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EVERY DAY YOGA PRACTICES IN CHANGES THE LIFE STYLE

Prof. Vinodbhai R. Chaudhary
(Physical Education)
Shri P. K. Chaudhary Mahila Arts College, Sector-7,
Gandhinagar – Gujarat.

Introduction:

Yoga is an ancient discipline. It is recognized as one of the most important and valuable gifts of our culture. The modern era, with the development of science and technology, provides man more comforts for his basic necessities. But the comforts man faces lot of problems, which cannot be solved only by the above facilities. Today the world is looking for solutions to solve the menacing problems of unhappiness, restlessness, emotional imbalance, hyper activity, tension, stress, etc. All his faculties physical, mental, intellectual and emotional develop in a harmonious and integrated fashion to meet the all round challenge at the modern technological era, with hits hectic speed. The speciality of the yogic processes is that it faculties the spiritual progress of man.

Methodology:

The subjects were assigned at random into two groups of sixty male each (m=30) age group between 18 to 20 years from Shri. P. K. Chaudhary Mahila Arts College, Sector-7, Gandhinagar Gujarat. Group I underwent yogic practices and Group II acted as control groups, who did not participate in any training during the training period other than their daily schedule in the curriculum. The training program was schedule for one session in the morning between 6:30 am to 7:30 am for five sessions in a week and the same was continued for 12 weeks. The training program schedule was 15 minutes – warming up and stretching, 10 minutres Pranayama, 25 minutes Asanas, 10 minutes Relaxation. Yogic practice include Asanas : Padmasana, Yoga Mudra, Pachimottanasana Sarvangasana, Halasana, Dhanurasana Bhujangasana, Salabasana, Vakrasana, and Shavasana. Pranayama: Nadi Suddi, Surya Bhedana, Anuloma Viloma.

After every 2 weeks the duration of the training program was gradually increased and also the number of repetitions. As per the available literatures, the following standardized tests were used to collect relevant data on the selected variable and they were presented in the Table 1.

TABLE 1:
TEST ITEM

No.	Criterion Variable	Test item	Measurement
1	Cardio Vascular Endurance	1 mile Run	Minutes and seconds

TABLE 2:
CARDIOVASCULAR ENDURANCE TEST ANALYSIS

Group	Practices	Mean ± SD		t-value
		Pre Test	Post Test	
Experimental Group	30	12.18 ± 2.33	8.62 ± 2.15	3.69*
Control Group	30	12.16 ±3.16	12.17 ± 3.19	0.08

* Significant of .05 level t .05 (29) = 2.045. (Cardiovascular endurance scores in meters)

The table 2 shows that, they obtained t-ratio between the pre and post test means of experimental and control group are 3.69 and 0.08 respectively. The table values required for significant difference with d. f 29 at .05 levels is 2.045. Since, the obtained‘t’ ratio value of experimental group on cardiovascular endurance is greater than the table value 2.045, it is concluded that the yogic training had significantly improved the cardiovascular endurance of experimental group.

TABLE 3:

ANALYSIS OF VARIANCE OF CARDIOVASCULAR ENDURANCE

Adjusted post test mean		Source of variance	Sum of squares	D.F	Mean squares	'F' – Ratio
Experimental group	Control group	Between	3.919	1	3.919	12.23*
10.10	10.69	Within	18.257	57	0.320	

* Significant at 0.05 level. (The table value required for significance at .05 levels with d. f 1 and 57 is 4.01)

Table 3 showed that the adjusted post test mean values on cardiovascular endurance of experimental and control groups are 10.10 and 10.69 respectively. The obtained F-ration of 12.23 for adjusted post test mean is greater than the table value of 4.01 with d. f 1 and 57 required for significance at .05 level of confidence. The results of the study indicate that there was significant mean difference exist between the adjusted pre test and post test means of experimental group on cardiovascular endurance.

Conclusion:

From the analysis of the data, the following conclusions were drawn. Experimental group had achieved significant improvement on cardio vascular endurance. Significant difference were found between experimental and control groups towards improving the selected variable cardio vascular endurance. In the present study, it was concluded that cardio vascular endurance were improved by yogic training. Hence, it is recommended to the coaches, trainers and physical educators to adopt these findings to improve cardiovascular endurance for their athletes.