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Effect of particular yogasana on the body mass index

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Abstract

The major purpose of this paper is to observe the impact of particular yogasanas on the Body Mass Index of 17 to 20 years college student. Considering the declared objective, 50 students of different colleges of Rohtak district of Haryana State are nominated as cases for this training and they are arbitrarily separated into training group and supervisory group. The first group, contributed in particular yogasanas training procedure that continued 10 weeks, whereas; the later group did not contribute in any workout plans and constant with their daily actions.

Keywords: Particular yogasanas, body mass index

Introduction

Asana is the bodily exercise of yoga poses. In addition to referring extensively to the bodily element of yoga, asana also can be used to explain a specific pose, as in, "The handstand is an asana this is very challenging," or "This glide includes a sequence of status asanas."

What maximum human beings name yoga should extra exactly be referred to as asana. Yoga has 8 limbs. Besides asana, yoga additionally encompasses pranayama (respiration sporting activities), dhyana (meditation), yamas (codes of social conduct), niyamas (self-observances), pratyahara (withdrawal of the senses), Dharana (concentration), and samadhi (bliss).

Asanas are achieved to enhance flexibility, strength, and balance. Asanas—or yoga poses—assist the frame's joints, ligaments, and muscular tissues beef up thru movement. A ordinary yoga exercise can, over time, boom flexibility and mobility, lubricating the backbone and alignment to resource in normal activity.

All yoga poses are achieved and sync with the breath, along with the Ujjayi breath. The poses aren't intended to clearly be bodily sporting activities however as a substitute used holistically as a mind-frame exercise to enhance bodily, mental, and non-secular health. Combining respiration strategies and focus, those asanas also can assist relieve pressure and anxiety.

A ordinary asana exercise also can assist beef up the immune device and improves blood move at some point of the frame, vascular function, blood lipids, and mood through devoted exercise and time, the frame can revel in important upgrades and blessings from asanas.

Body mass index (BMI) is a cost derived from the mass (weight) and height of someone. The BMI is described because the frame mass divided with the aid of using the rectangular of the body height, and is expressed in units of kg/m², because of mass in kilograms and height in metres.

The BMI can be decided the use of a table[a] or chart which shows BMI as a characteristic of mass and height the use of contour strains or colors for distinctive BMI categories, and which might also additionally use different units of size (transformed to metric units for the calculation).

The BMI is a handy rule of thumb used to extensively categorize someone as underweight, regular weight, overweight, or overweight primarily based totally on tissue mass (muscle, fat, and bone) and height. Major person BMI classifications are underweight (beneath neath 18.5 kg/m²), regular weight (18.5 to 24.9), overweight (25 to 29.9), and overweight (30 or more).

When used to are expecting an individual's health, in place of as a statistical size for groups, the BMI has boundaries that may make it much less beneficial than a number of the alternatives, mainly while implemented to people with stomach obesity, brief stature, or surprisingly excessive muscle mass.

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Methodology

In order to acquire the specified data, 50 college students among 17 to 20 years vintage of Rohtak district are decided on. After calls in all colleges of Rohtak district, a few households have popular to take part with inside the study. The decided on instances are divided into groups (25 for each) that are training and controlling groups. The demographic traits of the Subjects are offered in Table. The outcomes of t-test have proven that the two groups have homogeneous age, height, body mass and body mass index (BMI).

Table 1: Analysis of mean Standard deviation and 't'- value for Body mass index among control and experimental group of specific asanas training group

Group	No	Mean		Std. deviation		t-value
		Pre test	Post test	Pre test	Post test	
Control	25	20.27	18.83	3.91	2.72	2.82
Experimental	25	20.93	18.09	3.98	2.36	3.67

Significant at 0.05 level, 't' 0.05=2.09

From the above desk it's far clear that there has been a sizable distinction in Body mass index among pre-test and post-test amongst Experimental group of sports activities men and women as calculated t- value $3.67 >$ table value 2.09 at 0.05 level, on top of things group additionally indicates there has been mild significance in Body mass index Pre-test and post-test amongst manipulate as calculated t-value $2.82 >$ table value 2.09 at 0.05 group of particular asanas training group.

Discussion

Based at the findings of this have a look at, 10 weeks of particular asanas improves the Body Mass Index of 17 to 20 years college students. This paper additionally confirms the findings of the impact of particular asanas on those Body Mass Index measurements have been performed 10 weeks after the test concluded. The experimental group and control group showed significant variations in Body Mass Index. Therefore, the effects of this paper propose that particular asanas is powerful for the development of the Body Mass Index, and this asanas can assist keep the bodily fitness. However, this have a look at has a few limitations: The studies topics covered only college students, and the test became applied the use of only particular asanas. Therefore, Body mass Index appear to be a heritable trait. Although it could be elevated through a few asanas, this modification isn't noticeable. This reality may be the end result of a mild alternate with inside the Body Mass Index of the students after particular asanas.

Results and Conclusion

This look at suggests that that there has been a huge distinction in Body mass index among pre-take a look at and post-take a look at amongst Experimental institution of university college students as calculated t- cost $3.67 >$ desk cost 2.09 at 0.05 level, on top of things institution additionally suggests there has been mild importance in Body mass index Pre-take a look at and post-take a look at amongst manipulate as calculated t-cost $2.82 >$ desk cost 2.09 at 0.05 institution of unique asanas schooling institution. According to the acquired results, it's far concluded that, unique asanas will increase the Body Mass Index of 17 to twenty years university college students.

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