

A Study on the Attitude of Secondary School Teachers of Malda and Murshidabad Districts, West Bengal towards Extension of Yoga Education in Schools in Relation to their Religious Belief and Mental Health

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Abstract - A study on the attitude of the Secondary School teachers to extend education to include Yoga Education in Schools vis-a-vis their Mental Health. Stratified purposeful sampling method used. Hindu teachers possess better Yoga attitude than Muslims, but negatively related with their Mental Health. Yoga attitude of the government teachers (Malda) is negatively related to their Mental Health, for private teachers it is positively related. Female private teachers' Yoga attitude differs between Hindu vs. Muslim. The Muslim female teachers (Murshidabad) possess better Yoga attitude; male teachers' attitude is negatively related to their Mental Health; for female, it is positively related. Female, private, Hindu vs. Muslim teachers here, show significantly different Yoga attitude, with a positive relation with their Mental Health.

Keywords: Attitude, Mental Health, Religion, Teacher, Yoga Education

I. INTRODUCTION

That our education curriculum fails to give balanced development of our body and mind along with the much focussed development of brain is being reflected through the so educated persons' many inhuman, restless and full of stress day-to-day activities. Inclusion of Yoga education in the school curriculum can make up this incompleteness. In order to do this the cooperation of the teachers, the most important component of education system is inherently needed. Thus, the main problem of this study is – what is the attitude of Secondary School Teachers towards Yoga Education in Schools? Before delving into this important question some relevant thought process so far proceeded in our surroundings needs to be considered here. Result of a study at Donimican University of California (Willits, 2015) shows that Yoga changes the strength, balance, endurance, self-esteem, concentration, attention and social behaviour.

A study on the effect of Yoga on health, in Germany (Büssing, Michalsen, Khalsa, Telles and Sherman, 2012) suggests that in pain-associated disability and mental health Yoga may prove beneficial. According to Kerketta, Yadav and Yadav (2016) the male and female students of Guru Ghasidas Vishwavidyalaya showed insignificant difference in attitude towards Yoga. Sefiya, (2015) reported that 53% Muslim college students of Thrissur district, Kerala, India possess positive attitude towards Yoga, 73.33% practice

Yoga daily. Singh and Dubey, (2015) reported a significant difference in attitude towards Yoga between male students of government as well as private schools of Bilashpur, Chhattisgarh. Private school show higher score compared to the government one. Chaudhari (2012) revealed that the B. Ed students have a favourable attitude towards Yoga and a significant difference in attitude towards Yoga education between male and female, and rural and urban B. Ed students exists. A study on the B.Ed. student-teachers' attitude towards Yoga in Anand, Gujarat, revealed a significant difference between their variation in gender and area of habitation (rural vs. urban) were noted (Patel, 2012). From the above thorough survey of the available literature on the subject, it is clearly revealed that practice of Yoga have some positive effect on the human body, brain and mind. So, Yoga has well correlation with education. At the same time, in the above literature survey, the researcher did not encounter any such study as delineated under the title of this paper. Here is the need to publish this paper.

II. METHODOLOGY

The following methodology was followed in this research work.

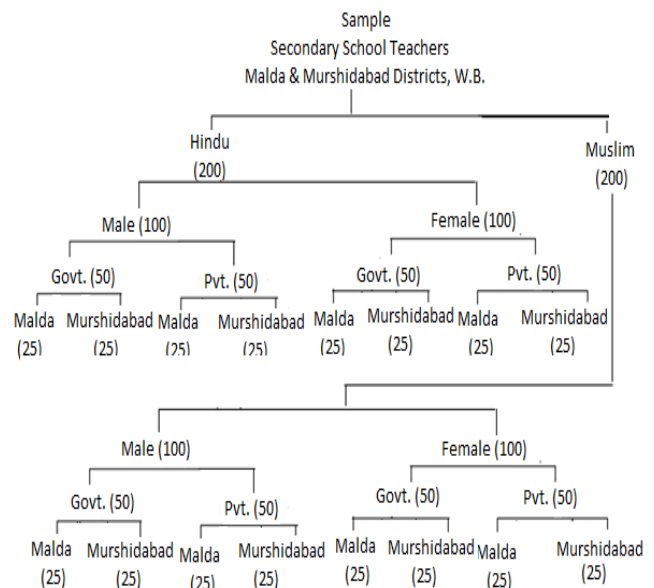


Fig. 1 Sampling Frame

A. Sample

A total of 400 samples were selected from the secondary school teachers of Malda and Murshidabad districts, West Bengal, India, as per the sampling frame presented above.

1. *Sampling Method:* Stratified purposeful sampling method was used in order to ensure the representation of samples from all the independent variables as per the above sampling frame.

2. *Units of Observation:* The sample member(s) (teachers) were given the questionnaires (of Yoga and Mental Health – separately) individually or in small groups of 5 members, for the purpose of collecting their attitude towards Yoga education in schools as well as to know their Mental Health types.

B. Variables

The dependent and independent variables in this study are

1. *Dependent Variables:* Attitude towards Yoga Education, and Mental Health.

2. *Independent Variables:* Religion, Geographical Location, Gender, and School Management.

C. Tools Used

1. Attitude towards Yoga Education Scale

The final form of the attitude scale contains 46 items [with Facility Value (FV) and Index of Discrimination (ID) both within 0.25 to 0.80] covering all the fields / factors affecting Yoga Education. There were 24 favourable and 22 unfavourable items in the questionnaire. Reliability Co-efficient of Attitude towards Yoga Scale by Test-retest Method was found to be 0.88, which indicates high reliability of the test. Content Validity of the scale was verified by a number of specialists in the relevant field. The number of items in the test proportionally represents the different dimensions so far their weightage is concerned. Hence, the scale has good Content Validity.

2. The Mental Health Inventory

For the purpose of measuring the Mental Health of the Secondary Schools teachers a Mental Health Inventory, prepared and standardized by Jagadish and A.K. Srivastava was purchased from National Psychological Corporation, Agra, U.P., India. As this Inventory was standardized long ago, in 1983, so the Inventory was re-standardised to contextualize to the present socio-mental setup. After Re-standardisation, the items with FV of 20% to 47.82% and with ID value of 0.25 to 0.71 were retained and the rest rejected. Thus, a total of 56 items in the original form of the Inventory came down to a total of 45 items only with 23

true keyed (positive)/favourable and 22 false keyed (negative)/unfavourable items. Reliability Co-efficient of Mental Health Inventory by Test-retest method on re-standardization was found to be 0.85, indicates high reliability. The content of the Inventory and its specification was verified by a number of specialists in the relevant field. The number of items in the test proportionally represents the different dimensions so far their weightage is concerned - the Inventory represents good Content Validity.

D. Data Collection

The Project Director/Research Assistant conducted face-to-face structured interview with the samples. Data on teachers' attitude towards Yoga education in schools were collected by a self-made and standardized three point Likert type questionnaire. Data on mental health were collected by the freshly re-standardized Mental Health Inventory developed and standardized by Jagadish and Srivastava (1983) (four alternative response types).

Before handing over the questionnaire /inventory to the subjects, necessary rapport was established with them. Then, the aims and objectives of the study were clearly mentioned to them. Then, the necessary instructions for properly responding the items, was cleared. After the expiry of the assigned time period, the questionnaires /inventories were collected for data analysis.

E. Data Analysis

The collected data were analysed through descriptive as well as Inferential statistics like ANOVA, 't' test by applying SPSS (Version 17) software.

F. Research Questions / Hypotheses

Hypothesis No. H₁: The attitude towards Yoga education in schools between Hindu and Muslim secondary school teachers of Malda and Murshidabad districts, West Bengal differs significantly.

Hypothesis No. H₁₀: There is a positive relation between Mental Health and attitude towards Yoga Education in schools between Hindu and Muslim secondary school teachers of Malda and Murshidabad districts, West Bengal.

Null Hypotheses: For the above hypotheses, the corresponding null hypotheses were framed.

III. RESULTS AND DISCUSSION

Analysis of raw data was done with the help of some statistical treatment in order to draw some meaningful conclusion. The hypotheses were tested by 't-test' and 'ANOVA' (Analysis of Variance) as and when required as below.

TABLE I THE TABLE BELOW DEPICTS THE COMPARISON OF ATTITUDE BETWEEN HINDU VS. MUSLIM SECONDARY SCHOOL TEACHERS OF MALDA AND MURSHIDABAD DISTRICTS, WEST BENGAL, TOWARDS YOGA EDUCATION IN SECONDARY SCHOOLS VIS-À-VIS THEIR MENTAL HEALTH

Comparison Between Groups	Sample No.	Attitude towards Yoga Education						Mental Health	
		Mean	S. D.	Variance	Df	F-Value	T-Value	Score (Av.)	Type
Hindu	200	93.75	11.19	125.22	398	9.67	3.11*	122.88	Very Poor
Muslim	200	90.56	9.27	85.90				138.49	Poor

*Significant at 0.01 level

From Table I it is clear that there is a significant difference in attitude towards Yoga Education at 0.01 level between the Hindu (93.75 ± 11.19) and Muslim (90.56 ± 9.27) Secondary School Teachers of Malda and Murshidabad districts. Expectedly, the Hindus show better attitude towards Yoga education than the Muslims. So, the

Hypothesis No. H_1 was verified and retained. Moreover, better Mental Health type teachers (Muslim, 138.49) harbour lower attitude towards Yoga Education here. Thus, Hypothesis H_{10} was verified and rejected. This attitudinal difference is presented pictorially in fig. 2 below.

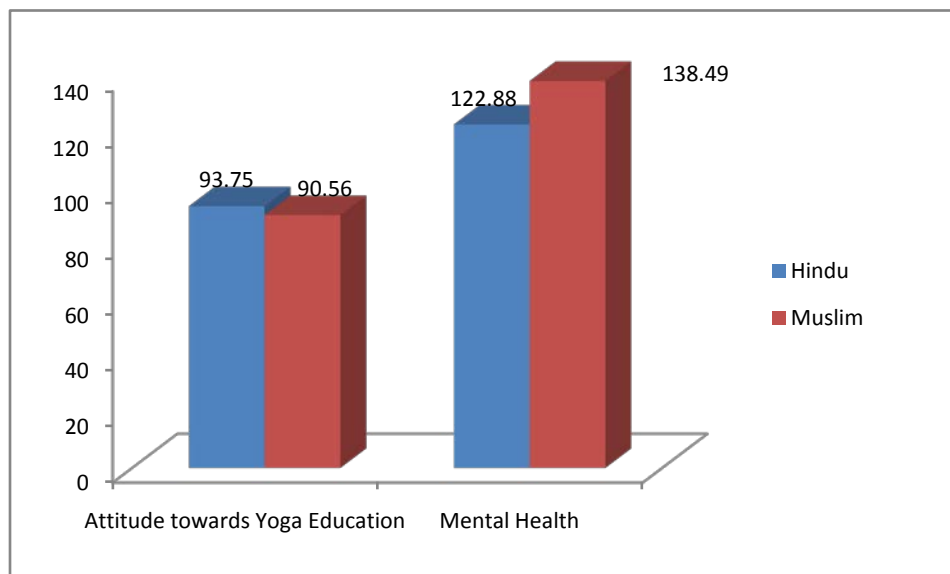


Fig. 2 Difference in attitude between Hindu and Muslim Secondary School Teachers towards Yoga Education, in Malda and Murshidabad districts, W.B.

TABLE I (I) THE TABLE BELOW DEPICTS THE COMPARISON OF ATTITUDE BETWEEN HINDU VS. MUSLIM, MALE TEACHERS OF GOVERNMENT MANAGED SECONDARY SCHOOLS IN MALDA DISTRICT, WEST BENGAL, TOWARDS YOGA EDUCATION IN SECONDARY SCHOOLS VIS-À-VIS THEIR MENTAL HEALTH

Comparison Between Groups	Sample No.	Attitude towards Yoga Education						Mental Health	
		Mean	S. D.	Variance	Df	F-value	t-value	Score (Av.)	Type
Hindu	25	96.88	18.48	341.44	48	0.64	0.80*	114.80	Very poor
Muslim	25	93.00	15.53	241.18				136.52	Poor

*Not significant at 0.05 level

From Table I (I) it is clear that there is a no significant difference in attitude towards Yoga Education at 0.05 level between the male Hindu (96.88 ± 18.48) and Muslim (93.00 ± 15.53) Government Managed Secondary School Teachers of Malda districts. Moreover, better Mental Health type

teachers (Muslim, 136.52) harbour lower attitude towards Yoga Education here than the lower Mental Health type teachers (Hindu, 114.80). This attitudinal difference is presented pictorially in fig.2 (i) below.

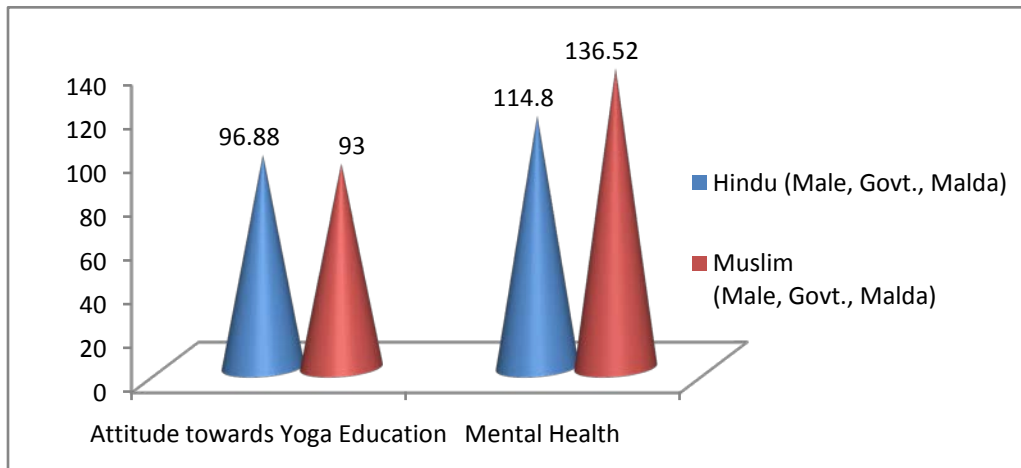


Fig. 2 (i) Difference in attitude between Male Hindu and Muslim Govt. Managed Secondary School Teachers in Malda towards Yoga Education in school and their Mental Health

TABLE I (II) THE TABLE BELOW DEPICTS THE COMPARISON OF ATTITUDE BETWEEN HINDU VS. MUSLIM FEMALE TEACHERS OF GOVERNMENT MANAGED SECONDARY SCHOOLS IN MALDA DISTRICT, WEST BENGAL, TOWARDS YOGA EDUCATION IN SECONDARY SCHOOLS VIS-À-VIS THEIR MENTAL HEALTH

Comparison Between Groups	Sample No.	Attitude towards Yoga Education						Mental Health	
		Mean	S. D.	Variance	Df	F-Value	T-Value	Score (Av.)	Type
Hindu	25	89.56	10.51	110.42	48	0.16	0.40*	134.08	Poor
Muslim	25	90.72	10.01	100.20				133.56	Poor

*Not significant at 0.05 level

Table I (II) clearly reveals that there is a no significant difference in attitude towards Yoga Education at 0.05 level between the female Hindu (89.56 ± 10.51) and Muslim (90.72 ± 10.01) Government Managed Secondary School Teachers of Malda district. Importantly, here Muslims show better value of attitude than their Hindu counterpart which is supported by a study in Kerala, India (Sefiya, 2015). Moreover, better Mental Health type teachers (Hindu, 134.08) possess lower attitude towards Yoga Education here than the lower Mental Health type teachers (Muslim,

133.56). This attitudinal difference is presented pictorially in fig. 2(ii) below.

On comparing the Tables I(I) and I(II) above it can be inferred that the male teachers from the Government managed schools in Malda district show better attitude towards Yoga Education than their female counterpart (Chaudhari, 2012; Kerketta, Yadav, and Yadav, 2016; Patel, 2012).

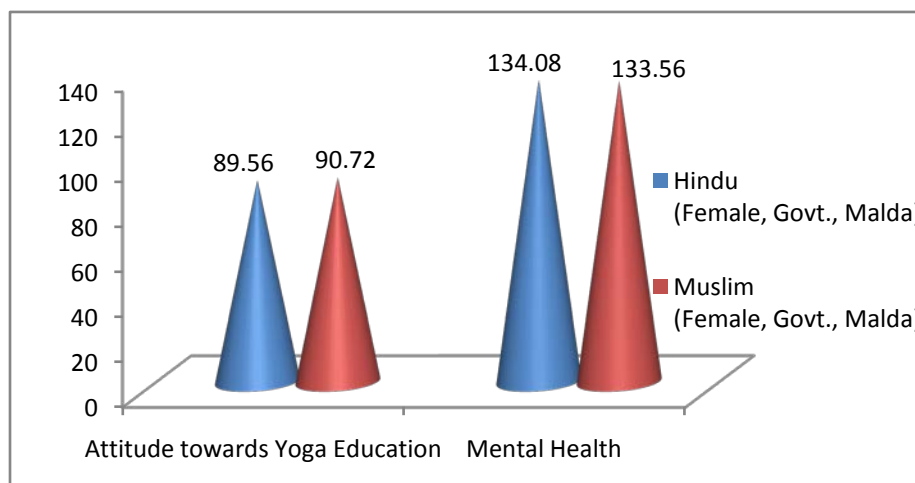


Fig. 2 (ii) Difference in attitude between Female Hindu and Muslim Govt. Managed Secondary School Teachers in Malda towards Yoga Education in school and their Mental Health

TABLE I (III) THE TABLE BELOW DEPICTS THE COMPARISON OF ATTITUDE BETWEEN HINDU VS. MUSLIM MALE TEACHERS OF PRIVATE MANAGED SECONDARY SCHOOLS IN MALDA DISTRICT, WEST BENGAL, TOWARDS YOGA EDUCATION IN SECONDARY SCHOOLS VIS-À-VIS THEIR MENTAL HEALTH

Comparison Between Groups	Sample No.	Attitude towards Yoga Education						Mental Health	
		Mean	S. D.	Variance	Df	F-Value	T-Value	Score (Av.)	Type
Hindu	25	87.76	4.84	23.92	48	0.45	0.67*	110.40	Very Poor
Muslim	25	88.72	5.31	28.20				154.56	Average

*Not significant at 0.05 level

Table I (III) clearly reveals that there is a no significant difference in attitude towards Yoga Education at 0.05 level between the male Hindu (87.76 ± 4.84) and Muslim (88.72 ± 5.31) Private Managed Secondary School Teachers of Malda district. In this case also, the Muslims show better attitude towards Yoga Education than their Hindu

counterpart (Sefiya, 2015). Here, better Mental Health type teachers (Muslim, 154.56) possess better attitude towards Yoga Education than the lower Mental Health type teachers (Hindu, 110.40). This attitudinal difference is presented pictorially in fig. 2(iii) below.

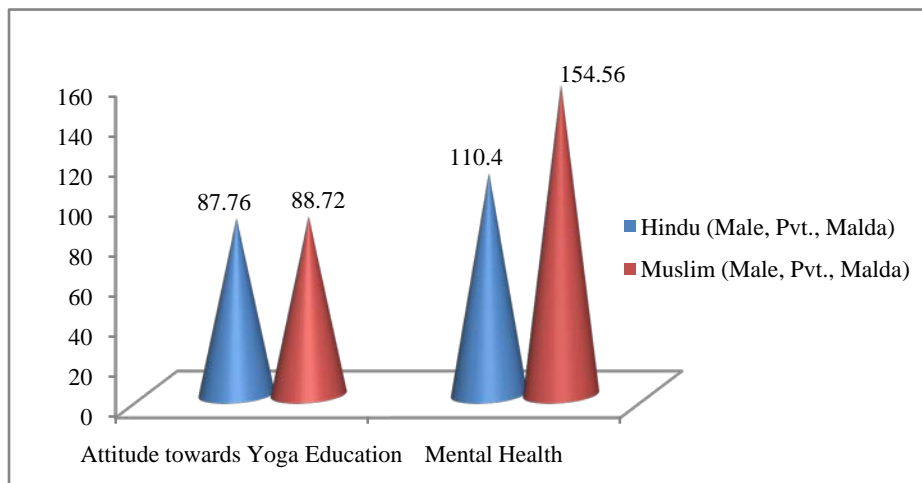


Fig. 2 (iii) Difference in attitude between Male Hindu and Muslim Pvt. Managed Secondary School Teachers in Malda towards Yoga Education in school and their Mental Health

TABLE I (IV) THE TABLE BELOW DEPICTS THE COMPARISON OF ATTITUDE BETWEEN HINDU VS. MUSLIM FEMALE TEACHERS OF PRIVATE MANAGED SECONDARY SCHOOLS IN MALDA DISTRICT, WEST BENGAL, TOWARDS YOGA EDUCATION IN SECONDARY SCHOOLS VIS-À-VIS THEIR MENTAL HEALTH

Comparison Between Groups	Sample No.	Attitude towards Yoga Education						Mental Health	
		Mean	S. D.	Variance	Df	F-Value	T-Value	Score (Av.)	Type
Hindu	25	92.36	4.35	18.92	48	36	6*	134.00	Poor
Muslim	25	84.72	4.65	21.62				115.52	Very Poor

Significant at 0.01 level

From Table I (IV) it is clear that there is significant difference in attitude towards Yoga Education at 0.01 level between the Female Hindu (92.36 ± 4.35) and Muslim (84.72 ± 4.65) Private Managed Secondary School Teachers of Malda district. The Tables I(III) and I(IV) demonstrate that from male to female gender variation, significant difference in attitude towards Yoga Education in congruence with the available literature (Chaudhari, 2012; Kerketta, Yadav and Yadav, 2016; Patel, 2012). Similarly, Tables 1(II) and 1(IV) reveal that the teachers in the private

schools show significant difference in attitude towards Yoga Education than their government counterpart (Singh and Dubey, 2016).

Here, better Mental Health type teachers (Hindu, 134.00) possess better attitude towards Yoga Education than the lower Mental Health type teachers (Muslim, 115.52). This attitudinal difference is presented pictorially in fig. 2(iv) below.

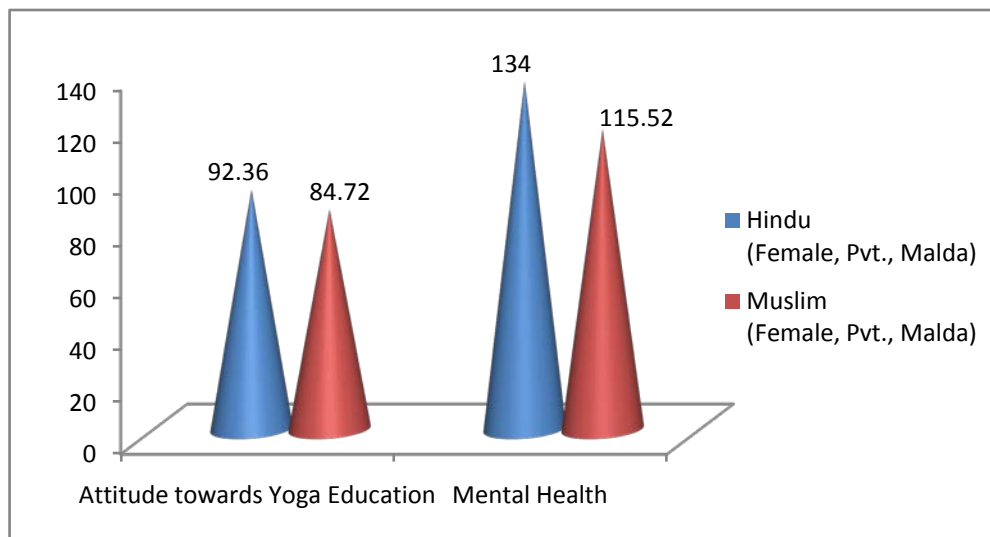


Fig. 2 (iv) Difference in attitude between Female Hindu and Muslim Pvt. Managed Secondary School Teachers in Malda towards Yoga Education in school and their Mental Health

TABLE I (V) THE TABLE BELOW DEPICTS THE COMPARISON OF ATTITUDE BETWEEN HINDU VS. MUSLIM MALE TEACHERS OF GOVERNMENT MANAGED SECONDARY SCHOOLS IN MURSHIDABAD DISTRICT, WEST BENGAL, TOWARDS YOGA EDUCATION IN SECONDARY SCHOOLS VIS-À-VIS THEIR MENTAL HEALTH

Comparison Between Groups	Sample No.	Attitude towards Yoga Education						Mental Health	
		Mean	S. D.	Variance	Df	F-Value	T-Value	Score (Av.)	Type
Hindu	25	103.24	8.18	66.91	48	32.13	5.67*	119.40	Very Poor
Muslim	25	89.40	9.06	82.08				134.12	Poor

*Significant at 0.01 level

From Table I (V) it is clear that there is significant difference in attitude towards Yoga Education at 0.01 level between the Male Hindu (103.24 ± 8.18) and Muslim (89.40 ± 9.06) Government Managed Secondary School Teachers of Murshidabad district. Here also, the better Mental Health

type teachers (Muslim, 134.12) possess lower attitude towards Yoga Education than the lower Mental Health type teachers (Hindu, 119.40). This attitudinal difference is presented pictorially in fig.2 (v) below.

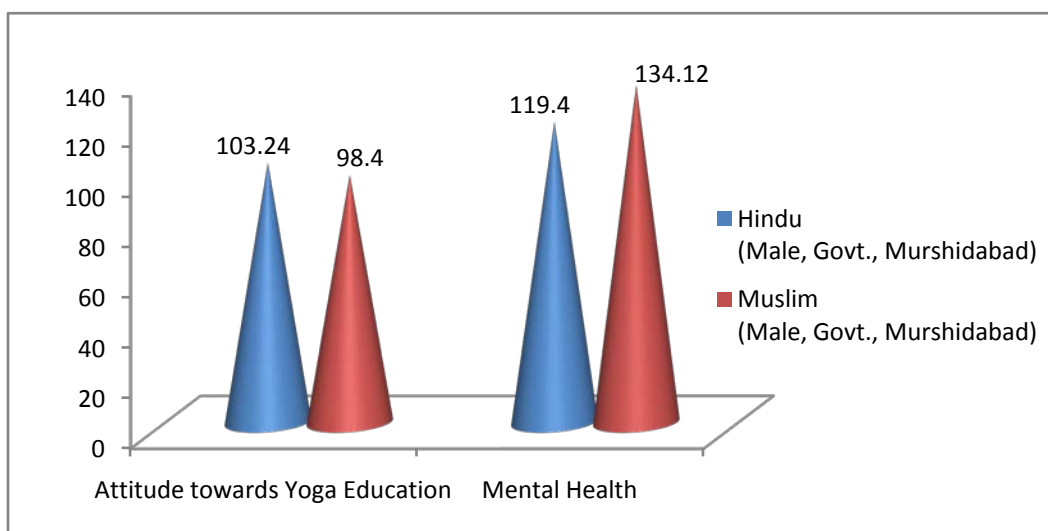


Fig. 2 (v) Difference in attitude between Male Hindu and Muslim Govt. Managed Secondary School Teachers in Murshidabad towards Yoga Education in school and their Mental Health

TABLE I (VI) THE TABLE BELOW DEPICTS THE COMPARISON OF ATTITUDE BETWEEN HINDU VS. MUSLIM FEMALE TEACHERS OF GOVERNMENT MANAGED SECONDARY SCHOOLS IN MURSHIDABAD DISTRICT, WEST BENGAL, TOWARDS YOGA EDUCATION IN SECONDARY SCHOOLS VIS-À-VIS THEIR MENTAL HEALTH

Comparison Between Groups	Sample No.	Attitude towards Yoga Education						Mental Health	
		Mean	S. D.	Variance	Df	F-value	t-value	Score (Av.)	Type
Hindu	25	91.16	8.01	64.16	48	8.24	2.87*	117.28	Very Poor
Muslim	25	97.20	6.82	46.51				154.60	Average

From Table I (VI) it is clear that there is significant difference in attitude towards Yoga Education at 0.01 level between the Female Hindu (91.16 ± 8.01) and Muslim (97.20 ± 6.82) Government Managed Secondary School Teachers of Murshidabad district. Notably, the Muslims show better attitude towards Yoga Education than the

Hindus (Sefiya, 2015). The better Mental Health type teachers (Muslim, 154.60) possess better attitude towards Yoga Education than the lower Mental Health type teachers (Hindu, 117.28). This attitudinal difference is presented pictorially in fig. 2(vi) below.

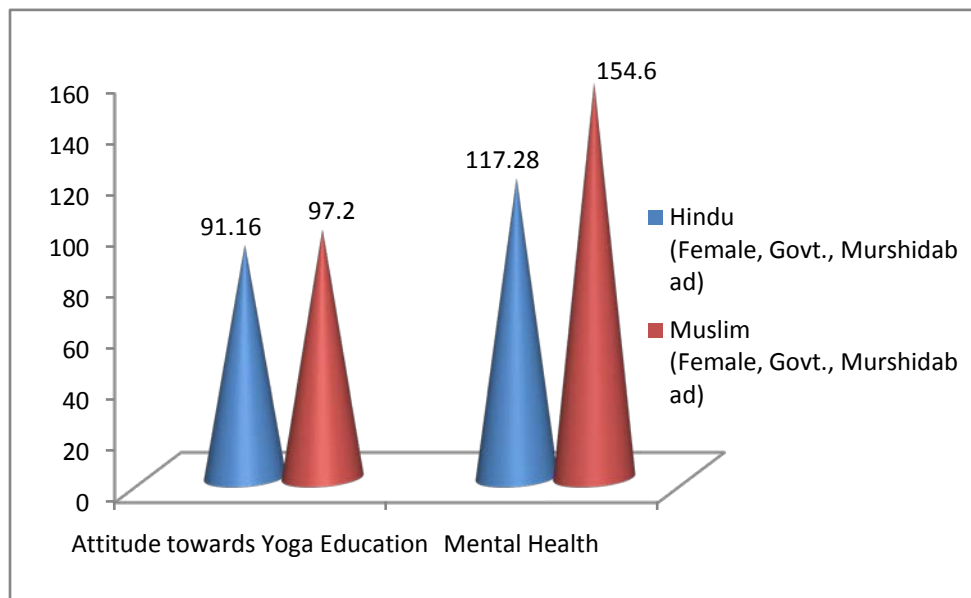


Fig. 2 (vi) Difference in attitude between Female Hindu and Muslim Govt. Managed Secondary School Teachers in Murshidabad towards Yoga Education in school and their Mental Health

TABLE I (VII) THE TABLE BELOW DEPICTS THE COMPARISON OF ATTITUDE BETWEEN HINDU VS. MUSLIM MALE TEACHERS OF PRIVATE MANAGED SECONDARY SCHOOLS IN MURSHIDABAD DISTRICT, WEST BENGAL, TOWARDS YOGA EDUCATION IN SECONDARY SCHOOLS VIS-À-VIS THEIR MENTAL HEALTH

Comparison Between Groups	Sample No.	Attitude towards Yoga Education						Mental Health	
		Mean	S. D.	Variance	Df	F-value	t-value	Score (Av.)	Type
Hindu	25	89.12	7.12	50.69	48	0.15	0.39*	134.36	Poor
Muslim	25	89.88	6.59	43.43				154.80	Average

Not significant at 0.05 level

From Table I (VII) it is clear that there is no significant difference in attitude towards Yoga Education at 0.05 level between the Male Hindu (89.12 ± 7.12) and Muslim (89.88 ± 6.59) Private Managed Secondary School Teachers of Murshidabad district. The better Mental Health type

teachers (Muslim, 154.80) possess better attitude towards Yoga Education than the lower Mental Health type teachers (Hindu, 134.36). This attitudinal difference is presented pictorially in fig. 2 (vii) below.

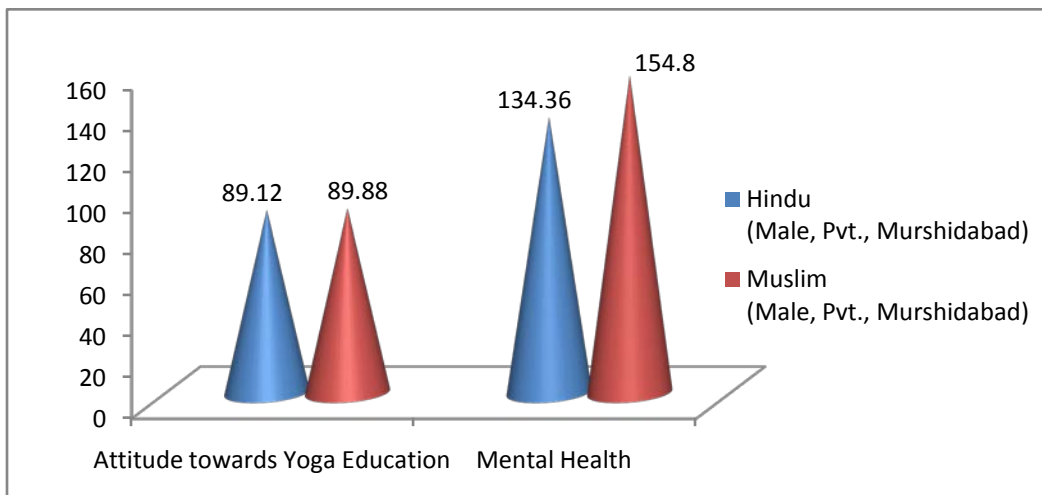


Fig. 2 (vii) Difference in attitude between Male Hindu and Muslim Pvt. Managed Secondary School Teachers in Murshidabad towards Yoga Education in school and their Mental Health

TABLE I (VIII) THE TABLE BELOW DEPICTS THE COMPARISON OF ATTITUDE BETWEEN HINDU VS. MUSLIM FEMALE TEACHERS OF PRIVATE MANAGED SECONDARY SCHOOLS IN MURSHIDABAD DISTRICT, WEST BENGAL, TOWARDS YOGA EDUCATION IN SECONDARY SCHOOLS VIS-À-VIS THEIR MENTAL HEALTH

Comparison Between Groups	Sample No.	Attitude towards Yoga Education						Mental Health	
		Mean	S. D.	Variance	Df	F-value	t-value	Score (Av.)	Type
Hindu	25	99.92	11.47	131.56	48	11.12	3.33*	118.72	Very Poor
Muslim	25	90.80	7.46	55.65				124.24	Very Poor

*Significant at 0.01 level

Table I (VIII) illustrates that there is a significant difference in attitude towards Yoga Education at 0.01 level between the Female Hindu (99.92 ± 11.47) and Muslim (90.80 ± 7.46) Private Managed Secondary School Teachers of Murshidabad district. The comparison of attitude between Tables I(VI) and I(VIII) illustrates that the privately

managed school teachers possess better attitude towards Yoga Education than that of their government counterpart (Singh and Dubey, 2016). Further, a significant difference in attitude in variation of gender from male to female as presented in Tables I(VII) and I(VIII) as consistent with the available literature (Chaudhari, 2012; Patel, 2012).

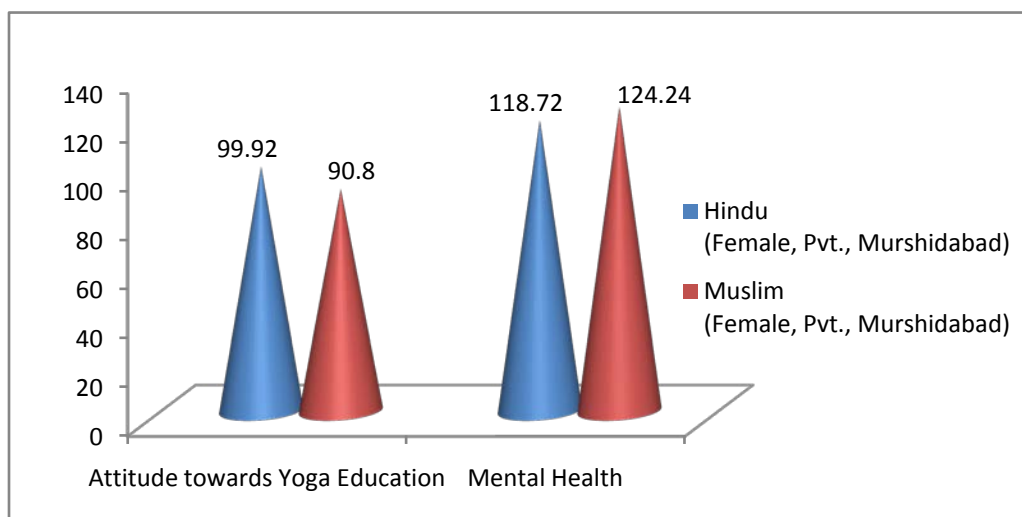


Fig. 2 (viii) Difference in attitude between Female Hindu and Muslim Pvt. Managed Secondary School Teachers in Murshidabad towards Yoga Education in school and their Mental Health

Here the better Mental Health type teachers (Muslim, 124.24) possess lower attitude towards Yoga Education than the lower Mental Health type teachers (Hindu, 118.72). This attitudinal difference is presented pictorially in fig. 2 (viii) above.

IV. CONCLUSION

The overall analysis result shows that the Secondary School Teachers in Malda and Murshidabad districts with Hindu religious belief possess better positive attitude towards Yoga Education in Secondary Schools than their Muslim counterpart and that difference was significant at 0.01 level. At the same time, there is a negative relation between the Mental Health score of the Hindu and Muslim teachers with their attitude towards Yoga Education in Secondary Schools [Table I].

However, on detailed analysis the above trend became jeopardized. For the male government school teachers in Malda district, the attitudinal difference between Hindu and Muslim towards Yoga Education was non-significant at 0.05 level [Table I(I)]. While, they show negative relation between Mental Health and their attitude towards Yoga Education in secondary schools. Similar result was found for the female, government school teachers in that district [Table I(II)]. The male teachers in the private schools in Malda district also show the same trend except there is a positive relation between Mental Health and attitude towards Yoga Education [Table I(III)]. On the other hand, their female counterpart shows a significant difference in attitude between Hindu and Muslim teacher towards Yoga Education at 0.01 level [Table I(IV)]. But they show the same positive relation between Mental Health and attitude towards Yoga Education as that of their male counterpart. Both male and female government Secondary School teachers of Murshidabad district show significant difference in attitude at 0.01 level towards Yoga Education between their religious belief Hindu vs. Muslim [Table I(V) & (VI)], but notable, the Muslim females possess better attitude in this regards compared to their Hindu colleagues. In these two cases, the male teachers' Mental Health is negatively related to their attitude towards Yoga Education, while for the female, the same is positively related. On the other hand,

for private school teachers of Murshidabad district, there is a non-significant difference at 0.05 level in attitude towards Yoga Education between the Hindu and Muslim religious belief [Table I(VII)]. Whereas their female counterparts show significant difference at 0.01 level between these two religious belief schools [Table I(VIII)]. In addition to this, a reverse relation is observed in the private schools in Murshidabad district, contrary to that in the government schools regarding the relation between Mental Health of the teachers and their attitude towards Yoga Education.

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