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Research Paper - Physical Education

Yogasana And Their Contribution Towards Positive Health

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Introduction :-

Yoga is a higher state of consciousness when the activities of five senses and fluctuations of the mind are stilled and the intellect becomes steady. Thus due to sensorial control the state of meditation is achieved. This is the state of yoga i.e. "Yogah Citta Virtti Nirodhah" According to Bhagavad-Gita it is a state of freedom from the influence of pain or pleasure. This is a state or equanimity over pain and pleasure. Success or failure and so on. Yoga is derived from the Sanskrit root "Yuja" mean to unite or to integrate. This union refers to the union of individual consciousness with the cosmic or divine consciousness.

If our five senses. Located in the body. Act as input and output instruments of perceptions. Through our senses. We experience the world around us (input) mind is the interpreter of all those experiences and in turn stimulates the senses to action (output). There is often more input through the senses than mind and emotions can handle. When the output of the action, does not balance with the input. The result can range from mild disaster to catastrophe. Hatha yoga in its various aspeets is a means to bring the input output into balance and to obtain a new understanding of the body as a tool that can function much beyond the limitations usually determined by our beliefs and attitudes.

Hatha yoga caters for the bodily development. Physical culture and muscular strength. If practiced diligently after undergoing cleaning process. Prescribed in the system. The cleaning processes are six in numbers known as satkriyas. Dhauti (Washing the Stomach) Neti (Cleaning nusal track) Nauli teleanings intestines by abdominal movements & Basti (Cleaning of anus) Kapalbhati (cleaving respiratory track) Trataka (clearing of eyes)

In present time yaga become very popular and people from different seetions of the society have shown interest in yoga from one or the other of the following expectations.

1. Practice of yoga for positive health
2. Practice of yoga as therapy for different diseases.
3. Practice of yoga to acquire paranormal powers.
4. Practice of yoga for expansion of consciousness.

The yoga institutions and centers are conducting courses for all-round development of the personality. The importance of yoga is visualized by Government of India and University grant commission of India is sanctioning financial assistance for establishment of yoga centers in the universities premises for Scientific study of yoga. Amravati University also established a yoga center for positive health of the employees of

university and students of university.

STUDY :-

A study was undertaken by Amravati university yoga center on the employees of the university "Yogasana and their contribution towards positive health". This study was designed with the help of yoga experts and medicine doctors of the university.

HYPOTHESIS :-

The hypothesis of the study was participation in kriyas and yoga. Have positive effect on the health and fitness of the participants.

METHODOLOGY :-

An experimental study was designed. The duration of the study was for six month only. One hundred fifty subjects were randomly selected from the university employees. Their means age. Height and weight were 35.6 ± 3.6 yrs. 165.51 ± cms and 60.5 ± 4.4 kg respectively. These subjects were divided in to two groups. Experimental group I and control group II[nd] Selected yogic exercises as shown below. Were given to the experimental group I, for the period of six months. The experimental group was participanting daily one hour in yogic exercises & scheduled was for six days a week. The control group's subjects were not given any yogic exercise they were doing their routine work.

Criterion measures used were :

Harvard step test. For cardiovascular fitness.

Basic fitness test for physical fitness.

Sit and reach test for flexibility.

Skin fold test for fat percentage and

Spiro meter test for lungs capacity

The yogic training program was as follow for experimental group

Activity	Repetition	Duration
Slow jogging		2 minutes
Forward backward bending	10 times	1 minutes
Twisting of waist	10 times	1 minutes
Arm rotation and leg rotation	10 times each	2 minutes
Back ward stretch	10 times	2 minutes
Kriyas		
Kapal Bhati (exhaling forcly)	30 times	30 seconds
Trataka (seeing flame without blinking of eyes)		30 sedonds
Asanas (Body Postures)		
Standing Positing	Tadasana (Tree posture) Tirkonasan (Triangle posture) Janushivasana	5 minutes
	(Half wheel posture for word) Viparitasana (Backward bending posture)	
Sitting position	Padmasana (lotus pose paschimottanasa (Sitting and forward bending head touching knees) Ardhamastyadrasan (twist posture both side) Vajrasana (sitting with knee bend on knees).)	
Supine position	Pawanmuktasana (wind release) Viparitkarni (Half Stand-on-Shoulder Posture) Halasana	

DATA COLLECTION :-

In the beginning before the start of the yogic training the Harvard step test for cardiovascular fitness. Basic fitness test for physical fitness. Sit and reach test for flexibility, skin told measurement for fat % and spirometer test for lungs capacity were administered on both the groups and data were collected. After three months training again second tests were administered and data recorded. After six month the completion of training the final tests wre administered and data were collected for statistical analysis of the data.

RESULT AND DISCUSSION :-

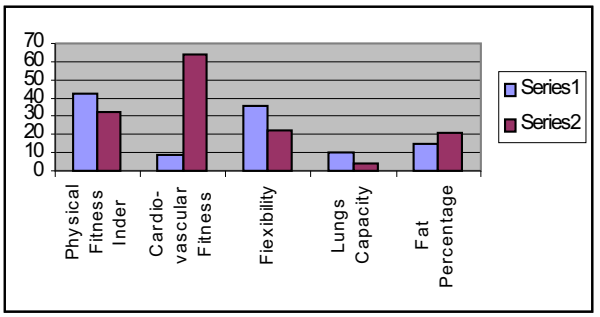
The results are presented in table no. 1 It clearly indicates that due to participation in yogic excises every day for 50 minutes. Six days a week and up to sic months there was improvement in the experimental group I in physical fitness in cardiovascular fitness in flexibility in lungs capacity and reduction in fat percentage than the control group. Hence the hypothesis that the participation in yogic practice daily improve the positive health or the particeipants accepted. The other group which was not doing any yogic exercise daily. Had not shown any improvement in their health and fitness.

Experimental group I showed that the differences in the fitness in cardiovascular fitness. Flexibility lung capacity and fat % of 1st test mean score and final tests mean score is statistically significant in favor of the experimental group.

Table No. 1

Mean changes in selected variables of experimental and control groups

Sr. No.	Variable	Groups	Score	Mean Score			Different	't' Test	Significan
				Before Start	After 3 months	After 6 months			
1.	Physical fitness index	EX. 1 (N=75)	Mean	32.10 ± 5.6	37.45 + 6.004	42.32 7.60	+ 10.22	2.9	<.01
		Control 11 (N=75)	SD Mean SD	32.10 ± 5.6	32.10 ± 5.6	32.10 ± 5.6	-0.9	.92	NS
2.	Cardiovascular Fitness	EX. 1 (N=75)	Mean	65.7 ± 11.1	70.5 ± 12.1	86.32 ± 15.21	+ 20.82 – 0.1	8.25 8.2	< 0.1 NS.
		Control 11 (N=75)	SD Mean SD	64.3 ± 11.1	63.1 ± 11.1	64.2 ± 11.1			
3.	Flexibility	EX. 1 (N=75)	Mean	20.7 ± 5.2 21.8	28.8 ± 6.7	35.82 ± 8.32	+ 15.12 + 0.22	7.2 7.2	< 0.1 NS.
		Control 11 (N=75)	SD Mean SD	± 6.2	22.82 ± 7.2	22.02 ± 7.1			
4.	Lungs Capacity	EX. 1 (N=75)	Mean	4. lit/m	6.3 lit/m	10.3	+ 6.1lit/m	9.2	< 0.1
		Control 11 (N=75)	SD Mean SD	± 5.5 4 4.1 lit/m ± 5.2	± 7.2 4 4.1 lit/m ± 4.98	lit/m ± 8.8 4.2 lit/m ± 5.2	- 1lit/m12 + 0.22	72	NS.
5.	Fat percentage	EX. 1 (N=75)	Mean	21.5 ± 6.2 21.3	17.2 ± 5.2 21.2	14.8 ± 4.2 21.3	- 6.7 0	3.2 72	< 0.1 NS.
		Control 11 (N=75	SD Mean SD	± 5.9	± 21.2 ± 5.2	± 5.3			
Source : Actual readings of the tests									



Above Graph is shoving difference between Experimental Group and Control Group

The above table indicates that the experimental group which participated in yoga training for six month had improved in physical fitness. Cardiovascular fitness. Flexibility lungs capacity and fat percentage reduced.

CONCLUSION :-

Within the limits of the present study it was concluded that because of participation in yoga daily for one hour helped in improving positive health of participants.

Kriyas like kapalbhati (cleaning of respiratory track). Pranayam improve the lungs capacity some Asanas like Pachimottanasan. Janushirasan. Sarvagasana. Pavanmuktasana helped in improving the flexibility.

Participation in Matyasana. Viparitkarni. Vajrasana. Bhujangasana helped the participants in reduction of fat percentage and improvement in physical fitness. The pranayam that is breath holding practice and Kapalbhati helped the participants in improving the cardiovascular capacity and fitness.

Hence it is concluded that yoga participation definitely have a positive effect on the health of participants.

In India the yoga centers have submitted their proposals to Government of India and Ministry of human Resource Development. About the inclusion of Yoga in the School curriculum for catering the health of school Children. The proposal is accepted by the Ministry and they have included Yoga in curriculum of Schools.

University grant commission requested to the University for starting yoga centers in the university premises for scientific study of yoga and also the commission is ready to finance these centers.

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