative Trial of Yoga and Relaxation to Reduce Stress and Anxiety. Complementary Therapies in Medicine, 15(2), 77-83.* - This article provides a comparative analysis of yoga's effect on stress and anxiety, relevant to this study's mental health objectives.
- Woodyard, C. (2011). *Exploring the Therapeutic Effects of Yoga and Its Ability to Increase Quality of Life. International Journal of Yoga, 4(2), 49-54.* - This paper discusses how yoga can improve quality of life, offering a foundation for examining the mental and emotional benefits of yoga among students.

**Cite This Article:**

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