



A STUDY OF YOGA AWARENESS FOR PHYSICAL & MENTAL FITNESS AMONG THE POST GRADUATE STUDENTS IN PURULIA DISTRICT DURING THE PANDEMIC SITUATION OF COVID-19

Kunal Karmakar¹, Dr. Laxmiram Gope²

¹Former Student, Dept of Education Sidho-Kanho-Birsha University, Purulia (W.B)

²Assistant Professor, Department of Education, Sidho-Kanho-Birsha University, Purulia (W.B)

ABSTRACT

In the current troubled times from where whole world surviving, when every sector of work has gained slow, the highest service that we can do for our community is to bring everyone together in unity and solidarity, to face the existential challenge posed by COVID-19. What better opportunity than the International Day of Yoga to send out the clarion call for Unity to humanity at large? Compassion is one of the root principles of Yoga. It is compassion that unites us. Compassion is contagious and transmits faster than any virus – making us stronger. Therefore, to keep it mind with the help or collaboration of the P.G students of Purulia district in West Bengal observer try to make a study on the basis of Yoga awareness for physical fitness among the P.G students in Purulia during the pandemic situation of COVID-19. Here the researcher has tried to set up some objectives. On the basis of objectives researcher try to full-fill the objectives. During the pandemic situation researcher collected the data through online Google Form. The study sample is considered response from 400 P.G in Purulia district. Descriptive statistics has performed to analyze the data which has collected through primary sources in Purulia district. Through the study researcher founded that the awareness of Yoga during the pandemic situation in P.G students is very well. As a daily routine they use Yoga as a cure for preventing themselves from the pandemic situation of COVID-19.

KEYWORD: *yoga, yoga awareness, physical fitness, mental fitness, pandemic situation.*

INTRODUCTION

Corona Virus (COVID-19) is one kind of communicable disease which is caused through a virus. This new virus and disease were unknown when it is 1st outbreak Wuhan, China, in December 2019. This virus or disease spread or transmission from affected person to unaffected person through hand-to-hand touch or spit or nearly body contact. It has created a globally health and wealth crisis which has deeply affected on the way of human daily lives or life. In response to the corona virus disease 2019 (COVID-19) pandemic situation every sector of whole over the countries are affected. During the pandemic situation health sector suddenly play a very important role from another sector. Being Increase the humanity level humans are try to do anything.

It is well known that at present scenario to facing the situation there is no alternative to Yoga to lead a healthy a life of peoples. In our humanity power for protect form corona virus. Eveready's from busy schedule, peoples are surviving not only from physical problem but also psychological problem, yoga is only way to overcome the problem. From all these kinds of problem only one thing that is known as Yoga can help to overcome those kinds problem.

Literature review of the study

1. Yoga helps beat the fear of corona virus. Modern science lets us understand the workings of those yoga methods that have become the test of time, and help us relieve anxiety and relax

By Sohan Singh Published: 29th March 2020
Objectives of the study: here the researcher tried to



find out that how much yoga can beat the fear of corona virus. Findings of the study: through the study researcher tried to explain the various way of Yoga for beating the corona virus in the pandemic situation.

2. How to celebrate World Yoga Day 2020 during Covid19 By Bulbul Dhawan Published: June 17, 2020 Objectives of the study: here the researcher tried to find out the easiest way for organize the 2020 Yoga during the pandemic situation of COVID-19. Findings of the study: here the researcher tried to explain the easiest way for organize the way of Yoga 2020 during the pandemic situation of COVID-19.

3. Role of Yogic practice during lockdown By Vishwambhar Vasant Jadhav University of Mumbai Published on April 2020 Objective of the study: through the current paper researcher try to find out the various Yogic practices which is very important for every human during the pandemic situation of COVID-19 Thus Finding of the study: through the or on the basis of the foregoing discussion, researcher try to explain the various level of yoga practice or yogic exercise which can help people or humans in many ways during the pandemic situation of COVID-19 and try to explain how peoples can stay physically and mentally fit by practicing yoga and meditation during the pandemic situation.

STUDY GAP: Its reveals that the yoga and its therapist value is became growing interest among the people, people perceiving yoga as a unique phenomenon through properly practicing the yoga we can proceed towards batter mental in terms of both health physical as well as mental health. But through the literature reviews it's found that very least number study conducted in this field particularly pandemic situation and yoga practices.

Rationale of the study:

At present the pandemic situation of COVID-19 from which human beings are going also In today's world uncertainty life style of human society day by day getting so much complicated and challenging for living in a competition society only Yoga can preserve your inner peace through devotion and meditation. Yoga also helps to overcome form depression life of a society. Yoga is the most essential solution for overcome from a stress mind and body and also a healthy humanity power. during the pandemic situation it has proven that only healthy humanity power can protect human society from corona virus or other kinds of disease. Yoga or mediation one can easily transmit his stress body and mind to peace mind and soul.

Therefore, during this situation researcher try to study how much Yoga can prevent human life form

COVID-19 through awareness for physical fitness of P.G students in Purulia district in West Bengal.

Objectives of the study

1. To find out awareness of Yoga for physical fitness among P.G students of Purulia district during the pandemic situation of COVID-19.
2. To compare the difference awareness of Yoga physical fitness among P.G students with respect to gender in Purulia district during the pandemic situation.
3. To compare the difference awareness of Yoga physical fitness among P.G students with respect to location in Purulia district during the pandemic situation.
4. To compare the difference awareness of Yoga physical fitness among P.G students with respect to their stream in Purulia district during the pandemic situation.

Hypothesis of the study

1. There has no significance awareness of Yoga physical fitness among the P.G students during the pandemic situation of COVID-19 in Purulia district.
2. There has no significance difference of Yoga physical fitness among the P.G students during the pandemic situation of COVID-19 in Purulia district with respect to their gender identity.
3. There has no significance difference of Yoga physical fitness among the P.G students during the pandemic situation of COVID-19 in Purulia district with respect to their location identity.
4. There has no significance difference of Yoga physical fitness among the P.G students in Purulia district during the pandemic situation of COVID-19 with respect to their stream identity.

METHODOLOGY OF THE STUDY

a. AREAS OF THE STUDY: This study conducted among the post graduate students of Purulia district in West Bengal.

b. POPULATION OF THE STUDY: Entire population of study has 2000 approximately.

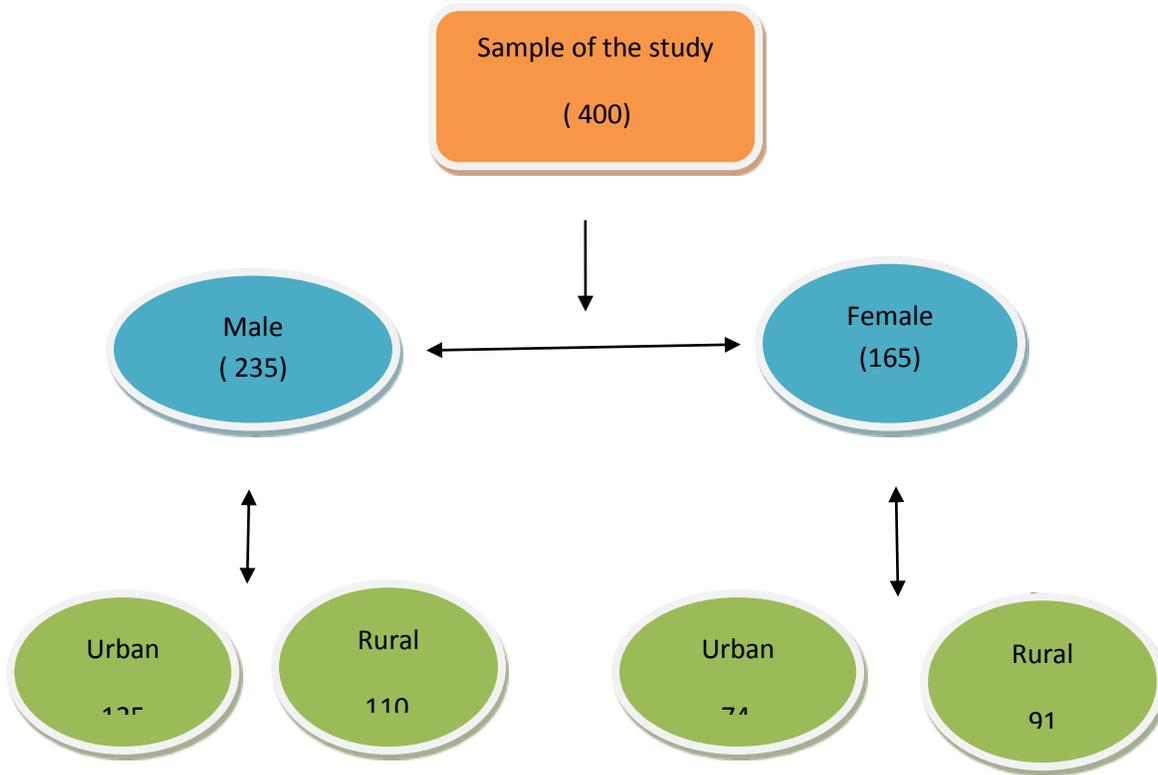
c. SAMPLE OF THE STUDY: Sample of study consists of 400 students. Researcher collected data from these 200 individuals of Purulia district.

d. TOOLS FOR DATA COLLECTION: In this pandemic situation researcher collected data through online quiz on the basis of Google forms. Researcher sends the online quiz form through mail and collect the response or score of data also through mail. Collected score of data analyzed by the researcher through MS EXCEL.

e. ANALYSIS AND INTERPRETATIONS DATA: Researcher calculated t-value and testing null

hypothesis and established relationship among the variable.

Sample Design of the Study:



Stream	Participation
Science	116
Arts	150
Commerce	134

Sampling procedure of the study

Researcher followed the random sampling procedure for collection of data. Through random sampling procedure researcher collected the sample of P.G students of each stream like as Science, Arts, and Commerce.

Data collection tool of the study

Here the researcher used questioners for data collection form identified samples of P.G students in Purulia district. During the lockdown period researcher

used Google form for collection of data from the samples of the study.

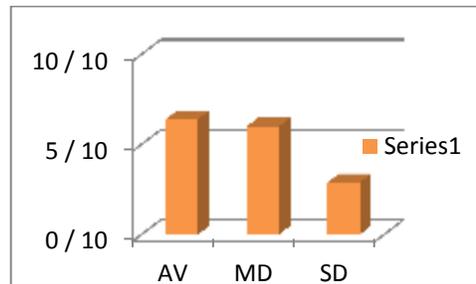
Analysis and interpretation of data

Objective 1. To find out awareness of Yoga physical fitness among P.G students OF Purulia district during the pandemic situation of COVID-19.

Hypothesis 1. 1. There has no significance awareness of Yoga physical fitness among the P.G students during the pandemic situation of COVID-19 in Purulia district.

Table: 1

P.G students of SIDHO KANHO BIRSHA UNIVERSITY	NUMBER OF PARTICIPATION	AVERAGE SCORE	MEDIAN SCORE	STANDARD SCORE
	400	6	6	2.89



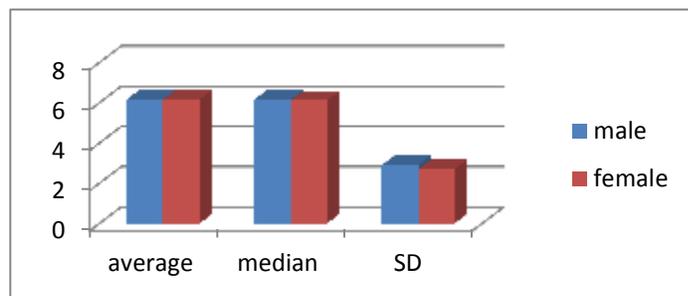
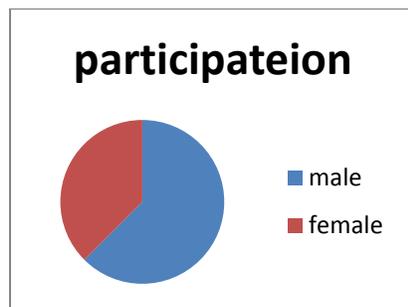
After analyzed the data On the basis of total participant of online quiz program it has found that, the number of participant candidate is 200, the average score of the participant is 6, the median score of the participant is 6 and also the standard score of the participant is 2.89 .

Objective 2. To compare the difference awareness of Yoga physical fitness among P.G students with respect to gender in Purulia district during the pandemic situation.

Hypothesis 2. There has no significance difference of Yoga physical fitness among the P.G students during the pandemic situation of COVID-19 in purulia district with respect to their gender identity.

Table: 2

Gender	Participation	Average score	Median score	Standard score
Male	235	6.17	6.16	2.9
Female	165	6.11	6.12	2.6



After analyzed collected data on the basis of gender it has found that the candidate of male participant is 105, the average score is of male candidate is 6.17, the median score is 6.15 and also the standard score is 2.9, the participant of female candidate is 95, average score is 6.14, median score is 6.12 and also standard score is 2.6.

Objective 3. To compare the difference awareness of Yoga physical fitness among P.G students with respect to location in Purulia district during the pandemic situation.

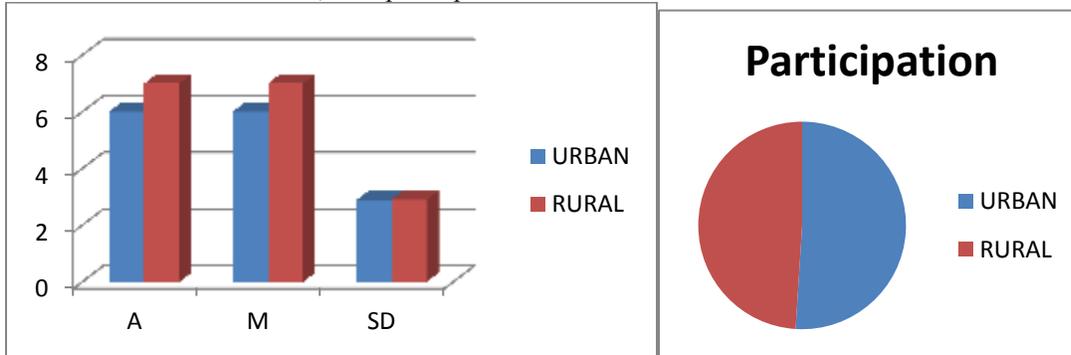
Hypothesis 3. There has no significance difference of Yoga physical fitness among the P.G students during the pandemic situation of COVID-19 in Purulia district with respect to their location identity.

Table: 3

Location	Participation	Average score	Median score	SD score
Urban	223	6	6	2.88
Rural	177	7	7	2.9

After analyzed the data on the basis of location it has found that the participation of urban candidate is 102, the average score is 6, the median score is 6 and also the standard score is 2.88 , the participant of rural

candidate is 98, the average score is 7, the median score is 2.88 and also the standard score 2.9 .



Objective 4. To compare the difference awareness of Yoga physical fitness among P.G students with respect to their stream in Purulia district during the pandemic situation.

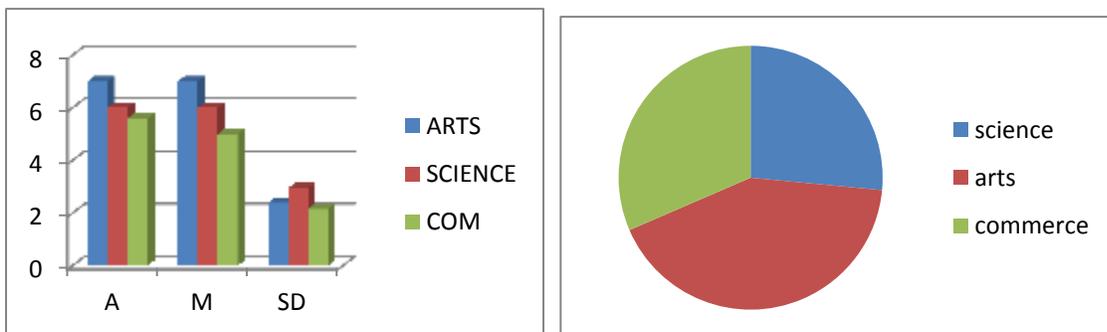
Hypothesis 4. There has no significance difference of Yoga physical fitness among the P.G students in Purulia district during the pandemic situation of COVID-19 with respect to their stream identity.

Table: 4

Stream	Participation	Average score	Median score	SD score
Science	116	5.9	6	2.38
Arts	150	6.3	6	2.94
Commerce	134	5.6	5	2.15

After analyzed the data on the basis of stream or department it has found that the participant candidate of science stream is 53, average score is 5.9, median score is 6 and also the standard score is 2.38, the participant candidate of arts is 84 , the average score 6.3 , the

median score 6 , the standard score is 2.94, the participant candidate of commerce is 63 , the average score is 5.6, the median score is 5 and the standard score is 2.15 .



FINDINGS OF THE STUDY

Through the study it has founded that most of students awareness of Yoga during the pandemic

situation is very high, even they use yoga as a daily routine as a cure for prevention themselves from corona virus, also founded that they try to boosting their



immunity through yoga. With the students secure high score it can be concluded that awareness of yoga during the pandemic is very high. Therefore on the basis of this test of P.G students of we can say that students awareness of towards yoga has very high level and they are well acquainted about the important of Yoga, Pranayam and Mudras and on the basis of this findings it also can be said that in Purulia district P.G students are not only concentrated over the traditional teaching-learning education system activities but also they emphasized on their all round development physical fitness ,mental preparation or psychic during the pandemic situation of COVID-19.The findings of the study are mention below ,

1. There has no significance of Yoga physical fitness awareness among the P.G students during the pandemic situation of COVID-19 in Purulia district.
2. There has no significance difference of Yoga physical fitness awareness among the P.G students during the pandemic situation of COVID-19 in purula district with respect to their gender identity.
3. There has no significance difference of Yoga physical fitness awareness among the P.G students during the pandemic situation of COVID-19 in Purulia district with respect to their location identity.
4. There has no significance difference of Yoga physical fitness awareness among the P.G students in Purulia district during the pandemic situation of COVID-19 with respect to their stream identity.

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