

EFFECTS OF NINE WEEK YOGA TRAINING ON FLEXIBILITY AND BODY COMPOSITION OF MALE OVERWEIGHT'S

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ABSTRACT

The motivation behind the investigation was to evaluate the impacts of 9-weeks yoga preparing on adaptability and body piece in male overweight's. A gathering of fifteen exercise center going overweight male individuals of Fitness World, Saltlake, Kolkata, matured 26-34 years were chosen for this examination. Fat rate was determined from Biceps, triceps, midsection and subscapular skinfolds and to quantify adaptability sit and achieve test was directed. Pre-test and post-test contrast was dissected with combined t-test. Adaptability and body organization essentially enhanced with the yogasana acquainted with the gathering for 9 weeks. As there was a huge distinction among pre and post preparing information of adaptability (huge at 0.01 dimension) and body structure (huge at 0.05 dimension) .The yogasana preparing might be prescribed to enhance adaptability and body sythesis to upgrade physical wellness.

KEYWORDS: *motivation behind , quantify adaptability , physical wellness.*

INTRODUCTION

The yogic activities have turned out to be well known today all through the world donning condition and for fix of different maladies. The underlying foundations of the world "Yoga" lies in the antiquated Sanskrit term "Yuj" which intends to join or join together. Yoga is a psycho-physical otherworldly control for accomplishing association and concordance between our brain, body and soul and a definitive association of our individual awareness with the Universal cognizance (Madanmohan, 2008).

Patanjali, the creator of the most punctual known yoga treatise "Yoga Sutra", clarifies a definitive objective of yoga is self acknowledgment that is the joining or converging of the person with the all inclusive awareness. Patanjali depict this state as one where there is stillness of brain. Yoga is utilized to cultivate mental and physical mindfulness, which perceives the indistinguishable idea of the two. Yoga actually signifies "burden", which precisely portrays this mind-body association, and enables one to beat the apparent impediments of oneself.

An advantage of yoga cuts down pressure and upgrades forces of unwinding. Lifts physical Quality, stamina and adaptability presents more prominent forces of focus and restraint which Instills drive control, helps in recovery of old and new upgrading mental clearness supports working of the insusceptible framework, improve stance and muscle tone enhances, blood flow coming about solid, gleaming skin purifies and enhances in general organ working. Suryanamaskar is a progression of twelve physical stances. It is one of the antiquated methods for exercise and more than that was the way of life of the old India.

Man's wellness weakened over the most recent couple of decades because of the improvement of machines and other logical disclosures which diminished the development of man. So as to give required physical wellness and wellbeing, numerous social orders began giving different exercises and different wellness gadgets since it is expected that, "Physical wellness is to the human body what tuning is to motor"

In spite of an expansion in enthusiasm relating to the advantages of yoga practice, explore concentrating on the connection between yoga practice and consideration is constrained. This examination utilized a semi test pre-test, present test configuration on measure whether yogasanas has impacts on physical execution of players or not. Studies have delineated that yoga gives good effects on both the physical and emotional wellness of players. Physical impacts incorporate brought down circulatory strain, brought down cholesterol, decreased pulse, and brought down danger of coronary maladies (McCaffrey et al., 2005; Ramos-Jimenez et al., 2009). Yoga additionally enhanced physical wellness, quality, joint adaptability (DiBenedetto et al., 2005; Chen et al., 2008) and diminished the danger of falling (Schmid et al., 2010).

MATERIAL AND METHODS

Participants of the Study

15 (Fifteen) haphazardly chosen male overweight's of Fitness World Saltlake, Kolkata, matured 26-34 years were chosen to an a month and a half yogasanas preparing program.

Selection of Variables

The Subjects were tried on the accompanying physical wellness factors.

1. Flexibility was tried with Sit and Reach Test
2. Body Composition was tried with Skinfold Caliper

Training Program

This went on for about a month and a half with predictable day by day 40 min session, was led for persistent six days in seven days with Sunday as a resting day. The preparation comprised of a following yogic asanas:

1. Surya-Namaskar
2. Chakra-asana
3. Dhanurasana
4. Halasana
5. Saravangasana
6. Trikonasana
7. Pascimottanasana

DISCUSSION

The motivation behind the examination was to evaluate the impacts of 9-weeks yoga preparing on adaptability and body organization in male overweight's. The investigation demonstrated that there was a huge increment in adaptability. Stances which are expected amid the asana are for the most part isometric activities which give ideally kept up stretch to the muscles. Yog asana were likewise appeared to enhance adaptability and wellbeing recognition (Cowen and Adams.2005). Kawade, M. R. (2011) reasoned that every day Yoga practice enhances Flexibility of junior school young ladies. The examination demonstrated that there was a critical increment in body sythesis in male overweight's. A portion of the examinations have upheld the finding. Bera, (1993) found that there was no huge change in muscle to fat ratio (midaxillary), skeletal widths and



the greater part of the body circuits. In any case, it was obvious that a portion of the fat overlap and body boundaries were diminished altogether.

In this way it tends to be infer that with the multi week preparing of players there was a noteworthy enhancement of adaptability and body arrangement.

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