



## Nallamuthu Gounder Mahalingam College

(An Autonomous Institution, Affiliated to Bharathiar University)

90, Palghat Road, Pollachi - 642001, Coimbatore, Tamil Nadu, India.

95<sup>th</sup> Rank in NIRF - 2023 among Colleges in India.



# INSTITUTIONAL DISTINCTIVENESS



## HUMAN EXCELLENCE FOR HOLISTIC DEVELOPMENT



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### 7.3.1 INSTITUTIONAL DISTINCTIVENESS

#### HUMAN EXCELLENCE FOR HOLISTIC DEVELOPMENT

##### VISION

- To achieve Human Excellence through Physical fitness, mental awareness, Emotional stability, and Spiritual awakening for one and all.
- To manifest the infinite Potentials by conserving Energy efficiently to empower the youth.
- To attain contentment in life and realize the life goals.
- To bring world peace through individual peace.

##### MISSION

- To attain Peace, Prosperity, Health, Happiness, Harmony and Wisdom for all.
- To be committed in Excellence in transferring knowledge to serve the social, cultural and spiritual needs of the society.
- To respect and pursue the professional ethics for overall benefit.
- To attain social security through self-discipline and service.
- To work to bring glory to National pride with attitudinal change.
- To make the right choice in life, excel in the same; be useful to all and to experience the sense of fulfillment.

##### DEPARTMENT PROFILE

The Department of Human Excellence was established by the President of our College, Dr.B.K.Krishnaraj Vanavarayar. In the beginning with the blessings of Swami Ranganathandha, Vice President of Sri Ramakrishna muth, "Ethics and Culture" was introduced for Six Semesters for the undergraduate degree courses, when the college became autonomous in 1987. University Grants Commission commended the Ethics and Culture Course as "NGM Model". In 2006 this course was renamed as "Human Excellence Education".





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**INTERNATIONAL DAY OF YOGA 2018**



**INTERNATIONAL DAY OF YOGA 2023**



**YOGA PERFORMANCE COMPETITION – CELEBRATION ON THE OCCASION OF 8TH INTERNATIONAL DAY OF YOGA – 30.06.2022**



**PROFESSIONAL TRAINING PROGRAMME FOR TEACHING AND NON-TEACHING FACULTY ON "YOGA THE WAY OF LIFE" ON 08.11.2022**



**INTERNATIONAL DAY OF YOGA 2018**



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## Students' Feedback Analysis Report

Academic year

2022 - 2023



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22-23

### "Enhancing Effectiveness: Student Feedback on Yoga Education Programs in College Settings"

#### OBJECTIVE OF THE STUDY

- To study the demographic profile of the NGM College students.
- To collect and analyze student feedback on existing yoga education programs in college settings.
- To identify areas of strengths and weaknesses in current yoga education programs based on student feedback.
- To explore student suggestions for enhancing the effectiveness of yoga education programs in college settings.
- To assess the overall satisfaction levels of students participating in yoga education programs and their perceived impact on various aspects of their college experience.

#### METHODS

The Department of Human Excellence has been conducting a Yoga program since 2006 at Nallamuthu Gounder Mahalingam College in Pollachi, Coimbatore district, Tamil Nadu. The Yoga syllabus includes both theory and practical sessions as part of the IV curriculum. This study was designed to measure the overall impact of the Yoga program and how effectively it supports our students in improving their physical and mental health, as well as helping them achieve higher academic performance on the college campus. A descriptive design was utilized in the present study. Students were selected from various departments, both Self-Financed (SF) and Aided, using the method of random sampling to conduct the study. Finally, 446 students were randomly selected to measure the impact of Yoga practices. A questionnaire consisting of 17 questions with yes or no responses was used to collect data from the students. The data were analyzed using mean, standard deviation, percentage analysis, t-tests, and ANOVA



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### ANALYSIS AND INTERPRETATION

Table 1  
Distribution of the Students Based on Year of Study

S.No	Year of Study	Frequency	Percent
1	First Year	115	23.0
2	Second Year	159	31.8
3	Third Year	172	34.4
	Total	446	100.0

The table illustrates the breakdown of students according to their academic year. Specifically, it reveals that 23.0 percent of the student population is in their first year, 31.8 percent are in their second year, and 34.4 percent are classified as third-year.

Table 2  
Distribution of the Students Based on Stream

S.No	Stream	Frequency	Percent
1	Self Finance	293	58.6
2	Aided	153	30.6
	Total	446	100.0

The table outlines the distribution of students according to their chosen stream of study. Specifically, it indicates that 58.6 percent of students are enrolled in the self-financing stream, while 30.6 percent are enrolled in the aided stream.

Table 3  
Distribution of the Students Based on Gender

S.No	Gender	Frequency	Percent
1	Male	194	38.8
2	Female	252	50.4
	Total	446	100.0

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The table presents the distribution of students by gender. It indicates that 38.8 percent of the student population is male, while the largest percentage, at 50.4 percent, comprises female students.

**Table 4**  
**Distribution of the Students Based on Department**

S.No	Department	Frequency	Percent
1	BA Tamil	14	2.8
2	B.Com Finance	21	4.2
3	B.Sc IT	13	2.6
4	BA English	36	7.2
5	B.Sc CT	25	5.0
6	B.Com B&I	10	2.0
7	BCA	20	4.0
8	BBA	15	3.0
9	B.Com	30	6.0
10	B.Sc Computer Science	43	8.6
11	B.Sc Zoology	23	4.6
12	B.Sc Botany	11	2.2
13	B.Com E-Commerce	6	1.2
14	B.Sc Chemistry	16	3.2
15	B.Sc Maths	24	4.8
16	BA Economics	33	6.6
17	B.Com CA	21	4.2
18	B.Com BPS	10	2.0
19	B.Sc Physics	18	3.6
20	B.com Finance	21	4.2
21	History	25	5.0
22	B.com PA	9	1.8
	Total	446	100.0

The above table depicts the distribution of the students based on department.



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**Table 5**  
Distribution of the students based on their opinion towards Yoga Practice

Questions	Yes / No				Rank
	F	%	F	%	
Human excellence education is essential to succeed in life	434	86.8	12	2.4	1
Stress is released and mental peace is achieved through meditation	418	83.6	28	5.6	3
Concentration is achieved during meditation	404	80.8	42	8.4	5
Life up-liftment is achieved by practicing human excellence education	381	76.2	65	13.0	12
Harmonious relationship develops by blessing parents, teachers, management, etc during medication	388	77.6	58	11.6	11
Disease recovered by regular practice of yoga	280	56.0	166	33.2	15
Human excellence education improves the intelligence	373	74.6	73	14.6	13
Regular practice of yoga and meditation improve health	409	81.8	37	7.4	6
Regular practice of yoga and meditation improve mental peace	413	82.6	33	6.6	4
Regular practice of yoga and meditation improve humanitarian consideration	392	78.4	54	10.8	10
Regular practice of yoga and meditation improve gratitude	402	80.4	44	8.8	7
Human excellence education improves the will Power	418	83.6	28	5.6	3
Yoga and meditation helped in studying major and allied papers	394	78.8	52	10.4	9
Human excellence education improves the creativity	365	73.0	81	16.2	14
Human excellence education improves the memory power	400	80.0	46	9.2	8
Human excellence education improves the self confidence	413	82.6	33	6.6	4
Human excellence education adds human values	427	85.4	19	3.8	2
<b>Overall (Average %)</b>	<b>78.9</b>		<b>10.2</b>		

(Rank 1,2,3 – High positive opinion)

(Rank 17, 16, 15 – Least positive opinion)

Based on their attitudes about yoga practice, the students' distribution may be seen in the table above. The rankings indicated by the highest percentage of students' positive evaluations are indicated in the ranking column. According to a table analysis, students firmly believe that human excellence education is important for achieving success in life, relieving stress, and finding inner peace through meditation. They also think that education for human greatness strengthens willpower. On the other hand, there are fewer acceptances of the notions that human excellence education improves intelligence and creativity, or that regular yoga practice is the only way to cure ailments. As a result, 88.2 percent of students have a favorable opinion of the yoga program, compared to 11.8 percent who have a less favorable attitude.



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Table 6

### Distribution of the Students Opinion towards Yoga Practice based on Year of study

The difference in the opinion of the students on yoga practice based on their year of study was found using the ANOVA test. The Results are depicted below

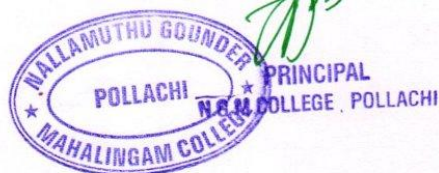
#### Descriptive statistics

Year	N	Mean	Std. Deviation
First Year	115	30.7217	7.47457
Second Year	159	31.7233	7.37848
Third Year	172	31.7442	6.62740
Total	446	31.4731	7.12160

#### ANOVA

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	87.513	2	43.757	.862	.423
Within Groups	22481.664	443	50.749		
Total	22569.177	445			

The ANOVA value demonstrates that first, second, and third year students' opinions toward yoga practice differ significantly from one another. According to the mean value, first-year students (mean = 30.7), second-year students (mean = 31.7), and third-year students (mean = 31.7) all have very good opinions. It can be deduced that third-year students have a highly positive opinion of yoga, which very slightly declines to second-year students and then further declines to first-year students.





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Table 7

### Distribution of the students opinion towards Yoga Practice based on Stream of Study

The difference in the opinion of the students on yoga practice based on their stream of study was found using the t-test. The Results are depicted below

#### Descriptive Statistics

Stream	N	Mean	Std. Deviation
Self Finance	309	30.5243	7.18202
Aided	137	33.6131	6.51723

#### t-Test

t	df	Sig (2-tailed)
-4.308	444	.005

The t-test result demonstrates that there is a substantial difference between the self-financing and assisted streams' students' opinions of yoga practice. The average result demonstrates that the self-financing stream (mean=30.5) has lower positive than the assisted stream (mean=33.6). Even while both self-financing and assisted students have good opinions of yoga practice, assisted students had a relatively higher positive impression of yoga than did self-financing students.





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Table 8

### Distribution of the students on their opinion towards Yoga Practice based on Gender

The difference in the opinion of the students on yoga practice based on gender was found using the t-test. The Results are depicted below

#### Descriptive Statistics

Gender	N	Mean	Std. Deviation
Male	180	30.6278	7.40529
Female	266	32.0451	6.87831

#### t-Test

t	Df	Sig (2-tailed)
-2.070	444	0.165

Based on the t-test value, it can be observed that male and female students have significantly different opinions about yoga practice. According to the mean value, female students (mean = 32.0) are more likely than male students (mean = 30.6) to have high positive opinions. While both male and female students have high opinions on yoga practice, female students' opinions were relatively higher than male students'.



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Table 9

### Comparison of the students on their opinion towards Yoga Practice based on Department

The difference in the opinion of the students on yoga practice based on the departments was found using the ANOVA test. The Results are depicted below

#### Descriptive Statistics

Department	N	Mean	Std. Deviation
BA Tamil	14	21.2857	2.46291
B.Com Finance	21	22.8571	2.63222
BSc IT	25	22.7600	2.69691
BSc CT	13	25.6923	1.03155
BCom B&I	10	22.7000	5.07828
BCA	20	25.1500	2.47673
BA English	36	25.4444	4.74760
BBA	15	26.8000	3.05193
BSc Computer Science	43	28.7907	3.57610
BCom	30	31.0000	1.76166
BSc Botany	11	29.8182	4.51261
Bsc Zoology	23	33.4348	2.80950
BSc Chemistry	16	34.0625	1.98221
BSc Maths	24	33.4167	2.70131
BCom I shift	6	35.0000	2.28035
BCom E-Commerce	21	36.0476	1.88351
BCom CA	33	37.3333	2.25924
BA Economics	18	40.2222	1.59247
BSc Physics	9	38.3333	3.00000
BCom PA	10	37.6000	2.22111
BCom BPS	25	42.3200	.90000
BA History	13	43.4615	1.85362
BCom CA II shift	10	42.9000	2.64365
Total	446	31.4731	7.12160





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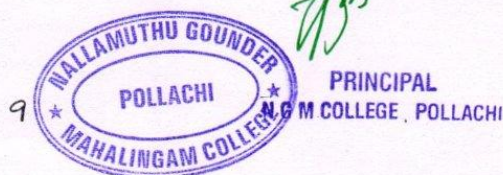
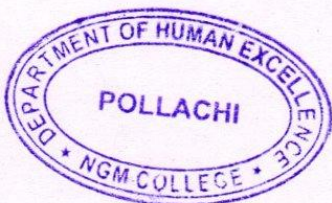
### ANOVA

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	19121.937	22	869.179	106.654	.000
Within Groups	3447.240	423	8.150		
Total	22569.177	445			

According to the departments, there is a notable variation in the students' opinions regarding yoga practice, as indicated by the ANOVA value. The mean result indicates that, in comparison to students in other departments, the B.Com. BPS, B.A. History, and B.Com. CA shift departments had relatively high positive opinions of yoga practice. In a same vein, compared to other departments, the B.A. Tamil, B.com. Finance, and B.SC. IT students had relatively little opinion on doing yoga.

### SALIENT RESULTS OF THE STUDY

- The overall result shows that majority of the students (78.9.2 percent) had a positive opinion towards yoga programme and few (10.9 percent) had a least positive opinion towards yoga programme.
- Students have high positive opinion towards the Question 1, 2 and 10.
- Students have least positive opinion towards the Questions 6, 7 and 9 C.
- Opinion of the students towards yoga is high at the third year and very slightly decreases at second year and further decreases at first year.
- Opinion of the students on yoga practice is high among both the self financing and aided streams. Aided stream students had comparatively high positive opinion towards yoga than self financing stream students.
- Opinion of the students on yoga practice is high among both the male and female, female students had comparatively high positive opinion towards yoga than male students.
- Mean value it is clear that the students of B.Com. BPS, B.A. History, and B.Com. CA shift departments had comparatively high positive opinion on yoga practice than other departments. Similarly, the students of B.A. Tamil, B.com. Finance, and B.SC. IT departments had comparatively least opinion on yoga practice than other departments.





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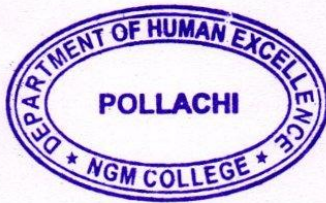
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### CONCLUSION

It is clear from the findings that most students have a positive impression of yoga programs, and a significant portion of them have high positive opinions about specific aspects of the practice. There are, however, some areas where opinions are less favorable, especially when it comes to specific questions and across various academic years, streams, and genders. Though there are some differences, it is encouraging to see that students in different areas generally have a good attitude regarding practicing yoga, with some departments showing more positivity than others. This shows that there is a base of support for incorporating yoga into educational environments, even though attempts to resolve certain issues and discrepancies noted in the data may be required.





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20-21

### Exploring NGM College Student's Attitudes and Opinions towards Yoga Education Programs


#### OBJECTIVE OF THE STUDY

- To study the demographic profile of the NGM College students.
- To assess the overall attitudes of NGM College students towards yoga education programs.
- To identify factors influencing college students' opinions regarding participation in yoga education programs.
- To explore perceived benefits and barriers associated with engaging in yoga education programs among NGM College students.

#### METHODS

The Department of Human Excellence has been conducting a Yoga program since 2006 at Nallamuthu Gounder Mahalingam College in Pollachi, Coimbatore district, Tamil Nadu. The Yoga syllabus includes both theory and practical sessions as part of the IV curriculum. This study was designed to measure the overall impact of the Yoga program and how effectively it supports our students in improving their physical and mental health, as well as helping them achieve higher academic performance on the college campus. A descriptive design was utilized in the present study. Students were selected from various departments, both Self-Financed (SF) and Aided, using the method of random sampling to conduct the study. Finally, 350 students were randomly selected to measure the impact of Yoga practices. A questionnaire consisting of 17 questions with yes or no responses was used to collect data from the students. The data were analyzed using mean, standard deviation, percentage analysis, t-tests, and ANOVA



  
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### ANALYSIS AND INTERPRETATION

Table 1  
Distribution of the Students Based on Year of Study

S.No	Year of Study	Frequency	Percent
1	First Year	102	20.4
2	Second Year	139	27.8
3	Third Year	109	21.8
	Total	350	100.0

The distribution of the students by academic year is shown in the above table. According to the data, 20.4 percent of students are in their first year, 27.8 percent are in their second year, and 21.8 percent of respondents are in their third year.

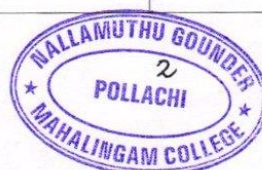
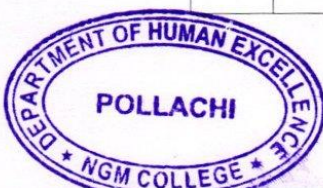
Table 2  
Distribution of the Students Based on Stream

S.No	Stream	Frequency	Percent
1	Self Finance	242	48.4
2	Aided	108	21.6
	Total	350	100.0

The above table depicts the distribution of the students based on stream of study. It shows that 48.4 percent of the students belong to self financing stream and 21.6 percent of them belong to aided stream.

Table 3  
Distribution of the Students Based on Gender

S.No	Gender	Frequency	Percent
1	Male	138	27.6



  
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2	Female	212	42.4
	Total	350	100.0

The above table depicts the distribution of the students based on gender. It shows that 27.6 percent of the students are male and 42.4 percent of the students are female.

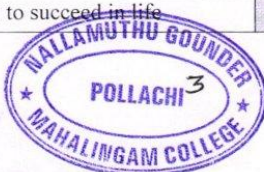
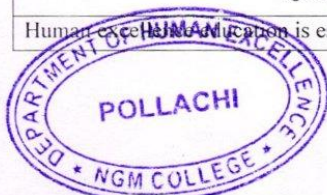
**Table 4**  
Distribution of the Students Based on Department

S.No	Department	Frequency	Percent
1	BSc Botany	11	2.2
2	BSc IT	20	4.0
3	BSc CT	13	2.6
4	B.Com Finance	21	4.2
5	BCA	15	3.0
6	BA English	31	6.2
7	BBA	15	3.0
8	BSc Computer Science	33	6.6
9	BA Tamil	14	2.8
10	BCom	30	6.0
11	BCom B&I	10	2.0
12	Bsc Zoology	18	3.6
13	BSc Chemistry	16	3.2
14	BSc Maths	15	3.0
15	BCom E-Commerce	11	2.2
16	BCom CA	23	4.6
17	BA Economics	12	2.4
18	BSc Physics	4	.8
19	BCom PA	5	1.0
20	BCom BPS	20	4.0
21	BA History	8	1.6
22	BCom CA II shift	5	1.0
	Total	350	70.0

The above table depicts the distribution of the students based on department.

**Table 5**  
Distribution of the students based on their opinion towards Yoga Practice

Questions	Yes / No				Rank
	F	%	F	%	
Human Excellence Education is essential to succeed in life	33	66.6	17	33.4	1



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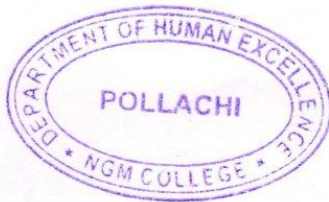


Stress is released and mental peace is achieved through meditation	319	63.8	31	6.2	6
Concentration is achieved during meditation	308	61.6	42	8.4	11
Regular practice of yoga and meditation improve health	317	63.4	33	6.6	8
Human excellence education adds human values	298	59.6	52	10.4	14
Harmonious relationship develops by blessing parents, teachers, management, etc during meditation	301	60.2	49	9.8	13
Disease recovered by regular practice of yoga	215	43.0	135	27.0	17
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Regular practice of yoga and meditation improve humanitarian consideration	310	62.0	40	8.0	10
Human excellence education improves the creativity	297	59.4	53	10.6	15
Human excellence education improves the will Power	324	64.8	26	5.2	3
Life up-liftment is achieved by practicing human excellence education	326	65.2	24	4.8	2
Human excellence education improves the memory power	317	63.4	33	6.6	8
Human excellence education improves the self confidence	322	64.4	28	5.6	5
Human excellence education improves the intelligence	305	61.0	45	9.0	12
<b>Overall (Average %)</b>		<b>64.4</b>		<b>8.6</b>	

(Rank 1,2,3 – High positive opinion)

(Rank 17, 16, 15 – Least positive opinion)

The table above illustrates the distribution of students according to their attitudes on practicing yoga. The rankings according to the highest percentage of students' positive opinions are displayed in the ranking column. It is clear from the above table that students firmly believe that (Ranked: 1, 2, 3) human excellence education is necessary for life success, that it strengthens willpower, and that engaging in human excellence education leads to live upliftment. According to this, students' acceptance of the idea that illness may be cured by regular yoga practice (ranked -17, 16-15) and that studying with yoga and meditation enhances creativity is also poor. Overall, the results indicate that 64.4% of students had a positive opinion of the yoga program, whereas just 8.6% of students had the opposite opinion.



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Table 6

### Distribution of the Students Opinion towards Yoga Practice based on Year of study

The difference in the opinion of the students on yoga practice based on their year of study was found using the ANOVA test. The Results are depicted below

#### Descriptive statistics

Year	N	Mean	Std. Deviation
First Year	102	30.5882	7.55095
Second Year	139	30.7842	7.04619
Third Year	109	29.4862	6.02866
Total	350	30.3229	6.90677

#### ANOVA

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	113.057	2	56.528	1.186	.307
Within Groups	16535.460	347	47.653		
Total	16648.517	349			

The ANOVA value demonstrates that first, second, and third year students' opinions toward yoga practice differ significantly from one another. According to the mean value, first-year students (mean=30.5), third-year students (mean=29.4), and second-year students (mean=30.7) all have very good opinions. It may be deduced that student's perceptions of yoga are positive in their second year, very little negative in their first year, and still negative biased in their third year.



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Table 7

### Distribution of the students opinion towards Yoga Practice based on Stream of Study

The difference in the opinion of the students on yoga practice based on their stream of study was found using the t-test. The Results are depicted below

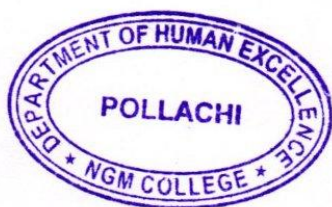
#### Descriptive Statistics

Stream	N	Mean	Std. Deviation
Self Finance	Self Finance	242	29.2521
Aided	Aided	108	32.7222

#### t-Test

t	df	Sig (2-tailed)
-4.458	348	.000

The results of the t-test indicate that students in the self-financing and assisted streams have significantly different opinions on yoga practice. In comparison to the helped stream (Mean=32.7), the self-financing stream (Mean=29.2) has a higher positive mean value. While students in both the self-financing and assisted streams have good opinions of yoga, the assisted stream's pupils had a relatively higher higher positive impression of yoga than the self financing stream's students.



  
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Table 8

### Distribution of the students on their opinion towards Yoga Practice based on Gender

The difference in the opinion of the students on yoga practice based on gender was found using the t-test. The Results are depicted below

#### Descriptive Statistics


Gender	N	Mean	Std. Deviation
Male	138	29.2609	7.10023
Female	212	31.0142	6.70466

#### t-Test

t	Df	Sig (2-tailed)
-2.336	348	.020

Based on the t-test value, it can be observed that male and female students have significantly different opinions about yoga practice. The average score indicates that students who are female (mean = 29.2) have more positive opinions than students who are male (mean = 31.0). While both male and female students have high opinions on yoga practice, female students' opinions were relatively higher than male students'.



  
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Table 9

### Comparison of the students on their opinion towards Yoga Practice based on Department

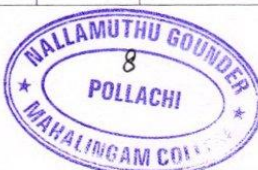
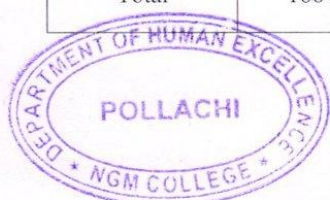
The difference in the opinion of the students on yoga practice based on the departments was found using the ANOVA test. The Results are depicted below

#### Descriptive Statistics

Department	N	Mean	Std. Deviation
BSc CT	14	21.2857	2.43148
B.Com Finance	21	22.4286	2.83851
BSc IT	20	22.9000	2.63379
BA Tamil	13	25.6923	1.03155
BCom B&I	10	22.5000	4.90465
BCA	15	24.9333	1.66762
BA English	31	24.6452	4.43883
BBA	15	26.1333	3.09069
BSc Computer Science	33	28.8485	3.80067
BCom	30	30.9000	1.82606
BSc Botany	11	29.6364	4.36515
Bsc Zoology	18	33.8333	1.97782
BSc Chemistry	16	33.7500	2.20605
BSc Maths	15	34.0667	2.28244
BCom E-Commerce	11	35.4545	1.43970
BCom CA	23	37.1304	2.32192
BA Economics	12	39.6667	1.72328
BA History	4	36.7500	3.09570
BCom PA	5	36.8000	1.78885
BCom BPS	20	41.8000	1.00525
BSc Physics	8	43.1250	.83452
BCom CA II shift	5	40.0000	3.31662
Total	350	30.3229	6.90677

#### ANOVA

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	14042.136	21	668.673	84.149	.000
Within Groups	2606.382	328	7.946		
Total	16648.517	349			



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The ANOVA value shows that there is a significant difference in the opinion of the students on yoga practice based on the departments. From the mean value it is clear that the students of B.Com BPS, B.Sc Physics and B.com CA II Shift departments had comparatively high positive opinion on yoga practice than other departments. Similarly, the students of B.SC CT B.com Finance and B.SC IT departments had comparatively least opinion on yoga practice than other departments.

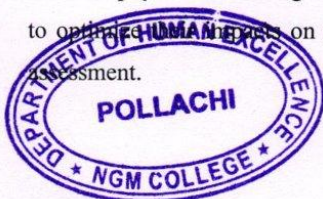
### SALIENT RESULTS OF THE STUDY

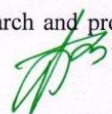
- The overall result shows that majority of the students (64.4 percent) had a positive opinion towards yoga programme and few (8.6 percent) had a least positive opinion towards yoga programme.
- Students have high positive opinion towards the Question 1 9B, and 9C.
- Students have least positive opinion towards the Questions 7, 8B and 9A.
- Opinion of the students towards yoga is high at the Second year and very slightly decreases at first year and further decreases at third year.
- Opinion of the students on yoga practice is high among both the self financing and aided streams, aided stream students had comparatively high positive opinion towards yoga than self financing stream students.
- Opinion of the students on yoga practice is high among both the male and female, female students had comparatively high positive opinion towards yoga than male students.
- Mean value it is clear that the students of B.Com BPS, B.Sc Physics and B.com CA II Shift departments had comparatively high positive opinion on yoga practice than other departments. Similarly, the students of B.SC CT B.com Finance and B.Sc IT departments had comparatively least opinion on yoga practice than other departments.

### CONCLUSION

The study's conclusions indicate that students' physical fitness is significantly increased by the yoga education programs offered in college settings. Most students reported feeling very satisfied with the program and mentioning how helpful it was for their academic and emotional well-being. Students specifically mentioned that taking part in the Yoga education program has improved their flexibility, strength, and general level of physical activity. This encouraging comment highlights how well yoga may be incorporated into college curricula to encourage students' physical fitness and health.

Overall, the study's findings emphasize the value of yoga instruction in promoting college students' physical wellbeing. Additional information about how to best optimize yoga education programs to optimize human experiences on physical health outcomes may be obtained through research and program assessment.



  
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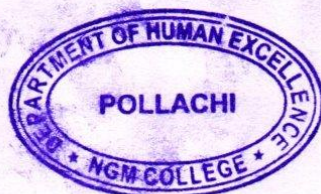
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### Students' Feedback Analysis Report

Academic year

2020 - 2021



  
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21-22

"Enhancing Mindfulness through Yoga Education: Investigating the Impact on College Students' Present-Moment Awareness and Psychological Well-being"

### OBJECTIVE OF THE STUDY

- To study the demographic profile of the NGM College students.
- To evaluate the effectiveness of yoga education in enhancing present-moment awareness among college students.
- To measure the impact of yoga education on the psychological well-being of NGM College students.
- To explore the relationship between participation in yoga education and levels of mindfulness NGM College students.
- To investigate the potential benefits of integrating yoga education into college curricula for promoting present-moment awareness and psychological well-being among students.

### METHODS

The Department of Human Excellence has been conducting a Yoga program since 2006 at Nallamuthu Gounder Mahalingam College in Pollachi, Coimbatore district, Tamil Nadu. The Yoga syllabus includes both theory and practical sessions as part of the IV curriculum. This study was designed to measure the overall impact of the Yoga program and how effectively it supports our students in improving their physical and mental health, as well as helping them to manage emotional stability to achieve higher academic performance on the college campus. A descriptive design was utilized in the present study. Students were selected from various departments, both Self-Financed (SF) and Aided, using the method of random sampling to conduct the study. Finally, 275 students were randomly selected to measure the impact of Yoga practices. A questionnaire consisting of 17 questions with yes or no responses was used to collect data from the students. The data were analyzed using mean, standard deviation, percentage analysis, t-tests, and ANOVA



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### ANALYSIS AND INTERPRETATION

Table 1  
Distribution of the Students Based on Year of Study

S.No	Year of Study	Frequency	Percent
1	First Year	117	23.4
2	Second Year	120	24.0
3	Third Year	38	7.6
	Total	275	100

The above table depicts the distribution of the students based on year of study. It shows that 23.4 percent of the students belong to first year, 24.0 percent of the students belong to second year and 7.6 percent of the respondents belong to third year.

Table 2  
Distribution of the Students Based on Stream

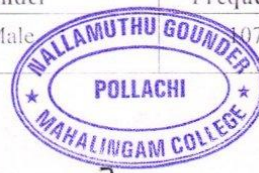
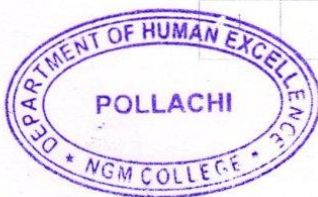
S.No	Stream	Frequency	Percent
1	Self Finance	191	38.2
2	Aided	84	16.8
	Total	275	100

The above table depicts the distribution of the students based on stream of study. It shows that 38.2 percent of the students belong to self financing stream and 16.8 percent of them belong to aided stream.

Table 3  
Distribution of the Students Based on Gender

S.No	Gender	Frequency	Percent
	Male	107	21.4

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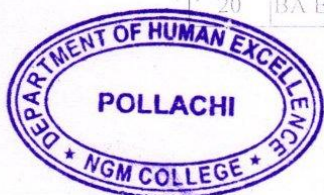



2	Female	168	33.6
	Total	275	100

The above table depicts the distribution of the students based on gender. It shows that 21.4 percent of the students are male and 33.6 percent of the students are female.

Table 4  
Distribution of the Students Based on Department

S.No	Department	Frequency	Percent
1	BA Tamil	10	2.0
2	B.Com Finance	15	3.0
3	BSc IT	15	3.0
4	BSc CT	8	1.6
5	BCom B&I	5	1.0
6	BCA	10	2.0
7	BCom BPS	25	5.0
8	BBA	10	2.0
9	BSc Computer Science	22	4.4
10	BCom	27	5.4
11	BSc Botany	7	1.4
12	Bsc Zoology	13	2.6
13	BSc Chemistry	11	2.2
14	BA History	13	2.6
15	BCom E-Commerce	11	2.2
16	BCom CA	23	4.6
17	BA Economics	8	1.6
18	BSc Physics	4	.8
19	BCom PA	5	1.0
20	BA English	20	4.0



  
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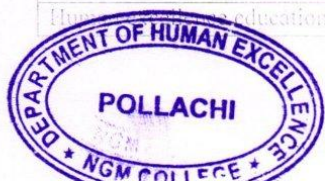


S.No	Department	Frequency	Percent
1	BA Tamil	10	2.0
2	B.Com Finance	15	3.0
21	BSc Maths	8	1.6
22	BCom CA II shift	5	1.0
	Total	275	100

The above table depicts the distribution of the students based on department.

**Table 5**  
Distribution of the students based on their opinion towards Yoga Practice

Questions	Yes / No				Rank
	F	%	F	%	
Human excellence education is essential to succeed in life	263	52.6	12	2.4	1
Stress is released and mental peace is achieved through meditation	259	51.8	16	3.2	3
Concentration is achieved during meditation	248	49.6	27	5.4	10
Human excellence education adds human values	231	46.2	44	8.8	14
Harmonious relationship develops by blessing parents, teachers, management, etc during medication	237	47.4	38	7.6	13
Disease recovered by regular practice of yoga	181	36.2	94	18.8	17
Yoga and meditation helped in studying major and allied papers	222	44.4	53	10.6	16
Regular practice of yoga and meditation improve health	252	50.4	23	4.6	6
Regular practice of yoga and meditation improve mental peace	259	51.8	16	3.2	4
Regular practice of yoga and meditation improve humanitarian consideration	248	49.6	27	5.4	10
Regular practice of yoga and meditation improve gratitude	250	50.0	25	5.0	8
Human excellence education improves the will Power	260	52.0	15	3.0	2
Human excellence education improves the creativity	238	47.6	37	7.4	12
Human excellence education improves the intelligence	225	45.6	47	9.4	11
Human excellence education improves the memory power	245	49.0	30	6.0	11
Human excellence education improves the self confidence	252	50.4	23	4.6	7



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Life up-liftment is achieved by practicing human excellence education	257	51.4	18	3.6	5
Overall (Average %)	48.5		6.4		
(Rank 1,2,3 – High positive opinion)	(Rank 17, 16, 15 – Least positive opinion)				

The distribution of the students based on their opinion towards yoga practice is been depicted in the above table. The ranking column depicts the ranks based on the highest percentage of the positive opinion of the students. From the above table it can be understood that the students strongly accept that (Ranked- 1, 2, 3) human excellence education is essential to succeed in life, Stress is released and mental peace is achieved through meditation and Human excellence education improves the will Power. Similarly, the students have a low acceptance (Ranked -17,16,15) on Disease recovered by regular practice of yoga. Yoga and meditation helped in studying major and Human excellence education improves the intelligence. The overall result shows that majority of the students (88.2 percent) had a positive opinion towards yoga programme and few (11.8 percent) had a least positive opinion towards yoga programme.



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Table 6

Distribution of the Students Opinion towards Yoga Practice based on Year of study

The difference in the opinion of the students on yoga practice based on their year of study was found using the ANOVA test. The Results are depicted below

### Descriptive statistics

Year	N	Mean	Std. Deviation
First Year	117	28.8889	7.64941
Second Year	120	32.8167	7.00058
Third Year	38	30.2895	6.11559
Total	275	30.7964	7.38132

### ANOVA

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	925.258	2	462.629	8.986	.000
Within Groups	14003.338	272	51.483		
Total	14928.596	274			

The ANOVA value shows that there is a significant difference in the opinion towards the yoga practice among the first, second and third year students. The mean value shows that second year students (Mean= 32.8) have high positive opinion followed by third year (Mean=30.2) and first year students (Mean=28.8). It is inferred that the opinion of the students towards yoga is high at the second year and very slightly decreases at third year and further decreases at first year.



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Table 7

Distribution of the students opinion towards Yoga Practice based on Stream of Study

The difference in the opinion of the students on yoga practice based on their stream of study was found using the t-test. The Results are depicted below

### Descriptive Statistics

Stream	N	Mean	Std. Deviation
Self Finance	191	30.0262	7.60778
Aided	84	32.5476	6.54991

### t-Test

t	df	Sig (2-tailed)
-2.637	273	.009

The t-test value shows that there is a significant difference in the opinion of the students towards the yoga practice among the self financing and aided stream. The mean value shows that self financing stream (Mean= 7.6) have high positive than the aided stream (Mean=6.5). Though the opinion of the students on yoga practice is high among both the self financing and aided streams, self financing stream students had comparatively high positive opinion towards yoga than aided stream students.



  
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Table 8

Distribution of the students on their opinion towards Yoga Practice based on Gender

The difference in the opinion of the students on yoga practice based on gender was found using the t-test. The Results are depicted below

### Descriptive Statistics


Gender	N	Mean	Std. Deviation
Male	107	29.4673	7.66678
Female	168	31.6429	7.08738

### t-Test

t	Df	Sig (2-tailed)
-2.404	273	.017

The t-test value shows that there is a significant difference in the opinion of the students towards the yoga practice among the male and female students. The mean value shows that male students (Mean= 7.6) have high positive opinion than the female students (Mean=7.0). Though the opinion of the students on yoga practice is high among both the male and female, female students had comparatively high positive opinion towards yoga than male students.



  
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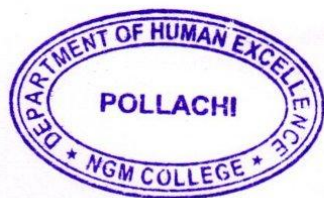
Table 9

Comparison of the students on their opinion towards Yoga Practice based on Department

The difference in the opinion of the students on yoga practice based on the departments was found using the ANOVA test. The Results are depicted below

### Descriptive Statistics

Department	N	Mean	Std. Deviation
BA Tamil	10	20.6000	2.50333
B.Com Finance	15	20.8667	2.89992
BSc IT	15	21.8000	2.73078
BSc CT	8	24.7500	1.28174
BCom B&I	5	18.2000	2.58844
BCA	10	24.3000	1.70294
BCom BPS	25	25.9200	4.59093
BBA	10	26.7000	1.82878
BSc Computer Science	22	27.7727	4.35269
BCom	27	31.4444	1.67179
BSc Botany	7	30.2857	4.11154
Bsc Zoology	13	35.2308	2.68185
BSc Chemistry	11	31.8182	4.97631
BA History	13	33.8462	2.19265
BCom E-Commerce	11	33.1818	3.12468
BCom CA	23	37.6522	2.05843
BA Economics	8	39.5000	1.41421
BSc Physics	4	35.7500	4.57347
BCom PA	5	37.2000	1.09545
BA English	20	41.9500	.75915
BSc Maths	8	42.5000	3.62531
BCom CA II shift	5	40.2000	2.58844
Total	275	30.7964	7.38132



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### ANOVA

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	12683.974	21	603.999	68.079	.000
Within Groups	2244.622	253	8.872		
Total	14928.596	274			

The ANOVA value shows that there is a significant difference in the opinion of the students on yoga practice based on the departments. From the mean value it is clear that the students of B.A English, B.SC.Maths and B.Com CA II shift departments had comparatively high positive opinion on yoga practice than other departments. Similarly, the students of BA.Tamil, B.com Finance, and B.Com B&I departments had comparatively least opinion on yoga practice than other departments.



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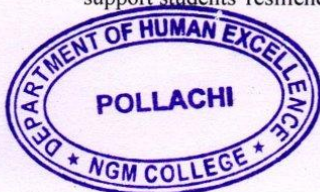


### SALIENT RESULTS OF THE STUDY

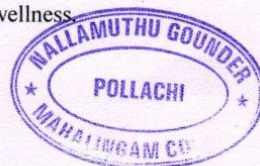
- The overall result shows that majority of the students (48.5 percent) had a positive opinion towards yoga programme and few (6.4 percent) had a least positive opinion towards yoga programme.
- Students have high positive opinion towards the Question 1, 2 and 9A.
- Students have least positive opinion towards the Questions 6, 7 and 9C.
- Opinion of the students towards yoga is high at the second year and very slightly decreases at third year and further decreases at first year.
- Opinion of the students on yoga practice is high among both the self financing and aided streams, self financing stream students had comparatively high positive opinion towards yoga than aided stream students.
- Opinion of the students on yoga practice is high among both the male and female, male students had comparatively high positive opinion towards yoga than female students.
- Mean value it is clear that the students of B.A English, B.SC.Maths and B.Com CA II shift departments had comparatively high positive opinion on yoga practice than other departments. Similarly, the students of BA.Tamil, B.com Finance, and B.Com B&I departments had comparatively least opinion on yoga practice than other departments.

### CONCLUSION

The goal of the current study was to evaluate how yoga instruction contributes to college students' mindfulness. Specifically, the study looked at how yoga practice improves students' capacity to develop nonjudgmental acceptance and present-moment awareness, which in turn lessens rumination and improves psychological well-being. The study's conclusions show that the majority of students had positive things to say about the yoga program. They stated that taking part in the program helped them both intellectually and personally. They felt the program improved their general well-being and was helpful in many areas of their lives. The study's overall findings demonstrate the beneficial effects of yoga instruction on students' psychological well-being and mindfulness. Through the practice of cultivating present-moment awareness and accepting oneself without passing judgment, the program gives students useful tools for stress management, lowering rumination, and improving their psychological health in general. These results highlight how crucial it is to include yoga instruction in college curricula in order to support students' resilience and mental wellness.



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# Nallamuthu Gounder Mahalingam College

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## Students' Feedback Analysis Report

Academic year

2019 - 2020



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"Exploring the Impact of Yoga-Based Education on Mindfulness and Response to Challenges among NGM College students"

### OBJECTIVE OF THE STUDY

- To study the demographic profile of the NGM College students.
- To assess the level of mindfulness among NGM College students participating in yoga-based education programs.
- To investigate the perceived effectiveness of yoga-based education in enhancing college students' ability to cope with various challenges.
- To explore the relationship between participation in yoga-based education and the development of mindfulness skills among NGM College students.

### METHODS

The Department of Human Excellence has been conducting a Yoga program since 2006 at Nallamuthu Gounder Mahalingam College in Pollachi, Coimbatore district, Tamil Nadu. The Yoga syllabus includes both theory and practical sessions as part of the IV curriculum. This study was designed to measure the overall impact of the Yoga program and how effectively it supports our students in improving their physical and mental health, as well as helping them achieve higher academic performance on the college campus. A descriptive design was utilized in the present study. Students were selected from various departments, both Self-Financed (SF) and Aided, using the method of random sampling to conduct the study. Finally, 250 students were randomly selected to measure the impact of Yoga practices. A questionnaire consisting of 17 questions with yes or no responses was used to collect data from the students. The data were analyzed using mean, standard deviation, percentage analysis, t-tests, and ANOVA



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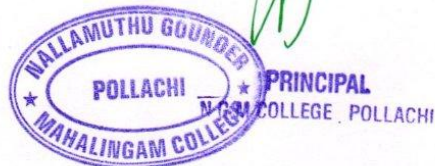
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Self-Finance (SF) and Aided, have been chosen through random sampling using a descriptive design. Furthermore, we provide our students insightful advice and ideas on how to manage their emotional stability and resilience, which will primarily assist them in overcoming anxiety, fear, frustration, and low self-esteem.

The results of this data analysis will provide insight into how effectively the yoga curriculum supports the overall growth of its students. Through an analysis of variables including physical health, mental health, emotional stability, and spiritual enlightenment, this research attempts to clarify the important role that yoga training serves in creating an atmosphere that is conducive for academic achievement and personal development among NGM College students.



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## Nallamuthu Gounder Mahalingam College

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2019 - 20

"Exploring the Impact of Yoga-Based Education on Mindfulness and Response to Challenges among NGM College students"

### OBJECTIVE OF THE STUDY

- To study the demographic profile of the NGM College students.
- To assess the level of mindfulness among NGM College students participating in yoga-based education programs.
- To investigate the perceived effectiveness of yoga-based education in enhancing rural college students' ability to cope with various challenges.
- To explore the relationship between participation in yoga-based education and the development of mindfulness skills among NGM College students.

### METHODS

The Department of Human Excellence has been conducting a Yoga program since 2006 at Nallamuthu Gounder Mahalingam College in Pollachi, Coimbatore district, Tamil Nadu. The Yoga syllabus includes both theory and practical sessions as part of the IV curriculum. This study was designed to measure the overall impact of the Yoga program and how effectively it supports our students in improving their physical and mental health, as well as helping them achieve higher academic performance on the college campus. A descriptive design was utilized in the present study. Students were selected from various departments, both Self-Financed (SF) and Aided, using the method of random sampling to conduct the study. Finally, 250 students were randomly selected to measure the impact of Yoga practices. A questionnaire consisting of 17 questions with yes or no responses was used to collect data from the students. The data were analyzed using mean, standard deviation, percentage analysis, t-tests, and ANOVA



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### ANALYSIS AND INTERPRETATION

Table 1

Distribution of the Students Based on Year of Study

S.No	Year of Study	Frequency	Percent
1	First Year	97	19.4
2	Second Year	120	24.0
3	Third Year	33	6.6
	Total	250	100.0

The distribution of the students by academic year is shown in the above table. According to the data, 19.4% of students are in their first year, 24.0 percent are in their second year, and 6.6% of respondents are in their third year.

Table 2

Distribution of the Students Based on Stream

S.No	Stream	Frequency	Percent
1	Self Finance	191	38.2
2	Aided	59	11.8
	Total	250	100.0

The distribution of students by academic stream is shown in the above table. It reveals that 11.8 percent of students are in the assisted stream and 38.2 percent are in the self-financing stream.

Table 3

Distribution of the Students Based on Gender

S.No	Gender	Frequency	Percent
1	Male	97	19.4
2	Female	153	30.6
	Total	250	100.0

The above table depicts the distribution of the students based on gender. It shows that 19.4 percent of the students are male and 30.6 percent of the students are female.



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Table 4  
Distribution of the Students Based on Department

S.No	Department	Frequency	Percent
1	BA Tamil	10	2.0
2	B.Com Finance	15	3.0
3	BSc IT	15	3.0
4	BSc CT	8	1.6
5	BCom B&I	5	1.0
6	BCA	10	2.0
7	BA English	16	3.2
8	BBA	10	2.0
9	BSc Computer Science	17	3.4
10	BCom	24	4.8
11	BCom BPS	7	1.4
12	Bsc Zoology	13	2.6
13	BSc Chemistry	6	1.2
14	BSc Maths	13	2.6
15	BCom E-Commerce	11	2.2
16	BCom CA	23	4.6
17	BA History	8	1.6
18	BSc Physics	2	.4
19	BCom PA	5	1.0
20	BSc Botany	20	4.0
21	BA Economics	7	1.4
22	BCom CA II shift	5	1.0
	Total	250	100.0

The above table depicts the distribution of the students based on department.



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Table 5  
Distribution of the students based on their opinion towards Yoga Practice

Questions	Yes / No				Rank
	F	%	F	%	
Human excellence education is essential to succeed in life	241	48.2	9	1.8	1
Stress is released and mental peace is achieved through meditation	237	47.4	13	2.6	3
Concentration is achieved during meditation	228	45.6	22	4.4	9
Human excellence education adds human values	215	43.0	35	7.0	14
Harmonious relationship develops by blessing parents, teachers, management, etc during medication	216	43.2	34	6.8	13
Disease recovered by regular practice of yoga	163	32.6	87	17.4	17
Yoga and meditation helped in studying major and allied papers	203	40.6	47	9.4	16
Regular practice of yoga and meditation improve health	232	46.4	18	3.6	6
Regular practice of yoga and meditation improve mental peace	234	46.8	16	3.2	5
Regular practice of yoga and meditation improve humanitarian consideration	226	45.2	24	4.8	10
Regular practice of yoga and meditation improve gratitude	231	46.2	19	3.8	7
Human excellence education improves the will Power	238	47.6	12	2.4	2
Human excellence education improves the intelligence	218	43.6	32	6.4	12
Human excellence education improves the creativity	206	41.2	44	8.8	15
Human excellence education improves the memory power	223	44.6	27	5.4	11
Human excellence education improves the self confidence	230	46.0	20	4.0	8
Life up-liftment is achieved by practicing human excellence education	236	47.2	14	2.8	4
<b>Overall (Average %)</b>	<b>44.4</b>		<b>5.5</b>		

(Rank 1,2,3 – High positive opinion)

(Rank 17, 16, 15 – Least positive opinion)

The table above illustrates the distribution of students according to their attitudes on practicing yoga. The rankings according to the highest percentage of students' positive opinions are displayed in the ranking column. Based on the above table, it is clear that students firmly believe that (Ranked: 1, 2, 3) human excellence education is necessary to succeed in life, that (Human excellence education) develops will power, and that (Meditation) relieves stress and promotes mental serenity. According to this, students' acceptance of the idea that illness may be



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cured by regular yoga practice (ranked -17, 16-15) and that studying with yoga and meditation enhances creativity is also poor.

**Table 6**  
**Distribution of the Students Opinion towards Yoga Practice based on Year of study**

The difference in the opinion of the students on yoga practice based on their year of study was found using the ANOVA test. The Results are depicted below

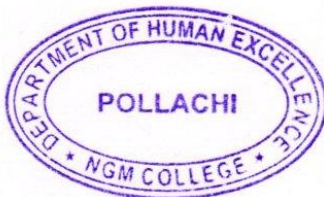
### Descriptive statistics

Year	N	Mean	Std. Deviation
First Year	97	28.5052	7.96885
Second Year	120	32.8500	7.03849
Third Year	33	31.3939	5.35572
Total	250	30.9720	7.47924

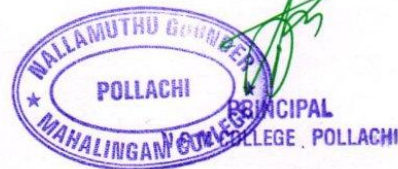
### ANOVA

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	1019.378	2	509.689	9.752	.000
Within Groups	12909.426	247	52.265		
Total	13928.804	249			

Based on the ANOVA result, it can be observed that first, second, and third year students have significantly different opinions regarding yoga practice. According to the mean value, first-year students (Mean=28.5) and third-year students (Mean=31.3) had the most favorable opinions, followed by second-year students (Mean= 32.8). It may be deduced that students' perceptions of yoga are positive in their second year, very little negative in their third year, and even less positive in their first year.



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Table 7

### Distribution of the students opinion towards Yoga Practice based on Stream of Study

The difference in the opinion of the students on yoga practice based on their stream of study was found using the t-test. The Results are depicted below

#### Descriptive Statistics

Stream	N	Mean	Std. Deviation
Self Finance	191	30.0262	7.60778
Aided	59	34.0339	6.16991

#### t-Test

t	df	Sig (2-tailed)
-3.687	248	.000

The t-test result demonstrates that there is a substantial difference between the self-financing and assisted streams' students' opinions of yoga practice. The self-financing stream (mean = 30.0) has a higher positive than the helped stream (mean = 34.0), according to the mean value. While students in both the self-financing and assisted streams have good opinions on yoga practice, those in the self-financing stream had relatively higher favorable opinions than those in the assisted stream.



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Table 8

### Distribution of the students on their opinion towards Yoga Practice based on Gender

The difference in the opinion of the students on yoga practice based on gender was found using the t-test. The Results are depicted below

#### Descriptive Statistics

Gender	N	Mean	Std. Deviation
Male	97	29.6598	7.77266
Female	153	31.8039	7.18923

#### t-Test

t	Df	Sig (2-tailed)
-2.226	248	.027

It is evident from the t-test results that male and female students have rather different opinions about yoga practice. According to the mean value, female students (mean = 31.8039) are more likely than male students (mean = 29.6598) to have high positive opinions. While both male and female students have high opinions on yoga practice, female students' opinions were relatively higher than male students'.



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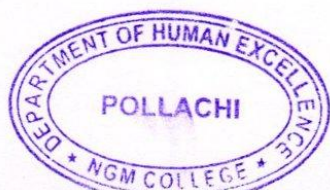
**Table 9**

### Comparison of the students on their opinion towards Yoga Practice based on Department

The difference in the opinion of the students on yoga practice based on the departments was found using the ANOVA test. The Results are depicted below

#### Descriptive Statistics

Department	N	Mean	Std. Deviation
BA Tamil	10	20.6000	2.50333
B.Com Finance	15	20.8667	2.89992
BSc IT	15	21.8000	2.73078
BSc CT	8	24.7500	1.28174
BCom B&I	5	18.2000	2.58844
BCA	10	24.3000	1.70294
BA English	16	26.4375	3.98278
BBA	10	26.7000	1.82878
BSc Computer Science	17	27.2353	4.82868
BCom	24	31.5833	1.28255
BCom BPS	7	30.2857	4.11154
Bsc Zoology	13	34.4615	.51887
BSc Chemistry	6	32.8333	2.63944
BSc Maths	13	33.8462	2.19265
BCom E-Commerce	11	33.1818	3.12468
BCom CA	23	37.6522	2.05843
BA History	8	39.5000	1.41421
BSc Physics	2	39.0000	2.82843
BCom PA	5	37.2000	1.09545
BSc Botany	20	41.9500	.75915
BA Economics	7	43.7143	1.25357
BCom CA II shift	5	40.2000	2.58844
Total	250	30.9720	7.47924



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### ANOVA

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	12444.924	21	592.615	91.056	.000
Within Groups	1483.880	228	6.508		
Total	13928.804	249			

According to the departments, there is a notable variation in the students' opinions regarding yoga practice, as indicated by the ANOVA value. The mean result indicates that, in comparison to students in other departments, those in the B.SC. Botany, BA. Economics, and B.Com. CA II Shift departments had relatively high positive opinions of yoga practice. Comparatively speaking to other departments, the B.A. Tamil, B.com Finance, and B.com B&I students had the least opinions on practicing yoga.

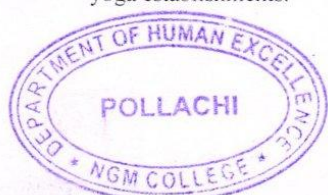
### SUGGESTIONS AND COMMENTS GIVEN BY STUDENTS

#### Major suggestions and comments:

- Most students expressed satisfaction with the program's efficacy and thought it was very beneficial.
- A large number of students in assisted streams proposed moving the afternoon class time to the morning.
- Most students thought the existing syllabus was too difficult and suggested simplifying it to make it easier to understand.
- The students were in agreement that longer yoga poses and shorter meditation sessions were necessary.

#### Additional Comments and Suggestions:

- A few students suggested making yoga lessons last longer.
- In order to improve program engagement, students suggested planning trips to outside yoga establishments.





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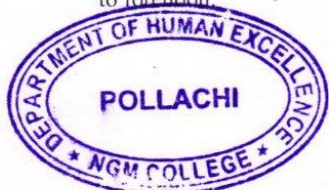
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- Some recommendations were made to do away with pointless documentation.
- It was proposed to expand the yoga program to postgraduate disciplines and mandate it for all students.
- It was advised to make doable changes like adding water amenities to the yoga hall and boosting student participation in the classroom.
- Students proposed ways to guarantee higher involvement and commitment, and they underlined the significance of encouraging a more serious approach toward the curriculum.
- It was also advised that exam questions be made simpler in order to reduce student anxiety.

### SALIENT RESULTS OF THE STUDY

- The overall result shows that majority of the students (44.4 percent) had a positive opinion towards yoga programme and few (5.5 percent) had a least positive opinion towards yoga programme.
- Students have high positive opinion towards the Question 1, 9A and 3.
- Students have least positive opinion towards the Questions 6, 7 and 9C.
- Opinion of the students towards yoga is high at the second year and very slightly decreases at third year and further decreases at first year.
- Opinion of the students on yoga practice is high among both the self financing and aided streams, self financing stream students had comparatively high positive opinion towards yoga than aided stream students.
- Opinion of the students on yoga practice is high among both the male and female, female students had comparatively high positive opinion towards yoga than male students.
- Mean value it is clear that the students of B.SC Botany, BA Economics departments had comparatively high positive opinion on yoga practice than other departments. Similarly, the students of B.A Tamil, B.com Finance and B.com B&I departments had comparatively least opinion on yoga practice than other departments.
- Majority of the students stated that the programme is very good and very much useful for them.
- Majority of the aided stream students wants to change their class timings from afternoon to forenoon.



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- Majority of the students feel that the current syllabus is very tough and difficult to understand and read. Thus they want the contents to be reduced such that it is easy to read.
- Majority of them feel that mediation hour should be reduced and yoga exercise must be increased.

### CONCLUSION

The findings of the present study suggest that the Yoga education program had a positive impact on the emotional well-being of college students. A majority of the students reported feeling happy and content with the program, indicating its effectiveness in helping them manage and regulate their emotions. Participants expressed that the program was valuable to them both personally and academically. Overall, these results support the perceived benefits of Yoga education in enhancing emotional regulation among college students, including experiences of anger, sadness, and frustration.



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### "Insights into College Students' Perspectives on Integrating Yoga into Educational Curricula"

#### OBJECTIVE OF THE STUDY:

- To study the demographic profile of the NGM College students.
- To assess college students' attitudes and opinions towards the integration of yoga into educational curricula.
- To investigate the perceived benefits and challenges associated with incorporating yoga into academic programs from the perspective of college students.
- To examine the level of interest and willingness among college students to participate in yoga-based educational initiatives.
- To explore the potential impacts of integrating yoga into educational curricula on college students' overall well-being and academic performance.

#### METHODS:

The Department of Human Excellence has initiated a Yoga program at Nallamuthu Gounder Mahalingam College in Pollachi, Coimbatore district, Tamil Nadu, since 2006. This program is integrated into the college curriculum, comprising both theoretical and practical components as part of the IV curriculum. This study was designed to measure the academic burdens and impact of integration of yoga curricula to achieve the overall academic performance, through maintaining physical well-being and mental wellbeing to sustain prolonged efforts and effectively completing various academic pursuits. In this study, a descriptive research design was employed to assess the impact of the Yoga program. Students from various departments, including both Self-Financed (SF) and Aided streams, were selected through random sampling to participate in the study. A total of 200 students were randomly chosen to gauge the effects of Yoga practices. Data collection was conducted through a questionnaire comprising 17 questions with binary responses (yes or no). Statistical analyses including mean, standard deviation, percentage analysis, t-tests, and ANOVA were utilized to analyze the collected data.

  
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### ANALYSIS AND INTERPRETATION

Table 1

Distribution of the Students Based on Year of Study

S.No	Year of Study	Frequency	Percent
1	First Year	81	40.5
2	Second Year	92	46.0
3	Third Year	27	13.5
	Total	200	100.0

The distribution of the students by academic year is shown in the above table. According to the data, 40.5% of students are in their first year, 46.0 percent are in their second year, and 13.5% of respondents are in their third year.

Table 2

Distribution of the Students Based on Stream

S.No	Stream	Frequency	Percent
1	Self Finance	157	78.5
2	Aided	43	21.5
	Total	200	100.0


The distribution of students by academic stream is shown in the above table. It reveals that 21.5 percent of students are in the assisted stream and 78.5 percent are in the self-financing stream.

Table 3

Distribution of the Students Based on Gender

S.No	Gender	Frequency	Percent
1	Male	80	40.0
2	Female	120	60.0
	Total	200	100.0

The above table depicts the distribution of the students based on gender. It shows that 40.0 percent of the students are male and 60.0 percent of the students are female.

  
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**Table 4**  
**Distribution of the Students Based on Department**

S.No	Department	Frequency	Percent
1	BA Tamil	10	5.0
2	B.com Finance	14	7.0
3	BSC IT	14	7.0
4	BSC CT	7	3.5
5	Bcom B&I	4	2.0
6	BCA	8	4.0
7	BA English	12	6.0
8	BBA	7	3.5
9	BSC Computer Science	13	6.5
10	BCOM	20	10.0
11	BSC Botany	6	3.0
12	BSC Zoology	9	4.5
13	BSC Chemistry	5	2.5
14	BSC Maths	10	5.0
15	B.Com E-commerce	10	5.0
16	Bcom CA	15	7.5
17	BA Economics	5	2.5
18	BSC Physics	2	1.0
19	Bcom PA	5	2.5
20	Bcom BPS	16	8.0
21	BA History	4	2.0
22	Bcom CA II Shift	4	2.0
	Total	250	100.0

The above table depicts the distribution of the students based on department.

  
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**Table 5**  
**Distribution of the students based on their opinion towards Yoga Practice**

Questions	Yes		No		Rank
	F	%	F	%	
Human excellence education is essential to succeed in life	192	96.0	8	4.0	1
Stress is released and mental peace is achieved through meditation	191	95.5	9	4.5	2
Concentration is achieved during meditation	182	91.0	18	9.0	8
Human excellence education adds human values	169	84.5	31	15.5	12
Harmonious relationship develops by blessing parents, teachers, management, etc during medication	175	87.5	25	12.5	10
Disease recovered by regular practice of yoga	132	66.0	68	34.0	15
Yoga and meditation helped in studying major and allied papers	162	81.0	38	19.0	14
Regular practice of yoga and meditation improve health	183	91.5	17	8.5	7
Regular practice of yoga and meditation improve mental peace	184	92.0	16	8.0	6
Regular practice of yoga and meditation improve humanitarian consideration	181	90.5	19	9.5	9
Regular practice of yoga and meditation improve gratitude	185	92.5	15	7.5	5
Human excellence education improves the will Power	189	94.5	11	5.5	4
Human excellence education improves the intelligence	173	86.5	27	13.5	11
Human excellence education improves the creativity	163	81.5	37	18.5	13
Human excellence education improves the memory power	175	87.5	25	12.5	10
Human excellence education improves the self confidence	183	91.5	17	8.5	7
Life up-liftment is achieved by practicing human excellence education	190	95.0	10	5.0	3
<b>Overall (Average %)</b>	<b>88.5</b>		<b>11.5</b>		

(Rank 1,2,3 – High positive opinion)

(Rank 15, 14, 13 – Least positive opinion)

According to the table above, which illustrates the distribution of students based on their attitudes towards practicing yoga, it is clear that students' positive opinions are ranked highest in the ranking column. This indicates a strong belief among students that human excellence education, ranked 1, 2, and 3, is essential for success in life. Additionally, they recognize that human excellence education cultivates willpower. Specifically, they highlight the importance of yoga practices such as meditation and yogasana in relieving stress, aiding in the reduction of academic burdens, and improving academic performance, ultimately contributing to the achievement of their overall life goals.

  
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Table 6

### Distribution of the Students Opinion towards Yoga Practice based on Year of study

The difference in the opinion of the students on yoga practice based on their year of study was found using the ANOVA test. The Results are depicted below

#### Descriptive statistics

Year	N	Mean	Std. Deviation
First Year	81	28.1358	8.04946
Second Year	92	32.3261	7.10844
Third Year	27	30.9630	5.20711
Total	200	30.4450	7.51929

#### ANOVA

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	764.708	2	382.354	7.183	.001
Within Groups	10486.687	197	53.232		
Total	11251.395	199			

Based on the ANOVA result, it is evident that there are significant differences in opinions regarding yoga practice among first, second, and third-year students. Analysis of the mean values indicates that first-year students (Mean=28.1) and third-year students (Mean=30.9) hold the most favorable opinions, with second-year students (Mean=32.3) following closely behind. This suggests that students' perceptions of yoga are generally positive during their second year, slightly less positive during their third year, and even less positive during their first year.

  
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Table 7

### Distribution of the students opinion towards Yoga Practice based on Stream of Study

The difference in the opinion of the students on yoga practice based on their stream of study was found using the t-test. The Results are depicted below

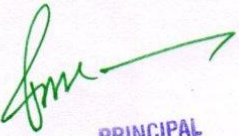
#### Descriptive Statistics

Stream	N	Mean	Std. Deviation
Self Finance	157	29.5796	7.66872
Aided	43	33.6047	6.03616

#### t-Test

t	df	Sig (2-tailed)
-3.180	198	.001

The t-test result indicates a significant difference between the opinions of students in the self-financing and aided streams regarding yoga practice. Specifically, the self-financing stream (mean = 29.5) exhibits a higher positivity compared to the aided stream (mean = 33.6), as per the mean values. Although students from both streams generally hold favorable opinions regarding yoga practice, those in the aided stream demonstrate relatively higher favorability compared to those in the self-financing stream.

  
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**Table 8**

### Distribution of the students on their opinion towards Yoga Practice based on Gender

The difference in the opinion of the students on yoga practice based on gender was found using the t-test. The Results are depicted below.

#### Descriptive Statistics

Gender	N	Mean	Std. Deviation
Male	80	29.0750	7.61041
Female	120	31.3583	7.34824

#### t-Test

t	Df	Sig (2-tailed)
-2.122	198	.907

The t-test results reveal a notable difference in opinions regarding yoga practice between male and female students. Specifically, female students (mean = 31.3583) are more inclined to hold highly positive opinions compared to male students (mean = 29.0750), as indicated by the mean values. Although both male and female students generally express favorable opinions regarding yoga practice, female students' opinions tend to be relatively higher than those of male students.

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**Table 9**

### Comparison of the students on their opinion towards Yoga Practice based on Department

The difference in the opinion of the students on yoga practice based on the departments was found using the ANOVA test. The Results are depicted below

#### Descriptive Statistics

Department	N	Mean	Std. Deviation
BA Tamil	10	20.6000	2.50333
B.Com Finance	14	20.7143	2.94641
BSc IT	14	21.6429	2.76258
BSc CT	7	24.5714	1.27242
BCom B&I	4	18.0000	2.94392
BCA	8	24.3750	1.92261
BA English	12	26.1667	4.48904
BBA	7	27.1429	1.46385
BSc Computer Science	13	27.9231	4.83841
BCom	20	31.7000	1.17429
BCom BPS	6	30.0000	4.42719
Bsc Zoology	9	34.5556	.52705
BSc Chemistry	5	32.4000	2.70185
BSc Maths	10	33.5000	2.41523
BCom E-Commerce	10	33.5000	3.10018
BCom CA	15	37.4667	2.41622
BSc Botany	16	41.8750	.80623
BA Economics	4	43.7500	1.25831
BCom CA II shift	4	40.0000	2.94392
BA History	5	39.2000	1.64317
BSc Physics	2	39.0000	2.82843
BCom PA	5	37.2000	1.09545
Total	200	30.4450	7.51929

  
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### ANOVA

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	9965.432	21	474.544	65.685	.000
Within Groups	1285.963	178	7.225		
Total	11251.395	199			

Based on the result, there is a significant variation in students' opinions regarding yoga practice, as indicated by the ANOVA value. The mean results suggest that students in the B.Sc. Botany, B.A. Economics, and B.Com. CA II Shift departments hold relatively high positive opinions of yoga practice compared to students in other departments. Conversely, students in the B.A. Tamil, B.Com Finance, and B.Com B&I departments demonstrate the least inclination towards practicing yoga when compared to students in other departments.

### SALIENT RESULTS OF THE STUDY

- The overall findings indicate that the majority of students (88.8 percent) held a positive opinion towards the yoga program, while a minority (11.5 percent) expressed a less positive viewpoint.
- Students exhibited a high positive opinion towards Questions 1, 2, and 10, whereas they showed less enthusiasm towards Questions 6, 7, and 9C.
- Students' opinions towards yoga were highest during their second year, slightly decreasing in their third year, and further declining in their first year.
- Both self-financing and aided stream students demonstrated high positive opinions towards yoga practice, with aided stream students exhibiting a slightly higher positivity compared to self-financing stream students.
- Similarly, both male and female students expressed high positive opinions towards yoga practice, with female students showing a slightly higher positivity than male students.
- Analysis of mean values revealed that students in departments such as B.Sc. Botany, BA Economics, and B.Com CA II Shift held comparatively higher positive opinions on yoga practice, while students in departments like B.A. Tamil, B.Com Finance, and B.Com B&I exhibited relatively lower opinions.
- The majority of students stated that the program was excellent and highly beneficial for them.

  
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### CONCLUSION

The results of the current study indicate that the Yoga education program positively influenced the physical and mental well-being of students, assisting them in managing academic pressures and engaging in academic activities without strain. A large portion of participants reported feeling rejuvenated after engaging in yoga practices, particularly aiding in coping with academic stress and striving towards overarching life objectives. Participants emphasized the value of the program, noting its personal and academic significance. In summary, these findings underscore the diverse benefits of Yoga education in fostering emotional stability among college students, encompassing experiences of emotional maturity, love and compassion, and gratitude.

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# ANNEXURE



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## Research Report: Academic Year 2022-2023

### Department of Human Excellence

#### Introduction:

In the academic year of 2022 to 2023, the Department of Human Excellence undertook significant research aimed at understanding and addressing the physical and psychological challenges faced by college students. Among the various studies conducted, Dr. P. Veerasithi Vinayagan, Assistant Professor, led two noteworthy investigations focusing on the influence of Sky Yoga and Lamp Gazing practices on visual functioning and overall well-being among college students.

#### Research Studies:

1. **Title:** Influence of Sky Yoga Eye Exercise and Lamp Gazing Practice on Visual Functioning among College Students.
2. **Title:** Impact of Eye Exercise (Sky Yoga) and Lamp Gazing Practice on Enhancing Visual Function and Well-Being among College Students.

#### Methodology:

Dr. P. Veerasithi Vinayagan conducted these studies with meticulous methodology involving 237 college students as active participants. The intervention comprised a regimen incorporating Sky Yoga practices such as Naddishudhhi pranayama, meditation, lamp gazing, and eye exercises. The duration and intensity of the intervention were carefully structured to assess its effectiveness on visual functioning and overall well-being.

#### Findings:

The research outcomes revealed significant positive effects post-intervention. The Sky Yoga practice demonstrated effectiveness in reducing visual problems commonly experienced by students, particularly far-sightedness and near-sightedness. These issues often adversely impact



  
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academic performance and daily life activities. The intervention contributed to enhancing both the visual function and overall well-being of the participating students.

### Significance:

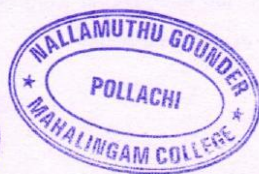
This research marks a significant contribution from the Department of Human Excellence towards addressing the physical and psychological challenges faced by college students. By delving into the realm of alternative practices like Sky Yoga and Lamp Gazing, the department expands the horizon of potential solutions beyond conventional approaches.

### Conclusion:

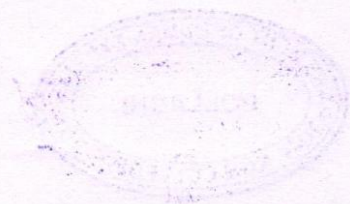
The outcomes of these studies underscore the potential of holistic practices like Sky Yoga and Lamp Gazing in improving the visual function and well-being of college students. The publication of the study report in the UGC Care list further validates its significance and credibility within the academic community.

In essence, these research endeavors stand as testament to the commitment of the Department of Human Excellence towards promoting the holistic development and welfare of college students.

**Note:** The above report is based on the research conducted in the academic year of 2022-2023 by Dr. P. Veerasithi Vinayagan, Assistant Professor, in the Department of Human Excellence.



  
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### "A STUDY ON THE IMPACT OF EYE EXERCISE (SKY YOGA) AND LAMP GAZING PRACTICE ON ENHANCING VISUAL FUNCTION AND WELL-BEING AMONG COLLEGE STUDENTS"

Dr. P. Veerasathi Vinayagan, Assistant professor, Department of Human Excellence, Nallamuthu Gounder Mahalingam College (Autonomous) Pollachi.

#### ABSTRACT

Prolonged academic reading and writing increase the risk of eye problems including strain, dryness, blurriness, and discomfort. If not treated properly, growing technology use makes young people's eyesight issues worse, which has a negative impact on both their physical and emotional health and academic performance and wellbeing. Therefore, the study aimed to measure the impact of (SKY Yoga) Eye exercise and Lamp gazing Practice on enhancing visual function and wellbeing. Students from Nallamuthu Gounder Mahalingam College were randomly selected using the survey method. The study adopts an Experimental research design. The pre-test and post-test one-group designs were adopted to study the impact of (SKY Yoga) Eye exercise and Lamp gazing on enhancing visual functioning and wellbeing among College Students. The sample (N=237) was obtained from students at Nallamuthu Gounder Mahalingam College, Pollachi. The data were obtained and analyzed before and after the SKY yoga practice from the respondents concerned. The intervention significantly improved health ratings, reducing "Poor" health reports and improving ocular health. People with "Good" eyesight increased from 22.7% to 90.8%, while "Average" and "Poor" vision were less common. Ocular pain also increased, with "Good" instances rising from 23.1% to 44.5% and "Poor" cases falling. Social functioning improved from 66.8% to 76.9%, and peripheral vision improved from 21.0% to 30.07%. The study has identified that there was a significant improvement on visual functioning after the intervention of the SKY yoga practice. The study has concluded that the benefits of SKY Yoga practice have improved the visual functioning problems of the students. Thus, most of the study review reported that the regular practice of eye exercise and lamp gazing exercise can provide a better improvement for eye sight problems. Therefore, the study highly recommends that the SKY yoga (Simplified Kundalini Yoga) practice has to be performed on regular basis to have a healthy and clear vision. Ultimately, the study suggests that SKY yoga practice can support individuals' physical and mental health, enabling them to maintain a healthy vision and overall well-being, which will, in turn, support them in achieving their life goals.

#### Key words:

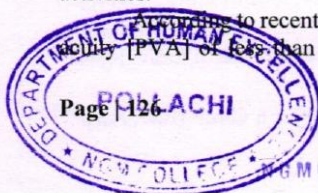
visual functioning, SKY yoga practice, Eye exercise and Lamp gazing practice, Well being

#### INTRODUCTION:

College students with visual impairments are increasingly participating in academic activities and using social media to gather information for their academic purposes. Even while they offer previously unheard-of opportunities for learning and social interaction, these platforms create a variety of challenges for students who have visual impairments. As continuous use of digital devices like computers and smart phones has such negative physical and psychological repercussions that students might not be able to achieve their full academic potential.

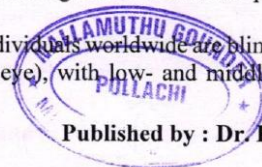
Long-term screen use can cause dry, itchy eyes, eye strain, blurred vision, and may expedite the development of myopia in young people. Students with visual impairments may experience stress and anxiety owing to academic demands and screen time, as well as feelings of social isolation and low self-esteem brought on by difficulties in accessing visual content and participating in visual-centric activities.

According to recent data, 36 million individuals worldwide are blind (defined as having a visual acuity [PVA] of less than 3/60 in the better eye), with low- and middle-income nations like India



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having the greatest incidence of this affliction. India has 62 million people with visual impairments and 8 million blind persons, which makes up around 25% of the world's population with regard to vision-related problems. The World Health Organization (WHO) stated that eyesight loss represented 3.9% of the total global illness burden in 2004 based on disability-adjusted life years. An interesting fact is that 81% of those who are blind or have serious vision impairment are 50 years of age or older.

A study in the Journal of American College Health revealed that college students with untreated vision problems had lower GPAs compared to the peers without such issues. The study indicated weaker performance in subjects like maths, reading, research, computer skills, and written and verbal communication, resulting in an overall lower GPA (Rutstein, 2010). Another study in the Journal of Optometry found that uncorrected refractive errors like nearsightedness, farsightedness, or astigmatism were significantly linked to poor academic performance among college students. The study showed that students with untreated refractive problems were more likely to report lower academic achievements (Saunders et al., 2013).

Myopia, hyperopia, and astigmatism are examples of refractive abnormalities that commonly affect eyesight worldwide. According to Khandekar et al.'s (2013) study, practicing yoga, which includes breathing techniques and eye exercises, significantly improves visual acuity in persons with refractive problems. Bhavanani et al. (2016) found that practicing yoga helped people with myopia to have better visual acuity. Nagarathna et al. (2015) investigated glaucoma, an optic nerve disorder that results in permanent visual loss. According to their research, glaucoma patients who practiced yoga and included breathing exercises, meditation, and relaxation techniques experienced a decrease in intraocular pressure. Similar to this, glaucoma patients who practiced yoga showed improved visual function, according to Sankaranarayanan et al. (2016).

### STATEMENT OF THE PROBLEM

The major goal of the current study is to create an intervention programme based on SKY yoga that was specifically catered to the needs and preferences of college students with vision impairment. Visual impairment is characterized by functional eye restrictions that hinder a person's ability to do basic daily tasks, job-related responsibilities, leisure activities, and navigate safely in their environment. Early onset of visual impairment greatly slows down pupils' academic growth. Students with vision impairment may benefit from yoga's diverse nature, which will help them better handle their difficulties. Yoga has been widely accepted as a physical practice and has demonstrated the potential in enhancing cognitive function, physical fitness, and overall health outcomes, perhaps even outperforming the advantages of exercise.

### DEFINITION


Visual Impairment refers to a condition wherein the eyes experience functional limitations, hindering one's capability to carry out essential daily activities, work-related tasks, leisure pursuits, or navigate safely in their environment.

### REVIEW LITERATURE:

Trataka practice can help improve the state of mindfulness and reduce the visual strain due to excessive use of digital media." Swathi, P. S., Saoji, A. A., et al. (2022). The findings indicate that yoga practice seemed to alleviate visual discomfort, whereas the group without any yoga intervention (WL) experienced an increase in discomfort after sixty days. (Telles, S., Naveen et al. 2006). Dry eye syndrome is common health problem among university students. (Abdulmannan, D. M., Naser, et al. 2022). Instrument performance is enhanced by segmenting the original NEI VFQ-25 into separate scales for visual functioning and socio emotional elements. The study conducted in 2023 by Manjula Marella, Konrad Pesudovs, and colleagues showed that these measures provide trustworthy criteria for assessing how reduced eyesight impacts this particular demographic. A study found that trataka kriya was indeed effective in enhancing eye health. Bhadane, M., & Kanojia, A. (2023). Individuals

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with Dry Eye Disease (DED) had a more pronounced link between dry eye symptoms and daily activities, and these symptoms were closely associated with daily discomfort. **Choi, J. H., Kim, K. S., et al. (2018)**. A study found that excessive use of Face book led to sleep disturbances and had a negative impact on the concentration of daily tasks among university students. **Hosen, M. J., Eva, S. A., et al. (2021)**. A study found that Computer Vision Syndrome (CVS) is highly prevalent among university students in Jordan. Given the increased reliance on online education due to the coronavirus disease, it is advisable to promote safe habits in the use of digital devices. **Gammoh, Y. (2021)**. A study suggested that eye exercises can be beneficial for addressing various conditions, such as vergence problems, ocular motility disorders, accommodative dysfunction, amblyopia, learning disabilities, dyslexia, asthenopia, myopia, motion sickness, sports performance, stereopsis, visual field defects, visual acuity, and overall well-being. **Rawstron, J. A., Burley, C. D., et al. (2005)**. A study found that the combination of pranayama and eye exercises can serve as a potential non-pharmacological measure for improving visual acuity. **Gosewade, N., Drugkar, A., et al. (2016)**

Following objectives were framed as per the need of the study.

### OBJECTIVES:

- To study the demographic profile of the respondents.
- To study the impact of demographical variable on visual functioning.
- To measure the impact of eye exercise and lamp gazing practice on visual functioning and wellbeing.
- To provide suitable suggestions on improving visual functioning and wellbeing based on the findings.

### METHODOLOGY

The study employed an Experimental research design with a pre-test and post-test one-group design to examine the impact of SKY Yoga practices, on enhancing visual function and wellbeing among college students. The research was conducted at Nallamuthu Gounder Mahalingam College, Pollachi, and the participants were college students who engaged in SKY Yoga practices during February 2023. A total of 237 respondents were surveyed for the study. Data were collected using a set of questionnaires that consisted of 25 items related to visual functioning. These questionnaires encompassed 12 domains aimed at measuring the perception level of visual functioning conditions among college students. Additionally, demographic profiles of the participants were also collected. The pre-test and post-test data were collected before and after the intervention of SKY Yoga practice, respectively. The data obtained from the questionnaires and demographic profiles were analyzed using methods such as simple percentage analysis, paired t-test, and ANOVA to derive meaningful results.

### INTERVENTION PROCEDURE:

The SKY yoga program consists of Eye exercises, Lamp Gazing practice, and Meditation practices. Participants are engaged in the SKY yoga practice two days per week for duration of 12 weeks. Before administering the questionnaire, the main purpose of the study was thoroughly explained to the participants to ensure they clearly understood its meaning and objectives. The pre-test data was collected from the college students before they began the SKY yoga practices.

Total hours of the practice cover 1 and half hour per week over a period of three months (12weeks). After completing the 12 weeks program, the post-test was collected from the concern participants. The practice procedure of Simplified Kundalini Yoga included the following yoga practices.

### PRACTICE SCHEDULE:

S.No	Particulars	Time/Hours
1	NaddiSuddhi	5 Minutes
2	Meditation	10 Minutes

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3.	Eye exercise	30 minutes
4.	Lamp Gazing practice	30 minutes
5.	Discussion	15 minute

During the session, college students were instructed in various SKY Yoga practices. The session began with a 5-minute Nadisuddhi pranayama practice to help participants attain a normal mental state. Following this, a 10-minute meditation practice was introduced to achieve a balanced state of mind. Subsequently, the students were engaged in a 30-minute Eye exercise to maintain flexibility, relaxation, and alleviate eye pressure. Afterwards, a Lamp gazing practice was conducted for 30 minutes to strengthen the eye muscles and reduce eye-related issues. Towards the end of the session, a 15-minute discussion period was allocated for participants to ask questions and clarify any doubts they may have. Finally, proper guidance was provided to ensure that the students can systematically perform the SKY yoga practices.

Table 1. Demographic Variable

Variables	Particulars	Before				After			
		N	Mean	Std. Dev	Test Value	N	Mean	Std. Dev	Test Value
Age	17	30	40.50	7.07	ANOVA (F=0.617 Sig=0.717)	30	61.10	8.96	ANOVA (F=0.248 Sig=0.960)
	18	72	41.30	8.07		72	62.50	10.23	
	19	60	39.43	7.1		60	61.30	8.42	
	20	55	39.98	5.74		55	62.00	7.56	
	21	15	38.53	6.13		15	60.93	7.34	
	22	4	38.75	8.26		4	61.75	8.65	
Gender	Male	92	39.75	7.17	T-test Value (F= 0.271 Sig= 0.603)	92	61.17	9.57	T-test Value (F= 2.432 Sig= 0.120)
	Female	145	40.50	7.00		145	62.22	8.22	

The analysis of variance (ANOVA) results showed that there was no statistically significant variation in visual functioning across different age groups prior to the implementation of SKY yoga practice (F=0.617, p=0.717). Additionally, following the SKY yoga session, an ANOVA revealed that there was no longer a noticeable variance in visual functioning between the various age groups (F=0.248, p=0.960). The t-test results showed no significant difference in visual functioning between males and females before SKY yoga (F=0.271, p=0.603). After the training, the results of the t-test (F=2.432, p=0.120) confirmed that there were no significant variations in visual functioning between males and females.

Table 2. Descriptive Statistics of Impact of SKY Yoga on Visual Functioning

S. No.	Particulars	Before		After	
		Frequency	Percentage	Frequency	Percentage
<b>General Health</b>					
1.	Good	140	58.8	165	69.3
2.	Average	43	18.1	67	28.2
3.	Poor	54	22.7	5	2.1
<b>General Vision</b>					
1.	Good	54	22.7	216	90.8
2.	Average	125	52.5	18	7.6
3.	Poor	58	24.4	3	1.3
<b>Ocular Pain</b>					
1.	Good	55	23.1	106	44.5
2.	Average	39	60.1	115	48.3
3.	Poor	39	16.4	16	6.7



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Near vision					
1.	Good	130	54.6	132	55.5
2.	Average	81	34.0	94	39.5
3.	Poor	26	10.9	11	4.6
Distance Vision					
1.	Good	104	43.7	107	45.0
2.	Average	102	42.9	99	41.6
3.	Poor	31	13.0	30	12.6
Social Functioning					
1.	Good	159	66.8	183	76.9
2.	Average	66	27.7	51	21.4
3.	Poor	12	5.0	3	1.3
Mental Health					
1.	Good	174	73.1	175	73.5
2.	Average	46	19.3	45	18.9
3.	Poor	17	7.1	17	7.1
Role of difficulties					
1.	Good	43	18.1	83	34.9
2.	Average	154	64.7	132	55.5
3.	Poor	40	16.8	22	9.2
Dependency					
1.	Good	19	8.0	36	15.1
2.	Average	73	30.7	93	39.1
3.	Poor	145	60.9	108	45.4
Driving					
1.	Good	47	19.7	77	32.4
2.	Average	103	43.3	99	41.6
3.	Poor	87	36.6	60	25.2
Color vision					
1.	Good	65	27.3	175	73.5
2.	Average	109	45.8	54	22.7
3.	Poor	63	26.5	8	3.4
Peripheral vision					
1.	Good	50	21.0	73	30.7
2.	Average	109	45.8	118	49.6
3.	Poor	78	32.8	46	19.3

The study assessed the effects of yoga on various perception domains among individuals. Before yoga, "Good" general well-being was reported by 140 individuals (58.8%), increasing to 165 (69.3%) after yoga. Similarly, "Average" perception increased from 18.1% to 28.2%, and "Poor" perception dropped from 22.7% to 2.1%. Yoga positively impacted general well-being, raising positive perception (69.3% from 58.8%) and decreasing negative perception (2.1% from 22.7%). In terms of general vision, "Good" perception improved from 22.7% to 90.8%, and negative perception decreased from 24.4% to 1.3%. Initially, 55 individuals (23.1%) reported "Good" vision, while after yoga, it rose to 106 (44.5%). Correspondingly, "Average" perception increased from 60.1% to 48.3%, and "Poor" perception dropped from 16.4% to 6.7%. Yoga reduced ocular pain, increasing positive perception (44.5% from 23.1%) and decreasing negative perception (6.7% from 48.3%). For distance vision, "Good" perception improved from 43.7% to 45.0%, "Average" increased to 41.6%, and "Poor" perception decreased to 12.6%. Similarly, social functioning perception improved, with "Good" perception rising from 66.8% to 76.9%, and "Poor" perception dropping from 5.0% to 1.3%. In terms of mental health,

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positive perception increased from 73.1% to 73.5%, while negative perception remained at 7.1%. Similarly, for role difficulties, "Good" perception rose to 34.9%, and "Poor" perception dropped to 9.2% from 16.8%. Dependency perception improved with "Good" perception rising to 15.1%, "Average" perception increasing to 39.1%, and "Poor" perception decreasing to 45.4%. Driving perception improved, with "Good" perception rising to 32.4%, and "Poor" perception dropping to 25.2% from 36.6%. Similarly, for color vision, "Good" perception rose to 73.5%, and "Poor" perception decreased to 3.4% from 22.7%. Peripheral vision perception improved, with "Good" perception rising to 30.7%, and "Poor" perception decreasing to 19.3% from 32.8%.

### RESULTS AND DISCUSSION

In this study, college students' perceptions of 12 distinct components of visual functioning were examined. Significant score differences after the SKY yoga practice intervention indicated a positive effect on visual functioning. 12 domains spotted notable improvements: general vision, general health, ocular pain, near- and far-vision challenges, social functioning limitations brought on by vision, mental health issues related to vision, role limitations brought on by vision, dependency brought on by vision, driving issues, color vision deficits, and peripheral vision issues. Health and vision-related categories saw a noticeable improvement as a result of the intervention.


### CONCLUSION

On the whole, the study's result underlines the positive impact of practicing SKY Yoga on improving perception of visual functioning across 12 domains in college students. Additionally, multiple studies have emphasized the considerable benefits of performing eye exercises and the habit of gazing at lamps for enhancing visual functioning and wellbeing among college students. In a substantial portion of the student population, the use of SKY yoga has demonstrated its ability to reduce symptoms such as eye strain, headaches, blurred vision, and eye discomfort. Therefore, these studies concisely support the implementation of SKY yoga practice, especially for college students who frequently interact with smart phones and computers. SKY yoga incorporates flexing, stretching, and relaxation techniques to alleviate eye strain as well as postpone and prevent the onset of nearsightedness and farsightedness problems. Overall, the study suggests that the regular practice of SKY yoga should be actively embraced by all institutions, including educational institutions, private enterprises, and organizations, given the importance of fostering a clear vision for the future of the younger generation. The young people in society can benefit from this preventive measure by having a brighter future and improved eye health and wellbeing.

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### THE INFLUENCE OF (SKY YOGA) EYE EXERCISE AND LAMP GAZING PRACTICE ON VISUAL FUNCTIONING AMONG COLLEGE STUDENTS

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#### ABSTRACT:

The uses of technology across all the industries have advanced. Without the use of computers and smart phones, the world will not advance. As a result, digital tools can lead to a variety of eye-related problems, such as reading discomfort, weariness, blurred vision, headaches, sporadic double vision, and irritated eyes accompanied by pain. These common issues among the younger generation significantly reduce their academic performance, subsequently affecting their physical and mental health. Therefore, the study aimed to measure the influence of (SKY Yoga) Eye exercise and Lamp gazing Practice on visual functioning among College Students. Students from Nallamuthu Gounder Mahalingam College were randomly selected using the survey method. The study adopts an Experimental research design. The pre-test and post-test one-group designs were adopted to study the influence of (SKY Yoga) Eye exercise and Lamp gazing Practice on visual functioning among college students. The sample (N=237) was obtained from students at Nallamuthu Gounder Mahalingam College, Pollachi. The data were obtained and analyzed before - and - after the SKY yoga practice from the respondents concerned. Before practicing, the mean value of the visual functioning was found at 40.2110. After the intervention of SKY Yoga practice, the mean value of the visual functioning has increased up to 61.8143. The paired T-test value -108.713 has showed that there was a significant difference in the visual functioning before and after SKY Yoga practices. The study has identified that there was a significant improvement on visual functioning after the intervention of the SKY yoga practice. The study has concluded that the benefits of SKY Yoga practice have improved the visual functioning problems of the students. Thus, most of the study review reported that the regular practice of eye exercise and lamp gazing exercise can provide a better improvement for eye sight problems. Therefore, the study highly recommends that the SKY yoga (Simplified Kundalini Yoga) practice has to be performed on regular basis to have a healthy and clear vision. Ultimately, the study suggests that SKY yoga practice can support their physical and mental health so that they can have a healthy vision to attain the academic achievements and life goals.

Key words: Visual functioning, SKY yoga practice, Eye exercise and Lamp gazing practice

#### INTRODUCTION

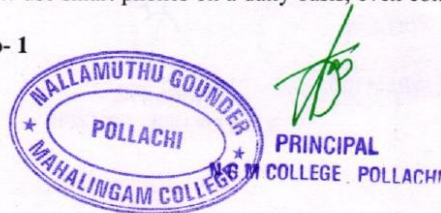
Education system has transitioned into a digitalized form, allowing students to access a wide variety of study materials for their convenience. The digital format has led them to constantly engage with Smartphone and computers, resulting in significant impacts on student's physical and mental health.

Technology is being used more and more frequently, and its benefits include improved global communication, content understanding, and real-time information. Running a business, a transportation system, a facility, an agricultural sector, a medical sector, etc., all benefit from it. Nearly the entire globe is under the power of both computers and smart phones.

In addition, when young people abuse and overuse their smart phones and computers, there are more physical and mental health problems, especially among the younger generations. A disorder known as asthenopia (eye strain) causes generalized symptoms such as discomfort, weariness, blurred vision, headaches, sporadic double vision, and irritated eyes with pain in or around them. A typical VDT (Visual Display Terminal) is a smart phone or mobile phone, which is widely utilized by the general public. The majorities of people now use smart phones on a daily basis, even college students, simply because they

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are convenient, portable, and can do numerous activities at once. (Mylona, I., Glynatsis, M. N, et al., 2023). According to a study report, closer viewing and eye strain symptoms are the primary causes of rising accommodative function issues and ocular symptoms, which are severely regarded as influencing variables leading to an eyesight issue. (Rosenfield, M. 2011).

According to the World Health Organization (WHO), 80% of vision impairment is either avoidable or treatable. This includes refractive errors that have not been corrected, some forms of childhood blindness, cataracts, the infections river blindness and trachoma, glaucoma, diabetic retinopathy, and other eye diseases. The use of assistive technologies, environment modifications, and vision rehabilitation programmes benefits a large number of persons with severe visual impairment.

Following a smart phone reading, there is a clearer viewing distance and eye fatigue symptoms. Long-term smart phone use appears to have significant effects on accommodative function, resulting in eye complaints that lower quality of life. There were 940 million people who had some level of eyesight loss as of 2015. 39 million people were blind, and 246 million had impaired eyesight. Over 50s make up the bulk of those with poor vision, who live in underdeveloped nations. (Issa LF, Alqurashi Ka et al., 2021).

Studies from all over the world have uncovered some startling statistics about Smartphone users. Globally, there will be 2.87 billion Smartphone users by 2020. By 2019, 38.3 million people are expected to own mobile phones, according to the Nepal Telecommunication Authority. In Canada, 85% of pupils privately own a Smartphone. It is 80% for Americans and Britons and 100% for university students in Saudi Arabia and South Korea. In India, 96% of pupils were found to have smartphones. A cross-sectional research in Nepal found that 36.8% of medical students had smartphone addictions. The smartphone is viewed at a closer distance when reading a text as compared to using a phone, where continuous use increases the accommodative and vergence demand, potentially exacerbating symptoms of digital eye strain. (Nayak, R., Sharma, A. K, et al., 2020)

Research has shown that the use of smartphones and computers among college students can have various psychological impacts. Constant exposure to social media on these devices can lead to feelings of inadequacy, low self-esteem, and social comparison, as individuals are constantly exposed to carefully curated online profiles (Vogel et al., 2014). Moreover, the constant connectivity and access to social media platforms can contribute to a fear of missing out (FOMO), causing anxiety and stress among students (Przybylski et al., 2013).

The anonymity and ease of communication online also make students more susceptible to cyber bullying and online harassment, leading to increased stress, anxiety, and even depression (Hinduja & Patchin, 2015). The constant use of smart phones and computers for academic purposes, socializing, and entertainment can result in digital fatigue and information overload, leading to mental exhaustion, difficulty concentrating, and decreased cognitive performance (Rosen et al., 2013).

Furthermore, the use of smart phones and computers before bed can disrupt students' sleep patterns due to the blue light emitted by screens. This can interfere with the production of melatonin, impacting sleep quality and leading to negative effects on mood, attention, memory, and overall mental well-being (Cain & Gradisar, 2010). Excessive use of these devices can also contribute to internet addiction, where students become compulsively reliant on them, neglecting other aspects of life and experiencing withdrawal symptoms and irritability (Kuss et al., 2013).

To mitigate these negative psychological effects, it is crucial for students to adopt a balanced approach to Smartphone and computer usage. Setting boundaries, practicing digital detox, engaging in offline activities, and seeking support when needed can help promote overall well-being and reduce the potential negative impacts of these devices (Billieux et al., 2015; Duke & Montag, 2017).

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### STATEMENT OF THE PROBLEM

The aim of this study is to determine the degree of improvement in eyesight for individuals with nearsightedness and farsightedness, as this impacts their ability to carry out academic activities such as completing assignments, attending exams, and engaging in projects. Poor eyesight quality can hinder academic performance and interfere with daily activities, leading to increased stress levels among students. These issues can also cause students to feel inadequate compared to their peers, further impacting their ability to concentrate on studies and routine tasks. Previous studies have highlighted the need for more research on eyesight problems among college students, as their future success relies on their skills, academic achievements, and extracurricular activities. Therefore, it is essential for student communities to learn how to overcome their eyesight problems through eye exercises and lamp gazing exercises. Various studies on yoga practices have found significant improvements in eyesight after engaging in eye exercises and other forms of yoga, such as Nadhisudhi pranayama and meditation. The study recommends SKY Yoga practices to help students overcome nearsightedness and farsightedness leading to higher academic excellence.

### OBJECTIVE

- To study the influence of demographic variable on visual functioning.
- To study the difference in visual functioning before and after the SKY Yoga practice based on demographic variables
- To study the impact of eye exercise and lamp gazing practice on visual functioning.

### METHODOLOGY

The study was an Experimental research design. The pre-test and post-test one-group design was adopted to study the influence of (SKY Yoga) Eye exercise and Lamp gazing Practice on visual functioning among college students. The universe of the study was the College students who performed the SKY Yoga practices at Nallamuthu Gounder Mahalingam College, Pollachi. The sampling frames were the participants, who participated in the SKY Yoga practice during the month of March 2023. A total of 237 respondents were selected in the study through conducting a survey. The researcher used a set of questionnaire as a tool to collect the data from the respondents. The questionnaire consisted of two parts namely, Demographic profile and visual functioning questionnaires.

The pre-test and post-test was conducted before and after the intervention and the data were analyzed using simple percentage analysis, paired t-test and ANOVA to find out the result.

### INTERVENTION PROCEDURE:

The SKY yoga program includes Eye exercise, Lamp Gazing practice and Meditation practices. The SKY yoga practice was given to the participants on weekly two days. The duration of the practice covered up to 12 weeks. Before offering the questionnaire, the main purpose of the study was properly instructed to the participants concerned to clearly understand the meaning and purpose of the study. The pre-test data were collected from the college students before they underwent the SKY yoga practices. Total hours of the practice cover 1 and half hour per week over a period of three months (12 weeks). After completing the 12 weeks program, the post-test was collected from the concern participants. The practice procedure of Simplified Kundalini Yoga included the following yoga practices.

### PRACTICE SCHEDULE:

S.No	Particulars	Time/Hours
1.	NaddiSuddhi	5 Minutes
2.	Meditation	10 Minutes

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3.	Eye exercise	30 minutes
4.	Lamp Gazing practice	30 minutes
5.	Discussion	15 minute

During the session SKY Yoga practices were instructed to the college students. In the beginning, Nadisuddhi pranayama practice was given to participants for 5 minutes to set their mind in a normal condition. After 5 minutes Meditation practice was given to them for 10 minutes to achieve a balanced state of mind. Then, the Eye exercise was given for 30 minutes to maintain the flexibility, relaxation and reduce the eye pressure. After 30 minutes, the Lamp gazing practice was given to strengthen the eye muscles and to reduce the eye sight problems. At the end of the session, 15 minutes was allotted for discussion where they can clarify their doubts and finally proper guidance was given to the participants to systematically perform the SKY yoga practices.

Table – 1 Descriptive statistics of Impact of eye exercise and Lamp gazing practice

Vari-ables	Parti-culars	Before				After			
		N	Mean	Std. Dev	Test Value	N	Mean	Std. Dev	Test Value
Age	17	30	40.50	7.07	ANOVA (F=0.617 Sig=0.717)	30	61.10	8.96	ANOVA (F=0.248 Sig=0.960)
	18	72	41.30	8.07		72	62.50	10.23	
	19	60	39.43	7.1		60	61.30	8.42	
	20	55	39.98	5.74		55	62.00	7.56	
	21	15	38.53	6.13		15	60.93	7.34	
	22	4	38.75	8.26		4	61.75	8.65	
Gender	Male	92	39.75	7.17	T-test Value (F= 0.271 Sig= 0.603)	92	61.17	9.57	T-test Value (F= 2.432 Sig= 0.120)
	Female	145	40.50	7.00		145	62.22	8.22	
Far sight & Near sight	Far sight	190	39.97	7.19	T-test Value (F=0.891 Sig=0.346)	190	61.46	8.86	T-test Value (F=0.199 Sig=0.656)
	Near sight	47	41.17	6.47		47	63.21	8.31	

The ANOVA value showed (F=0.617 and sig = 0.717) and there was no significant difference in visual functioning before the SKY yoga practice between the different age groups. After the SKY yoga practice the ANOVA Value showed (F=0.248 and sig = 0.960) and there was no significant difference in visual functioning between the different age groups. The t-test value showed that (F=0.271 and sig = 0.603) and there was no significant difference in visual functioning before the SKY yoga practice among male and female. After the SKY yoga practice, the t-test value reported (F=2.432 and sig = 0.120) and there was no significant difference in visual functioning among male and female. The t-test value showed (F=0.891 and sig = 0.346) and there was no significant difference in visual functioning before the SKY yoga practice between far sight and near sight. After the SKY yoga practice, the t-test value reported (F=0.199 and sig = 0.656) and there was no significant difference in visual functioning between far sight and near sight.

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Table – 2 Descriptive statistics of impact of SKY Yoga on visual functioning

Visual functioning	N	Mean	Std. Deviation	Std. Error Mean
Pre-test	237	40.2110	7.06371	.45884
Post-test	237	61.8143	8.76913	.56962

Table- 3 Paired Sample Test

	t	df	Sig.(2-tailed)
Pre test&Post test	-108.713	236	.000

The mean value of the visual functioning was found to be 40.2110 before the intervention of SKY yoga practice. After the study the mean value of the visual functioning has significantly improved up to 61.8143. Moreover, it is understood that there is a significant difference found in the mean values, but it needs to be scientifically proven for that the study conducted the T-test. The paired T-test value is -108.713 which showed that there was a significant difference in the visual functioning among students before and after the intervention of the SKY yoga practice which is evident from the mean value. Thus, from the mean value, it is concluded that after the SKY yoga practice there was a considerable improvement in visual functioning among the students community. Therefore, it is concluded that the SKY yoga practice improves or have significant impact on visual functioning.

### CONCLUSION:

On the whole, the study has concluded that SKY Yoga practices have the influence on improving the visual functioning problems among the college students. Most of the studies have recommended that eye exercise and lamp gazing practices can provide significant outcomes for the far sight and near sight problems among the college students. After the intervention of SKY yoga practice most of the students got relieved from eye strain, head ache, blurred vision problems and irritation from their eyes. So, the studies highly recommend the SKY yoga practice particularly for the college students who are constantly engaging with Smartphone and computers. According to a study report, the *tratakaa* yogic practice supported to enhance the attention, cognitive flexibility, and response inhibition among the respondents. (Raghavendra, B. R., & Singh, P. 2015). Another study reported that eye exercise helps to tone up extra-ocular muscles, trend the mind to see the objects & improve central fixation. (Dhote, S. A. 2015). The SKY yoga practice supports to relieve from the eye strain through flexing, stretching and relaxing. As a result, eye can be protected and prevented from causing far sight and near sight problems. All kinds of institutions like, education sectors, private sectors and companies have to take effort in implementing the SKY yoga practice to attain the clear vision and to create a bright future among young generations in the society.

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## Nallamuthu Gounder Mahalingam College

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### The power of thoughts

Knows that thoughts have strength. Have also been shown to have magnetic force.

**"If you have feelings of hope, love and joy, you will be inspired by such sensible people. Fear of failure in life will be by those who have the same thoughts as suffering. Realize that thoughts have great power" (Udaya Chandron, p. No. 51)**

Stand in front of the mirror every day and look at your face and tell yourself emotionally confident. I am healthy I am strong I am with good intentions I am achieving. There is an immense power buried in our thoughts. If we strengthen good thoughts it can evolve into a great power and we can realize that the future is going to be brighter if we have hopeful thoughts and thoughts about a better future.

### Mental energy

Never forget that you are only strong. Your thoughts have tremendous power. Thoughts of you as young people can create a new future.

What makes a man? His Thoughts His thoughts play a major role in shaping every human being. Thoughts are the root of everything and it has immense power. His thoughts are the sculptor of his life.

### Love

Humanity Virtue that refers to virtues such as compassion affection is called love. Love and appreciation are essential for man to live happily ever after. It takes money to live comfortably but only love is possible to live that life happily and fulfilling. Unity is enhanced when we love and appreciate others. The truth is that there is nothing in this world that cannot be achieved by love. True love has the power to transcend all differences of religion and caste and to inflict compassion and love on one another. Animals should love not only humans but also creatures like birds. There is no life without love. We must love nature as much as we love life.

### Service

Millions of people have been born, lived and died since the world began. If there were only a few hundred of these people living after the disappearance of the world's most admired people. All of them are people who are fully committed to the common good and serve the people with a service mindset.

**"Take pleasure in serving, that is worship, supplication, and departing to the deity" (Sivaranjan. P. No. 113)**

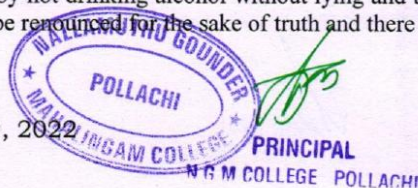
Need for service Great love does not need money to serve Only good mind is needed. Various charities have been established worldwide to serve. Today's youth need to connect with them from an early age and help the society. The saints will say that he who serves others is near to the deity. The service rendered to the people is called the service rendered to Mahesan. It is necessary to serve by understanding the fact that the help that can be given to the people will be the help that can be given to the Lord Himself.

### Discipline

Discipline means that our behaviour is right even when no one is paying attention to us. Morality is more important to a man than education. Students should follow disciplines such as respecting adults and moving in the right direction. We must have good morals if we are to be respected by others. We must consider morality as superior to our life. Only by one's discipline can one know what kind of character he is. He who does not follow discipline will suffer. He cannot touch the peak if he does not have discipline despite his knowledge, energy and talent.

The word etiquette refers to purity. Purity can be obtained by water and sacraments. Immorality is caused by not drinking alcohol without lying and by not doing evil and doing good to others. Anything can be renounced for the sake of truth and there can be no truth for any reason.

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### THE VIRTUES OF YOUNG PEOPLE CREATING THE FUTURE

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#### Abstract

Youth are the pillars of our country. All of today's youth must be well versed in high policy. It is important for the youth to know the potential within themselves and to take the steps to achieve the goal and the journey to it. You have to work hard for this. It is essential that every young person live with the principles of love, knowledge, energy, hard work, goodwill and high thinking virtues. Therefore, since policy making plays an important role in the lives of the youth, they should strive to fulfil their policy through the above virtues. Therefore, this article is a study towards the goal that every youth should work tirelessly to achieve the policy and uplift themselves and our country.

**Keywords:** Self-confidence, love, diligence, compassion, virtue.

#### Introduction

The future of the country is in the hands of the youth. Similarly, being honest with the youth is the basis for youth development. The nations of the world are working together to protect the dignity of mankind, to cherish the best of cultures, and to pave the way for further advancement. Honesty also plays a role in this. The development of selfishness and the development of the world of tomorrow are all in the hands of the youth. Every country can prosper only if the youth are honest, strong and capable.

#### Self-confidence

Turning to the histories of men who have succeeded in life, the only capital for success is their self-confidence. Self-confidence is what you put on yourself and your actions. A man who is confident in any action will easily succeed. The goal cannot be achieved if one thinks and speaks negatively that these will not be right before starting any action.

**"World history is the history of a few self-confident people" (Kurusami. P. 69)**

The thing we have taken can easily succeed if we develop the self-confidence that we can achieve. People who lack self-confidence are more likely to be affected by unwanted thinking.

#### Fearlessness

Every effort taken without fear will pave the way for success. Only by understanding that failure is natural can the first door to success be opened. Fear is a major obstacle to progress and a happy life. When we fear in life our abilities knowledge and energies are going to be unable to fully implement all of these. Human life is full of many privileges, many dangers and many unexpected disappointments. Therefore, we can live our lives without fear of any of these, which will lead to a better way of life.

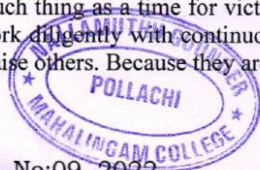
#### Diligence

They will say that nothing is impossible if tried. Forced success can be achieved if even the difficult things that are not possible are done with repeated diligence. It just seems like a mountain when anything starts. Most people give up trying for fear of falling down. Perseverance alone is the opportunity to perform many feats. It is easy to assume that we have finished reading everything. Vida's endeavour will continue only when he thinks that what he has learned is universal.

**"Believe firmly that you can" (M. Lenin, p. 27)**

There is no such thing as a time for victories to come and go. Success will always come along with those who work diligently with continuous effort. Only those who are self-confident will open their minds and praise others. Because they are not afraid to see the success of the next.

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**"Selfishness is immorality Unselfishness is virtue This is the only grammar we can give to morality" (Kurusami. Page 71)**

Self-discipline can improve when there is perseverance with self-control Self-discipline is essential to regain all that has been lost. Losing discipline is tantamount to losing life. One can climb a thousand steps in life with just one attribute of discipline.

### Involvement

Involvement refers to the mindset that overwhelms you the most. We can achieve their full potential when we do any action with full commitment. He must not give up on what he has taken and must fight tirelessly to the end and develop the commitment to complete them successfully.

Vivekananda's lofty principle is to keep trying with the majestic sentences emphasized for the youth in mind and achieve success.

- Manitha you are immense
- You become what you think you are
- All the potential is already within you
- Trust in yourself
- Nothing is impossible if tried

There is no history of anyone being superior without experiencing failure in life. The idea of diligently reaching the peak of failure in any field should be a laborious endeavour.

### Loving nature

The tree is the symbol of our life. We plant trees and the next generation will rest in its cool shade. Only those who have the slightest concern for the next generation are destroying nature.

Not only loving nature but also protecting it is the greatest duty of today's generation. Teachers need to continue to impart to today's students an understanding of the proper functioning of the human life system and the need to conserve natural resources. Awareness is needed to keep natural resources such as soil water air clean. Water should not be wasted We need to realize the principle that water is something that is essential for the life of living beings. To protect the soil. It is important to conserve nature by changing the landscape in a natural way. With the exception of synthetics like polythene plastic, nature needs it in today's environment. Everyone should stop cutting down trees and grow as many trees as they can and make the earth greener. We will protect the nature and live well for everyone.

### The unparalleled strength of youth

The percentage of youth in our country is huge. We have to use all these creatively for multifaceted development and uplift the country. Every action plan is based on the youth. Improvements are needed to provide such young people with the good nutrition, health, and quality education they need.

**"A Powerful Management System Accelerates Growth" (CS Devnath, p. 36)**

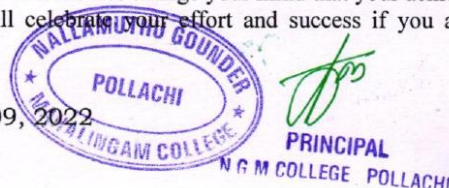
The sport should encourage young people to innovate and innovate. It is the chief duty of the youth, the greatest asset of our country, to nurture a sense of nationalism, hope and enrich their lives. Only then can the future of the country become a developed country with hopeful people.

### Success in life

Trying to be the primary one to succeed in life. Hope and self-confidence are very essential for success in life which can be achieved if one tries to make the effort worthwhile. There is a lot of energy hidden within every human being. Success in life is possible only if you know and realize them. Do not be discouraged that your efforts are not successful and keep trying and have a positive attitude to succeed in life. Do not change your mind that your achievements are not welcomed by the world. Everyone will celebrate your effort and success if you are in a position to achieve your

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highest goodwill. The success of your life is determined by how you control what you think every minute and every day.

### Conclusion

It is necessary to progress by developing the mental courage that man can achieve anything, nothing is impossible with the mind. Future generations who work for the change and better development of the country must be determined to make their contribution in all fields. Physical contribution is the contribution of knowledge that is essential to continue to make their contribution to the development of the country no matter how many obstacles and restrictions come from the student age. To elevate himself through good education. Through this every youth should uplift his own society and country.

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