



## THE EFFECT OF YOGA ON CARDIO RESPIRETRY ENDURENCE OF SPORTS PERSONS

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### ABSTRACT

The purpose of the study was intended to assess the effect of yogic on cardio respiratory endurance, for this purpose hundred fifty students studying in affiliated college of Karnataka University Dharwad age group of 19-25 years were selected. The yoga practice for this study was six days a week for three weeks, the before and after the practice. The analysis of covariance were tested mean ,SD and T pre test and post-test of yoga Participation.

**KEYWORDS:** through physical and mental , yoga Participation.

### INTRODUCTION

Yoga is the art and science of maintaining physical and mental wellbeing that has its origin in India, is among the most ancient yet vibrant living traditions that is getting increasingly popular today. A potent stress buster, yoga is an instrument of self-evolvement and enlighten, through physical and mental well-being. Math-dimension it enhances the quality of our lives at so many levels. One aspect of yoga's benefits is to explore the bond between health and beauty.

The word Yoga derived from Sanskrit word "YUJ" meaning to yoke, join or unite. This implies joining or integrating all aspects of the individual body with mind with soul- to achieve a happy, balanced and useful life, and spiritually, uniting the individual with the supreme,

Stress may affect factors and behaviours that are proven to increase heart disease risk: cholesterol levels and high blood pressure, smoking, physical inactivity, and overeating, according to the American Heart Association. Chronic stress may also cause some people to consume too much alcohol, which can increase your blood pressure (BP) and may harm the artery walls. A usual yoga practice, on the other hand, is likely to calm you down, making you less likely to lean on sugar, caffeine, alcohol, or fatty foods to "numb out,".

"Moving with the breath, in other words linking expanding movements with the breath in, and softening or contracting movements with the breath out, starts to create a dynamic which calms the nerves and moves that stress energy out of the body,".

Try Seated Forward Bend, to make it even more delicious, put a rolled blanket or towel under your knees, and put your forehead on a block or other prop placed on your shins.



Maintaining a correct BMI (body mass index) can assist your heart, according to the CDC, and regular physical activity can help you maintain a healthy weight. Yoga is the "best resistance workout on the planet" means it is simple on the joints and exercise on your own body-weight to construct potency. Become a fat-burning machine by building long lean muscle. Plank Pose as all-over strength hence that does double duty by shoring up your back and targeting your core. "The

Effect of Yoga on Cardio Respiratory Endurance of Sports Persons “The present study was carried out in the background of the experimental method.

**Hypothesis:** There would be significant effect of yoga practices on improvement of motor variables of college students.

1. The yoga training improves the cardio respiratory endurance.
2. There is significant difference of yoga abilities among students.

**Objectives:**

1. To assess the effect of yoga on cardio respiratory endurance of sports person.

**METHODOLOGY:**

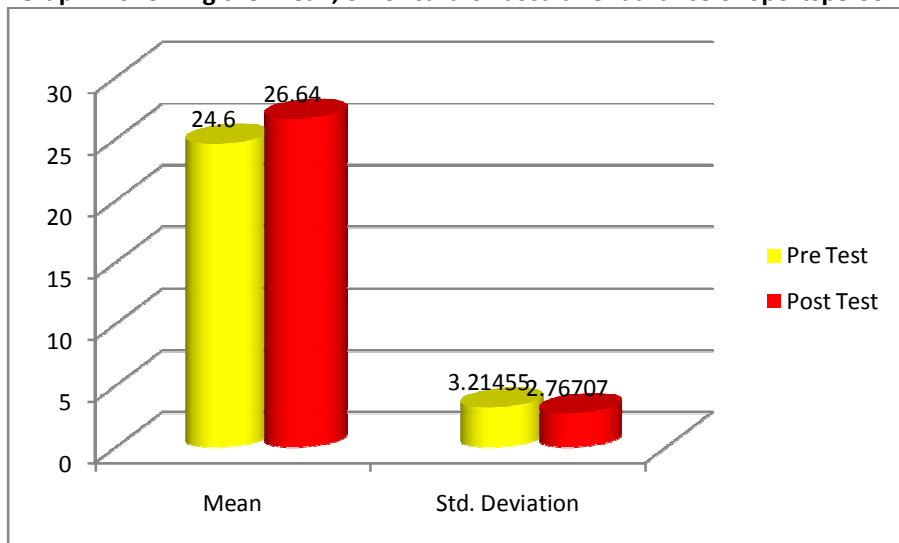
The purpose of the study was to find out the effect of yoga asana and pranayama on 100 sports person studying in Karnataka university affiliated colleges has selected randomly as subject for the experiment, yoga and pranayama training for three weeks.. The 0.05 level of confidence was fixed as the level of significance to test the ‘t’ ratio obtained by the analysis of covariance, which was considered as an appropriate.

**Table-1**  
**Showing the Mean, SD and ‘t’ value of cardio vascular endurance of Sportsperson**

Group	Mean	Std. Deviation	t-value	p	Remarks
Pre Test	24.6000	3.21455	4.620	.0000	sig
Post Test	26.6400	2.76707			

On the dimension of **cardio vascular endurance** the sportsperson pre test mean scores of 24.60 and Post test mean score is 26.64 respectively, the ‘t’ value of 4.620 which is significant at 0.01 level suggest the fact that there is a significant difference of **cardio vascular endurance** between these two groups. The post test scored significant high mean scores whereas the pre test. This means that the post test after the compaction of the three week training the sportsperson cardio vascular endurance is improved a lot.

**Graph-1: Showing the Mean, SD of cardio vascular endurance of Sportsperson**



**Conclusion:** The practice of physical exercises and yoga asana were played significant role in developing and

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improving the speed and cardio respiratory endurance factors among the Karnataka University students, yogic exercises has improved cardio vascular endurance among the yogic group comparing to thir counter part. hence was recommended to that the curriculum and yoga syllabus must teach and practice effectively to notice the harmonious development of personify of students.

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