



A SURVEY ON OPPORTUNITY, SCOPE AND POSSIBILITIES OF YOGA INTERVENTION IN MODERN CHINA

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Abstract:

The purpose of this study was to find out the scope, facilities and possibilities of Yoga intervention in China. For the purpose of this study, 201 samples i.e. yoga instructors (22); yoga studio owners (7); yoga instructors plus yoga studio owners (8) yoga practitioners (113) yoga lovers (50) and others (1) from various provinces and cities from China were randomly selected. The subjects' age ranged between 60+ to 90+ years. To find out the scope, facilities and possibilities of Yoga intervention in China, a questionnaire made by "Vivekananda Cultural Communication (Shanghai) Co. Ltd." based on "Daily Yoga Courses and Training Content in China" were introduced. For statistical analysis and interpretation of data, descriptive statistics of selected variables and descriptive statement analysis method were conducted. Interestingly this study found a very high level of scope, facilities and realistic possibilities of Yoga intervention in China which directly or indirectly might be help to develop yoga industries in China and also can better understand the need and interest of yoga for health and wellbeing among Chinese population in new era.

Keywords: Yoga, China, scope, facilities, possibilities

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1. Introduction

The Sanskrit root “Yuj” means to “Yoke,” “Bind,” or “Join Together.” It also indicates “Union” or “Oneness.” In a deeper spiritual level, yoga allows us to reveal the inner Self, the True Essence of our Being. Actually, it is the means by which we realize that there is no separation between anyone and anything. Everything is “One”. According to the *Yoga Shikha Upanishad*: “Verily, there is no virtue greater than Yoga, no good greater than Yoga, and no subtlety greater than Yoga”. Yoga is an empirical science and philosophy aimed at understanding life’s most important questions. Yoga was first popularized in China through the television programmers of *Wai Lana* (Zhang Huilan) in the 1980s on China Central Television (CCTV). It took hold in Hong Kong in these early years, but in recent decades, and especially in the past five years, yoga has rapidly grown in popularity, especially among China’s emerging middle class. Nearly two thousand years ago with Buddhism, yoga entered into a cultural world that already has its own counterparts to compete against popularity. In China, several physical and mental disciplines already exist that may seem to overlap with yoga, including various martial arts and, most notably, qigong and tai chi. Yoga and tai chi have both come to represent important aspects of Indian and Chinese culture, respectively. As cultural icons representing the embodiment of ancient virtues, the two disciplines have been used in everything from Olympic ceremonies to international commemorations or credit card advertisements.

This dramatic turn from cultural scapegoat to national hero coincides with an increasing mood of cultural and nationalist confidence in China, particularly since the ascent of Party General Secretary and President Xi Jinping in 2012. An increase in cultural confidence is also apparent in India, although in a different way. With the election of Narendra Modi as Prime Minister, Hindu nationalism seems to be on the rise in India. In the view of some critics, Modi came to power in 2014 under a cloud of concern about whether he would offer equal treatment to Hindus, Muslims and Sikhs. Less than a year into his first term in office Modi make the United Nations officially recognize June 21 as the International Day of Yoga. As Modi has noted, state support of yoga has served to expand its influence and preserve the tradition. This symbiotic relationship between yoga and the state also sees yoga being used by Modi and the Indian state as an olive branch and gesture of cultural goodwill in ceremonies that celebrate Sino-Indian cooperation. Irrespective of state relations, yoga still belongs to the people. Susan (Sixue) Jia has written about the various motivations for yoga practitioners in China in recent years in her study of the subject. She finds that they seek a number of outcomes from yoga, including physical and psychological health, beauty, and social connections. While these are all valid benefits to be obtained from yoga practice, Jia refers to yoga practitioners as ‘yoga consumers’. Yoga in China seems to have acquired some of the global cachet that makes it an expensive activity around the world. In the cultures of consumption that exist in both the US and China, the daily or monthly fees, along with the designer clothing, bags and water bottles, are all part of the yoga experience as it has been redefined. Many observers have long been concerned about the commercialization of yoga around the

world, and China is no exception. With the focus on the more physical aspects of yoga, it is possible that the practice is thus kept safe from government attention. The spiritual element of yoga could potentially raise eyebrows in Beijing. Yoga in China seems to be safe in the realm of relieving stress, cultivating beauty, fitness, and building community. Cultural exchanges between India and China along with what we now call the Silk Roads (so named by a nineteenth-century German geographer) go back many centuries, and they have seen periods of blossoming, neglect and hostility. Today, Beijing aims to establish a 'New Silk Road', a massive infrastructure development initiative which is also referred to as the Belt and Road Initiative (BRI) or the One Belt One Road (OBOR, Yi dai yi lu, 一帶一路). As with Sino-Indian relations in previous eras, this one is fraught with tensions, but also great potential. Yoga is one avenue that has been used by both New Delhi and Beijing to represent symbolic cooperation and even harmony between the two states and their respective cultures. In comparison with Buddhism, yoga is still a relatively recent import into China, but it seems one that is likely to make significant inroads. Yoga appeals specifically to practitioners seeking relief from their stressful work environment, and it has taken root in the booming economy of China.

2. Methods

For the purpose of this study, 201 samples i.e. yoga instructors (22); yoga studio owners (7); Yoga instructors plus yoga studio owners (8); Yoga practitioners (113); Yoga lovers (50) and others (1) from various provinces like, Shanghai Province, Zhejiang Province, Guangdong Province, Hubei Province, Henan Province, Gansu province, Shaanxi Province, Beijing Province, Anhui Province and Chongqing Province and cities like, Shanghai, Hangzhou, Foshan, Jinhua, Guangzhou, Wuhan Zhengzhou, Xianyang, Lishui, Beijing, Bengbu, Changsha, Xingtai, Jinhua, Huizhou, Chongqing, Zhoukou, Wenzhou, Nanjing, Lishui, Weihai, Tangshan, Qingdao, Xiamen, Tangshan and Langfang etc. from China were randomly selected. The participant of this survey were professionally associated with some professions like, Full-time worker (137); Part-time job holder (7); Freelancer (40) Students (11) and others (6). The subjects' age ranged between 60+ to 90+ years. To find out the scope, facilities and possibilities of Yoga intervention in China, a questionnaire made by "Vivekananda Cultural Communication (Shanghai) Co. Ltd." based on "Daily Yoga Courses and Training Content in China" were introduced in the study. For statistical analysis and interpretation of data, descriptive statistics of selected socio-psychological variables and descriptive statement analysis method were conducted respectively.

3. Results

Table 1: Descriptive Statistics and graphs of Identity, Gender and Age

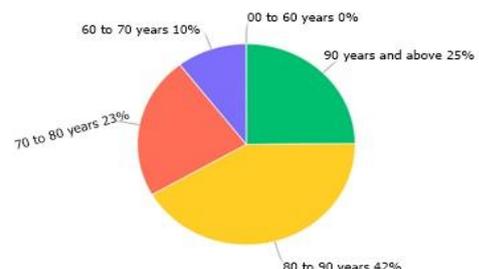
Participants' Identity		Graphs
Options	Statistics	
Yoga instructor	22	
Yoga studio owner	07	
Both of the above	08	
Yoga practitioner	113	
Yoga lovers	50	
Others	01	
Total	201	
Participants' Gender		Graphs
Men	6	
women	195	
Total	201	
		
Participants' Age		Graphs
90 years and above	50	
80 to 90 years	84	
70 to 80 years	46	
60 to 70 years	21	
Total	201	
		

Table 1 shows participants' identity: as 11% yoga instructor; 3% yoga studio owner, 4% both of the above; 56% Yoga practitioner; 25% yoga lovers and others 0%. In participants' gender: 3% men and 97% women and in participants' age: 25% participants were 90 years and above; 42% participants were in between 80 to 90 years; 23% participants were in between 70 to 80 years; and 10% participants were in between 60 to 70 years.

Table 2: Basic Descriptive Statistics and graph of duration of yoga practice /year/week/day

Duration of practice yoga/year																							
Options	Times	Graphs																					
0 to 1 year	111	<table border="1" style="display: none;"> <caption>Data for Duration of practice yoga/year</caption> <thead> <tr><th>Options</th><th>Times</th><th>Percentage</th></tr> </thead> <tbody> <tr><td>0 to 1 year</td><td>111</td><td>55%</td></tr> <tr><td>1 to 3 years</td><td>54</td><td>27%</td></tr> <tr><td>3 to 5 years</td><td>18</td><td>9%</td></tr> <tr><td>5 to 8 years</td><td>9</td><td>4%</td></tr> <tr><td>10 years and above</td><td>9</td><td>4%</td></tr> </tbody> </table>	Options	Times	Percentage	0 to 1 year	111	55%	1 to 3 years	54	27%	3 to 5 years	18	9%	5 to 8 years	9	4%	10 years and above	9	4%			
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30 minutes and below	19	<table border="1" style="display: none;"> <caption>Data for Duration of practice yoga/day</caption> <thead> <tr><th>Options</th><th>Times</th><th>Percentage</th></tr> </thead> <tbody> <tr><td>30 minutes and below</td><td>19</td><td>9%</td></tr> <tr><td>30 to 60 minutes</td><td>120</td><td>60%</td></tr> <tr><td>60 to 90 minutes</td><td>56</td><td>28%</td></tr> <tr><td>90 to 120 minutes</td><td>6</td><td>3%</td></tr> </tbody> </table>	Options	Times	Percentage	30 minutes and below	19	9%	30 to 60 minutes	120	60%	60 to 90 minutes	56	28%	90 to 120 minutes	6	3%						
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Table 2 shows participants' duration of yoga practice/year: 55% participants were practicing yoga for 0 to 1 year; 27% participants were practicing yoga for 1 to 3 years; 9% participants were practicing yoga for 3 to 5 years; 4% participants were practicing yoga for 5 to 8 years and 4% participants were practicing yoga for 10 years and above. In the section of participants' duration of yoga practice/week: 12% participants were practicing yoga 1 time/week; 14% participants were practicing yoga 2 times/week; 26% participants were practicing yoga 3 times/week; 16% participants were practicing yoga 4 times/week; 22% participants were practicing yoga 5 times/week; and 9% participants were practicing yoga 7 times and more/week. The participants' duration of yoga practice/day: 9% participants were practicing yoga for 30 minutes and below/day; 60% participants were

practicing yoga 30 to 60 minutes/day; 28% participants were practicing yoga 60 to 90 minutes/day; 3% participants were practicing yoga 90 to 120 minutes/day.

Table 3: The statistics and graph of interest of Chinese People to participate in various Courses and Workshops in Yoga

Options	NIP	Graph																																
Moderate sweating	54	<table border="1" style="display: none;"> <caption>Data for Graph</caption> <thead> <tr> <th>Options</th> <th>NIP</th> </tr> </thead> <tbody> <tr><td>Moderate sweating</td><td>54</td></tr> <tr><td>Body comfort</td><td>108</td></tr> <tr><td>Physical and mental pleasure</td><td>128</td></tr> <tr><td>Postures to improve</td><td>72</td></tr> <tr><td>High-intensity challenges</td><td>18</td></tr> <tr><td>Fat reduction and shaping effect</td><td>110</td></tr> <tr><td>Body conditioning and health</td><td>120</td></tr> <tr><td>Improve mental level</td><td>68</td></tr> <tr><td>Improve quality of life (sleeping, anxiety problems, etc.)</td><td>73</td></tr> <tr><td>Physical therapy</td><td>51</td></tr> <tr><td>Women's health care</td><td>60</td></tr> <tr><td>Men's health care</td><td>2</td></tr> <tr><td>Chronic disease prevention</td><td>17</td></tr> <tr><td>Decompression and relaxation</td><td>67</td></tr> <tr><td>Other aspects</td><td>3</td></tr> </tbody> </table>	Options	NIP	Moderate sweating	54	Body comfort	108	Physical and mental pleasure	128	Postures to improve	72	High-intensity challenges	18	Fat reduction and shaping effect	110	Body conditioning and health	120	Improve mental level	68	Improve quality of life (sleeping, anxiety problems, etc.)	73	Physical therapy	51	Women's health care	60	Men's health care	2	Chronic disease prevention	17	Decompression and relaxation	67	Other aspects	3
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*NIP= Number of Interested Participants

Table 3 shows the interest of NIP to participate in various courses and workshops in Yoga i.e. Moderate sweating (54); Body comfort (108); Physical and mental pleasure (128); Postures to improve (72); High-intensity challenges (18); Fat reduction and shaping effect (110); Body conditioning and health (120); Improve mental level (68); Improve quality of life (sleeping, anxiety problems, etc.) (73); Physical therapy (51); Women's health care (60); Men's health care (02); Chronic disease prevention (17); Decompression and relaxation (67); and Other aspects (03).

Table 4: The statistics and graph of interest of Chinese people to participate training program of Yogic Physiotherapy

Options	NIP	Graph
Yes	85	<p>A pie chart illustrating the distribution of responses regarding interest in a yogic physiotherapy training program. The chart is divided into three segments: a blue segment representing 'Yes' at 42%, a green segment representing 'No' at 30%, and a yellow segment representing 'Undecided' at 28%.</p>
No	60	
Undecided	56	
Total	201	

*NIP= Number of Interested Participants

Table 4 shows 42% NIP were interested to take part in yogic physiotherapy; 30% NIP were not interested to take part in yogic physiotherapy, while 28% NIP were still undecided.

Table 5: The statistics and graph of possibility of Chinese people to go other provinces or cities to participate in training or workshops in Yoga

Critical (0-6)	Passive (7-8)	Recommended (9-10)	Net recommendation score
87.06%	3.48%	9.45%	-77.61%
175 NIP	7 NIP	19 NIP	

*NIP= Number of Interested Participants

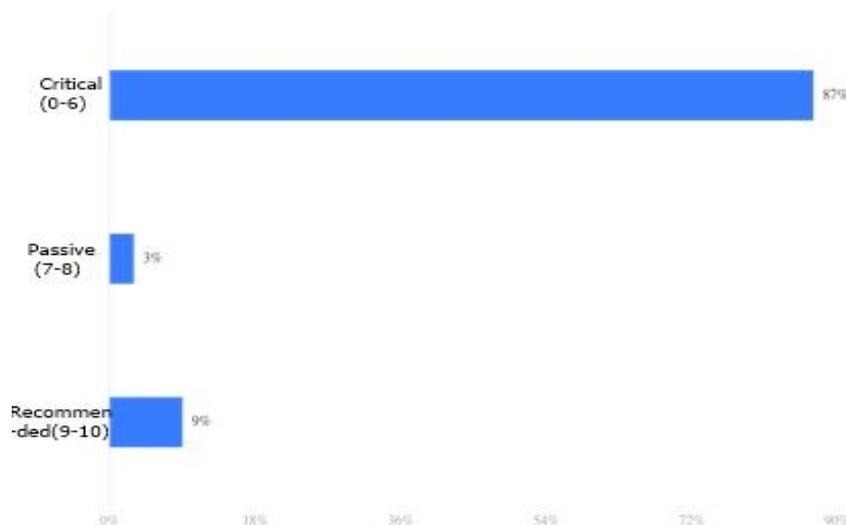


Table 5 shows the possibility of NIP to go other provinces or cities to participate in training or workshops in Yoga. 87.06% or 175 NIP felt critical to visit other provinces or cities to participate in training or workshops in Yoga; 3.48% 7 NIP felt passive to visit

other provinces or cities; and 9.45% 19 NIP felt no problem to visit other provinces or cities to participate in training or workshops in Yoga.

Table 6: The statistics and graph of Physical and mental status of Chinese people

	Absolutely not	As usual	More than usual	Much more than usual
Feel the need to nourish	25	88	36	3
Feeling weak	41	76	30	5
Feeling sick	73	57	20	2
Feeling headaches	68	57	26	1
Feel tightness or pressure on their head	65	55	29	3
Feeling cold or hot	90	49	10	3

*The answers of NIP 152/201

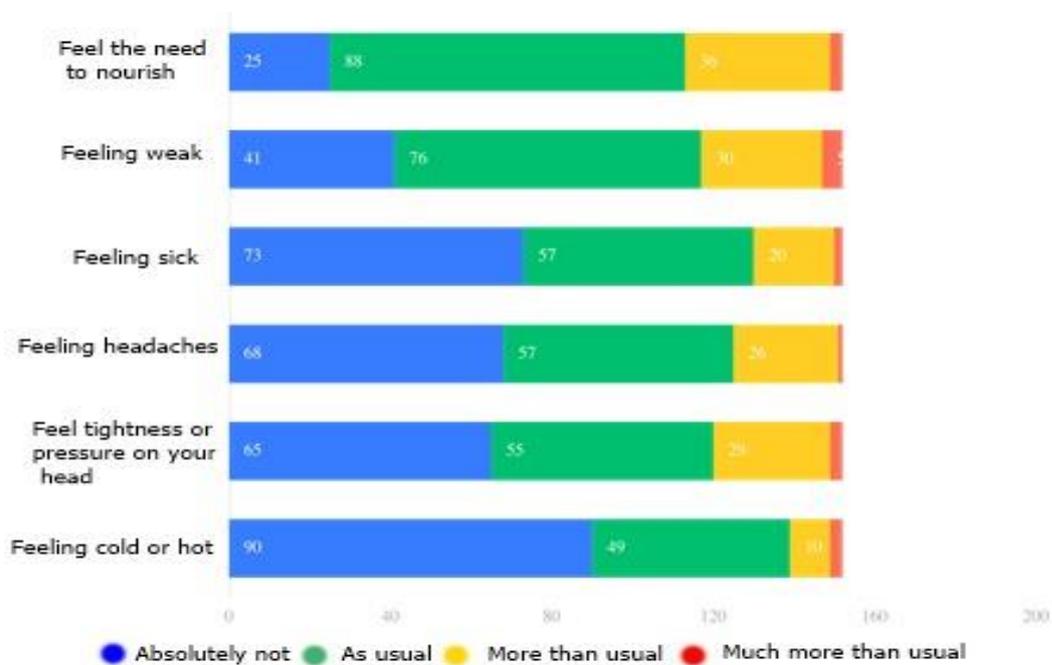


Table 6 shows the Physical and mental status NIP in their day to day life i.e. majority of NIP feel as usual the need to nourish their health; majority of NIP feel as usual in feeling weakness; majority of NIP did not feel sick at all; majority of NIP did not feel headaches in daily life; majority of NIP also did not feel tightness or pressure on their head; majority of NIP also did not feel cold or hot in their day to day life.

Table 7: The statistics and graph of busyness of Chinese people in their daily life

Options	NIP	Graph
More than usual	49	<p>A pie chart illustrating the busyness of Chinese people in their daily life. The chart is divided into four segments: a large green segment for 'As usual' at 57%, a blue segment for 'More than usual' at 32%, a yellow segment for 'Less than usual' at 11%, and a very small red segment for 'Much less than usual' at 1%.</p>
As usual	86	
Less than usual	16	
Much less than usual	01	
Total	152	

*NIP= Number of Interested Participants

Table 7 shows busyness of NIP in their daily life i.e. 32% NIP felt busy more then as usual; 57% NIP fell busy as usual; 11% NIP felt busy less than usual; and 1% NIP felt busy much less than usual.

Table 8: The statistics and graph of professional wellness of Chinese people

Options	NIP	Graph
More than usual	25	<p>A pie chart illustrating the professional wellness of Chinese people. The chart is divided into four segments: a large green segment for 'As usual' at 72%, a blue segment for 'More than usual' at 16%, a yellow segment for 'Less than usual' at 10%, and a very small red segment for 'Much less than usual' at 1%.</p>
As usual	110	
Less than usual	15	
Much less than usual	2	
Total	152	

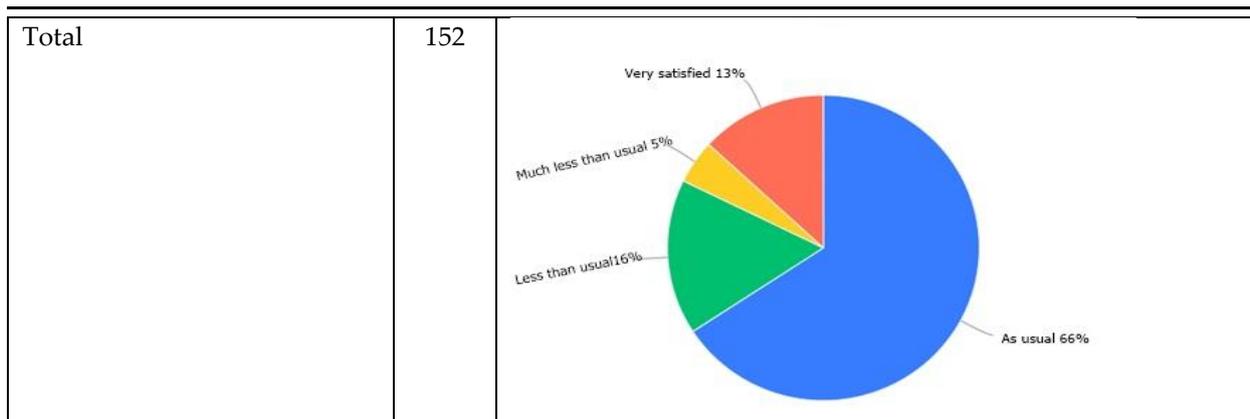
*NIP= Number of Interested Participants

Table 8 shows the professional wellness of NIP i.e. 16% NIP felt professionally well more then as usual; 72% NIP fell professionally well as usual; 10% NIP felt professionally well less than usual; and 1% NIP felt professionally well much less than usual.

Table 9: The statistics and graph of Job Satisfaction of Chinese people

Options	NIP	Graph
As usual	100	<p>A pie chart illustrating the job satisfaction of Chinese people. The chart is divided into four segments: a large green segment for 'As usual' at 65.8%, a blue segment for 'Very satisfied' at 13.2%, a yellow segment for 'Less than usual' at 16.4%, and a small red segment for 'Much less than usual' at 4.6%.</p>
Less than usual	25	
Much less than usual	7	
Very satisfied	20	

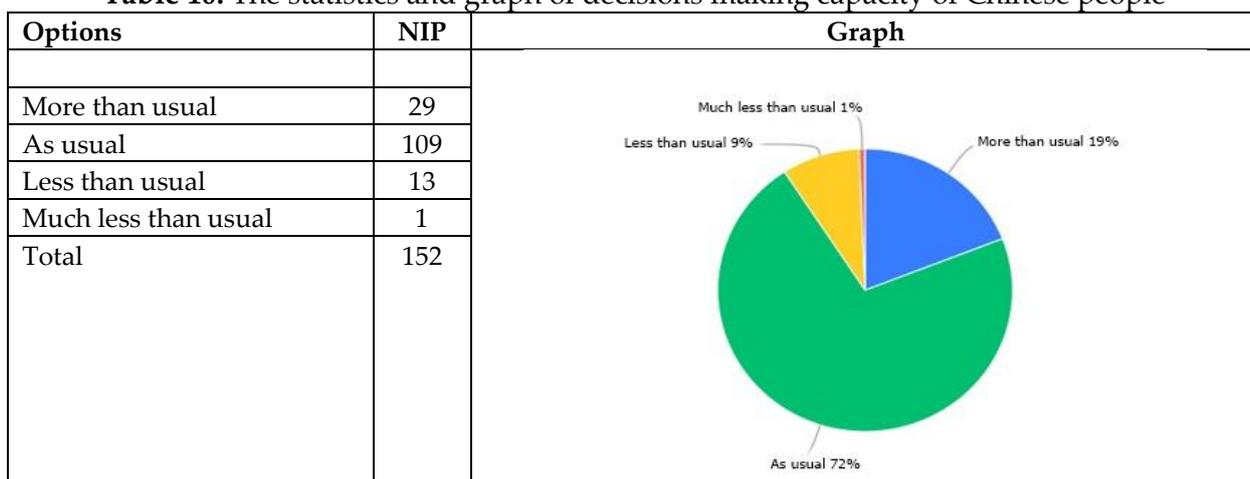
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*NIP= Number of Interested Participants

Table 9 shows the Job Satisfaction of NIP i.e. 66% NIP felt as usual in Job Satisfaction; 16% NIP felt less than usual in Job Satisfaction; 5% NIP felt much less than usual in Job Satisfaction and 13% NIP fell very satisfied in their job.

Table 10: The statistics and graph of decisions making capacity of Chinese people



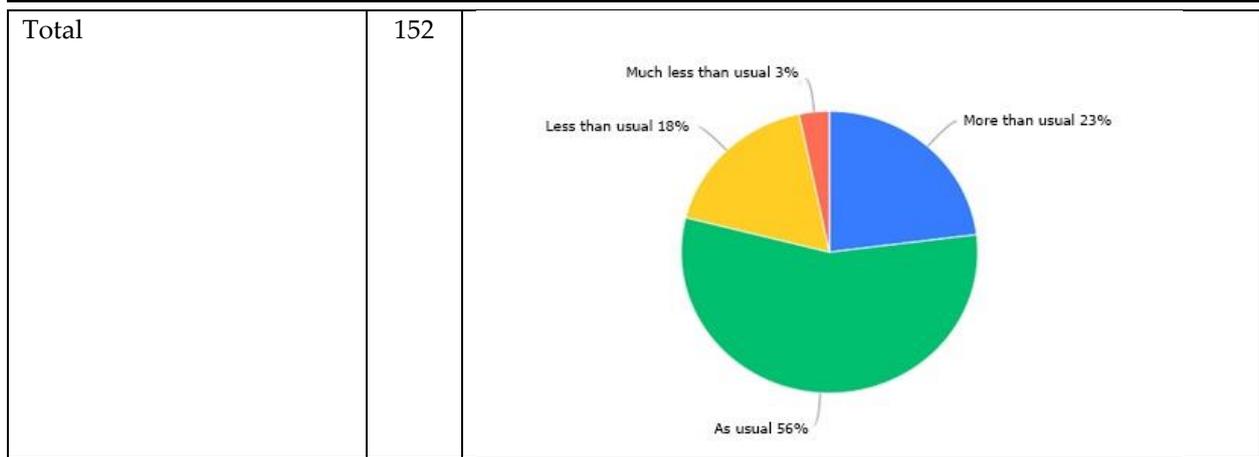
*NIP= Number of Interested Participants

Table 10 shows the decisions making capacity of NIP i.e. 19% NIP felt more then as usual in decisions making capacity; 72% NIP fell as usual in decisions making capacity; 9% NIP felt less than usual in decisions making capacity; and 1% NIP felt much less than usual in decisions making capacity.

Table 11: The statistics and graph of fun of daily activity of Chines people

Options	NIP	Graph
More than usual	35	
As usual	85	
Less than usual	27	
Much less than usual	5	

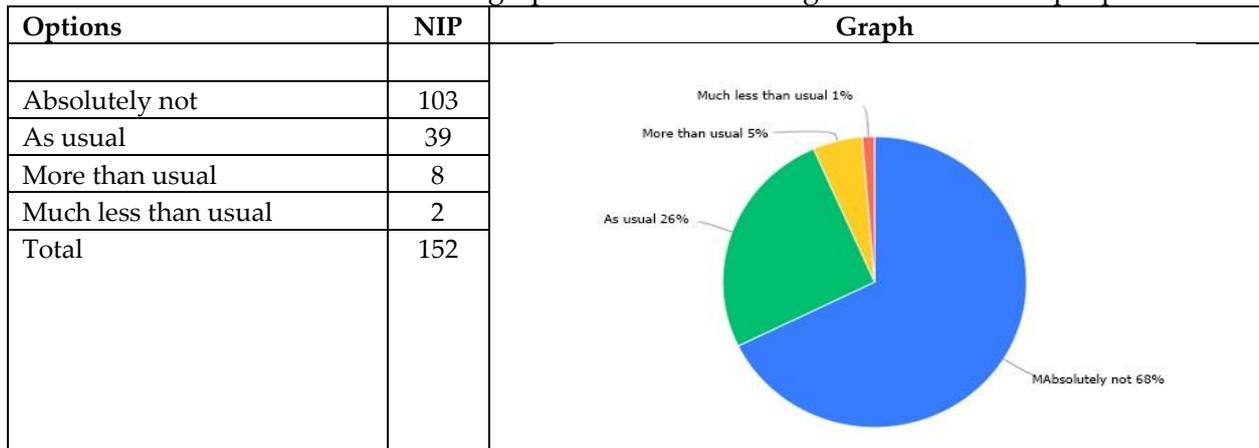
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Table 11 shows the fun of daily activity of NIP i.e. 25% NIP felt more than as usual in fun of daily activity; 56% NIP felt as usual in fun of daily activity; 18% NIP felt less than usual in fun of daily activity; and 3% NIP felt much less than usual in fun of daily activity.

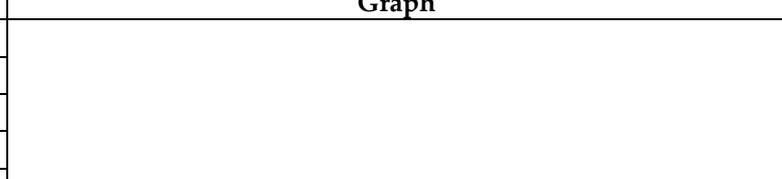
Table 12: The statistics and graph of not worth living in life of Chinese people



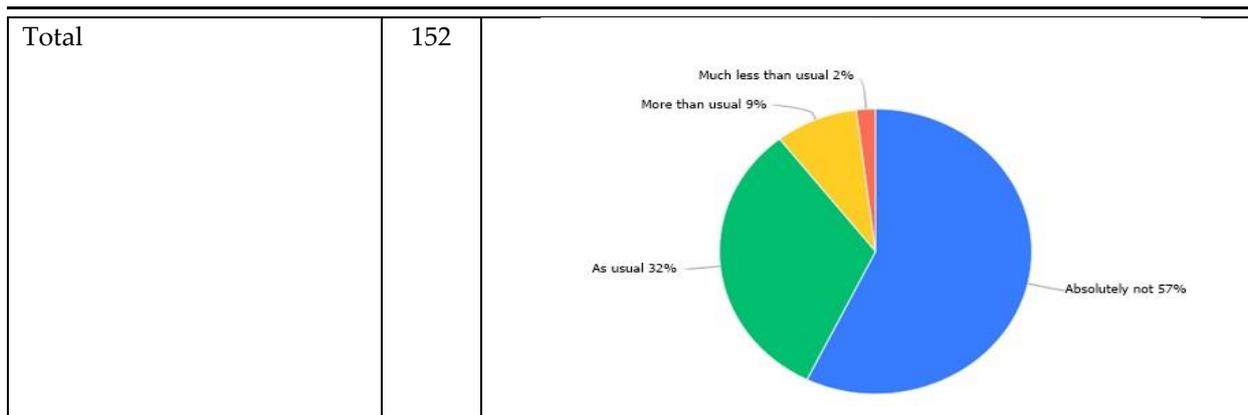
*NIP= Number of Interested Participants

Table 12 shows not worth living in life of NIP i.e. 68% NIP felt absolutely not in not worth living in life; 26% NIP felt as usual in not worth living in life; 5% NIP felt More than usual in not worth living in life; and 1% NIP felt much less than usual in not worth living in life.

Table 13: The statistics and graph of nervousness of Chinese people

Options	NIP	Graph
Absolutely not	87	
As usual	49	
More than usual	13	
Much less than usual	3	

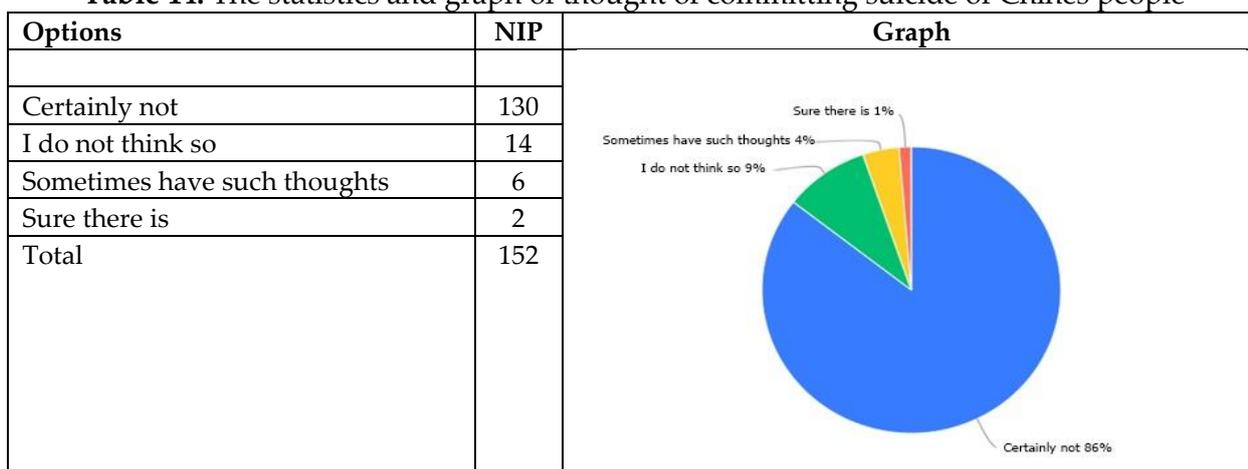
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Table 13 shows nervousness of NIP i.e. 57% NIP felt absolutely not in nervousness in life; 32% NIP fell as usual in nervousness in life; 9% NIP felt More than usual in nervousness in life; and 2% NIP felt much less than usual in nervousness in life.

Table 14: The statistics and graph of thought of committing suicide of Chines people



*NIP= Number of Interested Participants

Table 14 shows the thought of committing suicide of NIP i.e. 86% NIP Certainly did not think of committing suicide; 9% did not think so in life; 4% NIP Sometimes have the thought of committing suicide in life; and 2% NIP really felt to commit suicide.

4. Conclusions

Based on the result of this study, it can be concluded that Yoga is getting very popular in China and attended primarily by most of the women. Entry-level classes focus on the physical aspects of Yoga asana, although there is also a growing interest in yoga as a physiotherapy in China. The Chinese people interest to take part in various workshop in yoga are also very high. With the growing popularity of Yoga in China, there is a growing interest in the business of Yoga. As with more urbanization of modern China the mental status, well-being, job satisfaction, decision making capacity, worth living status and fun

etc. are gradually deducting. Yoga is the process through which this practical problem in the life of Chinese people could be solved. So the opportunity, scope and future possibility of yogic intervention in China become increased. A number of individuals in China are leaving high-power positions to open Yoga studios. For example, Yogi-Yoga Center is a well-established Yoga studio chain, with 17 Yoga studios in Beijing, and dozens in major cities around China. They have formed a second brand, Blue Lotus Yoga, which is designed to appeal to those who prefer a more simplified form of Yoga with the same well-trained teachers, but at less cost per class. Due to government regulation and a high premium on education in general, Yoga teachers are guaranteed an income and benefits comparable to those of academic school teachers. Like other teachers, Yoga teachers are expected to meet high standards of education and experience. There are as yet no copyright or trademark laws in place for the business of Yoga in China. There are also lots of Yoga organizations that speak for the needs of Yoga teachers and Yoga therapists in China. So, the IAYT popularly known as *International Association of Yoga Therapists* occupies as a global community and forum for these rapidly expanding fields in China.

Conflict of Interest Statement

The authors declare no conflicts of interests.

About the Authors

Amit Chandra Deshmukh is a Doctoral student in Shanghai University of Sports from the Department of Sports Coaching and Training (2018-2021). His current research interest on rehabilitation therapy for anxiety, depression & other daily life problems.

Dr. Avinash Mishra is a managing director of Vivekananda Yoga, P. R. of China. His area of research interest is on health benefits of yoga and traditional sports.

Dr. Li Youqiang is a Professor at Shanghai University of Sport at School of Physical Education and Sports Training, P. R. of China. His current research interest is on health promotion.

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