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EFFECT OF SELECTED ASANAS AND PRANAYAMA ON PHYSIOLOGICAL COMPONENTS OF STUDENTS

Sunil Kumar[1] and Dr. Ashok Kumar[2]
[1] Research Scholar, CDLU, Sirsa.
[2] Assistant Professor, CDLU, Sirsa.

ABSTRACT:

The purpose of this study was to find out the effect of yogic Asans and Pranayama on physiological components of Students. Vital capacity and recovery period very are important for a normal persons as well as sportspersons. A sample of 20 boy student's age group of 15-17 years were randomly selected and given the Yogic Asans and Pranayama for 12 weeks and five day a week. For assessing effect of yoga Asans and Pranayama on physiological components mainly Vital capacity and Recovery period of Students, eight Asans and five Pranayama were used. The data of pre-test and post-test were obtained and statistically analysed with t-test. The results of the study showed that, significant improvement was found in Vital capacity and recovery periods, so it is concluded that there was significance improvement in the physiological components of young boy's students

KEYWORDS: *Asans, Pranayama, Vital capacity and Recovery periods.*

INTRODUCTION

The concept of fitness has a long and wide history. According to Pluto "sound mind in the sound body" proved that the fitness concept came from ancient time. Always the word fitness suggests the ability of an animal or a human to work and play with a maximum degree of physical efficiency and to be prepared to meet unforeseen danger or destruction.

It is therefore, the responsibility of each nation to promote physical fitness of everybody. It is a basic requirement of the task performs by an individual in daily life. Physical fitness is one component of total fitness of an individual. Total fitness is a result of the genetic make up and the interaction with the environment. The totally fit individual is psychological stable, mentally alert, emotionally balanced and socially adjustable to different circumstances prevailing in the society. However, a few researches have focused on the use of yoga as a means to improve physical fitness. Since yoga has become a mainstream format for group exercise classes in the fitness industry, it is crucial that research focus on the effectiveness of yoga in improving fitness levels in the general population. The ancient science of yoga which has been practiced and passed on in the East for thousands of years has in recent years been widely developed in the West as a fitness regime. The benefits of yoga, however, are not merely physical but also Yoga improves the quality of life on the emotional, mental and spiritual levels.

Those who practice the physical postures or asanas of yoga will observe in addition to an improvement in their physical well-being; feelings of stability,

clarity and a greater capacity for concentration.

OBJECTIVE OF THE STUDY:

To find out the effect of selected Asans and Pranayama on the physiological components. Components viz. Vital Capacity and recovery period.

METHODS AND PROCEDURE:

In the present study a random sampling plan were used for the selection of subjects. A total 20 boy students of age group of 15-17 years were selected and given the treatment of yogic eight Asanas and five Pranayama. The selected sample went through training of yogic asana and pranayama for three months. The asanas consist of dhanurasana, bhujangasana, chakrasana, paschimotansana, shalabhasana, purn masyandhana, shavarangasana and Pranayama consist of nadishiodhana, sithal, sitakari, kapalbhati, brahmari.

These exercises were performed for 40 minutes 5 days in a week at Shah Satnam Ji Schools of Sirsa. The data was collected through the AAHPER Youth Fitness Test to find out the results. Data was tabulated and statistical analysed.

After the statistical analysis, the results were presented in the table. The means difference were calculated to find out the significant difference of the pre- test and post- test of physical fitness components with the help of 't' test at .05 level of significance.

Table-1
Score of pre test and post test

Variable	Pre test	Post test	M D	SED	t-value
Pull Ups	3	5.7	2.7	.76	3.55
Sit ups	19.5	23.6	4.1	1.5	2.73
Shuttle Run	6.32	5.92	.4	.16	2.50
Standing Broad Jump	6.32	6.76	.44	.171	2.57
50 Yards Dash	6.98	6.68	.3	.111	2.70
1.5 mile Run/walk	6.43	6.07	.36	.11	3.27

* .05level of significance (2.093)

The analysis of data reveals for Physical fitness variables like Pull Ups, Sit Ups, Shuttle Run, Standing Broad Jump, 50 Yards Dash and 1.5 mile run/walk were observed as significant difference in between pre and post test.

CONCLUSION:

After obtaining the result of pre- test and post- test, it was found that the Pull Ups, Sit Ups, Shuttle Run, Standing Broad Jump, 50 Yards Dash and 1.5 mile run/walk improved in a significant manner of treatment group. The mean differences of between pre test and post test have proved that Yogic life style is better than normal life style. Asana and Pranayam help in improving the physical components like strength endurance, speed, explosiveness and agility. Improve these variables shows that yogic life style can increase the efficiency of the students.Thus the study concluded that there is significance improvement in the physiological components of the students through yogic Asana and Pranayama.In this modern era Yogic lifestyle plays an important role to make humans mentally and physically fit.

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Sunil Kumar
Research Scholar, CDLU, Sirsa.