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## Effect of yogic practice on vital capacity among college going students

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### Abstract

The purpose of the study was to determine the Effect of Six Week Yogic Practice on Vital Capacity among College Going female Students. For the purpose of the study 30 female subjects were selected randomly from Shyama Prasad Mukherji College (University of Delhi), Punjabi Bagh, New Delhi. The duration of total practice was six weeks, 45 minutes a day in the morning the pre data was collected from the selected subjects before giving yogic training and post data after the training. The data was collected by using Vital Capacity was obtained to the nearest C.C with the help of dry Spirometer. The collected data was analysed by computing descriptive statistics followed by paired sample 't' test. The results indicated that a there was a significant effect of Six weeks yoga training on Vital Capacity in college going female students. The level of the significance was set at 0.05 level.

**Keywords:** Yoga, Vital Capacity.

### Introduction

Yoga is cultural heritage of India. Although the origin of yoga is obscure, it has a long tradition. It works on all aspects of the person: the physical, vital, mental, emotional, psychic and spiritual. The word "Yoga" means 'unity' or 'oneness' and is derived from the Sanskrit word Yuj which means 'to join'. This unity or joining is described in spiritual terms as the union of the individual consciousness with the universal consciousness. On a more practical level, Yoga is a means of balancing and harmonizing the body, mind and emotions. This is done through the practice of Asana, Pranayama, Mudra, Bandha, Shatkarma and meditation and must be achieved before union can take place with the higher reality. The application of yogic techniques is considered beneficial for health and cure of certain diseases for vital capacity management and for improving general efficiency of individual in different fields, Yoga is being utilized from the most fundamentally personal to the social and educational implication of the society as a whole. Vital capacity is the maximum amount of air a person can expel from the lungs after a maximum inhalation. It is equal to the sum of inspiration reserve volume, tidal volume, and expiratory reserve volume. It is approximately equal to Forced Vital Capacity (FVC).

### Purpose of the Study

- The purpose of the study to find out the effect of Yogic Practice on Vital Capacity of College going female students

### Methodology

Experimental population of 30 female subjects were selected from Shyama Prasad Mukherji College (University of Delhi), Punjabi Bagh, New Delhi. To achieve the aim of the study fifteen (15) experimental and (15) control female college going students were randomly included. The age of the subjects was ranged between 16 to 19 years. The scholar selected vital capacity as the dependent variable. The pre test data were collected from the selected subjects before giving the training and post test data after the giving training. 't' test was employed to find the effect on the vital capacity. The level of the significance was set at 0.05 level.

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### Tool used

Vital capacity was recorded to the nearest C.C with the help of Dry Spirometer.

### Training Protocol

The training programme was executed only for treatment group for six weeks, Monday to Friday onwards for 45 minutes in the morning and control group did not receive any training programme but continued with their daily schedule. Tadasana, Vrikshasana, Tiriyak Tadasana, Padahatasana, Ardha-Chandrasana, Trikonasana, Paschimotanasana, Vajrasana, Ardha-Matsendrasana, Gomukhasana, Bhujangasana, Dhanurasana, Naukasana, Pawanmuktasana, Ardha-Halasanana, Shavasana. Anulom vilom, Kapalhati, suryabhedhi. were the asanas and pranayama which were practiced daily.

### Results and Discussion

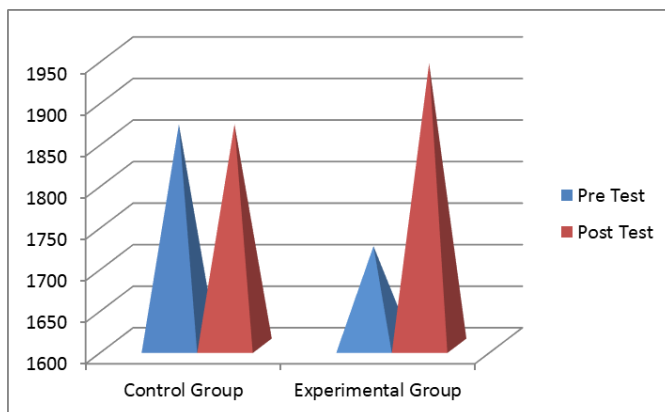
**Table 1:** (Pre and Post test result of vital capacity among female college going students)

Group (N=15)	Pre test (Mean±Std)	Post test (Mean±Std)	t	Df	Sig. (two-Tailed)
Experimental group	1720±374.54	1940±375.68	5.284	14	.000
Control group	1866.66±406.49	1866.66±377.33	.000	14	1

Table 1 in the above table indicates that the pre and post – test values (mean & standard deviation) of vital capacity of female college going students. The vital capacity of female college students were improved from 1720±374.54 to 1940±375.68. Their t-values were 5.284 and .000 respectively and p values is .000 which is less than 0.05 levels of significance.

The study also supported by the previous study of Sekhon BS *et al.* (2013), they were found that yogic exercises was developed the vital capacity of University level students.

### Graphical presentation of mean value



**Fig 1:** displays the mean values of all the selected variables for the study

### Discussion of findings

This study has been conducted with the purpose to find the effect of Six week yogic practice on Vital Capacity on college going students. From the study we have found that there was a significant effect on vital capacity. In order to improve vital capacity in students both asanas & pranayama can be applied. It is evident from the results of this study and their explanations justify the integration of yogic training as a part of our lifestyle is necessary to be healthy and also will help to

human beings preventing from respiratory system.

### Conclusion

From this study we have found there was a significant effect has been observed for the 6 weeks yoga training on the vital capacity of the female college going students is still in realization due to the short term training. Further the research study strongly recommended for long period of yogic training.

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