



ISSN: 2456-0057

IJPNPE 2018; 3(2): 2244-2245

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www.journalofsports.com

Received: 15-05-2018

Accepted: 19-06-2018

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## Role of yogic exercise on handball player

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### Abstract

The purpose of the present study was to find out the role of Yogic exercise on Handball Players. This study may provide a general guideline for sports seekers. By adopting yogic way of life performance can be developed. The sample of the present study was 75 Handball Players of Ghaziabad and Gautambudhnagar District, UP. The age ranged between 17 to 25 years. These students through yogic training Asanas Anjali Mudra, Badha Padmasana, Dhanurasana, Ustrasana, Setubandh Sarvangasana daily practices one hour. yogic exercises improve more Reduces Stress and anxiety, Calms the brain, Improve Balance, Creates Flexibility in the hands, fingers, wrists and arms, Helps in keeping the spine erect, Useful in constipation and improves digestive power, It is beneficial in Arthritis, It improves Agility, Improves Strength. In the end of the study we can say that yogic exercises effects more on Agility and strength of Male Handball Player.

**Keywords:** Handball player, yogic exercise, improves strength

### Introduction

Yoga is essential for All sportsperson. Yoga can improve the performance of all sport. Yoga releases stress and creates inner peace and also trains the body, mind and spirit to become strong and flexible. The benefits of yoga are observed and written by successful athletes and sportsmen. There are unlimited benefits of yoga. We all know that yoga increases the flexibility of the muscles but one also gains balance and poise from the various yoga poses. The different yoga postures imports strength to the body. The deep breathing exercise which forms the fundamental part of yoga helps to send oxygen to the body cells. Yoga improves and complements the ability of the athlete in any sport that he chooses. Yoga also brings about coordination between body and mind and this enables them to function efficiently. Stiffness of the back is a common problem among cyclists. Yoga back postures could heal this stiffness; also the stretching poses could heal the stiffness of the legs and shoulders. People who play golf are prone to uneven muscular development because when a golfer swings he uses the same muscle group all the time and this cause's muscular tension. Yoga Postures stretch these muscles and eases the muscular tension. For any sportsman yoga could be taken up as a warm up and warm down routine. The benefits which yoga can give to a sportsman cannot be overlooked. Yoga builds energy in a non-aggressive manner. Yoga releases tension through a slow, tension less process. It brings about more focus, flexibility, mobility and strength which are needed by the sportsman to keep themselves fit. There are still many more advantages of yoga for sportsman.

### The purpose of the study

The purpose of the present study was to find out the roll of Role of Yogic exercise on Handball Players.

### Methodology

To achieve the objectives of the study 75 Male Handball Players of Ghaziabad & Gautam budh nagar District (UP) Were selected as a sample of the study and level of participated was State Level, between the ages range of 17 to 25 constituted the subjects of the study. The data of the subjects was collected by standardized tools the stop Watch, Measuring Tape and using statistically analyzed "t" Test method.

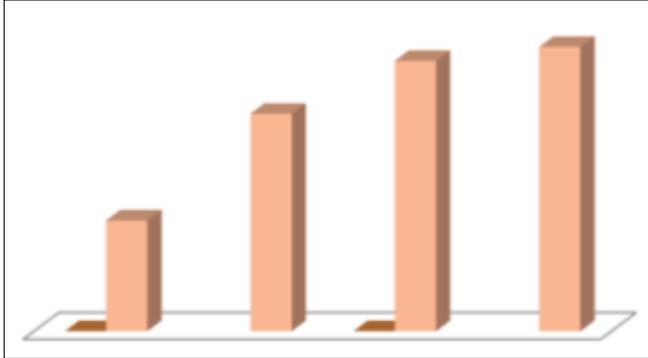
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**Table 1:** Role of yogic exercise on strength and agility

		Mean	SED	SD	"t"
<b>Strength</b>	<b>Pre Test</b>	5.67	0.52	0.06	35.76
	<b>Post Test</b>	11.14	1.21		
<b>Agility</b>	<b>Pre Test</b>	13.85	1.22	0.08	4.32
	<b>Post Test</b>	14.56	0.73		

**Fig 1:** Role of yogic exercise on strength and agility**Conclusion**

In the end of the study was found more Agility and strength of Handball State level players District Ghaziabad & Gautambudh nagar, (up) In the end of the study we can say that yogic practice effects more on Agility and strength of Male Handball Players.

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