



IMPACT OF SELECTED YOGA PRACTICES ON BIO-MOTOR VARIABLES AMONG UNIVERSITY SOCCER PLAYERS

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ABSTRACT

The reason for the examination was to decide the Effect of Selected Yoga Practices on Bio-Motor factors among University Soccer Players. To accomplish this propose of the investigation sixty (N=60) men soccer players (fledglings) were arbitrarily chosen as subjects, who were from the different Departments of Sabaragamuwa University of Sri Lanka. The age of the subjects were run from 19 to 22 years. The subjects are performed chosen yoga asana early in the day time for 30 to a hour for each five days/week over the time of six (6) week which was given by the yoga specialists. The subjects tried on chosen subordinate factors, for example, Agility, Speed and Flexibility. Chosen factors, for example, Agility was estimated by transport run, Speed was estimated by 50 meters dash, and Flexibility was estimated by coureton,s adaptability test, the gathered information were measurably treated by utilizing free 't' test, 0.05 dimension of certainty was settled to test the hugeness. The outcome demonstrates that there was a noteworthy distinction in Agility, Speed and adaptability among pre and post test. It was presumed that, there was essentialness enhancements for Agility, Speed and Strength among University Soccer Players.

KEYWORDS: Yoga Practice, Bio-Motor Variable.

INTRODUCTION

Yoga is an old philosophical and religious custom which is thought to have started in India in something like 1000 B C (Feuerstein, 1990). It alludes to a huge assortment of qualities, dispositions and methods. The word yoga is most likely gotten from Sanskrit word "Yuj" which intends to "join together" or "interface" and more elevated amounts of yoga this is regularly said to mean the experience of association of the individual self with widespread self (feuerstin 1990). The word yoga uniting two things into a relationship. There are numerous instances of association in yoga, similar to association of brain and body, the association of yin and yang. Coordinating yoga into rudimentary physical instruction offers a bigger number of conceivable outcomes for more extensive gathering of understudies than customary games and wellness classes (finger 2000). Since it has triangular relationship of body, brain, and soul, "yoga is a complex framework for accomplishing brilliant physical wellbeing, emotional wellness and true serenity" (Schiffmann 1996). Most ordinarily yoga is viewed as a physical control, one that shows quality, speed, dexterity, adaptability and equalization of body. Hatha yoga enhance the physical controls is a type of Raja yoga which has as of late turned out to be greatly mainstream in the west (Corliss 2001). The systems of Hatha yoga put specific accentuation on physical, breathing, and fixation strategies for direction of the body's vitality (Iyengar 2001).over the most recent ten years , a developing number of research thinks about have demonstrated that the act of Hatha yoga can enhance quality ,readiness and adaptability, and may control such physiological factors as circulatory strain, breath and pulse. Types of yoga trusts that other exercise frameworks just have a physical advantageous impact on the body though yogasanas result in the

improvement of the physical, mental, otherworldly prosperity, physical exercise performed vivaciously are useful in create in muscles and adaptability in wellbeing people groups.

PURPOSE OF THE STUDY

The essential point of this investigation was to decide the impact of chosen yoga rehearses on Bio-Motor factors Among University Soccer Players.

METHODOLOGY

The reason for the investigation was to decide the Effect of Selected Yoga Practices on Bio-Motor factors among University Soccer Players. To accomplish this propose of the investigation sixty (N=60) men soccer players (novices) were arbitrarily chosen as subjects, who were from the different Departments of Sabaragamuwa University of Sri Lanka. The age of the subjects were extended from 19 to 22 years. The subjects are performed chosen yoga asana early in the day time for 30 to a hour for each five days/week over the time of six (6) week which was given by the yoga specialists. End of the yogic preparing the subjects were tried (pre and post test) on chose subordinate factors, for example, Agility, Speed and adaptability. Chosen factors, for example, Agility was estimated by transport run, Speed was estimated by 50 meters dash, and adaptability was estimated via Carton's adaptability test , the gathered information were factually treated by utilizing autonomous 't' test, 0.05 dimension of certainty was settled to test the criticalness, which was suitable.

DISCUSSION

Yoga is a standout amongst the most imperative to each human this is help to enhancing the wellbeing. In any case, the topic of enhancing the parts of bio engine is substantiated by the aftereffects of the present examination. The outcomes prove the discoveries of comparable examinations directed by SahuBhole(1993) in which noteworthy enhancement in speed, Moorthy (1982) has recorded huge upgrades in wellness. Nonetheless, where asMorrthy (1982) found huge enhancement in adaptability, and comparable examinations was reached by Baljitsinghsekhon and P.V. Selvem (1991) in which noteworthy enhancement in readiness. The previous examination was reached on young men and young ladies where as the last investigation included matured people groups. In such case it was inferred that the age ought to likewise be contemplated in evaluating the impact of yogasana preparing.

CONCLUSION

In view of the consequence of the investigation it was reasoned that, there was a huge enhancement between the pre test and post trial of speed dexterity and adaptability. Rely on the term of preparing.

IMPLICATION

Yoga practices will be prescribed to enhance the Bio engine segments and keep up great wellbeing and wellness further the player's brilliant theater execution.

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