



## EFFECT OF YOGASANAS PRACTICE ON OBESITY OF SCHOOL GOING STUDENTS IN YAVATMAL CITY

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### ABSTRACT:

The present study is stated as Effect of Yogasanas Practice on obesity of School Going Students In Yavatmal City. The research scholar selected this problem because of fast life style and hoteling which may result increasing obesity in school students and increasing obesity means there are more chances of diseases. So the scholar wants to know the effect of yogasanas practice on obesity of school going students. The main source of data for the present study was 40 girl students of yavatmal city. The subjects were selected randomly and have divided into two groups namely control group and experimental group. Each group is of 20 students. The study was delimited to female students up to the age group of 15-18 years. The basic aim of the study was to improve the physical fitness of students. The training program of yoga was given to the experimental group. The duration of training programme was six weeks. To analyse the data the 't' test was employed on the ratio of 0.05 level of significance. The statistical analysis of data i.e. means, S.D and t-test were computed through SPSS 16.0 programme by the investigator. From the findings it was observed that insignificant difference between pre and post test of Experimental group.

**KEYWORDS :** YOGA, OBESITY, PHYSICAL FITNESS.

### INTRODUCTION:

This is a fact that yoga helps in releasing tensions generated from repetitive mundane activities that make daily tasks unbearable. The suppleness and flexibility of the body can be regained and restored with regular practice of Yoga. Now a day's yoga is becoming more and more popular. It attracts the attention of the whole world. Towards of people both men and women, who are aware of the importance of personal growing has adopted yoga as a part of their life. Gradually, yoga is becoming a life style, almost fashion of the modern world. People adopted yoga as a tool to keep the body and mind fit, to cure diseases by improving the functions of vital organs of the body. Yoga is practiced for peace of mind and also to improve beauty.

The term 'Yoga' is commonly used in India to indicate various aspects of a single entity. The word is derived from the Sanskrit root 'YUJ' to yoke i.e. to integrate or to combine, the ultimate desire or aim being the integration of the individual soul (Jeevatma) with the universal soul (Paramatma or God).

Yoga is capable to bring about natural changes in query signal individual in the world and that would be a great revolution indeed, it offers us a conscious process to solve such problems as depression, unhappiness, restlessness, emotional conflicts, hyperactivity etc, it helps to evoke the hidden potentialities of human beings in systematic and scientific way so that the human being can rise intellectually. It makes the mind and the body so disciplined that one can effectively face the challenges of the modern technologically era with its hectic speed and live happily without frustrations.

## OBESITY

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and/or increased health problems. People are considered as obese when their body mass index (BMI), a measurement obtained by dividing a person's weight in kilograms by the square of the person's height in metres, exceeds 30 kg/m<sup>2</sup>.

Obesity increases the likelihood of various diseases, particularly heart disease, type 2 diabetes, obstructive sleep apnea, certain types of cancer, osteoarthritis and asthma. Obesity is most commonly caused by a combination of excessive food energy intake, lack of physical activity, and genetic susceptibility, although a few cases are caused primarily by genes, endocrine disorders, medications or psychiatric illness. Evidence to support the view that some obese people eat little yet gain weight due to a slow metabolism is limited; on average obese people have a greater energy expenditure than their thin counterparts due to the energy required to maintain an increased body mass.

## MATERIAL AND METHODS:

The purpose of the present study was Effect of yogasanas practice on obesity of school going students in yavatmal city. The study was carried out with a simple of 40 girl school students. The researcher divided the 40 girl school students into two equal groups on the basis of the mean performance of pre-test score. The groups were equated and distributed into two homogeneous groups namely; 1) Experimental Group 2) Control Group.. A pre-test was conducted before training programme on all subjects of control group and experimental group. After the conduction of pre-test six weeks yogasanas training were given to the subjects of experimental group. The duration of training were half an hour and five days in a weak in morning session. After the completion of six weeks yogasanas training, the post test of control group and experimental group was conducted on all 40 subjects. The test was administered to the subjects in the morning period. For the effective administration of test all the subjects were briefed about the purposes of the study and the test to be administered was clearly explained and then the data was collected. For analysing the data the 't' test was employed on the ratio of 0.05 level of significance.

### 6 Weeks Training Programme

Week	Day	Asana	Duration Minutes		Total Volume
I & II Week	Monday to Friday	1) Pawanmuktasana 2) Naukasana 3) Bhujagasna 4) Dhanurasana 5) Viprit Kirni 6) Halasana	2 2 2 2 2 2	After Every Asana 1 min Shavasana	Approx. 40 Min
III & IV Week	Monday to Friday	1) Pawanmuktasana 2) Naukasana 3) Bhujagasna 4) Dhanurasana 5) Viprit Kirni 6) Halasana	3 2 3 2 2 3		Approx. 1 Hr
V & VI Week	Monday to Friday	1) Pawanmuktasana 2) Naukasana 3) Bhujagasna 4) Dhanurasana 5) Viprit Kirni 6) Halasana	3 3 3 3 3 3		Approx. 1.20 Hr

Every day before start the training programme 5 min Prathana and 10 min warmup exercises like neck rotation, hand & leg rotation, trunk rotation etc.

**INTERPRETATION OF DATA:**

To determine the significant difference in the means of Total Skin Fold, Percentage of Fat Weight, of girl students between the two groups as well as between the pre-test and post test means of experimental and control group t-test was employed.

**Table-1.1**  
**Mean, Standard Deviation and t -ratio for the Data on Total Skin Fold of School Girls Between the Means of Post-tests of Control and Experimental Group**

Groups	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Control	23.932	4.789	0.028	1.357	0.020 <sup>@</sup>
Experimental	23.960	3.730			

@ Not significant at 0.05 level

Tabulated  $t_{0.05(38)} = 2.024$

The above Table 1.1 reveal that, Total Skin Fold of School girls mean difference between the post-test of Control and Experimental group is not significant, because the calculated t-value of 0.020 is less than the tabulated t-value of 2.024 at 0.05 level of confidence of 38 degree of freedom.

**Table-1.2**  
**Mean, Standard Deviation and t -ratio for the Data on Percentage of Fat Weight of Girls Between the Means of Post-tests of Control and Experimental Group.**

Groups	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Control	8.358	2.135	0.145	0.636	0.229 <sup>@</sup>
Experimental	8.503	1.881			

@ Not significant at 0.05 level

Tabulated  $t_{0.05(38)} = 2.024$

The above Table 1.2 show that, Percentage of Fat Weight of School girls mean difference between the post-test of Control and Experimental group is not significant, because the calculated t-value of 0.229 is less than the tabulated t-value of 2.024 at 0.05 level of confidence of 38 degree of freedom.

**FINDINGS AND RECOMMENDATION:**

From the above tables researcher observed findings are-

Insignificant difference examined between post test of Control and Experimental group in Total Skin Fold (t = 0.020), Percentage of Fat Weight (t = 0.229), are less than the tabulated t-value of 2.024 at 0.05 level of confidence of 38 degree of freedom. Now it is recommended that:

- 6 weeks training programme was not effective on the obesity.
- If the duration of training programme increases may gives significant effect on obesity.
- Similar study may be conducted on the boys.
- Similar study may be conducted on the large number of subjects.

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