

## EFFECT OF SIX WEEK TRAINING OF SELECTED ASANA ON SELECTED PHYSIOLOGICAL VARIABLES OF G.G.U GIRLS

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### Abstract:

*The objective of the study is to improve the Selected Physiological variables (Weight ,Grip Strength Body Fat %) through selected Asana of Girls students. It was hypothesized that yogic exercise would be more effective in improving Physiological variables than all other interventions. The sample for the present study consists of 30 college girls of G.G.U, Bilaspur out of which 15 are experimental group and 15 are controlled group. Yoga exercises were given to experimental group on five days i.e. Monday to Friday, morning sessions per week and controlled group did not participate in any type of Yoga activities for six weeks. The statistical technique employed for this study was mean, standard deviation and dependent 't' test. The level of significance was tested at 0.05 levels. As per the statistical analysis significant difference was found in flexibility, back strength and leg strength. Therefore, the hypotheses that there will be significant difference*

### KEYWORDS:

Yoga, Selected Asana, Physiological variables

### INTRODUCTION

Yoga is comes from Sanskrit “yuj”, which means, “to join” A complete science of life that originated in India many thousands of years ago. Human beings are made up of three components: Body, Mind and Soul. Corresponding to these are three needs that must be satisfied for a contented life. Yoga is a systematic discipline, originated in India, for self realization. However, now a day's scientific researchers find its utility for all round development of personality along with innumerable spiritual as well as therapeutically applications. As per Indian tradition Yoga especially An Asana is defined as a body position which is steady & comfortable. Actually this is the only explanation given of the Asana. One may select one Asana, or one may select many Asana. In the beginning while learning, it may be uncomfortable as any new thing is always uncomfortable in the beginning but after some practice the same becomes comfortable. Patanjali enumerates the means as the eight limbs or stages of yoga for the quest of the soul. They are: 1) Yama 2) Niyama 3) Asana 4) Pranayama 5) Pratyahara 6) Dharana 7) Dhyana 8) Samadhi. Yoga is known as the “gentle” form of exercise. When practiced correctly & regularly, it strengthens the muscles, keeps the spine flexible, loosens stiff joints, calms mind, bring balance & harmony to the whole being.

### MATERIAL AND METHODS:

The purpose of the present study to find out the effect of selected Yoga asana for the development of Physiological variables ( Weight ,Grip Strength, and Body Fat %) among the sports Girl Students of, G.G.U Bilaspur. Present study consists of 30 girls of G.G.U. Bilaspur out of which 15 are experimental group and 15 are controlled group. Selected Yoga asana were given to experimental group on Five days i.e.

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(Monday to Friday) sessions per week and controlled group were did not participated any types of the activity for Six Weeks. To assess Physiological variables includes Swastikasana, Mayurasana, Matsyendrasana, Paschimottanasana is conducted Pre Test and Post Test on both groups.

**RESULTS:**

Effect of the six week selected asana on the Physiological variables of the girls between Experimental group and control group of different levels of competition, mean, standard deviation and 't' test were computed. The findings are presented below. The means and standard deviations of the two groups along with the significance of difference by way of student 't' test has been presented in table-1

**Table-1**  
**Mean and Significance Difference of Experimental group on selected physiological variables.**

Variables	Experimental Group	Mean	S.D	T-Value
Weight	Pre test 30.7	52.90	9.48	5.36
	Post test 31.28	51.23	9.51	
Grip Strength	Pre-test	22.61	4.03	2.13
	Post-test	26.05	4.14	
Body Fat%	Pre-test	25.9	5.53	0.0013
	Post-test	24.14	4.46	

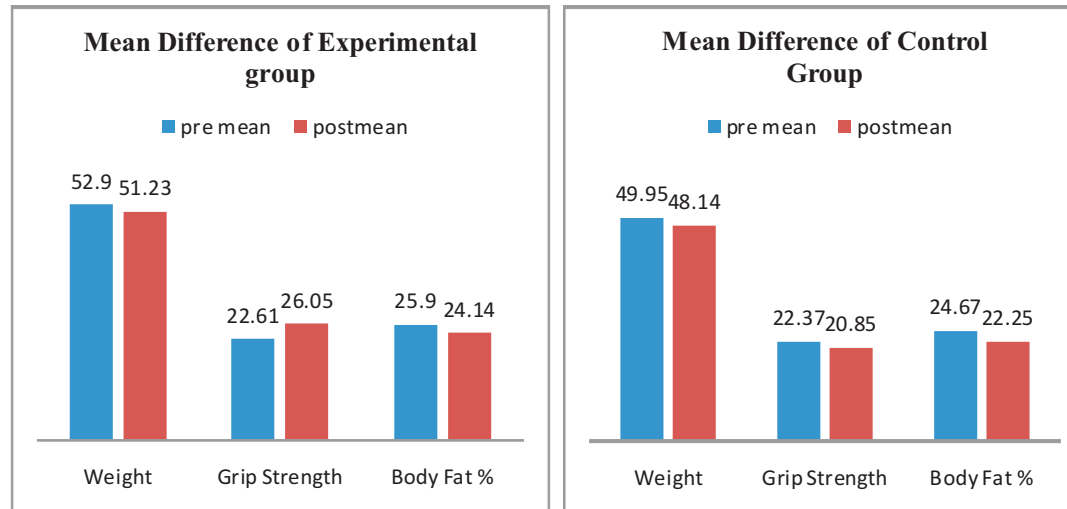
**Table-2**  
**Mean and Significance Difference of Control group on selected physiological variables.**

Variables	Control Group	Mean	S.D	T-Value
Weight	Pre test	49.95	5.30	5.82
	Post test	48.14	8.18	
Grip Strength	Pre test	22.37	3.82	5.84
	Post test	20.85	3.61	
Body Fat %	Pre test	24.67	4.06	8.7
	Post test	22.25	3.53	

The above table- 1 indicates that the means, S.D and T Value of the experimental group and table 2 indicate the mean and 't' value of the control group. in experimental group found was the significant between the each variables of the pre test and post test i.e. Weight, Grip Strength and Body Fat % , which was found to be significant at .05 level of confidence and the table 2 show that he no significant was found between the

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each group i.e. Weight , Grip strength and Body Fat % which was found to be insignificant at .05 level of confidence.



#### DISCUSSION:

The results of the study indicate that there was significant difference in effect of the selected Asana between the Experimental group and control group between This clearly indicates that the mean of Experimental group of were significantly higher than the mean of the control group . This may be attributed to the fact that the Experimental group were more significant different to the control group Therefore, necessary care needs to be taken in training session.

#### CONCLUSION:

Results of this study are consistent with previous research that has demonstrated the Physiological variables of the Experimental group was the better compare to the control group These results will assist coaches, club, sports body and other interested policymakers in boosting sports from multiple perspectives.

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