

IMPACT OF YOGA ON THE PHYSICAL WELL BEING OF B.ED., TRAINEES

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ABSTRACT

This study was conducted to find out the impact of Yogic practices on Physical well being, it is a 'quasi experimental' study to find out the impact of Yogic practices on Physical well being of the B.Ed., Trainees. 44 B.Ed., Trainees were selected and they were given Yoga practices for three months under the supervision of and guidance of Yoga Masters. The impact was found using the Physical well being Scale and it was found that there is significant impact of Yogic Practices on the Physical well being of the B.Ed., Trainees.

KEYWORDS: *Yoga, B.Ed., Trainees, Physical well being*