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YOGA AWARENESS PROGRAMME FOR INTERNATIONAL ADVANCED TEACHER TRAINING STUDENTS.

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INTRODUCTION

Yoga is an ancient science. Yoga is proven to improve self-Esteem, physical and mental health. Yoga develops physical fitness.it develops strength, flexibility and concentration confidence and movements that develop eye-hand coordination and motor skills. Yoga offers many possibilities to exchange wisdom shame good times and lay the foundation for a life long practice that will continue to deepen.

Prana means life or life force. It is a form of breathing exercise, very important in yoga. Meditation is an experience that cannot be described. on the physical level, meditation helps to prolong the body anabolic process of growth and repair and to reduce the catabolic or decaying process.

METHODS

To achieve the aim, purpose sampling method was used to select the subject.hundred international

advanced teacher training students were selected from international sivanandacentre in kerala, South India. The age of the subject ranged from 20-25 years as per the centre records. A panel of experts prepared a questionnaires and was administered to access the awareness of yoga, meditation, breathing Exercises and Asanas.five point rating scale was used to evaluate the questionnaires and percentage was calculated:

RESULTS

The purpose of present study was to find out the awareness of yoga among international teacher training students. The data obtained were statistical analyzed to find out the knowledge of yoga, meditation, breathing exercises, and Asanas. The findings shows that there was a difference among international teacher training students were given in table-1

Table-1

Rating Scale	Yoga	Meditation	Breathing Exercises	Asanas
Very Excellent	75	32	62	40
Excellent	15	40	19	38
Average	05	15	15	14
Poor	03	10	02	06
Very Poor	02	03	02	02
Total	100	100	100	100

CONCLUSION

From the results it was concluded that,

- 1.95% of international teacher training students were lies average and above on yoga awareness.
- 2.87% of international teacher training students were lies average and above on meditation awareness.
- 3.96% of international teacher training students were lies average and above on Breathing exercises awareness
- 4.92% of international teacher training students were lies average and above on Asanasawareness

Reference

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