

# International Conference on Recent Trends in commerce and Humanities



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**Mahajan College of  
Technology**

Organized by  
**IQAC**

In  
Collaboration  
With



**Smt Nankibai Wadhwani  
Kala Mahavidyalaya**



**23<sup>th</sup> & 24<sup>th</sup> March 2019**  
**Conference Venue: Mahajan College of Technology,**  
**Wadgaon Road, Yavatmal**



# Effect of Yoga Exercise on Physical Fitness Components

Prof. Dr Santosh P. Tayade

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## Abstract

*The purpose of the study was to find out the effect of yoga exercise on physical fitness of boys. A sample of fifteen boy students age group of 14-16 years were randomly selected and given the treatment of Yoga exercise. The yoga included pranayama and asanas. The eight weeks training of pranayama and asanas performing. The data of pre test and post test were obtained through the AAHPERD Youth Fitness test, and statistically analysed. t-test were used for comparing the pre and post result of the test and we found that there were Significant difference in physical fitness components i.e. strength, endurance, and speed etc. of boys.*

**Keywords:** Hath yoga, pranayama, asanas

## Introduction

Yoga is an ancient discipline designed to bring balance and health to the physical, mental, emotional, and spiritual dimensions of the individual. Yoga therapy is the two fold therapeutic system that prevents and cures various diseases through practice of yoga. Yoga concentrates on purification of body and mind, through this integrated holistic approach one can overcome almost all kinds of afflictions in life. It is a kind of low-impact physical exercise, and is used for therapeutic purposes. Physical fitness refers to a physiologic state of well-being that allows one to meet the demands of daily living or that provides the basis for sport performance or both. Health-related physical fitness involves the components of physical fitness related to health status those who practice the physical postures or asanas of yoga will observe in addition to an improvement in their physical well-being; feelings of stability, clarity and a greater capacity for concentration. The practice of yoga can enhance health and overall fitness, regulate all the body functions in a balanced manner and is helpful in providing sustainable health. Once learned, yoga can be practiced at any time on an individual basis, thus reducing common barriers to physical activity such as time conflicts and poor weather.

## Objective of the Study

Objective of the study was to analysed the effects of hath yoga on physical fitness of boys.

## Methods

In the present study a purposive sampling plan were used for the selection of sample. A total 20 boy of age group of 14-16 years were selected and performing different asanas and pranayama for eight weeks and four day per week. The asanas consist of dhanurasana, bhujangasana, chakrasana, paschimottanasana, shalabhasana, and Pranayama consist of anulom-vilom, kapalbhati, brahmari. The physical fitness were measured through AAHPER Youth Fitness. Mean SD and t-test were used for statistical treatment. After the statistical analysis at .05 level of significance. The results were presented in the table and graphs.

## Results of the Study

**Table 1:** Comparison of pre test and post test results of boys after Hath yoga practices

| Variables           | Pre test mean | Post test mean | SED  | t value |
|---------------------|---------------|----------------|------|---------|
| Pull Ups            | 6.4           | 8.2            | 0.76 | 3.03    |
| Sit ups             | 25.9          | 30.5           | 1.69 | 3.20    |
| Shuttle Run         | 12.2          | 11.65          | 0.26 |         |
| Standing Broad Jump | 6.73          | 6.97           | 0.10 | 1.40    |



|                   |      |      |      |      |
|-------------------|------|------|------|------|
| 50 Yards Dash     | 6.58 | 6.72 | 0.8  | 2.50 |
| 1.5 mile Run/walk | 6.56 | 6.07 | 0.10 | 3.20 |

\*significance difference at 0.05 level of significant.

The above table showed that there were significance improvement in physical fitness variables of all Ups, Sit Ups, Standing Broad Jump, 50 Yards Dash and 1.5 mile run/walk. And there was no significance difference found in shuttle run.

### Conclusion

After obtaining the result of pre- test and post- test, it was found that the Pull Ups, Sit Ups, Shuttle Run, Standing Broad Jump, 50 Yards Dash and 1.5 mile run/walk improved in a significant manner after eight week hath yoga practices. There was no significance improvement in shuttle run after hath yoga practices. The results of study proved that Yogic life style is better than normal life style. Asana and Pranayam help in improving the physical components like strength endurance, speed, and explosiveness.

### References

- Bhole M. V., Karambelkar P. V, Gharote M. L. Effect of yoga practices on vital capacity. Ind J Chest Dis. 1970; 12:32-35.
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# *Certificate*

Sr. No. 112

This is to certify that

Shri. / Smt. / Ku. / Dr. / Prof Santosh. P. Tayade  
of Shri Ganesha Arts College Kumbhari Akola has actively participated in the two  
days International Conference organized by Mahajan College of Technology Collaboration with  
Smt. Nankibai Wadhwani Kala Mahavidyalaya, Yavatmal on **"Recent Trends in commerce and  
Humanities"** He/She has presented / published a paper on Effects of Yoga Exercise  
on Phy-Fitness-Components

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