

SECTION 4.6:

YOGA PRACTICES AMONG ADULTS (18–69 YEARS)

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This section presents the response to questions asked on yoga practices to survey respondents. The details on yoga practices like asana, pranayam and meditation were recorded along with the number of days practiced in a week and the hours or minutes spent in these yoga practices.

KEY FINDINGS

- **3.5%** adult men and women (18-69 years) were practicing yoga.
- **38.1** minutes were spent in a day practicing yoga (either asana, pranayam or meditation).

Yoga practices among adults

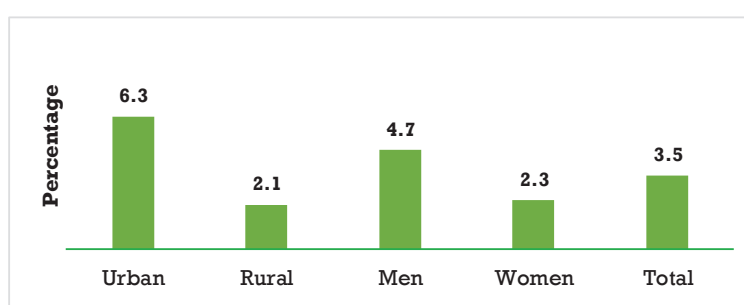


Figure 4.6.1 Adults who practiced yoga by area of residence and gender (Percentage)

Overall, 3.5% of respondents (men and women) reported practicing yoga, 6.3% urban and 2.1% rural; 4.7% men and 2.3% women (*Figure 4.6.1*). A proportion of 4.3% of older adults (45-69 years) reported practicing yoga. (*Annexure table 4.6.1a*)

Forms of yoga practiced

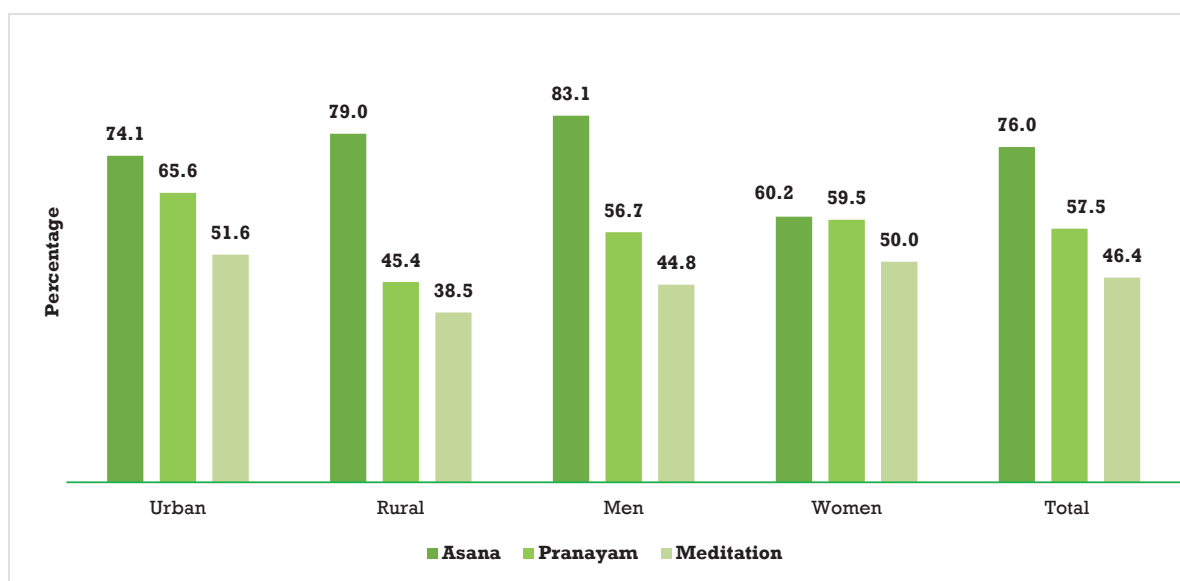


Figure 4.6.2 Adults who practiced asana, pranayam and meditation among those who practiced yoga, by area of residence and gender (Percentage)

Among those who practiced yoga, majority reported practicing asana (76.0%) followed by pranayam (57.5%) and meditation (46.4%)(*Figure 4.6.2*). Yoga asanas were practiced in a higher proportion in rural areas (79.0%), among men (83.1%) and adults in the age group of 45-69 years (81.9%). (*Annexure tables 4.6.2a and b*)

Time spent in yoga practices

Table 4.6.1 Time (minutes) spent in practicing asana, pranayam and meditation in a day among those who practiced yoga by area of residence and gender (Mean)

Form of yoga practice	Urban			Rural			Total		
	Men	Women	Combined	Men	Women	Combined	Men	Women	Combined
Asana	19.2	28.9	22.4	31.2	19.2	29.7	24.9	26.9	25.4
Pranayam	15.4	17.3	16.1	20.7	11.1	18.6	17.3	16.0	16.9
Meditation	15.2	27.0	19.3	18.8	23.1	20.1	16.4	25.8	19.5
Practicing any one of the above	33.4	43.3	37.1	43.2	26.6	39.7	37.9	38.6	38.1

Table 4.6.1 shows that, an average of 38.1 minutes was spent in practicing yoga in a day, this was similar between strata of area of residence and gender. Adults in the age group of 45-69 years spent more minutes practicing yoga (43.2 minutes) than 18-44 years age group (35.1 minutes). It was observed that more time was spent practicing asanas (25.4 minutes) when compared to other yoga practices. Overall time spent practicing meditation (19.5 minutes) was similar across area of residence and age groups, while among the gender, women dedicated 25.8 minutes for meditation while men spent 16.4 minutes. The mean minutes spent in practicing pranayam was 16.9 minutes, with more minutes spent by adults in the rural areas (18.6 minutes), by men (17.3 minutes) and those in the 45-69 years age group (17.4 minutes). (*Annexure table 4.6.3b*)