



Comparison of Various Yoga Activities for Students Of Different Branches of University.

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University is largest form of society. If welfare schemes will be implemented in the University, then the society will also benefit. Therefore, to raise the health level of the society. It is necessary that an effective program of health education and yoga education be implemented in the University. There is enough truth in this statement that “a healthy brain resides in a healthy body”. Therefore, if the brain of the students is to be strengthened, then it is necessary that the body is also strengthened. If the student is healthy and wealthy, then his mind will take enough to read and write, and he will also be able to do enough mental labour. If health education will be provided to the students and they are made aware of the rules of health and yoga practices, then they will be aware of their health and will not have any inconvenience in doing labour.

The society expects its teachers to send their students to university, that we should make efforts to develop mental, emotional, cognitive, spiritual, social and moral and personal values of their students. Formal education is imparted to students in University for this type of development. Many University have made arrangements for intellectual development, physical education, sloka, physical training etc., sports activate for all round development of students. But only by subject study and physical education, the body development of students will be in a certain direction; nothing can be said as such.

For the development of personal values for the development of moral values and social upliftment of students, giving “Yoga education” is also important today. Physical and mental development is done by yoga. Mental stability is achieved through yoga. Along with the physical health of yoga, the mind of the seeker is positive, pure and introverted. This increases moral and personal decision making abilities. With the practice of meditation, silence, posture, etc., the senses and the senses develop with a positively and all this is possible only through yoga.

Rites can be developed through yoga. Only after creating good values in students, moral and personal values are created in them. In every person or students, stress, feeling of ego, anger and some inferiority are affected by it. All these can be taken out by yoga.

Importance of problem

Ever since human was born on this earth, he has needed yoga. From time immemorial, man uses yoga to develop his spiritual, physical or mental powers. In the old times, when there was no hospital, man used to use yoga to keep his body curvy and healthy. In today’s modern and technology era, think about the need of yoga, there are many areas where yoga is integral.

Yoga education is a boon in today’s busy, struggling and stressful life. Yoga education is useful for physical and mental health in the true sense Today, in the University, for the all-round development of students; physical intellectual, mental etc. should be treated along with how their education is not given. For this, moral and personal values should be established in the students.

Solving the problems of students by yoga

If the students follow these instructions before practicing yoga, then they will be able to protect themselves from any harm. Before Yoga Sana, keeping the stomach and intestines completely empty does not cause any problem to any part of the stomach. The elasticity of the waist is also highest in the empty stomach. Necessary treatment is obtained for digestion. People whose routine is irregular, there is no fixed time for food and sleep, mental stress remains throughout the day, such people often have constipation.

Selection of sample

Questionnaire Distribution and Receipt 150 students who did yoga in different branches of ITM (SLS) Baroda University, Vadodara and students who did not do yoga were included in the sample. All of the given questionnaires were returned by filling out the questionnaire. Delivery and receipt is shown in the table.

Research methods or action plans

Questionnaires are used in the presented research paper. Questions have been asked from the students through questionnaire by survey method and the students have answered according to their ability. Thus, the hypothesis is concluding by collating the data.

Table: 1

**University students are taking yoga education
And not taking yoga education**

Sr. No.	Name of Branches	Students are taking yoga education		Students are not taking yoga education	
		Students (Male)	Students (Female)	Students (Male)	Students (Female)
1	ITM University of Engineering & Technology	25	-	25	-
2	ITM University of Architecture	-	50	-	50
3	ITM University of B.Pharm	25	-	-	25
4	ITM University of BBA	25	-	25	-
5	ITM University of BCA	-	25	25	-
	Total - 300	75	75	75	75

Statistical used

The percentage of data obtained in the statistical used is derived and the mean. Standard deviation is used.

Conclusions and suggestions

1. Physical development of students takes place through yoga.
2. There is emotional coordination among the students through yoga.
3. By doing yoga, students mental development.
4. By doing yoga, the students' inclination towards spirituality increases.

Suggestions

1. Parents should tell their Students girls when to sleep, when to get up and do yoga, what to eat, what not to eat.
2. To make yoga education more interesting for University, College and Institute principals and teachers, auxiliary education material should be used more and more.
3. Students, whether in University, Institute or College are not spared from the stresses and pressure to life there is the peer pressure to fit in, and it does not matter that higher education Institutions are composed of brilliant minds; hence there is the need for a learner to excel in their academic.

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