



Research Article

**YOGA IN INDIA: A STUDY ON PERCEPTION AND PRACTICE OF YOGA
AMONG THE INDIAN POPULACE**

Kanchibhotla Divya M.S and Rau Nupur

Sri Sri Institute for Advanced Research (SSIAR)

ARTICLE INFO

Article History:

Received 6th July, 2019

Received in revised form 15th

August, 2019

Accepted 12th September, 2019

Published online 28th October, 2019

Key words:

Yoga, Indian Population, Popularity and Prevalence

ABSTRACT

Yoga was originated in India with India as its epicenter and it has spread across the globe. However there were no studies that focused on understanding the popularity and prevalence of Yoga amongst the Indian Population. This pioneer study 'Perception and Practice of Yoga in India' aims to provide a comprehensive view of awareness and understanding of Yogic practices amongst Indians and to provide valuable insights, both for practitioners and non-practitioners.

The study surveyed 5500 subjects between 13 to 82 years of age including both genders from 25 states of India. Respondents were randomly selected from the population and surveyed in person with a 33 point (Yoga practitioners) and 26 point (Non Yoga practitioners) questionnaire. The study indicated that 96.4% of the respondents have heard of Yoga, however only 46.8% practice yoga (YP) and the rest 53.2% were non-practitioners (NP). 95% of Yoga practitioners and 94% of non yoga practitioners believed that yoga is good for them. This study hence provides valuable understanding of yoga habits among practitioners. It recommends a future path for both practitioners as well as non-practitioners of yoga and also enable policy makers and grassroots organizations to make holistic practices such as yoga more available.

Copyright©2019 Kanchibhotla Divya M.S and Rau Nupur. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

INTRODUCTION

According to the World Health Organization, by 2020, depression will be the second largest contributor to the global disease burden, after ischemic heart disease where one in four people in the world will be affected by mental or neurological disorders at some point in their lives (World Health Organisation, 2014). Around 450 million people currently suffer from such conditions, placing mental disorders among the leading causes of ill health and disability worldwide. (Tillu G, 2018) The Non-communicable Diseases (NCDs) Progress Monitor has indicated that 70% deaths worldwide occur because of the NCDs. These include heart diseases and cancer. Nearly in all countries including the low- and middle-income countries where more than three quarters of deaths occur, NCDs pose to be a public health challenge (Non-communicable Diseases (NCDs) Progress Monitor, 2017). Tackling these NCDs forms an integral part of the Sustainable Development Goal, SDG 3 on Health (Sinha, 2017) – Good health and well-being: Ensure healthy lives and promote well-being for all at all ages (United Nations, Transforming Our World, 2015).

A literature review of various studies carried out on yoga indicate it as a complementary holistic package that could

further healthy lifestyle habits and well-being. Yoga is one of the oldest holistic health care systems, not just because of its fundamental healing approach, but also because of its many benefits for physical, mental and spiritual well-being (Park et al., 2018; Eppel and Pippig, 2006). With India as its epicenter and rooted in the very dawn of civilization, yoga has spread globally. Yoga has gained immense popularity in the west, especially in USA. According to a Report on Yoga in America, 37 million people practice Yoga in America compared to 20 million in 2013 (Yoga in America Study, 2016).

Yoga's holistic approach is rooted in science. It does not adhere to any particular religion, belief system or community (Basavaraddi, 2015); rather it is a technology that enables inner transformation furthering human health. In addition, the advantage of yoga is that it is safe; provided it is practiced under proper guidance and is highly cost-effective when compared to conventional treatments of pharmacology and psychotherapy (Shroff and Asgarpour, 2017). On the other hand (Stussmann et. al, 2015) reported in their study that yoga was used as an approach for a wellness reason than for treatment of a specific health condition.

Many studies worldwide have indicated the benefits of practicing yoga and how it leads to improved state of physiological, emotional and mental well-being, which have been further backed by research findings of favorable biological inner changes. Numerous studies have indicated improvement in various physical and mental disorders, the

*Corresponding author: **Kanchibhotla Divya M.S**
Sri Sri Institute for Advanced Research (SSIAR)

Non Communicable Diseases (NCDs) in particular, with the practice of yoga. Over the past several decades, many randomized controlled studies and publications have clearly demonstrated the positive effects of yoga on various medical conditions which predominantly include psychopathological (e.g. depression, anxiety) (Butterfield et al., 2017), cardiovascular (e.g. hypertension, heart disease), respiratory (e.g. asthma), endocrine (e.g. diabetes) disorders (Maddux et al., 2018; Khalsa et al., 2004). The effects of yoga on stress and psychological health among employees have also been studied (Maddux et al., 2018). Similar to yoga's effect and benefits on the physical and mental health of individuals, the effects of a rhythmic breathing technique, the Art of Living's SudarshanKriya Yoga (SKY) has also been well documented, with independent research world over showing that SudarshanKriya and accompanying practices significantly benefit the immune system, relieve anxiety and depression, enhance brain and autonomic nervous system function and enhance health, well-being, emotional regulation and peace of mind. It is thus garnering interest in the scientific circles across the globe. The SKY has been reported to be effective in managing stress (Doria et al., 2015), effective in treating dysthymia and melancholia respectively (Murthy et al., 1998; Janakiramaiah et al., 2000), type 2 diabetes (Agte et al., 2004) among other conditions.

Although yoga seems to be gaining popularity around the world, its popularity amongst the Indian population has not been studied. Since Yoga originated in India and India pioneered the establishment of International Day of Yoga, it is important to understand what the Indian population thinks about yoga. This research study aims to gather an insight on perception and prevalence of yoga in India. It is the first of its kind in terms of the objective and scale. In the past there have been surveys on yoga done by marketing agencies in India. However, they lack scientific rigor, large sample size and also the comprehensive results that this study presents.

This study not only considers the perception and practice habits of diligent practitioners of yoga, but, also gets to the root of a section of non-practitioners who could have fallen-off the path if they've been already introduced to the practice; or to those unaware of yoga; or to a cross-section of those that are aware of yoga, but have had various constraints limiting them to pursue its practice.

The study analyzed in detail the following five aspects of yoga in India –

1. Demographic spread and popularity of yoga in India
2. Yoga habits of Indians
3. Perception and beliefs about yoga
4. Health, Happiness and Sustainable Living with yoga
5. Understanding non-practitioners of yoga

A set of recommendations for promoting the awareness of yoga and its perception and practice are being proposed from this comprehensive study which have certain common observations and traits to help evolve on the path for both practitioners as well as non-practitioners of yoga.

Implementation of support for these recommendations are aligned with Action 1.3 from WHO's Report – 'Global Action Plan on Physical Activity 2018-2030' (World Health Organization, 2018) and 'AYUSH Research for New India: Vision and Strategies' (Tillu G, 2018) in relevance to yoga. This study hopes to strengthen the practitioners onto the path

of yoga and encourage non-practitioners to start practicing. By understanding the perception in both communities (practitioners and non-practitioners) of yoga, the authors hope to get more people to utilize the complementary aspect of this holistic approach enabling well-being and living an economic mode of healthy lifestyle.

MATERIALS AND METHODS

For the survey, a random sample size of 5500 adults above the age of 18 and 300 teens (between 13-17) was selected from 25 states of India. A two-month data collation was carried out. Respondents were randomly selected from the population (passersby, employees from companies, college students and staff, visitors to shopping malls, etc.). Respondents were surveyed in person with a 33 point (Yoga practitioners) and 26 point (Non yoga practitioners) questionnaire. These questionnaires were similar except for few differences. The respondents were asked if they had practiced yoga and based on the response, the relevant questionnaire was used for assessment. The questions were focused around the practice of yoga (frequency, place, reasons to practice, etc. only for practitioners), Yoga Habits (only for practitioners), perception and beliefs regarding Yoga, Health, Happiness and Sustainable Living and understanding the factors for not practicing yoga.

The subjects were grouped based on age, education, experience in yoga (years of practice) and occupational background. The study population comprised of 54% males and 46% females in the age group of 13 to 82 years. Majority of the respondents (59%) were from the 18 to 30 years age group.

RESULTS

The result categorization was carried out for five domains based on the survey responses from respondents –

1. Demographic spread and popularity of yoga in India
2. Yoga habits of Indians
3. Perception and beliefs about yoga
4. Health, Happiness and Sustainable Living
5. Understanding non-practitioners of yoga

Demographic spread and popularity of yoga in India

Yoga is immensely well known in India with a staggering 96.4% population aware of yoga. Figure 1 shows the percentage wise distribution based on age of the study population of 5500 subjects. Given the almost universal awareness, it was surprising to find that less than 50% of the population practiced yoga. The general awareness about the International Day of Yoga (IDY) was high at 81%. The annual celebrations of the IDY happen across the globe on 21st June as declared by the United Nations. Yoga is very scientific and fast emerging to be an adjunct therapy for various lifestyle diseases.

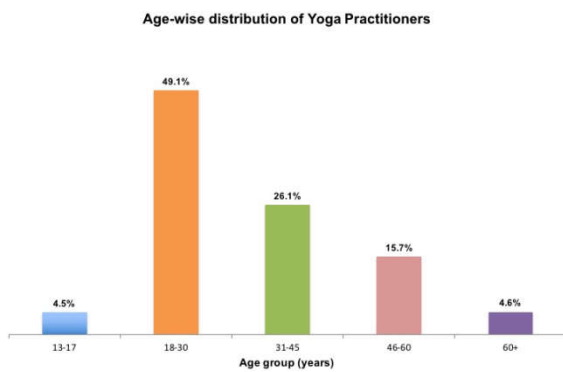


Fig 1 Age-wise Distribution yoga practitioners

Despite such high proportion of awareness, only 13% attended the IDY in 2017 while 49% of the population showed an interest in attending it in 2018. As expected, the proportion was higher in yoga practitioners (62%).

Yoga is popular among all age groups and both genders, although a slightly higher proportion (51.2%) of women practices yoga than men (Figure 2).

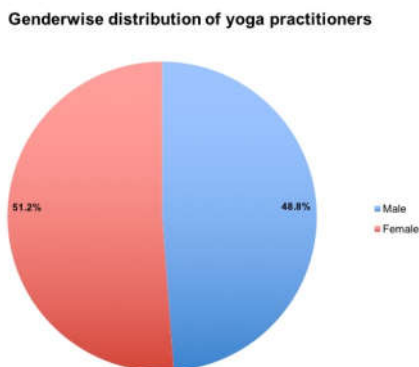


Fig 2 Gender-wise Distribution yoga practitioners

Yoga seems to be popular among children and teens too. 18% of the population had youth under the age of 18 who practiced yoga.

14% non-yoga practitioners reported that they had youth at home who practice yoga, even when they don't. This proportion is lower compared to 24% of yoga practitioners who had youth less than 18 years who practice yoga, indicating that practice of yoga by adults has a positive impact on children.

35% of the practitioners had another family member who practices yoga as well and this proportion was lower at 29% among the family members of non-yoga practitioners.

Yoga has been popular for several years in India, with more than half the number of yoga practitioners (57%) having first experienced yoga more than five years ago (Figure 3). Yoga continues to gain new practitioners with 12% having started less than six months ago.

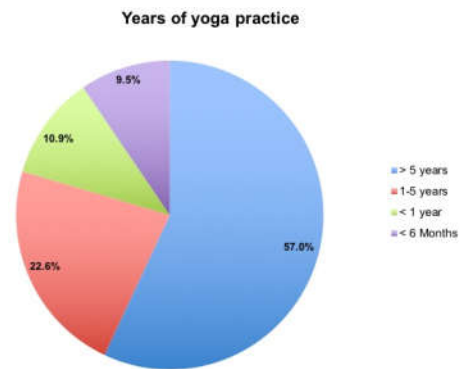


Fig 3 Years of practice

As reported by the respondents, the most popular way people get introduced to yoga is either through personal interest or a recommendation from a friend, family member or a colleague at work. Surprisingly, publicity in the form of advertisements from a yoga-based organization was one of the least effective ways to introduce someone to yoga (Figure 4).

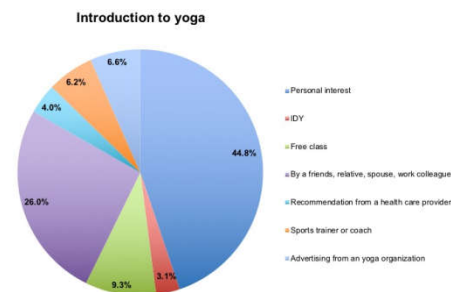


Fig 4 Introduction to yoga

Yoga habits of Indians

Indians are diligent about their yoga practice, with 41% doing yoga five times or more during a week and 77% practicing at least once a week. Self-practice at home (41.9%) is found to be the most popular method of practice, followed by a yoga class with a teacher/instructor (34.5%). Improvement in overall health (18.2%), physical fitness (16.3%) followed by stress reduction (15.6%), are the main reasons that motivated people to start practicing yoga (Figure 5). Other reasons cited were mental health, spiritual development, flexibility, weight loss and a medical condition. The practitioners' reasons ranged from a high percentage of 44.8 stating personal reason to a low proportion of 3.1% for IDY (Figure 5).



Fig 5 Reasons that motivated yoga practitioners

For the practitioners, meditation (21.3%) and pranayama (20.4%) are the most appealing aspect of yoga, even more than physical asanas/postures (16.6%) (Figure 6). The percentage of population that meditates is more than double in yoga practitioners (40%) compared to non-yoga practitioners (15%). 35% of practitioners reported replacing exercise with yoga while another 37% reported they do both.

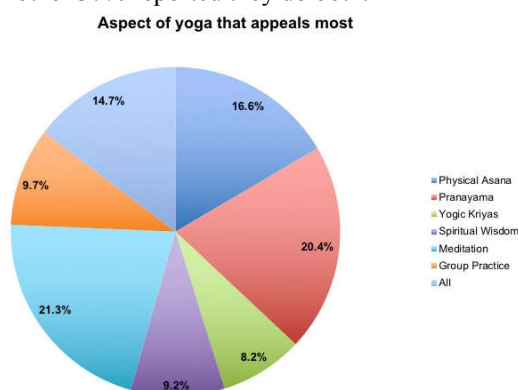


Fig 6 Aspects that appeal most yoga practitioners

Yoga is an affordable and economically feasible way to maintain good health in 75% of yoga practitioners who spend less than INR 500/month on yoga (Table 1).

Perception and beliefs about Yoga

95% Indians believe that yoga is good for them, irrespective of whether they are practitioners or not (Table 2). Surprisingly a very high proportion (94%) of non-yoga practitioners believed yoga is good for them too. 85% of yoga practitioners and more than 73% of non-practitioners believe that yoga is a practice of both the body and the mind.

In India, yoga is considered as having a strong spiritual component, as agreed by both practitioners (89%) and non-practitioners (87%). Meditation is also considered an important component of yoga by 76% of population.

Whether people practiced yoga or not, they all (> 90%) agreed that yoga helps with sports. 91.5% of practitioners and 73.3% non-practitioners believed that yoga increased flexibility and strength.

Indians are on the fence about yoga and Ayurveda (the most ancient science of healing and life itself) being complementary with only 55.9% of the practitioners agreeing to the statement. A slightly higher proportion of practitioners than non-practitioners perceived yoga and Ayurveda to be complementary. 61% of yoga practitioners believed that Ayurveda makes one healthy, more than non-practitioners. Ayurveda products are beginning to gain popularity in India; currently only 50.1% of the practitioners reported to be using them. The usage is slightly higher amongst yoga practitioners. Less than half, i.e. 47.1% of the yoga practitioners reported ever going to an Ayurvedic doctor (Figure 7).

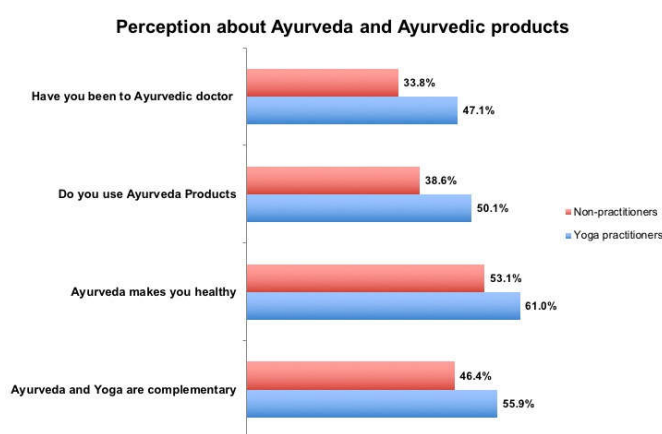


Fig 7 Perception about Ayurveda and ayurvedic products

Health, Happiness and Sustainable Living

Yoga makes one happy – Yoga practitioners report they are peaceful (72.7%), happy (71.3%) this proportion is clearly higher than in non-yoga practitioners, which was 68.9%, and 61.8% respectively. Yoga practitioners also reported higher flexibility with 67% saying that they are very flexible (Figure 8).

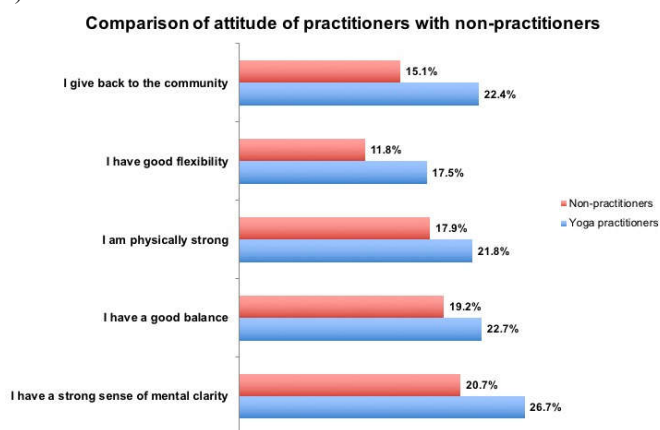


Fig 8 Attitude of practitioners and non-practitioners

Yoga is a great stress reliever – More than 90% of practitioners and non-practitioners believe that yoga relieves stress, helps with sports and increases flexibility and strength. A similar proportion of the practitioners agreed that due to the practice of yoga they had a strong sense of mental clarity (26.7%), good balance (22.7%), an intention of giving back to the community (22.4%), feeling physically strong (21.8%) followed by good flexibility (17.5%) (Figure 8).

From a perspective of how the practitioners perceived life, 72.7% agreed they remain peaceful in adverse situations, 71.9% had life satisfaction, 71.3% said they were happy and 70.2% agreed they were satisfied with their health. The aspects compared to in this question are almost the same for yoga practitioners and non-practitioners except for happiness (Figure 9).

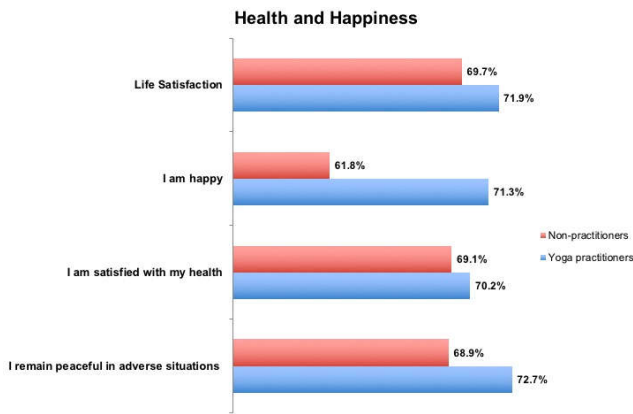


Fig 9 Health and Happiness

Yoga practitioners cared more about their health and eating habits were more conscious about what they consumed and more than 40% of them preferred organic food (Figure 10).

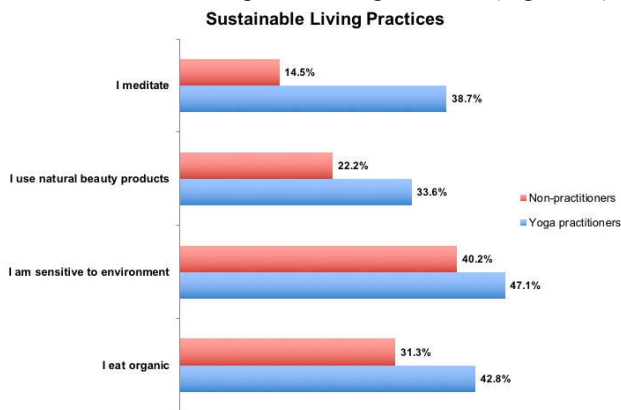


Fig 10 Sustainable living practices

A higher proportion of 42% yoga practitioners as compared to only 37% of the total population eat organic food. Yoga practitioners also reported a higher percentage (61.9%) of being vegetarian, not eating junk food and not drinking alcohol than Non yoga practitioners. Yoga practitioners are also more sensitive to the environment (47%) compared to only 40% of non-practitioners.

A very high proportion (96.2% of them) agreed that yoga was good for them, 95.3% agreed that it was a stress-reliever, 92.8% agreed that it helped with sports, 91.5% agreed it increases flexibility and strength while only 21.9% agreed that it was boring. With regard to the activities that these practitioners were engaged in, those practicing exercise was highest at 36.1%, followed by running 17.4% and a very low proportion of 2.5% practicing martial arts. Awareness on yoga products is witnessing a new trend with major sporting giants too joining the list. Surprisingly 74.4% of the practitioners said that they spend below INR 500/- on a monthly basis on yoga products and a very low 1.2% spending more than INR 5000/- per month for the same.

The yoga practitioners' perception about yoga ranks 'yoga as a stress reliever' at a high of 95.3% among other reasons. Some of the common misconceptions about yoga are that it is for flexible people (41.8%), for women (69.1%) and is boring (21.9%) (Figure 11).

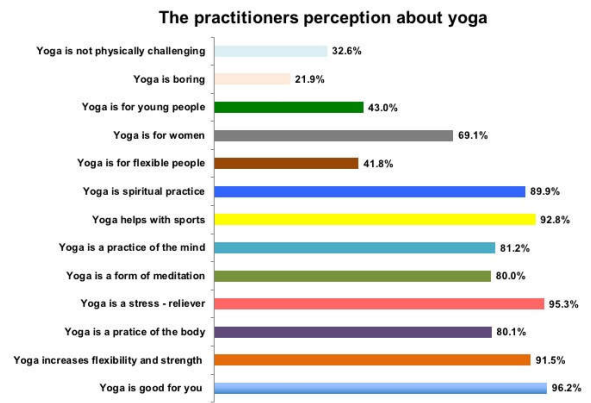


Fig 11 Practitioners perception about yoga

Understanding non-practitioners of Yoga

This study indicated that 53.2% of the population is yet to practice yoga. Even though they did not practice yoga, 94.4% said that 'yoga is good for you', 93.1% said 'yoga is a stress-reliever', 88.6% for 'yoga is a spiritual practice', among other reasons (Figure 12), indicating their perception about yoga.



Fig 12 Non-practitioners perception about yoga

The top most reason for non-practitioners for not practicing yoga, as reported by them, is lack of a local place to learn and practice yoga (34.3%) followed by not knowing how to get started (14%) (Figure 13).



Fig 13 Non-practitioners reasons for not starting yoga

The non-practitioners are keen to start practicing with 74% of them reporting that they are very likely to practice yoga in the next 12 months (Figure 14). The non-practitioners report that they are most likely to try out a free Yoga class as opposed to enrolling in a Yoga retreat or a Yoga event.



Fig 14 Non-practitioners chances to start yoga

DISCUSSION

This study based on Indians' perception about yoga is the first of its kind. The only previous survey on Yoga was carried out for the American population, findings of which were reported in 'The 2016 Yoga in America Study' (Yoga in America Study, 2016). As mentioned previously, India is the epicenter of yoga and other traditional forms of life sciences like Ayurveda. From here its popularity is slowly but surely spreading to the entire globe. Since India is the origin of Yoga, it is important to understand the popularity and perception of Yoga amongst the general population.

Our study is unique and stands out as it is detailed in its outlook with an extensive coverage of almost the whole country (surveying 25 out of 29 states) and contemplates on the benefits to an individual at the grass-root level – physical, mental and emotional. It dwells into the 'yoga awareness quotient' in the subjects. If high, were they disciplined enough to follow a practice regime. The unique feature of this study is its holistic consideration of not just the perception and practice of yoga, but also, on the benefits of yoga reaping a healthy lifestyle and healthy habits backed by an economic approach to a yogic way of life in today's world dominated by various physical, emotional and mental stress and disorders.

According to (Cramer, 2018), 15.7 million Germans were practicing or were interested to practice yoga, where they often perceive it as therapeutic. 90% of the practitioners reported positive effects (Cramer, 2015). Based on the results of a U.S. Nationally Representative Survey (2012), (Cramer et al., 2016) concluded the Prevalence, Patterns, and Predictors of yoga use in the U.S. general population. From this it is evident that, apart from India, yoga was comparably more common in Germany and the United States.

In a similar kind of study, 9 out of 10 Americans showed awareness about yoga. 34% of Americans were somewhat or very likely to practice yoga in the next 12 months, citing reasons of flexibility, stress relief and fitness (Yoga in America Study, 2016). It was also reported that a higher percentage of the Yoga practitioners in America were women and 37% had youth under 18 who practiced yoga. It is interesting that awareness of Yoga is similar between India and America, although yoga became popular in America only recently.

Also in Texas, a study was carried out and the reasons for taking yoga were general wellness (81%), physical exercise (80%), and stress management (73%) (Quilty et al., 2013).

India has been witnessing an unprecedented rise in the NCDs accounting for 61% deaths. The importance of yoga as an

adjunct therapy for various disorders like Inflammatory Bowel Syndrome (IBD) (Arruda et al., 2018) and diseases is gaining momentum across the globe. There are various studies on yoga that have indicated benefits of yoga as a healthy, holistic and a consistent complementary solution that could be adopted for long-term viability. Yoga has been suggested as a complementary practice to NCDs (World Health Organization, 2018; Birdee et al., 2017; Tillu, 2018). Although India is the land that gave birth to yoga, are enough Indians adopting this healthy habit? The findings of the study indicate that even though Indians know about yoga they are not practicing due to various reasons.

The Government of India has even created an entire ministry to promote Yoga and associated sciences. To bridge the gap between bringing awareness about yoga and the benefits and positive impact on treating NCDs on regular practice, decisions have to be taken up till implementation by the Government in partnership with Institutions and NGOs that are certified in this field of practice. What is needed is the grassroots level penetration of yoga.

Studies like the present one are critical to understanding the gaps that exist in adoption of Yoga as a part of Indian lifestyle. It answers important questions and provides insights into what Indians believe about Yoga, what attracts them or what prevents them from practicing it and what measures the Government and community can take it to bring this healthy habit to more individuals.

Recommendations

The following recommendations can be suggested from the study results:

For practitioners: Improvement in overall health and physical fitness, and stress reduction are the main reasons that motivate people to start practicing yoga. Also people get introduced to Yoga either through their own personal interest or through word of mouth or recommendation from a family member, friend or a co-worker. Advertisements emerged as one of the least effective ways of engaging people. We recommend that community based Yoga associations and studios should be encouraged as they engage people on a one to one level.

For non-practitioners: A large portion of Indian population does not practice Yoga inspite of being aware of Yoga. Lack of a local teacher and a place to learn emerged as the most common reason for lack of practice. The Government along with yoga organizations and various NGOs should make an effort to train more teachers and develop more yoga centers. Public parks that are visited regularly by public can be ideal centers for promoting Yoga. As reported in the results, the best way to engage non-practitioners is through free classes.

Ayurveda: There should also be concerted effort to promote Ayurveda, as it is a complementary health practice to yoga and meditation. There is a need of high quality production of Ayurvedic products and medicines with Good Manufacturing Practice (GMP) certification. As per the present study prevalence and faith in Ayurveda is low amongst the Indian population.

CONCLUSIONS

The comprehensive study is the first of its kind that takes a holistic look at the popularity and prevalence of Yoga in India. It provides key insights into the perception, beliefs and

benefits of Yoga for and has led to the evolution of a set of recommendations for furthering awareness of yoga. The findings will help evolve the path for both practitioners of yoga as well as its non-practitioners. It also gives an opportunity for Policy makers, NGOs and like-minded organizations promoting health, lifestyle and healthy eating habits to come forward and innovate products and services and get them to a practical reach, availability levels, demographic applicability, etc. and improve the perception of yoga to encourage more people to utilize the beneficial aspects of yoga enabling well-being.

References

1. Agte VV, Tarwadi KV. SudarshanKriya Yoga for Treating Type 2 Diabetes: A Preliminary Study. *Altern Complement Ther*2004; 10 Issue 4:220-222.
2. Arruda JM, Bogetz AL, Vellanki S, Wren A, Yeh AM. Yoga as adjunct therapy for adolescents with inflammatory bowel disease: A pilot clinical trial. *Complement Ther Med* 2018;41:99-104.
3. Basavaraddi IV. Yoga: Its Origin, History and Development. In Focus Article, Ministry of External Affairs, Government of India. 2015.
4. Birdee, GS, Ayala SG, Wallston KA. Cross-sectional analysis of health-related quality of life and elements of yoga practice. *BMC Complement Altern Med* 2017;17:83.
5. Butterfield N, Schultz T, Rasmussen P, Proeve M. Yoga and mindfulness for anxiety and depression and the role of mental health professionals: a literature review. *The Journal of Mental Health Training, Education and Practice* 2017; 12 Issue 1:44-54.
6. Cramer H. Yoga in Germany – Results of a nationally representative survey. *ForschendeKomplementärmedizin*2015; 22 Issue 5:304-310.
7. Cramer H, Ward L, Steel A, Lauche R, Dobos G, Zhang Y. Prevalence, patterns, and predictors of yoga use: Results of a U.S. nationally representative survey. *Am J Prev Med* 2016; 50 Issue 2:230-235.
8. Cramer H. Yoga Therapy in the German Healthcare System. *Int J Yoga Therap*2018; 28 Issue 1:133-135.
9. Doria S, de Vuono A, Sanlorenzo R, Irtelli F, Mencacci C. Anti-anxiety efficacy of SudarshanKriya in general anxiety disorder: A multicomponent, yoga based, breath intervention program for patients suffering from generalized anxiety disorder with or without comorbidities. *J Affect Disord*2015;184:310-317.
10. Eppel L, Pippig U. Yoga: An Ancient Indian Science of Exercise and Healing. *Take the Magic Step*. 2006.
11. Global action plan on physical activity 2018–2030: more active people for a healthier world. Geneva: World Health Organization; 2018. Licence: CC BY-NC-SA 3.0 IGO.
12. Janakiramaiah N, Gangadhar BN, Murthy PJNV, Harish MG, Subbakrishna DK, Vedamurthachar A. Antidepressant efficacy of SudarshanKriya Yoga (SKY) in melancholia: A randomized comparison with electroconvulsive therapy (ECT) and imipramine. *J Affect Disord*2000; 57 Issue 1-3:255-259.
13. Khalsa SBS. Yoga as a therapeutic intervention: A bibliometric analysis of published research studies. *Indian J PhysiolPharmacol*2004; 48 Issue 3:269-285.
14. Maddux RE, Daukantaitė D, Tellhed U. The Effects of Yoga on Stress and Psychological Health Among Employees: An 8- and 16-week Intervention Study. *Anxiety Stress Coping* 2018; 31 Issue 2:121-134.
15. Murthy PJ, Venkatesha N, Janakiramaiah N, Gangadhar BN, Subbakrishna DK. P300 amplitude and antidepressant response to SudarshanKriya Yoga (SKY). *J Affect Disord*1998; 50 Issue 1:45-48.
16. Noncommunicable Diseases Progress Monitor, 2017. Geneva: World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.
17. Park CL, Sharon YL, Lucy FF, Kalliope S. Yoga to Promote Physical, Mental, and Spiritual Well-Being: Self-Regulation on and off the Mat. In: Plante, TG, editor. *Healing with Spiritual Practices: Proven Techniques for Disorders from Addictions and Anxiety to Cancer and Chronic Pain*. 2018. pp. 73. ABC-CLIO.
18. Quilty MT, Saper RB, Goldstein R, Khalsa SBS. Yoga in the Real World: perceptions, Motivators, Barriers, and patterns of Use. *Glob Adv Health Med* 2013; 2 Issue 1:44-49.
19. Shroff FM, Asgarpour M. Yoga and Mental Health: A Review. *J PhysiotherPhysRehabil*2017; 2 Issue 1:132.
20. Sinha DN. Outcome of the World NCD Congress. *Int J Non-Commun Dis* 2017; 2 Issue 4:91-3.
21. Stussmann BJ, Black LI, Barnes PM, Clarke TC, Nahin RL. Wellness-related Use of Common Complementary Health Approaches Among Adults: United States, 2012. *Natl Health Stat Report* 2015; 85:1-12.
22. Tillu G. AYUSH research for New India: Vision and strategies. *J Ayurveda Integr Med* 2018; 9 Issue 3:240-244.
23. United Nations. *Transforming Our World: The 2030 Agenda for Sustainable Development*. 2015. New York: UN Publishing.
24. World Health Organization (2014) *Mental health: a state of well-being*.
25. *Yoga in America Study*. Yoga Journal and Yoga Alliance in partnership with Ipsos Public Affairs. 2016.

How to cite this article:

Kanchibhotla Divya M.S and Rau Nupur (2019) ' Yoga in India: a Study on Perception and Practice of Yoga Among the Indian Populace', *International Journal of Current Advanced Research*, 08(10), pp. 20317-20323
DOI: <http://dx.doi.org/10.24327/ijcar.2019.20323.3966>
