



COMPAIRATIVE STUDY OF MANAVALAKALAI YOGA AND ASANAS ON BODY BALANCING OF COLLEGE STUDENTS

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ABSTRACT

The purpose of the study is to find out that Manavalakalai Yoga or Asanas which helps to understand our own body bitterly and analyse by ourselves. For the study 60 Engineering College boys were selected randomly from Coimbatore city has the subjects. The subject's age ranged from 18 to 23 years. The subjects were divided into 3 groups namely Experimental Group I, Experimental Group II and Control Group. Were Experimental Group I undergone Manavalakalai Yoga & Experimental Group II Yoga Asanas for an hour per day, five days a week for 15 weeks. The control group were kept in active rest. The pre-test and post-test were conducted before and after the training for all three groups. The data collected were statistically analysed by using Analysis of Co-Variance (ANCOVA) to determine the significant difference and tested at 0.01 level of significance. The result of the study showed that the Body balancing was significantly increased for the Experimental Group I as result Manavalakalai Yoga. And it has been concluded that the Manavalakalai Yoga helped in knowing our body ourselves very well among college boys.

KEYWORDS: Manavalakalai Yoga, Study Skills, Impact.

INTRODUCTION

Yoga is process oriented activity in which what you experience is much more important than what you achieve. Yoga is mistaken to be a religion as its origins came out of ancient India. There is nothing more interesting than watching the workings of your own mind. It is the practice of joining mind, body and soul that culminates into positive and peace. That is said to be indispensable of the ultimate accomplishment in life that affects not only the conscious self but the subconscious as well. An exercise that is accessible to everyone young and old.

STATEMENT OF THE PROBLEM

In day today life we don't spend much time to keep our body fit and this leads to the various problem. As this study target the teenage group which will be eye opening to the next generation of people. To control our body don't mean only the body it is the collaboration of breathing and mind focus.

HYPOTHESIS

- There are significant differences in the subjects on selected variable of stork balance test due to the practices of manavalakalai yoga group and asanas group than the control group.



SUBJECTS

For the study 60 engineering students studying in Coimbatore were selected randomly. Their age ranged between 18 to 23 years.

METHODOLOGY

The subject of 60 engineering boys students are selected for this project. They undergone pre-test on physical variable of stork balance test. The subjects were divide into three groups with equally. Experimental group I underwent Manavalakalai Yoga for five days a week for 15 weeks. Experimental group II underwent Asanas yoga for five days a week for eight weeks. And the control group were not given any kind of training. The post-test has been conducted after the 15 of training.

SELECTED VARIABLES FOR EXPERIMENT

DEPENDENT VARIABLES

Physical Variables

- Stork balance test

The stork balance test requires the person to stand on one leg for as long as possible. The similar Flamingo Balance Test is different as it requires the subject to balance on a board (3).

Purpose

To assess the ability to balance on the ball of the foot.

Equipment Required

Flat, non-slip surface, stopwatch, paper and pencil.

Procedure

Remove the shoes and place the hands on the hips, then position the non-supporting foot against the inside knee of the supporting legs. The subject is given one minute to practice the balance. The subject raises the heel to balance on the ball of the foot. The stopwatch is started as the heel is raised from the floor. The stopwatch is stopped if any of the follow occurs:

- the hand(s) come off the hips
- the supporting foot swivels or moves (hops) in any direction
- the non-supporting foot loses contact with the knee.
- the heel of the supporting foot touches the floor.

Scoring

The total time in seconds is recorded. The score is the best of three attempts. The adjacent table lists general ratings for this test. Excellent >50, Good 40-50, Average 25-39, Fair 10-24, Poor <10

Reference: Johnson BL, Nelson JK. Practical measurements for evaluation in physical education. 4th Edit. Minneapolis: Burgess, 1979.

INDEPENDENT VARIABLES

Manavalakalai Yoga consists of Hand Exercise, Leg Exercise, Breathing Exercise, Eye Exercise, Kapalopathy, Massage, Acupressure and Relaxation.

Meditation: Agna Meditation, Shanthi Meditation.

Asanas consist of Ekapada Asanam, Ardha chakrasana, Padmasanam, Vajrasanam, Yogamudra, Paschimothasanam, Bhujangasanam, Salabhasanam, Naukasanam, Sarvangasanam, Sarvangasanam, Halasanam, Navasanam.

Pranayamam: Nadi suddhi, Ujjayi, Seethali, Sithkari, Kapalabathi.

RESULTS AND DISCUSSIONS

The physical variable of stork balance test was measured among college boys presented below.

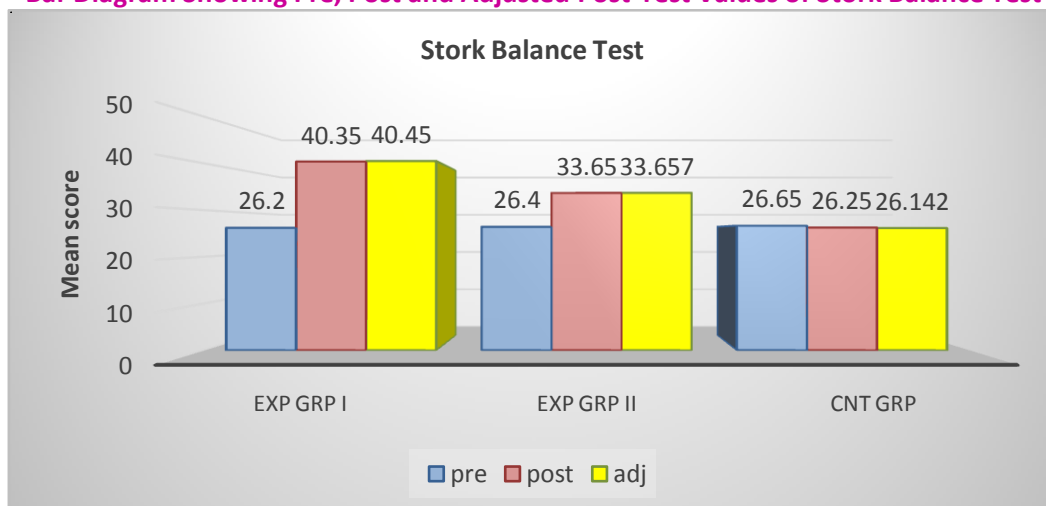
Table 1: Computation of Mean and Analysis of Covariance of Stork Balance Test

	Ex.Gr. I	Ex.Gr. II	Control Group	Source of Variance	df	Sum of Squares	Mean Squares	F
Pre Test Mean	26.2	26.4	26.65	Between	2	2.03	1.015	152.037
				Within	57	8810.55	154.57	
Post Test Mean	40.35	33.65	26.25	Between	2	1989.73	994.867	10.617
				Within	57	5340.85	93.69	
Adjusted Post Test Mean	40.45	33.657	26.142	Between	2	2048.22	1024.11	16.51*
				Within	56	3473.5	62.026	
Mean Diff	-14.15	-7.25	0.4					

*Significant at 0.01 level of confidence the Table value for df 2 and 56 was 5.01

From Table-1, the obtained F-value at 16.51 was greater than the critical F value of 5.01 from the table this proved that there is significant difference among the subjects due to 15 weeks training of Manavalakalai Yoga on the Physical variable of stork balance test. The statistical analysis test proved that due to 15 weeks Manavalakalai Yoga there was significant increase in stork balance test than control group and the differences were significant at 0.01 level.

Bar Diagram Showing Pre, Post and Adjusted Post-Test Values of Stork Balance Test



CONCLUSION

Within the limitations the present study results have been obtained, the following conclusion was drawn. The Physical Variable **stork balance test** was significantly improvement Due to 15 weeks of Manavalakalai Yoga (Experimental Group- I), Asanas (Experimental Group-II) among engineering College boys when compared to the control group.

REFERENCES

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