

Knowledge, Attitude, Practicing on Yoga Therapies among Outpatient Department, Govt. Siddha Medical College & Hospital, Palayamkottai.-A Cross Sectional Study

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ABSTRACT

Yogic therapy is a science which transcends countries nationalities, creeds and cults. It is a great science of healing. It is a 'boon tree'. It is the language of Bhagavath gita.

Nowadays over 20million individuals following yoga practices as a part of their mainstream health practice.

Siddha science implies the science of wellbeing which clearly states and explains the methods, benefits of yoga practices in a detailed way. To assess the knowledge, attitude, practice of siddha yoga therapy among common public attending out patients department of government siddha medical college palayamkottai.

Key words:

Yoga therapy, siddha science, knowledge, attitude, practice on yoga maruthuvam.

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INTRODUCTION

Yoga is the language of Bhagavath gita. There has to be acceptance of the reality that is oneself, that expresses itself through the form of emotions and feelings, without attachment yet with awareness. Yoga is a subject which can be looked at intellectually and some useful and beneficial ideas imbibed. It does not only help you to improve your physical body but also helps in maintaining your inner peace and relaxing your mind. Moreover, yoga is not just a one day practice, it's a lifelong commitment.

Aim:

Knowledge, attitude, practicing on yoga therapies among out patients department, govt. siddha medical college & hospital, palayamkottai .

Objective:

TO validate the knowledge, attitude, practicing of siddha yoga practices among out patient's department, Government siddha medical college & hospital, palayamkottai by 3months of study period.

Study type:

Cross sectional study

Method of approach:

Questionnaire survey

Study place:

Government siddha medical college & hospital, palayamkottai.

Study period: 4 months.

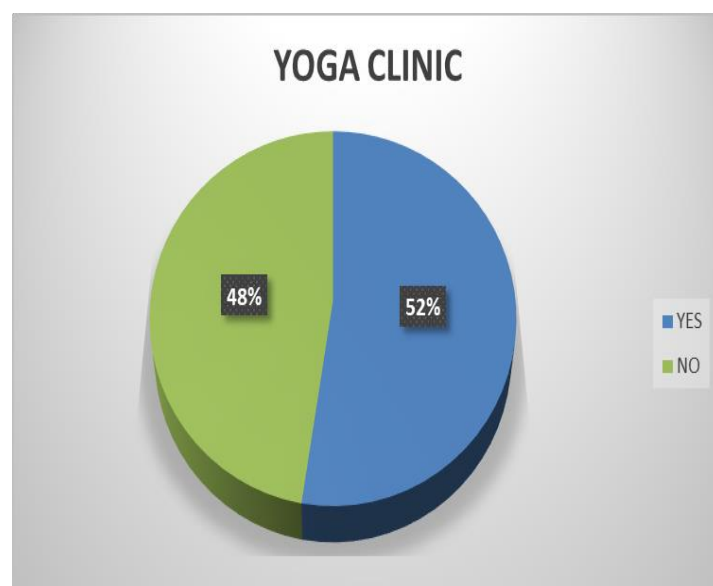
Sample size: 40

RESULTS AND DISCUSSION

In this study, patients were inferred from the following questionnaire.



Fig 1: You know that there is a yoga clinic in this college?

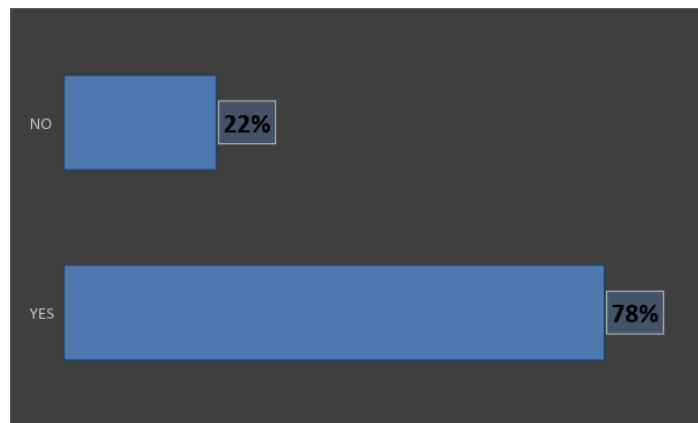
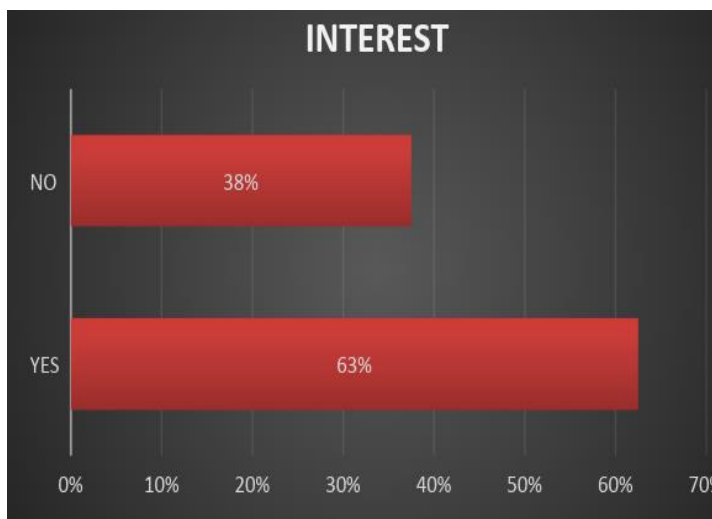


In this question 53% of patients were answered yes and 48% of patients were answered no

In this question 45% of patients were answered yes and 55% of patients were answered no

Fig 2: Do you have interest in practicing yoga?

Fig 4 : In your view which place would be a better option to practice yoga?



In this question 63% of patients were answered yes and 38% of patients were answered no

In this question 78% of patients were answered yes and 22% of patients were answered no

Fig 3: Do you have any Yoga training institute in your locality?

CONCLUSION

As per my study knowledge of yoga is much better in patients of OPD OF GSMCH, palayamkottai.

But need to initiate yoga practices in day today life and also we are responsible for create awareness and carried out the benefits of yoga to the patients.

In upcoming days, I anticipate further studies about yoga will be carried out the large populations and improve the attitude and practice to publics.



And I hope my study is very useful to research of yoga.

3. www.nadyoga.org.

ACKNOWLEDGEMENTS

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