

IMPACT OF YOGA PRACTICE ON THE PHYSICAL WELL-BEING AND LIFESTYLE OF PROSPECTIVE TEACHERS: A CASE OF ST. JUSTIN'S COLLEGE OF EDUCATION IN MADURAI

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This longitudinal mixed-methods case study investigates the transformative effects of a structured six-month yoga intervention on the physical well-being, lifestyle habits, and disease prevention awareness of 30 prospective teachers at St. Justin's College of Education in Madurai, India. Grounded in Engel's (1977) biopsychosocial model, the research adopts a holistic lens to explore how yoga—integrating asanas (postures), pranayama (breathwork), and mindfulness meditation—impacts biological health metrics, psychological resilience, and sociocultural health behaviours. Participants engaged in thrice-weekly 60-minute yoga sessions, comprising Sun Salutations (cardiovascular endurance), Trikonasana (spinal flexibility), Bhujangasana (postural alignment), Nadi Shodhana (stress-reducing breathwork), and guided mindfulness practices. Methodologically, both the quantitative and qualitative data were collected. Results demonstrated statistically significant improvements in physical well-being of the respondents. Findings advocate for institutional integration of yoga into teacher education curricula to mitigate occupational strain and promote sustainable well-being. Policy recommendations include establishing campus wellness hubs and government-funded yoga initiatives. This research underscores yoga's potential as a biopsychosocial intervention, urging further exploration of scalable models in diverse educational contexts.

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Keywords: *Yoga intervention, case study, biopsychosocial model, lifestyle modification, teachers well-being.*