

**YOGA THERAPY FOR PROMOTING EMOTIONAL HEALTH IN
UNIVERSITY STUDENTS
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ABSTRACT

Background

Students need emotional intelligence (EI) for their better academic excellence. Three important psychological dimensions of EI are emotional sensitivity, emotional maturity and emotional competency which motivate students to recognize truthfully, interpret honestly and handle tactfully the dynamics of their behavioral pattern.

Objective

To assess Emotional Sensitivity (ES) in students undergoing Yoga Instructor's Course (YIC).

Materials and Methods

184 YIC students with 25.77 ± 4.85 years of mean age participated in this study with single group pre-post design. The ES data was collected before (pre) and after (post) YIC using Emotional Quotient (EQ) Test developed by Dr Dalip Singh and Dr N K Chadha.

Statistical Analysis

Means, standard deviations, Kolmogorov-Smirnov test, and Wilcoxon signed rank test were used for analyzing the data with the help of SPSS 16.

Results

The data analysis showed 3.63% significant increase ($P < 0.01$) in ES.

Conclusion

The present study suggests that YIC module can result in improvement of SE among university students, thus paving the way for their academic excellence.

Key Words

Emotional sensitivity, academic excellence, Yoga Instructor's Course