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RESEARCH ARTICLE

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A STUDY ON AWARENESS OF YOGASANAS AMONG THE TEACHES IN HYDERABAD DISTRICT

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ABSTRACT

The practice of yogasanas has been recognized for its numerous benefits, including improved physical health, mental clarity, and emotional stability. Despite these well-documented advantages, there remains a significant gap in the awareness and practice of yogasanas among teachers and educators. Teachers and educators play a crucial role in shaping the minds and lives of students. Their well-being directly impacts their ability to perform effectively in their professional roles. By promoting the practice of yogasanas, we can potentially improve their overall health, reduce stress levels, and enhance their teaching efficacy. In this context to know the awareness level among the teachers the study was conducted by using online questionnaire, a research tool was adapted consisting of 24 questions and approval taken from Subject experts. The data was collected from the teachers who are working in special schools of Hyderabad District. The study findings reveal that overall 54.05 % of teachers having awareness of yogasanas. Hence there is a need of more awareness among the teachers.

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INTRODUCTION

The role of teachers in shaping future generations is critical, yet often overlooked is the profound impact that their own well-being has on their effectiveness in the classroom. With the increasing demands of modern education, many educators experience high levels of stress, fatigue, and burnout, which can hinder their ability to engage students and create a positive learning environment. As such, promoting mental and physical well-being among teachers has become essential. Yogasanas, or yoga postures, offer a holistic approach to well-being, integrating physical activity with mindfulness and stress reduction techniques. Emerging research indicates that regular practice of yogic techniques can enhance physical health, improve emotional resilience, and foster a more focused healthy mind-set. However, awareness and understanding of these practices among educators remain limited. This study aims to explore the awareness of yogasanas among teachers and the potential benefits of incorporating these practices into their daily routines. By investigating current perceptions, barriers to practice, and the overall impact on teaching efficacy and personal well-being, this research seeks to provide insights to the policy making and program development within educational institutions. Ultimately, fostering a culture of wellness through yogasanas may not only enhance teacher quality of life but also positively influence

student outcomes, creating a more dynamic and supportive educational environment.

Aim: To know the awareness of Yogasanas among the teachers who are working in schools in Hyderabad District.

REVIEW OF LITERATURE

Sofianoor (2015) conducted a study on "Yoga-its awareness and benefits on health" by explores the benefits of regular yoga practice over three months for chronic diseases. It is found significant improvements in joint pains, lower back ache, obesity, stress, and digestive issues. However, awareness of yoga's health benefits among participants was low. Data was collected from yoga centers in Kakinada using a pretested questionnaire, and results were analyzed statistically. The findings suggest that yoga can be a valuable complementary therapy for chronic conditions. However, there is a need for increased public awareness and further research to substantiate these benefits. Integrating yoga into conventional healthcare could enhance treatment outcomes for chronic diseases. More rigorous studies are needed to strengthen the evidence. Neha P Gothe NP et al (2019) conducted a study on "Yoga Effects on Brain Health: A Systematic Review of the Current Literature by Yoga", stated that an ancient practice rooted in Indian philosophy as well as it

the most popular complementary health approach in the U.S. It combines physical postures, rhythmic breathing, and meditation, offering a holistic mind-body experience. Recent studies highlight yoga's benefits for brain structure and function, particularly in the hippocampus, amygdala, prefrontal cortex, cingulate cortex, and brain networks like the default mode network (DMN). These findings suggest yoga may help mitigate age-related and neurodegenerative declines. Dr. Narayanaswamy. M (2022) conducted a study on awareness of yoga among B.Ed. student teachers in Bengaluru City using a descriptive research method. The sample includes 120 B.Ed. students from private aided and unaided institutions in Ramanagara and Bengaluru Districts affiliated with Bangalore University.

The Yoga Awareness Scale (YAS) by Chethan S. and Dr.Narayanaswamy M. (2022) was used to measure awareness. The YAS showed high reliability with a split-half method corrected by Spearman-Brown formula (0.81) and test-retest method (0.75). Data analysis was conducted using an independent 't' test at 0.05 significance level. The study found that yoga awareness among student teachers was influenced by various factors, including gender, type of institution, year of course and medium of instruction. It recommends integrating yoga into the Teacher Education curriculum, with institutions providing trained faculty and mandatory yoga classes to promote mental clarity, strength, and a healthier lifestyle.

Response rate of questionnaire / Data Analysis

S.No	Questions	No. of correct respondents	Percentage of correct response
1	Which of the following is benefited from TADASANA	32	40
2	What does the term Tadasana translate to --	51	63.75
3	What is the main focus point for maintaining balance while performing Vrikshasana	32	40
4	Which of the following is benefit of practicing Vrikshasana	43	53.75
5	What is the other name of Pada- Hastasana	36	45
6	How should the elbows be positioned in ArdhaChakrasana	35	43.75
7	What does "Ardha" mean in the context of ArdhaChakrasana?	62	77.5
8	In Trikonasana, what does the term "Trikona" refer to	51	63.75
9	Which part of the body is not strengthened by practicing Trikonasana	32	40
10	Which of the following is not a sitting posture?	40	50
11	What is the main purpose of practicing Vajrasana (Thunderbolt Posture)?	39	48.75
12	Which part of the body is primarily targeted and twisted in Vakarasana?	35	43.75
13	The Dead Body Posture is also known as	68	85
14	Which prone yoga asana is known as the "Cobra Pose"?	52	65
15	What is the primary characteristic of the Supine Posture in yoga?	44	55
16	Which part of the body is typically relaxed in Supine Postures?	45	56.25
17	What should you interlock while performing Pavanamuktasana?	40	50
18	Apart from releasing flatulence, what is another benefit of Pavanamuktasana?	39	48.75
19	Apart from physical benefits, what mental health condition can UttanaPadasana be effective in addressing?	50	62.5
20	Which of the following benefits is NOT associated with practicing Pavanamuktasana?	28	35
21	How many different Asanas does Suryanamaskar comprise of	66	82.5
22	Which Organ is Benefitted by YOGA?	61	76.25
23	Stabilize and focus the mind on one object, image, sound is known as	65	81.25
24	----- is a path of wisdom?	56	70
25	Which day is celebrated as "International Day of YOGA"	60	75

METHODOLOGY

The study adopted a descriptive survey research method to assess the awareness of yogasanas among teachers. This approach was selected to gather detailed information about the knowledge, attitudes, and practices related to yogasanas in a systematic manner.

Population and Sample: The population for the present study consisted of school teachers. The teachers who are working in special schools in Hyderabad District are considered as a sample for the present study. Simple random sampling technique was used.

Research Tool: A self-designed questionnaire consisting of 25 Multiple Choice Questions was developed and validation taken by the yoga trainers.

Data Collection: The survey was conducted by using goggle forms through an online platform.

RESULTS

A total of 80 teachers participated in this study among which 47 are males and 33 are females.

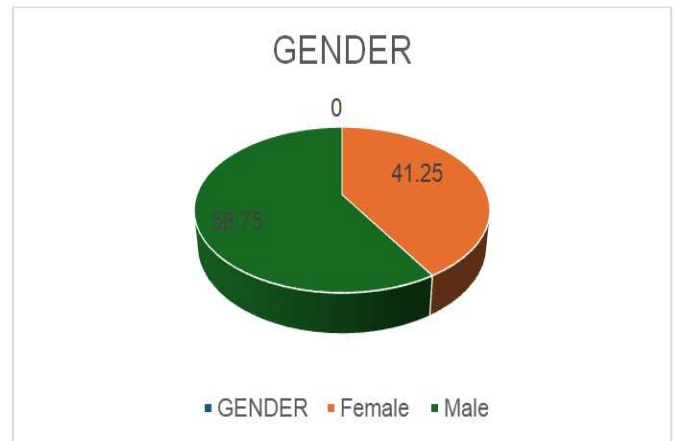


Fig. 1. Gender Distribution

RESULTS

Question-wise Analysis among the School Teachers' on Awareness of Yogasanas:

- 40% of teachers correctly responded about the benefits of TADASANA. A significant portion of teachers are unaware of the specific benefits of Tadasana, despite it being a fundamental posture. This could reflect a lack of exposure to the benefits of basic postures.
- 63.75% of teachers correctly responded, majority of teachers know the meaning of Tadasana, there is still a notable portion (36.25%) that lacks familiarity with this basic term. This suggests a need to emphasize terminology in yoga training, especially among educators who may not have formal yoga backgrounds.
- 40% of teachers correctly responded to the focus point for maintaining balance while performing Vrikshasana. A low

- percentage suggests that balance techniques in specific postures like Vrikshasana are not widely understood. Since balance is an important aspect of yoga and physical education, this area may require more attention in teacher training sessions. Perhaps, more practical demonstrations could help clarify this.
4. 53.75 % of teachers gave correct responses about the benefits for practicing vrikshasana. More than half of the respondents are aware of the benefits of Vrikshasana, which indicates moderate awareness. However, still about 46% of teachers could benefit from more comprehensive information about how postures like Vrikshasana impact physical and mental well-being, particularly in a school environment.
 5. 45% of teachers answered that, the other name of padahasthasana is utthanasanam. The relatively low awareness of alternative names for postures suggests that the teachers may be more familiar with the basic or common names of postures rather than their variations. This could be an area for further education, especially for teachers who may want to use different terms in their classrooms.
 6. 43.75 % of teachers explained the position of elbows how to be positioned in ardachakrasana. The low response rate here indicates that there is a lack of awareness regarding posture specifics. Since alignment is key in yoga, teachers might benefit from additional training on precise physical positioning to avoid incorrect practice and injuries.
 7. 77.5% of teachers responded for the meaning of "Ardha" in the context of Ardha Chakrasana, which is essential in understanding the structure of many postures? The high percentage suggests that, at least for this question, teachers are aware of foundational terminology in yoga.
 8. 63.75% of teachers given correct responses for the term "Trikoṇā" (triangle) seem reasonably understood, but there's still about 36% who are not fully aware. This could be addressed by integrating more visual aids and demonstrations during training to reinforce the understanding of postural names and their meanings.
 9. 40% of teachers answered for the question -which part of the body is not strengthened by practicing Trikoṇāsana? suggests that teachers may not be well-informed about the specific muscle groups targeted by Trikoṇāsana. More in-depth discussions and anatomical breakdowns could help teachers understand how each posture benefits different parts of the body.
 10. Since only 50 % of the teachers responded correctly about the correct sitting posture, which indicates that there is some confusion about the classification of postures. Teachers may not be clear on the difference between "sitting" and "standing" postures, which may require additional focus on posture categorization and how different postures fit into broader yoga practices.
 11. 48.75% of the teachers having idea about purpose of Vajrāsana and given its importance in yoga practice and its accessibility. More attention should be given to its benefits for digestion, focus, and grounding.
 12. 43.74% of teachers correctly responded about which part of the body is primarily targeted and twisted in Vakrāsana. Teachers may not be well-versed in the anatomical targets of specific postures. More focused instruction on body mechanics could help here.
 13. 85% of teachers answered that the Dead Body Posture is also known as Shavasana. A very high percentage indicates that the teachers are well aware of Shavasana, which is one of the most commonly practiced postures. Its importance as a restorative pose is widely recognized, and teachers seem familiar with it.
 14. 65 % of the teachers answered that Bhujangasana is known as prone yoga asana for "Cobra Pose" A decent level of familiarity with Cobra Pose is noted here, but some teachers may confuse it with other prone postures. Clarifying this and offering clear images or demonstrations could help solidify this understanding.
 15. 55% teachers expressed that the primary characteristic of the Supine Posture in yoga is lying on the back. While slightly more than half the teachers know the defining characteristic of supine postures; a number may still struggle with the distinction.
 16. 56.25% teachers are aware about the body part being relaxed in supine posture is spine. There's a reasonable understanding that supine postures focus on relaxation. However, not all teachers appear to understand the full spectrum of relaxation benefits, which could be a good area to focus on, particularly in the context of stress management for students.
 17. 50 % of teachers are aware of the interlocking positions in pavanmuktasana. Correct response rate indicates that teachers might not be fully aware of the specific technique of Pavanamuktasana. Providing step-by-step guidance on hand and leg positioning during this pose could help increase understanding.
 18. 75% of teachers answered about the advantages of Pavanmuktasana. This question highlights a gap in understanding the multiple benefits of postures. Teachers might not be aware of the broader health impacts of Pavanamuktasana (e.g., improving digestion, relieving tension). Educating on multiple benefits might improve awareness.
 19. 62.5% of teachers expressed that along with physical benefits the mental health condition will be effective in Uttana-Padasana. A good percentage of teachers recognize the mental health benefits of UttānaPādāsana, but further focus could be placed on discussing how postures benefit emotional well-being, particularly in a school environment where stress management is crucial.
 20. 35% of teachers are aware of the disadvantages of Pavanamuktasana. The low score here suggests that teachers may not have a clear understanding of the specific benefits of Pavanamuktasana. This could be clarified in training by explicitly detailing the benefits of various poses and the importance of each posture's purpose.
 21. 82.5% of teachers having awareness about suryanamaskar is having different asanas. A high percentage indicates that most teachers are familiar with Suryanamaskar and the number of asanas it involves.
 22. 76.25% of teachers correctly responded the benefiting organs of the yoga. Teachers seem to have a good understanding of the holistic benefits of yoga. This shows an awareness of how yoga impacts various systems of the body.
 23. 81.25% of teachers answered that-- Stabilize and focus the mind on one object, image, and sound is called as Dharana. A very high percentage of teachers seems to understand the concept of Dharana or concentration. This shows that mental focus techniques are well understood, and this can be emphasized further in stress-reduction or mindfulness training.
 24. 70% of teachers responded that is the Jnana yoga is the path of wisdom in yoga. The Teachers seems to have good understanding about this question.
 25. 75% of the Teachers correctly answered the "International Day of YOGA?"

FINDINGS

The overall percentage of awareness among the school teachers, based on the questionnaire, is approximately 54.05%. This suggests that on an average, the teachers have moderate awareness of yogasanas and their benefits. There is room for improvement, especially in specific areas of terminology, physical alignment, and the benefits of particular postures. More awareness needs to be created about pavanamuktasana.

Limitations of the study

1. The study is limited only for Hyderabad district only.
2. Approximately 80 Asana are available in our Indian culture. Out of which for this study only a few asana are selected and their benefits mentioned for the present study.

Recommendations

1. Awareness programs for the teachers to be conducted at school level.
2. Training for children during schools is highly required for future generations.

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