

# Effect of Yoga Training on Physiological Characteristics of College Students

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## Abstract :-

The purpose of this study was to investigate the effect of Yoga training on physiological Characteristics of College students. Another purpose of the study was to improve the physiological level of Undergraduate students. 35 subjects were selected randomly from under graduate students of A.S.(P.G.) College, Mawana (Meerut) Uttar Pradsh. Standard and progressive Matrical organizational physiological variables (Lungs capacity, Vital Capacity, Blood Pressure and Pulse Rate) were measured for the assessment of yoga training Program. To find out significant effect of yoga training Programme of physiological characteristics of undergraduate college student 'T' test was used as statistical Tool. The level of Significance was set at .05. The result revealed that there was significant ( $P < .05$ ) effect of Yoga training on Physiological Characteristics of College Students. Practice of selected Yoga training Program also helped to improve physiological Characteristics of College Students . —

**Keywords :-** Physiological Characteristics , Yoga Training , Lung Capacity Vital capacity , Blood Pressure and Pluse rate .

**Introduction :-** Yoga is a science that has been practiced for thousands of year . It consists of ancient Theories, Observations and principles about the mind and body connection which is now, being proven by modern medicine, substantial research has been conducted to look at the health benefits of Yoga from breathing (Pranayam) and meditation. The information is group into two categories — Physiological and physiological effects. Furthermore, Scientists have laid this result against, benefits of regular exercise.

Yoga is a way of life, Which can be practice by any human being regardless of age, Sex and Condition of health. It is based on general physical and Spiritual laws which operate all mankind alike .

Yogic exercise is a kind of body movement with mental concentration. Yoga exercise can help a person to develop his health along with control at various emotions just like , love , affection , anger , greediness and provide from control over body and mind, specially to overcome most dangerous disease for this reason at Present scenario the importance of Yoga is being realized in all parts of the globe that Yoga is not only for better development of mind social-control and spiritual moral aspect but is also a therapy.

Regarding of the testimony of celebrities or the documented physiological benefits of regular Yoga or mind Body Practices ,even the most motivated individuals find it challenging to find time to implement any of the worthwhile Yoga techniques available to them with various organized classes

ranging from 45 to 90 minutes in length it is often difficult to incorporate a daily or weekly Yoga practice given the time already appropriate to regular cardiovascular or resistance training routines, carving time for yoga or flexibility training with a schedule that is already full morning to night is nearly impossible for most people. In most cases, Facilitating mind and body flexibility is easily put aside when it is probably needed the most.

### **Objectives of the study**

1. To find out the better yoga training programs for the subjects.
2. To find out the effect of yoga training programs on physiological variables (lungs capacity, Vital capacity, blood Pressure and pulse rate) of the subjects.
3. To improve the physiological level of the graduate students.

### **Delimitation**

The subjects for the study were select from the under graduate students from A.S.(PG) College, Mawana (Meerut) Uttar Pradesh.

The study will be delimited to the following physiological variables.

- Lungs Capacity
- Vital Capacity
- Blood Pressure
- Pulse rate

It was hypotheses that:-

1. There will be significant difference of yoga training program conducted on the college students.
2. There will be significant improvement in selected physiological components of college students due to yoga training .

### **Materials and methods**

Subjects -

35 male undergraduate colleges students were randomly selected from A.S. (P.G.) College Mawana (Meerut) UP for the study .The age of subjects were ranged between 16 to 20 years .Tools and technique selected physiological variables i.e. lungs capacity, vital capacity, blood pressure and pulse rate were used and measured in this study to know the effect of yoga training on its.

### **Variables and instruments**

The duration of yoga training programmed was to 12 week in which college students will receive the training for 6 days per week and 45 minutes per day . keeping in mind the objective of the study that yoga training programmed was prepared in such a way which help to improve the selected physiological variables .

#### **Yoga training program**

S.No.	Day	Yoga Aasan
1.	Monday	Tadasana , Dhyan , Nari Shodan, paranayam and shavasana.
2.	Tuesday	Vajarasana, bhujangasana, dahnurasana and shavasana .

3.	Wednesday	Surya namaskar and shavasana.
4.	Thursday	Tadasana, dhyan , Nari Shodan, paranayam and shavasana.
5.	Friday	Vajarasana, bhujangasana, dahnurasana and shavasana .
6.	Saturday	Surya namaskar and shavasana

### Physiological variable

Name of variable	Test	Unit
Lung capacity	Spiro meter	Milliliters
Vital capacity	Weight Spiro meter	Milliliters
Blood pressure	Sphygmomano-meter	Milliliter of mercury
Pulse rate	Manual method	No. of pulse beat/minute

### Procedure

On the selected subjects a pre-test with respect to measure the physiological variables (lung capacity , vital capacity , blood pressure and pulse rate) was conducted at very first stage of study than as far as experimental treatment is concern the 12 week yoga training programme was administered as per schedule and then post test was conducted to measure same physiological variables with the help of reliable tools of measurement to find out the significant deference and find out the suitable yoga training programs for college students.

### Statistical technique —

To find out the effect of yoga training in physiological characteristics of college students, the t-test was used at .05 level of significance.

### Result-

t-ratio of the means of physiological characteristics in college students-

Characteristics	Group	No. of student	Mean	S.D.	Df	't'
Lung capacity	Pre test	35	26.20	3.75	30	18.94*
	Post test	35	30.36	4.05		
Vital capacity	Pre test	35	3725.60	295.90	30	5.85*
	Post test	35	3928.42	232.57		
Systolic blood pressure	Pre test	35	117.70	4.85	30	3.57*
	Post test	35	116.20	3.62		
Diastolic blood pressure	Pre test	35	69.50	2.95	30	4.94
	Post test	35	68.40	2.34		
Resting pulse rate	Pre test	35	69.42	4.75	30	15.96*
	Post test	35	65.45	3.65		

\*significant at .05 level,  $t_{.05}(30)=2.095$

From table-1 it is evident that 't' value of lungs capacity is 18.94, vital capacity 5.85, systolic blood pressure 3.57, diastolic blood pressure 4.94& resting pulse rate 15.90 which is significant at .05 level.

## Discussion

Significance differences were found in lung capacity, vital capacity, systolic blood pressure, diastolic blood pressure and resting pulse rate which showed that positive effect of yoga training on physiological characteristics of college students. The findings of the study are in agreement with the findings of Rohan and Rajesh (2002) and Mohan (2003) who proved physiological variables of adults could be improved through yogasanas.

## Conclusion-

The results of the study were folded as the physiological component data were computed for their different objectives. The first objective of the study was to find out a better yoga training programme for the subjects. The result is in the direction of M. Saroja (2010) studies, which has revealed that there is a better yoga training program on selected physical, physiological and bio-chemical variables among aged people.

The second objective of the study was to find out significant differences on the effect of yoga training programs on physiological variables (lung capacity, vital capacity, blood pressure and pulse rate) of the subjects. The results supported by Sushil Lega (2010) studies which has revealed that there is a significant difference in the effects of yoga training on cardio-respiratory function of school children.

The third objective of the study was to improve the physiological level of the undergraduate students by yoga training. The result respects to the effect of yogic practice and working on selected physical, physiological and bio-chemical variables among aged people was significant and this has been supported by M. Saroja (2010) study.

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