



IMPACT OF DAILY HATHAYOGA PRACTICES AMONG UPSC ASPIRANTS

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ABSTRACT

Yoga, a part of Indian legacy and wisdom has gained global recognition. Yoga can be beneficial for civil services aspirants and others in several ways. Preparing for civil services exams or dealing with other demanding situations can be stressful. Yoga practices such as deep breathing, meditation, and relaxation techniques can help reduce stress and promote mental well-being. Regular practice of yoga can enhance the ability to handle pressure and stay focused during the preparation process. It may hold the key to cracking the UPSC Civil Services exams. Yoga, derived from the Sanskrit word “union,” embodies the balance between mind and body. Its practical application establishes a connection between the human soul and the supreme soul. Moreover, yoga’s positive impact extends to millions worldwide, with universities even advocating its adoption to enhance students’ study capabilities and mental well-being. As an aspiring civil servant, experience a whirlwind of emotions during your preparation. Maintaining equanimity of mind and physical fitness is paramount for success in the UPSC Civil Services exams.

KEY WORDS: *Hathayoga Practice, UPSC Aspirants*

INTRODUCTION

Having a Universal Consciousness means that your mind and body, as well as Man and Nature, are in perfect balance with one another. Modern scientific consensus is that all of reality is just a variety of the same quantum firmament. Those who reach this state of oneness are said to have practiced yoga and are termed yogis because they have attained the state of freedom known as mukti, nirvana, or moksha. Yoga’s ultimate objective is Self-realization, which leads to this “state of liberation” (Moksha) or “freedom” (Kaivalya). The basic purposes of Yoga are self-liberation and the enhancement of health and harmony in all spheres of existence. The word “yoga” may also refer to an introspective science that instructs its students in the many methods by which they might achieve this synthesis and control their own destiny. Because of the many ways in which it has helped individuals, yoga has been called a “immortal cultural outcome” of the 2700 B.C. The practice of Yoga Sadhana exemplifies universal moral values. Physical, mental, emotional, and energetic levels are all targeted in yoga practice. As a result, Yoga has come to be divided into four major categories: karma yoga, where the body is put to use; bhakti yoga, where the emotions are put to use; gyana yoga, where the mind and intellect are put to use; and kriya yoga, where the energy is put to use.

NEED OF HATHAYOGA PRACTICES FOR PHYSICAL AND MENTAL FITNESS

Each of the Yoga traditions that we study and practice may be placed here. Each person is a unique permutation of these four components. Working with a Guru has been emphasized by every single one of Yoga’s earliest commentators. Each seeker needs a customized combination of the four foundational strands; a Guru is the only one capable of providing this. Methods of Yoga Education: Traditionally, Yoga was taught first by elders in the family (similar to the nuns in western convents) and subsequently by the Seers



(Rishis/Munis/Acharyas) at Ashramas (equivalent to monasteries in the West). However, yoga instruction emphasizes the importance of one's own health and happiness, or "Being." Those who are good, centered, integrated, honest, clean, and transparent are seen to be better for one's self, one's family, one's community, one's country, and all of humanity. In yoga, "orientation" is the first and most important step. To assist individuals concentrate on the "being oriented" aspect of their life, "Yoga" is used to refer to a practice that relies on many different types of living traditions and literature.

Today, you may get a Yoga Education from any number of reputable Yoga Schools, Yoga Universities, Yoga Departments at other universities, Naturopathy Schools, or Private Trusts & Societies. Various therapeutic and medical institutions have established Yoga Clinics, Yoga Therapy and Training Center, Yoga Preventive Health Care Units, Yoga Research Center, etc.

BENEFITS OF HATHAYOGA PRACTICES FOR UPSC ASPIRANTS

1. Improved Physical Health: Regular yoga practice ensures physical fitness and well-being. A sound body serves as a foundation for a healthy mind, keeping minor ailments at bay. By staying fit through yoga, you can avoid wasting precious time due to illness during your UPSC preparation. Physical fitness is essential for overall well-being and can positively impact academic performance. Regular practice of yoga asanas and sequences can improve strength, flexibility, and stamina. Being physically fit can provide the energy and endurance needed for long study sessions and the demanding nature of civil services exams.

2. Enhanced Concentration and Memory: As a result of increased blood flow to the brain, yoga improves mental clarity. This, in turn, enhances focus and memory, both of which are crucial for passing the civil service examination. Practices in yoga, such as meditation and pranayama, have been demonstrated to boost cognitive functions including memory and learning. These practices increase blood flow to the brain, improve neural connections, and enhance overall cognitive function. As a result, yoga can aid in effective learning and retention of information.

3. Reduced Anger and Negativity: Through yoga, you can tap into positive energy and reduce negativity. Yoga helps cultivate emotional balance and resilience. Aspirants face numerous challenges, including failure, setbacks, and uncertainty. Yoga practices such as mindfulness and meditation promote self-awareness, emotional stability, and the ability to cope with stress and adversity. A calm mind and spiritual awakening help diminish negative emotions like anger, frustration, tension, and depression. Attaining a balanced state of mind is crucial for success in the IAS exams.

4. Corrected Posture: Consistent yoga practice cultivates better posture. Since UPSC civil services exam preparation often involves prolonged hours of sitting with books, maintaining a healthy posture is vital. Yoga helps mitigate the risk of postural damage.

5. Improved Concentration and Mental Clarity: Yoga involves various techniques that enhance concentration and improve mental clarity. Asanas (postures) and pranayama (breathing exercises) help increase oxygen supply to the brain, improving cognitive function. This can be particularly helpful for civil services aspirants who need to study and retain a vast amount of information.

6. Better Sleep Quality: Proper sleep is crucial for effective preparation and overall well-being. Yoga can help improve sleep quality by reducing stress, calming the mind, and relaxing the body. Practices like Yoganidra (yogic sleep) and gentle stretching before bedtime can aid in achieving restful sleep. Practising Pranayama, Sudarshan Kriya, and Meditation are very beneficial. Pranayama, a set of breathing exercises, offers multiple advantages that can smoothen your UPSC preparation journey. Meditation, too, provides numerous benefits, including stress reduction, increased attention span, improved immunity, better sleep, and enhanced brain function.

7. Stress Relief: The extensive syllabus and societal pressures associated with UPSC exams can lead to stress and burnout. Yoga offers specific asanas (poses) designed to alleviate stress and motivate aspirants, ensuring a smoother and more fulfilling preparation experience.

8. Improved Time Management and Discipline: Consistent practice requires commitment, discipline, and time management. These qualities are valuable for civil services aspirants and anyone preparing for challenging tasks. Regular practice helps develop a structured study routine, self-discipline, and the ability to manage time efficiently.

OBJECTIVES OF THE STUDY

1. To study the benefits of the yoga practices on the UPSC aspirants.
2. To find out the nature of impact of the yoga practices on the UPSC aspirants.

HYPOTHESIS

1. Yoga Practices are significantly effects on the experimental group of UPSC aspirants.

RESEARCH METHODOLOGY

Research Method: Experimental research method is used the research study.



Research Design: The study used a 'post-test' experimental design with a single control group. The study included an experimental group and a control group, both of which were randomly assigned to different conditions.

Sample Selection: Researcher select two UPSC coaching classes in Nashik city. Experimental group was selected for one coaching class and for control group another one coaching class students.

Sample Size: Eighty UPSC aspirants were used as a sample. Using a purposive selection technique, in these randomly assigned 40 UPSC aspirants to the control group and another 40 to the experimental group.

TOOLS OF DATA COLLECTION

Researchers created a yoga effectiveness scale to assess the benefits of yoga for UPSC candidates. There were a total of 35 inquiries on the scale, all of which related to some facet of yoga. A five-point scale was used. Each respondent's total score on the scale reflects yoga's impact on them as a whole, as determined by the weights assigned to their separate scale responses.

IMPLEMENTATION OF HATHAYOGA PRACTICES PROGRAM

Researcher following some of the Yog Kriyas Aspirant does for 4 months. Researcher used module of Asanas, Pranayama, Suddhi Kriya and Meditation for UPSC aspirants.

Module of Asanas, Pranayama, Suddhi Kriya and Meditation

ASANAS

- | | | | | |
|----------------|------------------|----------------|---------------|--------------|
| 1. Sukhasana | 2. Bhujangasana | 3. Dandasana | 4. Tadasana | 5. Shavasana |
| 6. Ek Padasana | 7. Parsvottasana | 8. Trikonasana | 9. Uttanasana | |

Asanas especially for improved brainpower and memory:

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|------------------|-----------------|-------------|---------------------|
| 1. Shirsasana | 2. Padmasana | 3. Halasana | 4. Paschimotanasana |
| 5. Janushirasana | 6. Sarvangasana | | |

Surya Namaskar

Pranayama, Suddhi Kriya, and Meditation are all disciplines used by aspirants. Breathing exercises, or pranayama, have several advantages that will make the UPSC preparation process easier for any aspirant.

PRANAYAMA

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|-------------------------|----------------------|
| 1. Nadishodhan Pranayam | 2. Bhramari Pranayam |
|-------------------------|----------------------|

Some of the Advantages of Pranayama are:

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|--|--------------------------------|----------------------|
| 1. Relieves stress | 2. Relieves symptoms of asthma | 3. Steadies the mind |
| 4. Helps purify the blood and the respiratory system | 5. Relieves headache | |
| 6. Brings peace and blissfulness | | |

SHUDDHIKRIYA

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|--------------------------------|------------------------------------|
| 1. Trataka - For Cleaning eyes | 2. Jalneti - For Cleaning Nostrils |
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MEDITATION

Yognidra Meditation – Sleeping Meditation Technique

Practice Meditation also and experiences that comes from Study that is following:

- | | | |
|-------------------------------|-----------------------------|---------------------------------------|
| 1. Reduced stress | 2. Increased attention span | |
| 3. Increased immunity | 4. Improved metabolism | |
| 5. Improved brain functioning | 6. Better sleep at night | 7. Increased positivity and happiness |

DATA ANALYSIS AND INTERPRETATION

All participants in the Experimental and Control groups are assumed to have been of similar characteristics before to the start of the research, and any discernible variations between the two groups in terms of physical and mental fitness are attributed to the influence of yoga. The 't' test for paired samples is used to determine the significance and kind of the effect. The analytical results support the first



hypothesis. In order to rule out the possibility of bias, researchers gathered information from both the experimental and control groups at the same time.

LIMITATION OF THE STUDY

The researchers could not ensure that the experimental and control groups had identical life experiences, personality qualities, and exposure to learning opportunities on a regular basis, therefore the study had limitations in these areas.

RESULT AND DISCUSSION

The typical value of yoga's efficacy was calculated independently for the test and control groups. The study's primary aim was to characterize the effects of yoga on the experimental group's UPSC applicants.

“The difference between the post-test scores of the control and experimental groups was used to determine the influence of yoga practices, which was then discussed. To determine whether or not the experimental group's post-test scores were significantly different from the control group, a t-test was conducted. The 't' test results support the first set of assumptions.

Comparison of the soft skills scores of experimental and control group.

	Mean	SD	N	t	p
Experimental group	64.7	9.4	40	4.2	0.00
Control group	55.3	8.9	40		

Significant at 0.01 level

As can be seen in the table above, the average score for the experimental group of UPSC aspirants is 64.7, whereas the average score for the control group is 55.3. Yoga practitioners in the experimental group had a t value of 4.2, which is significant at the 0.01 level,” greater than those in the control group, suggesting that the practice improved their soft skills relative to those in the latter.

CONCLUSION

As hathayoga practice has positive effects on mental and physical health, UPSC aspirants are advised to do yoga regularly. This gives them many benefits while studying. There is a difference in the abilities of yogis and non-yogis. Don't use the excuse that doesn't have time to practice Yoga if UPSC aspirant studying for the civil services examinations and already know how to do it. If Aspirants don't know much about Yoga, they should educate themselves. Aspirant will earn time in the long term, therefore it's time well spent. The Aspirant's life and UPSC studies would benefit much from even just 30 minutes every day. Yoga's many advantages are too many to dismiss. It's a great tool for Aspirant's personal and professional growth. Aspirants' lives are also more peaceful as a result. However, if Aspirant has any kind of illness, it is imperative that they study Yoga from a qualified instructor before beginning the practice on their own.

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