



## The comparative impact of yoga and on health less drain more gain: A survey-based study

Heera SMH, Hemanth T, Isha Gupta, Isha Kejriwal

Department of Medical Education, CRMI, Medical Interns, Sri Ramachandra Medical College and Research, SRIHER, Chennai, Tamil Nadu, India

### Abstract

Comparing the effects of yoga with calorie burn and other physical and mental benefits. This study evaluates the impact of yoga on flexibility, posture, stress reduction, mindfulness, and calorie expenditure compared to traditional Yogic practices. Conducted with four participants over a week-long yoga training module, the findings highlight yoga's advantages in promoting mental and physical well-being. While calorie burn from yoga was lower than other activities, its broader benefits in mindfulness, stress reduction, and emotional well-being support its value in holistic health regimens. Yoga is a comprehensive practice that promotes health and well-being through asanas (postures), pranayama (breathing techniques), and meditation. While asanas may resemble physical exercise, yoga incorporates additional elements such as breath regulation and mindfulness, setting it apart from traditional exercise. This paper highlights the multifaceted role of yoga in a well-rounded fitness regimen, emphasizing its value not only in calorie burning but also in promoting long-term mental and physical health.

**Keywords:** Yoga, asana, mindfulness, pranayama, calorie burning, physical exercise

### Introduction

Yoga is an ancient practice integrating physical movement, controlled breathing, and mindfulness. Exercises often focus on calorie burn and cardiovascular health<sup>[1]</sup> but lack the broader mental health benefits that yoga provides. This study assesses how yoga contributes to flexibility, posture, mental well-being, and calorie burn compared to exercises. Yoga offers a wide range of physical, mental, and emotional benefits, making it a holistic practice for overall well-being. Physically, it improves flexibility, strength, and posture, while also promoting relaxation and reducing stress. Mentally, yoga enhances focus, mindfulness, and emotional well-being, helping to manage anxiety and depression<sup>[2]</sup>. Through its combination of movement, breath, and meditation, yoga supports overall health and emotional balance. This review paper examines the impact of a week-long yoga training module on the body and mind awareness and the calories burnt.

**Aim:** This study aims to evaluate the influence of yoga on the health of medical interns, specifically focusing on improvements in body and mind awareness and calories burnt as compared to other physical activities

### Objective:

The objectives of the study are:

1. To assess the change in body and mind awareness of interns before and after a week-long yoga training.
2. To evaluate the calories burnt among the interns following the yoga training.
3. To compare the effects of yoga with other exercises.

### Methodology

1. **Participants:** Four individuals aged 22–27 participated in this survey-based study.
2. **Design:** Pre- and post-intervention surveys evaluated yoga's benefits across seven parameters.

3. **Yoga Module:** Participants engaged in 60-minute sessions incorporating asanas, pranayama, and meditation over a week.

4. **Data Collection:** Responses were recorded using a Likert scale (0-5), where 0 represented the least agreement (Strongly Disagree) and 5 the highest agreement (Strongly Agree)

The study involved five medical interns who participated in a week-long yoga training module. The training was conducted in two small sessions daily, one session in the morning and one session in the evening, which included ten different modules. The modules covered 21 asanas (postures), 4 pranayamas (breathing exercises), relaxation techniques, and meditation practices. The participants' body and mind awareness, and happiness levels, were assessed before and after the training using a self-reported scale where 1 indicates low awareness/happiness and 5 indicates high happiness/awareness. Calories burnt were recorded through a fitness band and were compared with other traditional Yogic practices.

### Study design

An interventional study was carried out using a self-administered question made with the help of Google Forms. The data is summarised below.

### Results

#### Survey Data

Questions:

Yoga helps improve flexibility more effectively than other physical activities.

Details Score

Participant 1 5

Participant 2 4

Participant 3 3

Participant 4 5

Improves flexibility

Yoga is more effective at improving posture compared to other physical exercises.

Details	Score
Participant 1	5
Participant 2	4
Participant 3	5
Participant 4	5

Improves posture

Yoga reduces stress and promotes relaxation better than other forms of exercise.

Details	Score
Participant 1	5
Participant 2	5
Participant 3	4
Participant 4	5

Reduces stress

Yoga promotes mindfulness and awareness more than other physical exercises.

Participant 1	4
Participant 2	3
Participant 3	4
Participant 4	5

Promotes mindfulness

Compared to other physical activities, yoga provides the most comprehensive benefits for both body and mind.

Participant 1	4
Participant 2	4
Participant 3	4
Participant 4	4

**Overall benefits**

Yoga helps improve mood and emotional well-being more than other physical activities.

Participant 1	5
Participant 2	4
Participant 3	5
Participant 4	4

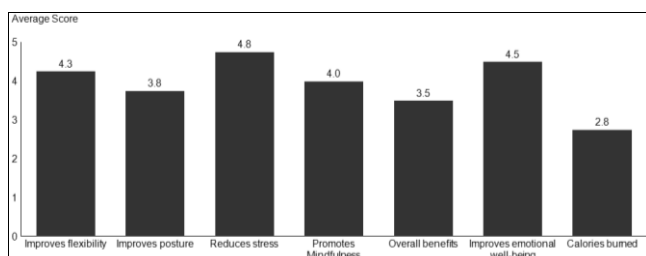
Improves emotional well-being

How does the number of calories burned in your typical yoga session compare to other physical activities? Calories burned

Participant 1	2
Participant 2	2
Participant 3	4
Participant 4	3

**Graphical Analysis**

The graph below visualizes the average score for each parameter based on participant responses:



**Insights**

**Highest Scoring Area:** Stress reduction received the highest average score (4.8), showcasing yoga's effectiveness in mental relaxation.

**Flexibility and Emotional Well-Being:** Flexibility (4.3) and emotional well-being (4.5) were also positively rated.

**Lowest Scoring Area:** Calorie burn was rated lowest (2.8), emphasizing yoga's relatively lower intensity than traditional exercises.

**Discussion**

Yoga's contribution to flexibility, posture, and mental well-being aligns with existing literature that emphasizes its holistic benefits. While calorie expenditure was reported as lower, participants highlighted improved mindfulness and relaxation as significant outcomes.

These findings underscore yoga's suitability as a complementary practice to traditional Yogic practices.

Yoga's comprehensive approach targets both physical and mental well-being, making it an ideal practice for reducing stress and enhancing self-awareness. The physical postures (asanas) help improve flexibility, strength, and circulation, while the breathing exercises (pranayama) and meditation foster mental clarity and relaxation. This study's results align with existing literature, suggesting that yoga can significantly benefit individuals in high-stress professions by promoting a balanced body and mind [3]. The results indicate a substantial increase in body and mind awareness among all interns. Though the calories burnt in one yoga session were lesser compared to other physical activities like walking, jogging or gym training, the mental and physical effects of yoga last long term and provide overall improvement [4].

Yoga's comprehensive approach targets both physical and mental well-being, making it an ideal practice for reducing stress and enhancing self-awareness. The physical postures (asanas) help improve flexibility, strength, and circulation, while the breathing exercises (pranayama) and meditation increase mental clarity and bring relaxation to both mind and body. This study's results align with existing literature, which suggests that yoga can significantly benefit individuals in high-stress professions (here in the medical profession) into happiness by promoting a balanced state of body and mind. Even though yoga is a less intensive form of physical activity where only less amount of calories are burnt in small sessions, the amount of benefits from practicing yoga is significantly better and is also feasible for different age groups [5].

The week-long yoga training module significantly improved the body and mind awareness of medical interns, as evidenced by the results of the post-training questionnaire.

In conclusion, while yoga may burn fewer calories than more intense activities like running or HIIT, its holistic health benefits are significant. Beyond calorie expenditure, yoga improves flexibility, strength, and mental clarity, offering long-term wellness advantages. Despite its lower calorie burn, yoga's emphasis on mindfulness and body awareness can have a greater overall impact on health, reducing stress and enhancing mobility. When incorporated into a balanced fitness routine, yoga provides valuable benefits that extend beyond weight management [6].

## Conclusion

This study confirms yoga's advantages in improving mental clarity, stress reduction, and physical flexibility. Despite its lower calorie expenditure, yoga offers unparalleled benefits for holistic health. Its integration into fitness routines can greatly enhance both mental and physical well-being.

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