

THE ROLE OF YOGIC EXERCISE ON FAT COMPOSITION OF MALE SPORTS PERSON

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ABSTRACT

The purpose of the Present study was to find out the role of yogic exercise on Fat Composition of man sports person of Chaudhary Devi Lal University, Sirsa. The sample of the present study was 75 man sports person who had participated at Inter University level. The age ranged between 18 to 25 years. These players who under goes Three months of yogic practice training program. Daily practice of yogic Asanas of Halasanas, Chakrasana and sarvangasana, Paschimottanasana, Tadasanas, Padhastanas, Dhanurasana and Kapalbhathi Pranayama, Bhastrika Pranayama practice of one hour. Further the data of Pre Test and Post Test was collected through standardized tools skin fold caliper and data was analysis by "t: test. After comparing of the present data it was found that Fat Composition of man sports person of Chaudhary Devi Lal University Sirsa was less than the begning.

INTRODUCTION

Yoga is playing an important role in human life. Every Body wants to be fits and fine. Yes need to follow a Yogic program, in order to remain healthy or help us in our fat loss program. Below, you'll find a few good reasons why you should start Yogic practice now. It is well proven from scientific research all over the world that yogic exercise contributes to weight loss. If you burn more calories than you consume through nutrition, you'll lose weight. Reducing your level of body fat through yogic practice will not only improve your overall health, but it will also help you to fit into old clothes that hide in the back of the closet. The Centers for Disease Control and Prevention states that between 1985 and 2010, statistics indicated a significant increase in man's sports person. The prevention or treatment of obesity requires incorporating a Yogic practice into your lifestyle. Consult with your healthcare adviser yogic practice recommendations. There are a lot of ways for you to have an effective fat loss. You do not have to go into operations and spend a lot of money. With these yogic practice that will be mentioning to you, the things that you can only give is your time and determination. It is no secret that following yogic exercise always helps in Fat the desired results. 45 minutes of yogic exercises six week training program to loss Fat. However, while working out, just ensure that you've a supervisor who can assist you. Improve your fat for better results at your belly fat reduction endeavors; it is vital to have excellent yogic Exercises that are great for fat loss.

PURPOSE OF THE STUDY

The Present study was to find out the role of yogic exercise on fat Composition of Man sports person of Chaudhary Devi Lal University, Sirsa

METHODOLOGY

To achieve the objectives of the Present study 75 man sports person of Chaudhary Devi Lal University, Sirsa were selected as a sample of the study and who had participated at Inter University Level. The Age ranged between 18 to 25 years constituted the subjects of the study. The data was collected by standardized tools the Skin Fold Caliper and using statistically analyzed “t” Test method.

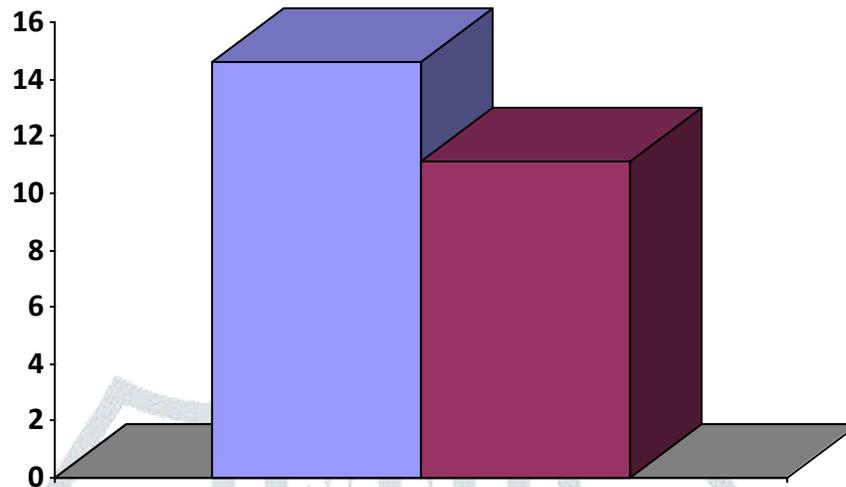
TABLE

ROLE OF YOGIC EXERCISE OF MAN SPORTS PERSON ON FAT

Test	Mean	SD	SED	“t” Ratio
Pre Test	14.62	1.00	0.07	25.66
Post Test	11.12	0.61		

Significant at 0.05(74) =1.66

It is evident from the table-1 that the mean score of Pre Test man was 14.97 where as in Pre Test man it was 11.82. The SD was 1.00 and 0.61 and SED was 0.07 respectively. The ‘t’ value was 25.66 which was highly significant.

FIGURE**ROLE OF YOGIC EXERCISE OF MAN SPORTS PERSON ON FAT****Conclusion**

The effect of yogic practice was found less Fat Composition of Man sports person who had participated at Inter University level from Chaudhary Devi Lal University Sirsa (Haryana). In the end of the study we can say that yogic exercises effects more on the Fat Composition of man sports person.

Reference

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