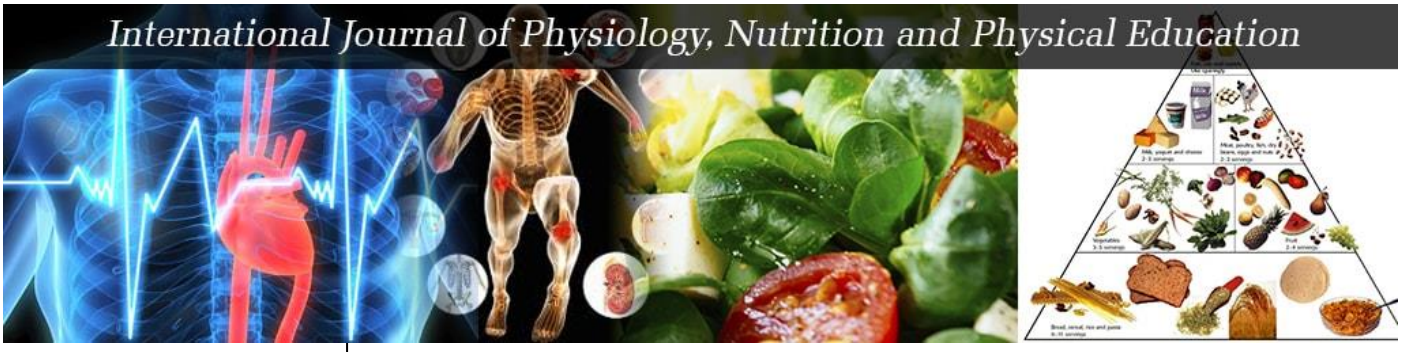

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Effect of yogic practice on health related physical fitness of school boys

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Abstract
The purpose of the study was to determine effects of six week yogic practice on selected health related physical fitness components. To achieve, this purpose forty school boys were selected at random from school of Amravati district. The age level of the subjects ranged from 13 to 15 years. They were divided in to two groups and designed as experimental group 'A' and control group 'B'. The experimental group-A was given yogic practice for a period of six weeks, morning for five days a week, Whereas the control group 'B' did not involve in any specific exercise programme and training other than their regular physical activities as per their school curriculum. To find out the muscular strength, muscular Endurance and cardio respiratory endurance, grip dynamometer, sit ups (bent knees) and 12-Min run /walk was used. The data thus collected were put to statistical treatment computing independent't' test to find out the differences, if any between the before and after test. Further the level of significance was set at 0.05. In this research it is observed that there has been significance difference between the before and after test experimental group in muscular strength, muscular endurance and cardio respiratory endurance. This study indicated that regular yogic practice is beneficial for human health and future generation.

Keywords: yogic practice, health related physical fitness, boys

Introduction
Yoga has become very popular not only in our country but also in many other parts of the world. Yogic practices lead to the development of holistic health. As said in the introduction, Yoga specifically means a connection of body and mind. It contributes to the promotion and maintenance of healthy body and sound mind. We can develop abilities like agility, balance, coordination, strength and flexibility by performing yogic practices. These also improve physical, mental and emotional health. It also helps in better functioning of all the systems of the body. Yoga thus helps in overall well-being of a person. You have seen people of different age groups, performing various yogic practices such as asanas and pranayamas. Yogic practices are beneficial for the health of people of all age groups including children [1].
It is concerned with the development and maintenance of the fitness components that can enhance health through prevention and remediation of disease and illness. Health related fitness enhances one's ability to function efficiently and maintain a healthy lifestyle. Thus health related fitness is important for all individuals throughout life [2].
Health related physical fitness is based on the assumption that an adequate level of body development is required for health. There are five components of health related fitness namely muscular strength, muscular endurance, cardio respiratory endurance, flexibility and body composition [3].

Methodology
The purpose of the study was to determine effects of six week yogic practice on selected health related physical fitness components. To achieve, this purpose forty school boys were selected at random from school of Amravati district. The age level of the subjects ranged from 13 to 15 years. They were divided in to two groups and designed as experimental group 'A' and control group 'B'. The experimental group-A was given yogic practice for a period of six weeks, morning for five days a week, Whereas the control group 'B' did not involve in any specific exercise programme and training other than their regular physical activities as per their school

curriculum. To find out the muscular strength, muscular Endurance and cardio respiratory endurance, grip dynamometer, sit ups (bent knees) and 12-Min run /walk was used. The data

Table-1: Comparison of muscular strength between pre and posttest of experimental and control groups

Variables	Group	Test	Mean	SD	SE	MD	OT	DF	TT
Right Hand Grip Strength	A	Before	17.45	2.19	0.81	1.75	2.166*	38	2.02
		After	19.20	2.88					
	B	Before	17.10	2.07	0.80	0.50	0.626	38	2.02
		After	17.60	2.91					
Left Hand Grip Strength	A	Before	15.70	3.56	1.13	2.55	2.264*	38	2.02
		After	18.25	3.57					
	B	Before	16.10	3.46	1.03	0.45	0.436	38	2.02
		After	16.55	3.05					

Significant at 0.05 level of confidence, $t_{.05}$ (38) = 2.02.

Table-1 reveals that there is significant difference in right hand grip strength of experimental group between before and after test. The obtained t-value of 2.166 is more than the table value of 2.02. There is insignificant difference in right hand grip strength of control group between before and after test. The obtained t-value of 0.626 is less than the table value of 2.02.

Table-1 reveals that there is significant difference in left hand grip strength of experimental group between before and after test. The obtained t-value of 2.264 is more than the table value of 2.02. There is insignificant difference in left hand grip strength of control group between before and after test. The obtained t-value of 0.436 is less than the table value of 2.02.

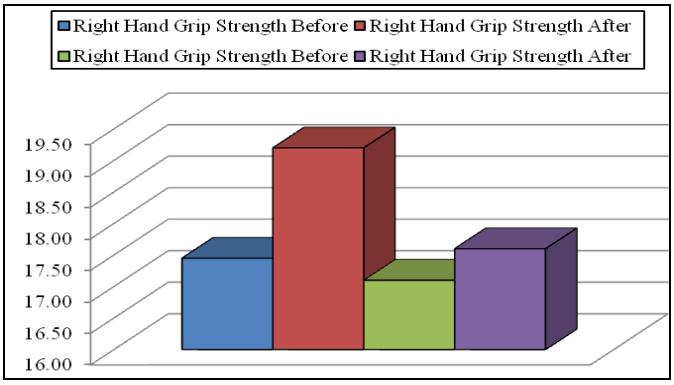

Fig 1: Mean difference of right hand strength between pre and posttest of experimental and control groups

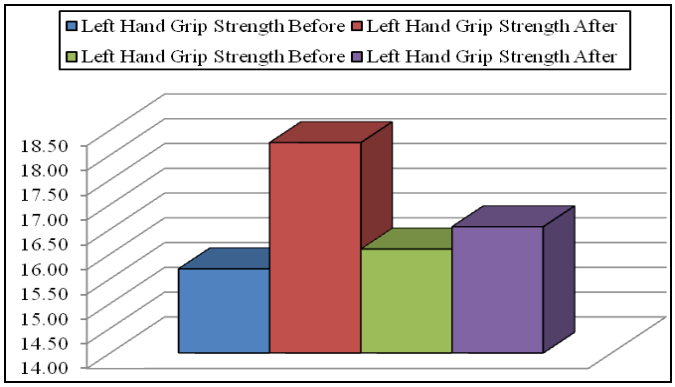

Fig 2: Mean difference of left hand strength between pre and posttest of experimental and control groups

Table 2: Comparison of muscular endurance between pre and posttest of experimental and control groups

Group	Test	Mean	SD	SE	MD	Ot	df	Tt
Experimental	Before	20.70	4.91	1.43	4.55	3.184*	38	2.02
	After	25.25	4.09					
Control	Before	18.15	3.76	1.23	1.10	0.896	38	2.02
	After	19.25	4.00					

Significant at 0.05 level of confidence, $t_{.05}$ (38) = 2.02.

Table-2 reveals that there is significant difference in muscular endurance of experimental group between before and after test. The obtained t-value of 3.184 is more than the table value of 2.02. There is insignificant difference in muscular endurance of control group between before and after test. The obtained t-value of 0.896 is less than the table value of 2.02.

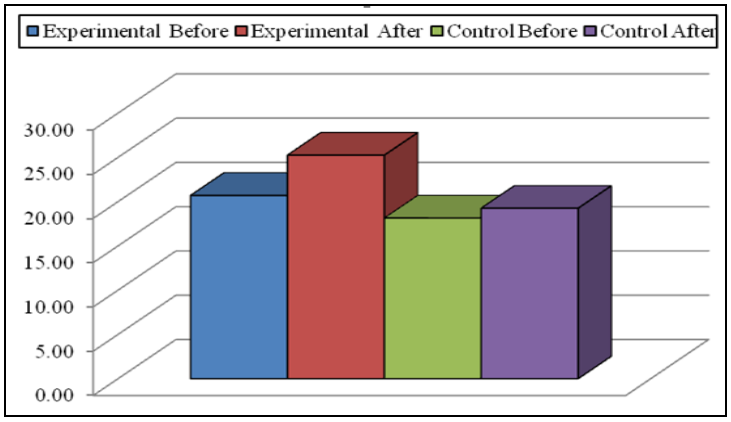

Fig 3: Mean difference of muscular endurance between pre and posttest of experimental and control groups

Table 3: Comparison of cardio respiratory endurance between pre and posttest of experimental and control groups

Group	Test	Mean	SD	SE	MD	Ot	df	Tt
Experimental	Before	1675.10	33.59	27.89	102.90	3.690*	38	2.02
	After	1778.00	120.11					
Control	Before	1646.95	61.18	19.48	7.05	0.362	38	2.02
	After	1654.00	62.03					

Significant at 0.05 level of confidence, $t_{.05}$ (38) = 2.02.

Table-3 reveals that there is significant difference in cardio respiratory endurance of experimental group between before and after test. The obtained t-value of 3.690 is more than the table value of 2.02. There is insignificant difference in cardio respiratory endurance of control group between before and after test. The obtained t-value of 0.362 is less than the table value of 2.02.

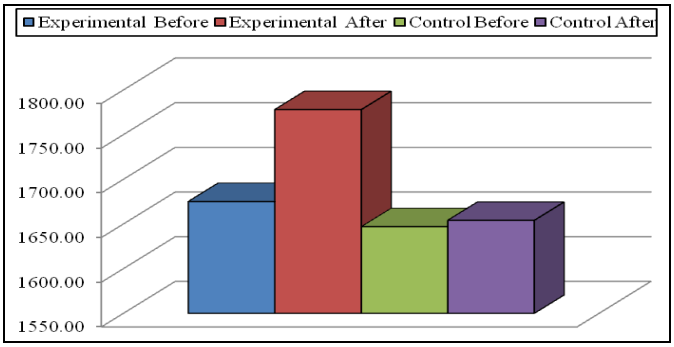

Fig 4: Mean difference of cardio respiratory endurance between pre and posttest of experimental and control groups

Conclusion

Within the limitations of the present study and on the basis of the findings the following conclusions were drawn.

In this research it is observed that there has been significance difference between the before and after test experimental group in muscular strength, muscular endurance and cardio respiratory endurance. This study indicated that regular yogic practice is beneficial for human health and future generation.

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