



YOGIC EXERCISES ON CARDIOVASCULAR ENDURANCE OF UNDER GRADUATES OF BMS GOVERNMENT FIRST GRADE COLLEGE, HULIYAR, TUMKUR, KARNATAKA: A STUDY

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ABSTRACT

The motivation behind the present examination is to discover of the impact of chosen Yogic activities on cardiovascular continuance of students. To accomplish these reasons 60 understudies were chosen from Government first grade school, Tumkur locale, Karnataka as subjects. Their age ran from 19 to 21 years. They were isolated into two gatherings of 30 subjects each and allocated to the trial gathering and the control gathering. In seven days the test aggregate experienced chosen Yogic activities and control assemble was not given an explicit preparing. Every one of the subjects experienced cardiovascular perseverance test. They evaluated when the preparation time of about a month and a half. The examination uncovered that cardiovascular perseverance was fundamentally enhanced because of the impact of about a month and a half of Yogic activities on cardiovascular continuance of college understudies.

KEYWORDS: *Yogic exercises, cardiovascular endurance undergraduates.*

INTRODUCTION

The points of yoga is to build up the human cognizance from darling to more elevated amount. For this purposous different yogic practices are offered at various dimensions to prepare the body and psyche. This realizes positive changes and amicable working in the body mind complex. The practices of asana get virtue unthinkable stations immovability to the body and essentialness to the body and mind. (sharma,1984). Yoga and yogic prctices and their commitments towards prosperity of people are creatures physically, rationally and spiritually. Though differs methods of yogic practices the general public can over come the physical wellness parts and physiological factors that are required for everyday life particularly the school going understudies. The motivation behind present examination is to discover the impact of yogic practice on cardiovascular continuance of students understudies.

METHODOLOGY;

To achive the motivation behind the examination 60 under alumni understudies were chosen from Government first grade school, Huliyaar, Tumkur Dist., Karnataka as subjects. Their age extended from 19-21 years. They were partitioned into two equivalent gatherings of 30 subjects each and doled out test gathering and control gathering. In seven days the trial bunch experienced chosen yogic activities.

CONCLUSION:

Meditation is important in getting stability, increase performance level in sports have control over enxity, it boost performance in activity yoga, asana effect in performance level.

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