

The Study Effect of Specific Yogic Exercises on Physical Fitness Variables

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Abstract

The purpose of the study is to find out the effect of specific yogic on physical fitness variables such as pulse rate, vital capacity, percent body fat, anxiety, occupational stress high density lipoprotein, low density lipoprotein and fasting blood sugar of the college men students. The study becomes formulated as a random organization design including specific yogic sports and mixture of specific yogic exercise with autogenic schooling companies. The topics (N=60) were at random divided into three identical organizations. Experimental institution turned into administered unique yogic exercising organization, Experimental group underwent mixture of specific yogic physical games with autogenic schooling organization and manipulate institution. All the agencies were subjected to pre-test prior to the experimental remedy. The experimental corporations participated of their respective period of 12 weeks, six days in a week for the duration of the study. Analysis of Co-variance (ANACOVA) become carried out to determine the importance of suggest distinction among the 3 groups. When F-ratio was found to be large, the Scheffe's Posttest study was carried out to check the importance of pairs of the adjusted final organization approach. Practice of the aggregate of precise yogic sporting activities with autogenic training and specific yogic physical activities programme is considerably powerful in selling ideal adjustments in the structured variables.

KEYWORDS: study effect, specific yogic exercises, physical fitness variables.

INTRODUCTION

The word yoga comes from the Sanskrit language and means "to combine". Yoga promotes a harmonious working together of the frame's components leading to physical education. Yoga is a systematic device which brings harmony in body and thoughts. Asana play good sized role in firming up the neuro-muscular glandular system of the body to hold the power of physical organs. Yoga presents the path to reap extra perfection of the frame, existence and mind. Yoga, and historic Indian idea, represents the manner of existence which endows perfect fitness comprising physical, intellectual, ethical and religious development. Yoga physically creates a toned, flexible, and robust body and physiologically improves breathing, energy, vitality and enables to keep a balanced metabolism, promotes aerobic and circulatory health, relieves pain and additionally improves athletic performance. Yoga helps psychologically to relax and manage demanding conditions extra without difficulty. Yoga teaches to have calm thoughts and can awareness our power at the particular activity. Yoga brings wonderful thoughts and self-popularity. Yoga is an extraordinary shape of exercising and a mind-body practice that could have physical advantages. Yoga also is a powerful way to develop more self-consciousness, acceptance, and the capability to be present in the moment.

Yoga is possibly the only shape of activity which massages all of the internal glands and organs of the frame in a thorough manner. Yoga acts in a healthy manner at the various frame elements. This stimulation and rub down of the organs in turn advantages the mass through preserving away diseases. Yoga guarantees the most fulfilling blood supply to diverse elements of the body, via gently stretching muscle mass and joints as well as massaging the diverse organs. Regular yoga practice brings approximately intellectual readability and tranquility, increases body cognizance and additionally relieves continual strain styles, relaxes the mind, facilities interest and additionally sharpens awareness. Self-assurance can be very crucial someone's lifestyles.

YOGA

Yoga is one such most enjoyable activity all people can take part. Yoga is the art and technological know-how of maintaining bodily and intellectual wellness that has its origin in India is a number of the maximum historical yet colorful dwelling traditions this is getting increasingly more famous today. An amazing stress buster, yoga is an device of self-evolvement and enlightens, via physical and mental nicely-being. Math-size it enhances the great of our lives at such a lot of tiers. One aspect of yoga's blessings is to discover the bond among health and beauty.

Yoga makes kids sturdy; yoga is an art, technological know-how and philosophy. It presents techniques to sell fitness at physical, intellectual, emotional and highbrow levels. Yoga is considered as a form of Mind and body remedy. A popular saying in Kannada "Yogi-Nirogi" this means that a person who practices yoga is loose from sicknesses. The phrase Yoga derived from Sanskrit phrase "YUJ" that means to yoke, be a part of or unite. This implies becoming a member of or integrating all elements of the man or woman body with mind with soul- to attain a glad, balanced and beneficial lifestyles, and spiritually, uniting the man or woman with the splendid.

In India, Yoga is taken into consideration one of the six branches of classical philosophy and is mentioned at some stage in the Vedas-historical Indian scriptures and among the oldest texts in life. The Upanishads also are broadly philosophical treatises which postdate the Vedas and address the nature of the "soul" and universe.

However, the origins of yoga are believed to be lots older than that, stemming from the oral traditions of yogis, wherein expertise of yoga became surpassed down from Guru(non secular trainer) to Sisya (non secular scholar) all of the way back to the originators of yoga, the 'Rishis', who first started research into the character of truth and man's internal international. Legend has it that expertise of yoga changed into first surpassed by means of Lord Shiva to his wife Parvati and from there into the lives of fellows.

Physical fitness

A question regularly requested is what physical fitness is, the expression produces controversy right now, for no normally widely wide-spread definition exists. To a health practitioner, bodily health might also mean merely absence of ailment. To a weight-lifter, physical fitness may be synonymous with huge, babblings muscle mass. To a fitness or

physical educator, physical fitness may be equated with ability to carry out a specific quantity of callisthenic or to run 600 yards inside a sure time restriction. For our purpose physical fitness approach best cardiovascular-pulmonary fitness, this is, a great coronary heart, right blood vessels, and suitable lungs. This type of fitness is the most important, for a character's existence relies upon upon those organs. Freedom from diseases or having massive, bulging muscular tissues isn't always enough. Without ok reserves within the cardiovascular- pulmonary structures, a person isn't prepared to fulfill the commonplace or uncommon stress of each day lifestyles, this is, and he is not bodily fit. But how are we able to recognize when and if we've got reached this extremely mystical state of health This query can be spoke back when we discuss the major additives of physical health and the effect of physical games on different body structures.

REVIEW OF LITERATURE

MEENAKSHI YADAV AND SAROJ MALIK (2015)

The Purpose of the study was to evaluate the effect of one month yoga practice on decided on physical parameters which incorporates cardiovascular staying power, explosive electricity, flexibility, and hemoglobin. Twenty subjects have been decided on as topics for the study. Yogic asana training turned into administered for one month. The outcomes discovered giant effect on flexibility, explosive energy and cardiovascular persistence of yogic exercise.

SHAHID BASHIR (2016)

Exercise performs an essential function in day today existence, due to the fact increased needs and speedy life approach desires a fit and sound mental and bodily fitness. Keeping in view this critical component of lifestyles researcher is very keen to find out the;’ effect of yogic and physical activities on persona variables, A study on college level students. The study has been finished on deserves and norms were followed strictly to keep away from any mistake or fault so that it will have an effect on the experimental design, validity and authenticity of the studies paintings.

MUNEER P. AND D. SULTANA (2018)

Indeed yogic practice has been an critical part of mindfulness on human lifestyles which leads to control our bodily, physiological and mental well-being. Aim: The researcher wants to recognize the effect of six weeks yogic and cardio exercise intervention on flexibility and blood pressure (systolic & diastolic). Samples of 30 university guys (N=30; age 18 to 21 years) as consistent with the college record at the time of facts collection, all the samples from Gems arts college, Kerala. The both schooling programme (yogic & aerobic) deliver mild modifications in flexibility and blood pressure (systolic & diastolic) whilst compared to manipulate institution.

SUNIL RAYAT (2015)

According to clinical scientists, yoga remedy is successful due to the stability created within the apprehensive and endocrine systems which without delay affects all the different structures and organs of the body. Yoga acts both as a “Curative therapy”. The

very essence of yoga lies in reaching intellectual peace, progressed awareness powers, a comfy nation of residing and concord in dating. Regular exercise of asana, pranayama and meditation can assist such numerous, illnesses along with diabetes, blood strain, digestive issues, arthritis, arteriosclerosis, persistent fatigue, allergies, varicose veins and coronary heart conditions.

ANITA SHARMA AND RAKESH PARIHAR (2016)

The gamut of the present experimental studies was to look at the effects of yogic sporting activities on the bodily health in phrases of flexibleness and endurance and their resultant results on the educational fulfillment of high college students. Results indicated that flexibility and patience become improved substantially and thereby advanced the academic overall performance of the students notably for the experimental organization irrespective of gender. The look at has important implications for college students for using yogic sporting activities in their college curriculum.

SHENBAGAVALLI AND A. & DIVYA K (2010)

Sixty Men college students inside the age institution of 20 to 30 years from the Alagappa University have been randomly decided on and served as the topics for the motive of this observe. The result of the study found out that the experimental institution shown the widespread development in all the chosen variables whereas on top of things handiest 50 m sprint and vital capability having considerable improvement and all the closing variables are not having any extensive improvement. The results discovered the effectiveness of yogasanas in bodily fitness, physiological systems and psychological efficiency of faculty college students.

K. JAYACHANDRAN (2014)

The cause of the prevailing examine became to find out the effect of Yoga practices on Physical, physiological and Psychological variables of college students. For this reason, 38 subjects from the residential school reading better secondary class had been decided on as topics and that they have been divided in to two equal businesses with 19 each as experimental and manipulate organization.

Objectives of study

To assess the effect of yogic exercises and physical fitness variable of college level students.

To find the nature of relation exist between yoga and other research variables

Methodology

The present research paper is the step to calculate the impact of exercise habit on physical fitness variables of college students. The center purpose of the present study was to discover the effect of selected Yoga practices on physical fitness variables of college players. For the motive of this have a look at 38 better secondary elegance college students had been selected as subjects from a residential faculty from Chidambaram. The topics were divided in to two corporations equally with 19 each as experimental and manage institution. All of the topics had been undertaken well known physical education for 45 mins in the morning and one and 1/2 an hour both general

health works out and gambling video games in their choice inside the night. Aside from above training experimental institution underwent one hour yoga schooling included 10 mins of warm-up before the physical fitness training inside the morning. The only hour yoga schooling consists of 11 yogasanas and pranayamas.

Discussion of finding

The outcomes of the examine suggest that the selected physiological, psychological and biochemical variables of the topics advanced appreciably after present process the combination of specific yogic physical activities with autogenic education for a period of 12 weeks. The analysis of co-variance and repeated measures of analysis of variance of pulse fee on combination of precise yogic physical games with autogenic education showed that there was full-size development in pulse fee because of 12 weeks of the training. The finding of the take a look at confirmed that there has been a widespread development in normalizing the heartbeat fee in combination of particular yogic sporting activities with autogenic schooling group better than the unique yogic sporting activities group and manage organization. Yoga and autogenic schooling is now practiced around the sector for its physical, physiological, mental, biochemical and non-secular blessings. It reduces the pressure and will increase rest, which may additionally have a positive effect on heart costs.

The evaluation of co-variance of critical capacity on aggregate of precise yogic physical games with autogenic schooling group and particular yogic sporting events organization showed that there was tremendous improvement in vital ability due to 12 weeks of the schooling. The locating of the have a look at showed that there was extensive development in growing the critical capacity in aggregate of particular yogic sporting activities with autogenic schooling institution and particular yogic sporting events group better than the specific yogic physical games group and manipulate group. Yoga and autogenic education additionally improves the lung potential it changed into located that pranayama caused general fitness development thru the enhancement of lung characteristic and to improve respiratory capacity of the person. Asans tone up the lungs. Pranayama is incredibly useful oxygenation being better, tissue hypoxia in no way comes.

The locating of the observe confirmed that there was a vast improvement in controlling the frame fats degree in mixture of particular yogic sporting events with autogenic training organization and particular yogic sporting events group was higher than the specific yogic exercises group and manipulate organization. Health hazard associated with an excessive amount of body fats. The ordinary yoga practice education can help in weight management, a number of the asanas stimulate slow glands to boom their hormonal secretions. Specially, has a massive impact on our weight as it impacts body metabolism fats metabolism is also extended and therefore fats is converted to muscle energy to losing fat one may have a better muscle tone and a better energy level. It reduces anxiety and yoga deep respiratory to increases the oxygen shipping to the body cells, such as the fat cells. The locating of the have a look at showed that there was a considerable development in controlling the activity tension stage in mixture of precise yogic physical activities with autogenic schooling group confirmed manipulate in process tension stage become higher than the specific yogic physical games group and manipulate institution.

The analysis of co-variance of excessive density lipoprotein and occasional density

lipoprotein on combination of particular yogic sports with autogenic education organization and particular yogic exercises group confirmed that there has been large development in controlling the excessive density lipoprotein and low density lipoprotein due to 12 weeks of the education. The finding of the study showed that there was a big improvement in normalizing the high density lipoprotein and low density lipoprotein level in aggregate of unique yogic exercises with autogenic education institution showed manage the excessive density lipoprotein and occasional density lipoprotein stage which turned into higher than the unique yogic exercises institution and control group. The biochemical benefits of yoga which includes decrease of LDL cholesterol, glucose and catecholamine and triggers the resilience of the frame.

Yoga balances the load of the individual without losing its energy through the exclusive stretching asanas. The evaluation of co-variance and repeated measures of analysis of variance of fasting blood sugar on combination of specific yogic sporting events with autogenic schooling institution and unique yogic sporting activities institution showed that there has been substantial development in reducing the blood sugar degree because of 12 weeks of the schooling. The locating of the look at confirmed that there has been a sizeable improvement in controlling the blood sugar degree in mixture of precise yogic exercises with autogenic education group and specific yogic physical activities group. Combination of particular yogic sporting activities with autogenic education group showed manage in blood sugar degree which was higher than the unique yogic sporting events institution and manage organization. Ananas assist normalize blood sugar due to the high intensity exercising.

Conclusions

Exercise of the aggregate of particular yogic exercises with autogenic education programme is appreciably powerful than the specific yogic sporting activities programme and control organization in selling acceptable changes in decided on physiological variables including pulse fee, important capability, percent frame fats, variables which include process anxiety, occupational strain and biochemical variables inclusive of excessive density lipoprotein, low density lipoprotein and fasting blood sugar some of the university men students. exercise of the specific yogic sporting events programme is appreciably powerful than the manage group in selling acceptable changes in decided on physiological variables inclusive of critical capacity, percentage body fats, physical fitness variables including activity tension, occupational strain and biochemical variables including high density lipoprotein, low density lipoprotein, fasting blood sugar a few of the college guys students.

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