

**SKY YOGA IS AN USER FRIENDLY TO LEAD A HEALTHY LIFE.**

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**ABSTRACT**

*Yoga is an ancient practice that involves physical poses, concentration and deep breathing. In this paper, an attempt has been made to determine the people's preference towards Yoga in Pollachi Taluk. The primary data has been collected through well structured questionnaire. A sample of 200 people was randomly selected from Pollachi Taluk. These collected data were tabulated and analyzed using simple percentage, Z- test, ANOVA and Friedman ranking test. It is found that benefits of sky yoga for healthy life are Relaxation, Healthy life, Immunity increases, Self actualization, Social adjustment Concentration.*

*Keywords: yoga, life, people, preference user friendly, healthy, mental, exercise etc.,*

**INTRODUCTION**

Yoga is an extraordinary spiritual science of self-development and self-realization that shows how to develop our full potential in our many-sided lives. It was first devised by the rishis and sages of ancient India and has been maintained by a stream of living teachers ever since, who have continually adapted this science to every generation. Yoga's integrative approach brings deep harmony and unshakable balance to body and mind in order to awaken our latent capacity for a higher consciousness that is the true purpose of human evolution. The many methods of yoga spans a vast range from physical postures to breathing practices and meditation, all based upon a philosophy of consciousness and natural way of life.

In 1958 Vethathiri Maharishi founded the World Community Service Centre (WCSC), a non-profit registered society with a view to work towards World Peace through individual peace. As of 2020, more than 200 trusts and about 2000 meditation centres have been registered and affiliated to WCSC in India. In 1984, Vethathiri Maharishi Kundalini Yoga and Kaya Kalpa Research Foundation were founded at Aliyar near Pollachi, Tamil Nadu. On behalf of this foundation, a Temple of Consciousness was constructed in Aliyar, where Thathvagnani Vethathiri resides and preaches. As a unit of this Trust, a spiritual educational wing is also functioning in the name of "Vethathiri Maharishi Institute of Spiritual and Intuitional Education (VISION)".

The spirit behind WCSC is the principles enunciated by the Vethathiri Maharishi, through decades of introspection and research, systemized as “Simplified Kundalini Yoga (SKY)”. SKY YOGA is a holistic, simple and a scientific approach to Yoga formulated by Vethathiri Maharishi with his profound knowledge in both Ancient Indian Yogic Practices and in the medicinal disciplines of Ayurveda, Siddha and Homeopathy. Achieve Success through SKY, beat Stress and enjoy enduring happiness.

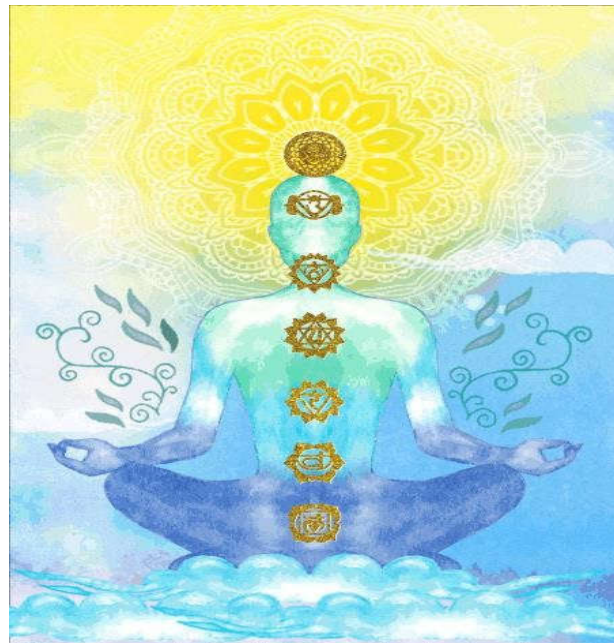


Fig: “Simplified Kundalini Yoga (SKY)” YOGA



<b>BENEFITS OF YOGA</b>		
SKY Yoga is an User friendly and its health benefits of yoga are grouped under 3 heads		
<b>Physiological Benefits of Yoga</b>	<b>Psychological Benefits of Yoga</b>	<b>Biochemical Benefits of Yoga</b>
<ul style="list-style-type: none"> <li>• Respiratory rate decreases</li> <li>• Blood Pressure decreases</li> <li>• Respiratory efficiency increases</li> <li>• Gastrointestinal function normalizes</li> <li>• Strength and resiliency increase</li> <li>• Endurance increases</li> <li>• Energy level increases</li> <li>• Weight normalizes</li> <li>• Sleep improves</li> <li>• Immunity increases</li> <li>• Pain decreases</li> <li>• Steadiness improves</li> <li>• Depth perception improves</li> <li>• Balance improves</li> <li>• Integrated functioning of body parts improves</li> </ul>	<ul style="list-style-type: none"> <li>• Somatic and kinesthetic awareness increase</li> <li>• Mood improves and subjective well-being increases</li> <li>• Self-acceptance and self-actualization increase</li> <li>• Social adjustment increases</li> <li>• Anxiety and Depression decrease</li> <li>• Hostility decreases</li> <li>• Concentration improves</li> <li>• Memory improves</li> <li>• Attention improves</li> <li>• Learning efficiency improves</li> <li>• Mood improves</li> <li>• Well-being increases</li> </ul>	<ul style="list-style-type: none"> <li>• Glucose decreases</li> <li>• Sodium decreases</li> <li>• Total cholesterol decreases</li> <li>• Triglycerides decrease</li> <li>• HDL cholesterol increases</li> <li>• LDL cholesterol decreases</li> <li>• VLDL cholesterol decreases</li> <li>• Hemoglobin increases</li> <li>• Lymphocyte count increases</li> <li>• Total white blood cell count decreases</li> <li>• Thyroxin increases</li> <li>• Vitamin C increases</li> <li>• Total serum protein increases</li> </ul>

## REVIEW OF LITERATURE

Dr. Deepmala J. Yadav And Dr. Jeevankumar U. Yadav (2018), observed the mind awareness to achieve whatever religious or spiritual believes you have. The study conducted at Kasaba Bawda & Kadamwadi area of Kolhapur and 510 sample respondents are selected randomly above age of 15 years from July to August 2015. The study found that more number of males (52.63%) practicing yoga as compared to females (47.37%). It also founded that majority feel that yoga should be included in school syllabus. The study concluded that practicing Yoga is still very low, people have come to recognize Yoga as much more than a form of exercise with growing demand.

Pooja Swami Sahni, Kamlesh Singh, Nitesh Sharma, Rahul Garg (2021), aims to determine the effect of yoga practice on the illness perception, and wellbeing of healthy adults during 4–10 weeks of lockdown due to COVID19 outbreak. A total of 668 adults are participated in the online survey and were grouped as; yoga practitioners, other spiritual practitioners, and non-practitioners based on their responses to daily practices that they follow. The study founded that yoga practitioners significantly differed in the perception of personal control, illness concern and emotional impact of COVID19. The study concluded that yoga was as an effective self-management strategy to cope with stress, anxiety and depression, and maintain wellbeing during COVID19 lockdown.

Siddappa Naragatti(2020), focused to find the relevance of Yoga on health Normal healthy volunteers with age not less than 30 years and not more than 60 years, residing at New Delhi. The sample respondents were collected from 50 respondents out of them 25 as control group and 25 as a yoga practice group. In this study Tests for Normality carried out for all the data variables showed a normally distributed data. In this study to measure the effectiveness of Yoga on Quality of life domains on normal healthy volunteers compared to control group t-test is used. The study founded that a significant improvement in yoga group on all the four domains of Quality of life domains scale such as physical health, psychological domain, social relationship domain and environmental domain compared to control group.

**OBJECTIVE OF THE STUDY:**

- To study the people's preference towards SKY Yoga in Pollachi Taluk.
- To find out the level of preference towards SKY Yoga.
- To determine the factors responsible for benefits of SKY yoga for healthy life

**LIMITATIONS OF THE STUDY**

- ❖ All the limitations of primary data are applicable to this study.
- ❖ The results of the study are based upon the views expressed by the people in Pollachi Taluk.
- ❖ The statistical method used to analyze the data has their own limitation.

**RESEARCH METHODOLOGY**

A sample of 200 people practicing yoga was randomly selected from Coimbatore City. The study is based on both primary data and secondary data. Hence the data required for the study have been collected through well structured questionnaire methods. The secondary data needed for the study have been collected from various annual reports, magazines, journals, books and websites. The data collected for the study have been analyzed with the help of the following statistical tools.

- i. Simple Percentage
- ii. Z Test
- iii. ANOVA
- iv. Friedman Ranking Test

## ANALYSIS AND INTERPRETATION

Table No.1

## Personal Profile

Particulars	No. of people	Percentage
<b>Gender</b>		
Male	126	63
Female	94	47
<b>Age</b>		
Upto 35 years	70	35
35-50 years	92	46
Above 50 years	38	19
<b>Educational Qualification</b>		
Upto school level	48	24
Under graduate	116	58
Post graduate	36	18
<b>Marital status</b>		
Married	86	43
Unmarried	114	57
<b>Type of Family</b>		
Nuclear	88	44
Joint	112	56

Table no.1 describes the demographic profile of the people. Out of 200 people who were taken for the study: it has been identified that (63%) of the people are male, (46%) of the people age group is between 36 to 50 years, most (58%) of the people are UG degree holders, (57%) of them are unmarried, (56%) of the people belong to joint family and (60%) of the people have more than 5 members in their family.

**Table No.2****Economic Profile**

<b>Particulars</b>	<b>No. of respondents</b>	<b>Percentage</b>
<b>Occupation</b>		
Employee	30	15
Agriculturist	24	12
Business	32	16
Retired person	46	23
House wife	56	28
Student	12	6
<b>Number of earning Members in family</b>		
Two	114	57
Three	86	43
<b>Annual Income</b>		
Upto Rs.2,50,000	64	32
Rs.2,50,000 to Rs.5,00,000	116	58
Above Rs.5,00,000	20	10

Table no.2 describes the economic profile of the people. Out of 200 people who were taken for the study: it has been identified that (28%) of the people are housewife, (57%) of the people have 2 earning members in their family and annual income of (40%) people is between Rs.2,50,000 to Rs.5,00,000

**Table No.3****People's preference towards Yoga**

<b>Preference</b>	<b>No. of respondents</b>	<b>Percentage</b>
Low	42	21
Medium	78	39
High	90	45

From the above table, it shows that out of 200 people (45%) people level of preference is high, (39%) people level of preference is medium and (21%) people level of preference is low.

**Z test**

**Table No.4**

**Z test between Marital Status and People Preference towards Yoga**

	Marital status	N	Std. Deviation	Mean	Z	Sig.
Preference of people	Married	86	4.64	21.52	0.237	0.071
	Unmarried	114	4.24	21.83		

Table no.4 , it is understood that the calculated value is greater than 5% level of significance and the null hypothesis is rejected. It is inferred that married and unmarried people have some preference towards Yoga.

**ANOVA**

**Table no.5**

**ANOVA between age and People Preference towards Yoga**

	Age (Yrs)	N	Mean	S.D	Z	Sig
Preference of people	Up to 35	70	22.7857	4.04168	0.843	0.777
	36 to 50	92	23.5161	4.88905		
	Above 50	38	20.0870	3.62959		

From the Table 5, it is understood that the calculated values were greater than the 5% level of significance and the null hypothesis is rejected. It is inferred that, on an average respondents of different age group have the same preference towards Yoga.

**Table no. 6**

**ANOVA between Type of Family and People Preference towards Yoga**

	Type of Family	N	Mean	S.D	Z	Sig
Preference of people	Joint	88	35.83	4.97	0.448	0.814
	Nuclear	112	33.55	3.15		



From the Table 6, it is understood that the calculated values were lesser than the 5% level of significance and the null hypothesis is accepted. It is inferred that, on an average, respondents of different types of family have different preference towards Yoga.

### **Friedman Ranking Test**

**Table 7**  
**Benefits of SKY Yoga for Healthy Life– Friedman Rank Test**

<b>Problems</b>	<b>TOTAL SCORE</b>	<b>RANK</b>
Social adjustment	567	V
Relaxation	635	I
Healthy life	624	II
Concentration	560	VI
Self Actualization	582	IV
Immunity Increases	584	III

The above table shows about the Friedman Rank Test for benefits of sky yoga for healthy life were the level of significance is at 0.000 which shows that there is a relationship between the ranks given. It is found from the above table, Relaxation was ranked as the first problem; Healthy life was ranked as second problem; Immunity increases was ranked as third problem; Self actualization was the fourth problem; Social adjustment was the fifth problem and Concentration scored the sixth position.

### **CONCLUSIONS**

In present scenario, lack of confidence, positivity, relaxation, stress has become a black mark of the people worldwide. In all over the world performance of the people as a employer, employee, student, teacher, family person is the most important factor. People's stress can make an employees, productive, constructive, achievable and well managed through SKY yoga. It helps to solve by building self confidence, motivational speech, breathing exercise, refreshment courses, meditation and counseling among them to face the stress easily. Hence the SKY yoga is an user friendly to lead people a healthy life.

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