

ORIGINAL ARTICLE

Effectiveness of Structured Teaching Programme on Knowledge Regarding Yoga in Health and Disease among Students at SCPM College of Nursing and Paramedical Sciences, Gonda

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HOW TO CITE THIS ARTICLE:

Palagani Nagaraju, Jeya Beulah D., Abhishek Rovinson, et al. Effectiveness of Structured Teaching Programme on Knowledge Regarding Yoga in Health and Disease among Students at SCPM College of Nursing and Paramedical Sciences, Gonda. Community Pub Health Nurs. 2026; 11(1): 23-29.

ABSTRACT

Background: Healthy life can be considered as a by-product of practicing yogic techniques since it has been observed that yoga practitioners are physically and mentally healthier and have better coping skills to stressors than the normal population. Yoga views health and wellbeing as a dynamic aspect of human nature rather than just “state” that must be attained and preserved. Yoga is an ancient mind-body practice that is increasingly recognized to have health benefits in a variety of clinical and non-clinical conditions.

Objectives: To assess the knowledge regarding Yoga in health and disease Among Students, to evaluate the effectiveness of structured teaching Programme on knowledge regarding Yoga in health and disease Among Students at SCPM College of Nursing and Paramedical Sciences, Gonda.

Methods: One group Pre-test and Post-test (Quasi experimental) design, Simple random sampling was used and 400 participants were chosen

Result: This study revealed that most of the students gained adequate knowledge regarding yoga in health and diseases after interventions

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➤ Received: 13-08-2025 ➤ Accepted: 22-10-2025



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Conclusion: This study findings showed that, there is improvement of knowledge by conducting the educational programmes regarding importance of yoga therapy on health.

KEYWORDS

• Knowledge • Yoga • Health • Disease and nursing students

INTRODUCTION

Yoga therapy is the process of empowering individuals to progress toward improved health and well-being through the application of the philosophy and practice of yoga. "Yoga chikitsa is almost as old as yoga itself; in fact, the original yoga therapy was the "return o mind that feels detached from the Universe in which it exists." It is crucial that we consider the many facets of yoga in order to attain this yogic integration at all levels of our being. These include a healthy diet, a natural and healthy environment, a holistic lifestyle, appropriate bodywork through asana, mudra, bandha, and kriya, energizing breath work through pranayama, and the development of a healthy thought process through jnana and raja yoga. Yoga has gained a lot of popularity as a therapeutic approach, and several research and systematic reviews provide scientific proof of its ability to heal a variety of psychosomatic disorders. Since yoga practitioners have been found to be physically and mentally healthier and to have better coping mechanisms for stressors than the general population, leading a healthy life can be seen as a byproduct of practicing yoga techniques.¹

In recent decades, yoga has been studied for its potential as a treatment for contemporary epidemic diseases, including chronic obstructive pulmonary disease, obesity, diabetes, hypertension, coronary heart disease, and mental stress. According to individual research, yoga has a positive impact on several diseases, suggesting that it can be used as a nonpharmaceutical treatment or in addition to medication therapy. But for therapeutic objectives, this research has simply included yoga poses, pranayama, and/or brief meditation sessions. Additionally, the general perception of yoga is the same, which is incorrect.

In actuality, yoga refers to the unification of the individual's awareness with the ultimate consciousness. Asana, pranayama, pratyahara,

yama, niyama, dharana, dhyana, and samadhi are the eight rungs or limbs of yoga that are involved. The main objective of yoga is self-realization, which is attained by intense practice of these. Yoga is a holistic method of living that leads to a state of total bodily, social, mental, and spiritual well-being as well as harmony with nature, according to an analysis of its rungs and purpose. This contrasts with modern civilization's solely materialistic and economic development goals, which have resulted in ecological destruction and social instability.²

Yoga started in India thousands of years ago, and in the modern era, people are becoming increasingly conscious of health issues and natural therapies. Yoga and pranayama have been shown to be an excellent way to improve health as well as prevent and manage diseases. Yoga's therapeutic benefits are also being investigated as a result of growing scientific studies on the practice. Yoga has been shown to lower stress and anxiety, enhance autonomic processes by inducing neurohormonal mechanisms through the inhibition of sympathetic activity, and even improve the physical health of cancer patients, according to a number of recent publications. Yoga's widespread popularity around the world is more evidence of India's expanding cultural impact.³

NEED FOR THE STUDY

Yoga is an ancient Indian lifestyle that involves changing one's diet, changing one's mindset, and using specific practices like breathing exercises, yoga poses, and meditation to reach the highest level of consciousness. Although research on yoga has increased over the past ten years, we are only able to locate a small number of papers that discuss the health advantages of transcendental meditation or yoga. Information was gathered, issues were looked at, and significant health advantages were found. Improved blood pressure, blood

metabolic index, diabetes, cardiovascular risk, and respiration are just a few of the benefits. Yoga also had an impact. Joint discomfort decreased and immunity increased.⁴

Different types of Mind Body Interventions (MBIs) of various observable molecular changes in the form of differential gene expression were reviewed in order to investigate the impact of yoga on physical health through observable molecular changes in the form of differential gene expression and the molecular changes underpinning psychophysiological benefits. This review contributes to the expanding body of research on the impact of yoga and MBIs on health and illness, particularly the modifications in the regulation of gene expression levels. According to this review article, a thorough yoga practice alters gene expression in a meaningful way. We may undoubtedly slow down the rate of our biological or chronological age by embracing a lifestyle centered around yoga and meditation.⁵

Yoga is an ancient Indian lifestyle that involves dietary adjustments, mental attitude adjustments, and the application of particular techniques like yoga asanas (postures), pranayamas (breathing exercises), and meditation to reach the greatest state of awareness. Research on yoga has increased dramatically over the past ten years, but there aren't many assessments of the effects of yoga and transcendental meditation (TM) on health and illness. In order to review pertinent English-language studies on the assessment of the physiological effects of TM and yoga practices, a Medline search was conducted. Data were compiled, problems were examined, and it was discovered that there were significant health advantages, such as better breathing, cardiovascular risk reduction, body mass index, blood pressure, diabetes, and cognitive function.⁶

Based on implicit views, a nationwide door-to-door survey was carried out utilizing a questionnaire/screening form to investigate the gaps in yoga practice, attitudes, and knowledge throughout India. The information came from a nationwide study that was carried out in all of India's major regions as part of the Niyantrit Madhumeḥ Bharat (NMB) program, which was started by the Ministry of Ayurveda, Yoga, Unani, Siddha, and Homeopathy (AYUSH), Government of India. A significant knowledge-practice gap was found when

94,135 out of 101,643 survey participants said that yoga improved their lifestyle, and 90,102 out of 98,518 said that yoga prevented diabetes. Positive views of yoga as a preventative health tool across the population might not only spur the development of disease specific yoga modules but also close the knowledge-practice gap caused by the scarcity of yoga centers and professionals.⁷

The purpose of the convenience sampling-based, one-time, cross-sectional survey was to identify the traits of yoga practitioners in India, the reasons behind their practice, and their preferred yoga styles. The requirements for inclusion were (a) having practiced yoga for at least one week and (b) being at least ten years old. There were more men (67.3%) and people with 1-12 months of yoga experience (54.4%) among the 5,157 responses. Yoga practitioners in India were more likely to be male, between the ages of 21 and 44, have a high school diploma, and be enrolled in school. As people aged, their motivations for doing yoga and preferred yoga style varied greatly.⁸

According to a survey (n = 1,100) by the Associated Chambers of Commerce and Industries Social Development Foundation (India), the resolution's goal was achieved in India. After India's first International Day of Yoga, the number of yoga practitioners in urban areas increased by 30% between June 2015 and June 2016. Following the worldwide celebration of the International Day of Yoga on June 21, the poll was carried out over the course of the previous two months. Students, young professionals, those in decision-making roles, and retirees made up the bulk of yoga practitioners surveyed.⁹

260 medical students participated in observational research conducted at NRI Medical College in Guntur. 110 students from the third semester (42 males and 68 females) and 150 students from the seventh semester (53 males and 95 females) were present. All participants were given a pretested questionnaire about their knowledge, attitudes, and yoga practices. Yoga was currently practiced by just 9.5% of male students and 22.4% of female students (p 0.008). Laziness (24.2%), lack of interest (32.7%), and poor time management (21.6%) were the primary reasons given for not starting yoga. In addition to orthopaedic (9.6%) and respiratory (13.8%) issues, the majority believed that yoga might

treat mental ailments like depression and sleep disturbances as well as lifestyle diseases including obesity, diabetes, hypertension, and diabetes. Although they are enthusiastic about yoga, they require encouragement. It is necessary to provide a conducive environment for consistent yoga practice. Medical students will be more equipped to advise future patients to benefit from yoga if they have firsthand experience with its benefits.¹⁰

Yoga was intended as a holistic healing system, under clear instructions and guidelines. This healing system is rooted in the belief that a practitioner's mental state is the key to the healing process. Current medical knowledge also recognizes the role of stress on the development of psychiatric conditions and its interplay with the immune system; specifically, the field of psych on euro immunology, the role of the immune system in modulating behavior and emotions.

The immunity provided by vaccination is specific acquired immunity, and can only provide protection against specific viral infection, whereas immunity acquired by non-pharmacological means such as physical, activity, yoga and/or meditation may provide overall immunity and health benefits.

STATEMENT OF PROBLEM

A study to assess the effectiveness of structured teaching programme on knowledge regarding yoga in health and disease among students at SCPM college of nursing and paramedical sciences, Gonda.

OBJECTIVES OF THE STUDY

1. To assess the knowledge regarding Yoga in health and disease Among Students at SCPM College of Nursing and Paramedical Sciences, Gonda.
2. To evaluate the effectiveness of structured teaching Programme on knowledge regarding Yoga in health and disease Among Students at SCPM College of Nursing and Paramedical Sciences, Gonda.
3. To find the association between Post-test level of knowledge regarding Yoga in health and disease Among Students at SCPM College of Nursing and Paramedical Sciences, Gonda.

HYPOTHESES

H₁: There will be a significant difference between the Pre-test and Post test score on knowledge regarding Yoga in health and disease Among Students at SCPM College of Nursing and Paramedical Sciences, Gonda.

H₂: There will be a significant association between the knowledge regarding Yoga in health and disease Among Students at SCPM College of Nursing and Paramedical Sciences, Gonda.

MATERIAL AND METHODS:

Research Approach

Quantitative/experimental approach.

Research Design

One group Pre-test and Post-test (Quasi experimental) design.

Sampling Technique

Simple Random sampling technique was used this study.

Variables:

Independent Variable

Structured Teaching Programme regarding Yoga in health and disease.

Dependent variables

Knowledge regarding Yoga in health and disease.

Setting

The study will be conducted at SCPM College of Nursing and Paramedical Sciences in Gonda, UP.

Population

Accessible Population

The students who are studying at SCPM College of Nursing and Paramedical Sciences in Gonda, UP.

Sample

The students who will fulfill the inclusive criteria will be selected as sample.

Sample Size

Maximum of 400 nursing students in one group pre-test and post-test.

Inclusion Criteria:

1. Those who were available at the time of data collection.
2. Both boys and girls who were willing to study.
3. Students who can read and write English, Hindi.

Exclusion Criteria:

1. The students who were not willing to participate.
2. Students who had been already exposed to any teaching regarding Yoga in health and disease.

Tools and technique

Part-I: This section consists of demographic variables like age, sex, type of family, residential status, religion, time Prefer for yoga, Practicing Yoga.

Part-II: structured self-administered questionnaire These questionnaires were used to assess the knowledge.

Data Collection Procedure

Data collection is the gathering of information needed to address a research problem. The formal permission was obtained from the authorities SCPM College of Nursing and Paramedical Sciences, Gonda. (U.P). The data was collected from 400 Students. were selected by using Simple Random sampling technique. The sample was administered structured self-administered questionnaire. All the samples were receptive and co-operative during data collection.

Protection of human rights

The proposed study was conducted after the permission obtained from the Principal of SCPM College of Nursing and Paramedical Sciences, Gonda. The written consent of the participant was obtained before the data collection. Assurance was given to the participants regarding the confidentiality.

Data Analysis

Descriptive statistics like frequency, mean, SD, mean percentage was used for description of demographic characteristics and assessment of knowledge. Inferential statics like paired t test was used to evaluate the effectiveness of planned teaching Programme and chi-square test was used to find out the association

between Knowledge with Demographic Variables.

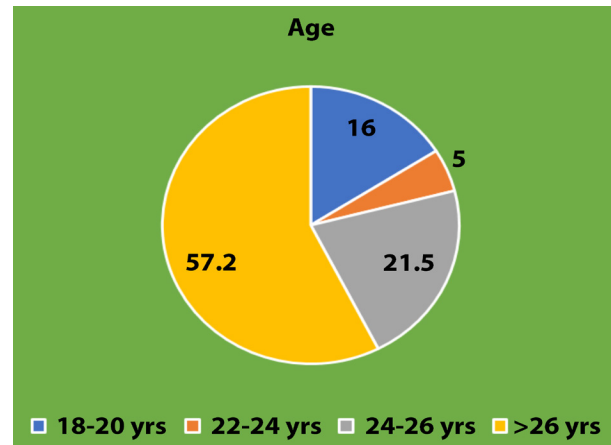


Figure 1: Age distribution

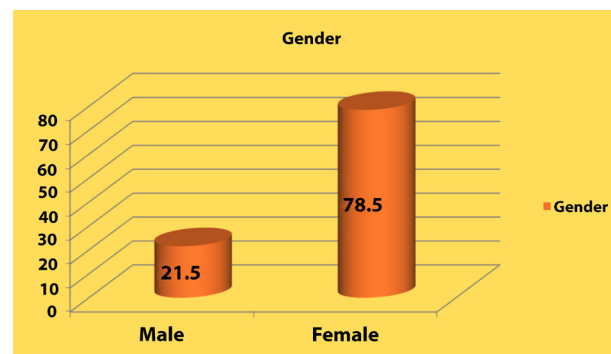


Figure 2: Gender distribution

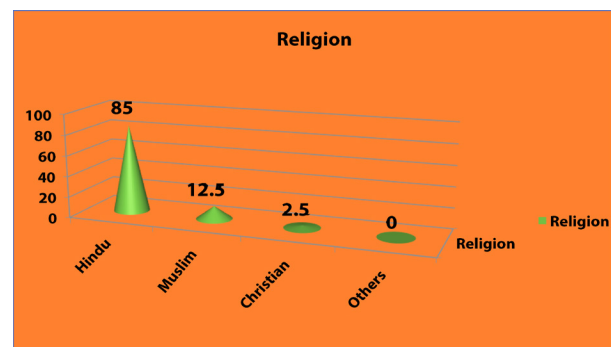


Figure 3: Religion distribution

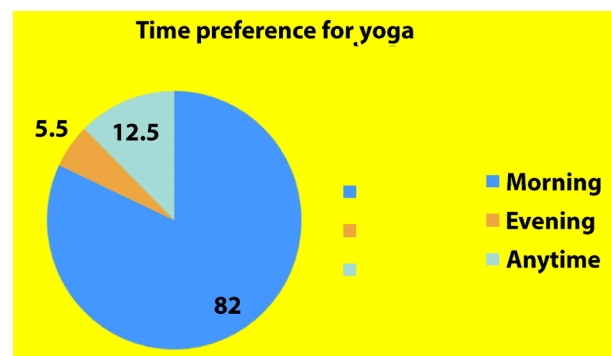


Figure 4: Time Preference for yoga

Based on the age, 57.5% belongs to more than 26 years, 21.5% are in the age group 24-26 years, 16% belongs to 18-20 years and 5% are in the age group 22-24 years. Out of 400 participants maximum are female (78.5%) and remaining (21.5%) are males. According to religion, most of them are Hindu (85%). out of 400 Participants Maximum that is (82%) Preferred to do yoga in morning.

Table 1: Distribution of level of Knowledge in Pre and Post Test regarding yoga in Health and Disease among Students
N=400

Level of knowledge	Pre test		Post test	
	N	%	N	%
Inadequate knowledge	290	72.5	22	5.5
Moderate knowledge	85	21.25	54	13.5
Adequate knowledge	25	6.25	324	81

The study findings revealed that in Pre -test 72.5%, study participants had inadequate knowledge, where as 21.25% study participants had moderately adequate knowledge in pre-test where as in post- test 81% study participants had adequate knowledge and 13.5% study participants had moderately adequate knowledge. (table 1)

Table 2: Mean, standard deviation and paired 't' test to determine the effectiveness of educational module
N=400

	Max score	Mean	Mean %	SD	Paired t test	Sign ificance
Pre test	30	12.65	42.16	3.21	3.52 df=0.674	0.05*
Post test	30	21.15	70.5	1.89		

RECOMMENDATION

On the basis of study findings, following recommendations have been made for further study.

1. The study can replicate on sample with different demographic characteristics.
2. A similar study can replicate with control group.
3. A similar study may be replicated on large sample for wide generalization.

CONCLUSION

Yoga is a holistic practice that offers numerous benefits for physical, mental, and emotional well-being. It improves flexibility, strength, and balance, reduces stress and anxiety, and

promotes overall health and wellness. The study findings revealed that in Pre -test 72.5%, study participants had inadequate knowledge, where as 21.25% study participants had moderately adequate knowledge in pre-test where as in post- test 81% study participants had adequate knowledge and 13.5% study participants had moderately adequate knowledge. The study findings also showed that knowledge level is associated with demographic variables like residential status and regular yoga practice and remaining variables are not associated.

Acknowledgement: We would like to say heartfelt gratitude our management, principal, colleagues and participants for their valuable support to complete my study.

Ethical approval: Prior permission was obtained from College authorities, consent from participants.

Funding and Conflict of Interest: None

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