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Effect of two week certificate course of yoga on physical health during COVID-19

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Abstract

Yoga promotes Physical health in multiple different ways. Some of them derive from better stress management. Some yoga poses which help promote flexibility and reduce joint pain. Yoga and Pranayamas used for therapeutic purpose for modern epidemic diseases like mental stress, Obesity, Diabetes, Hypertension, Thyroids, BP and Chronic obstructive pulmonary disease. The goal of yoga shows that it is a holistic way of life leading to a state of complete physical, social and mental, spiritual well being and harmony with nature. A group of participants of Certificate Course were selected as a sample. This group goes through the Yogic Exercise for two week training programme of 3 hours daily during morning. Session in supervision of yoga trainer on online zoom platform. The data were collected at the beginning and after Certificate Course with the help of online Questionnaire. In this present study purposive sampling method was adopted. Those participants selected who suffering from various Health problem like B.P., Diabetic, Obesity, Thyroid, Knee Pain and Back Pain etc. Health related questionnaire was filled at the beginning of the course. All the health profile information in this regard was collected before course started. In this course B.P., Diabetic, Obesity, Thyroid, Knee Pain and Back Pain focus Asanas and Pranayamas were taken. After collecting information data was analysis and conclusion was formed.

Keywords: Yoga, B.P., diabetic, obesity, thyroid, knee pain and back pain

Introduction

Yoga promotes Physical health in multiple different ways. Some of them derive from better stress management. Some yoga poses which help promote flexibility and reduce joint pain. The conceptual background of yoga has its origins in ancient Indian philosophy. The Asanas may increase patient's physical flexibility, coordination and strength while the breathing practice and meditation may calm. Yoga offers physical and mental health benefits for people of all ages. Yoga and Pranayamas used for therapeutic purpose for modern epidemic diseases like mental stress, Obesity, Diabetes, Hypertension, Thyroids, BP and Chronic obstructive pulmonary disease. The goal of yoga shows that it is a holistic way of life leading to a state of complete physical, social and mental, spiritual well being and harmony with nature.

Mental Stress, Diabetes, Obesity, Hypertension and Cardiovascular Disease are fast growing epidemics consequent to changing lifestyles accompanying globalization and modernization. Overweight and obesity are strong risk factors for diabetes as well as controlling blood pressure. The practice of yoga Asanas and Pranayama help in control of diabetes mellitus.

The Covid – 19 Pandemic has become major cause of stress and anxiety worldwide. It is widely perceived that elderly or those affected by diabetes. Hypertension and other cardiovascular disease are prone to Covid-19. Corona taught us how important physical fitness is. During the Corona period, where all the gyms were closed, through yoga, we were able to stay healthy even at home. Yoga taught this. To time through this lockdown and pandemic period, Yoga is the best things to adopt as a lifestyle habits. It helps us build a strong physical, mental and spiritual health system. Yoga is also one of the easiest workouts to do at home during the lockdown.

Hypothesis

1. There will be significant different of Asanas and Pranayamas on Weight loss.
2. There will be significant different of Asanas and Pranayamas on Diabetic.

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3. There will be significant different of Asanas and Pranayamas on Thyroid.
4. There will be significant different of Asanas and Pranayamas on B.P.
5. There will be significant different of Asanas and Pranayamas on Knee pain.
6. There will be significant different of Asanas and Pranayamas on Back pain.

Objectives

1. To find out the effect of selected Asanas and Pranayamas on Weight loss.
2. To find out the effect of selected Asanas and Pranayamas on Diabetic.
3. To find out the effect of selected Asanas and Pranayamas on Thyroid.
4. To find out the effect of selected Asanas and Pranayamas on B.P.
5. To find out the effect of selected Asanas and Pranayamas on Knee pain.
6. To find out the effect of selected Asanas and Pranayamas on Back pain.

Methodology

A group of participants of Certificate Course were selected as a sample. This group goes through the Yogic Exercise for two week training programme of 3 hours daily during morning. Session in supervision of yoga trainer on online zoom platform. The data were collected at the beginning and after Certificate Course with the help of online Questionnaire. In this present study purposive sampling method was adopted. Those participants selected who suffering from various Health problem like B.P., Diabetic, Obesity, Thyroid, Knee Pain and Back Pain etc. Health related questionnaire was filled at the beginning of the course. All the health profile information in this regard was collected before course started. In this course B.P., Diabetic, Obesity, Thyroid, Knee Pain and Back Pain focus Asanas and Pranayamas were taken. After collecting information data was analysis and conclusion was formed.

Delimitation

The study was delimited as follows

1. This Study delimited to those participants participates in certificate course.
2. This Study delimited to Weight loss, Diabetic, B.P, Thyroid, Knee pain and Back Pain.

Limitation

The response of the study has its own limitation. The responses that were collect from the subject in the beginning of the course and after the course.

Significance

1. The study will be helpful to every person for improve their Health through Yoga.
2. It will provide guideline to coach, trainer, Physical educator and peoples regarding daily practice of Yoga.

3. The study will provide help that how yoga is helpful in good Physical Health.

Statistical Analysis

Table 1: Comparison of Pre and Post data of Obesity

Obesity	Pre course	Post Course
	11.7	8.1

Table 1 showed the pre and post percentage of Obesity. The pre percentage of Obesity was 11.7 and post percentage of Obesity was 8.1. It means that two week Certificate Course of Yoga was decrease weight with the help of Asanas and Pranayamas and control obesity.

Table 2: Comparison of Pre and Post data of Blood Pressure

B.P	Pre course	Post Course
	7.2	5.2

Table 2 showed the pre and post percentage of B.P.

The pre percentage of B.P. was 7.2 and post percentage of B.P. was 5.2. It means that two week Certificate Course of Yoga was controlled B.P. level.

Table 3: Comparison of Pre and Post data of Diabetes

Diabetes	Pre course	Post Course
	6.7	6.1

Table 3 showed the pre and post percentage of Diabetes

The pre percentage of Diabetes was 6.7 and post percentage of Diabetes was 6.1. It means that two week Certificate Course of Yoga was decrease Diabetes level with the help of Asanas and Pranayamas.

Table 4: Comparison of Pre and Post data of Thyroid

Thyroid	Pre course	Post Course
	3.2	2.2

Table 4 showed the pre and post percentage Thyroid

The pre percentage of Thyroid was 3.2 and post percentage of Thyroid was 2.2. It means that two week Certificate Course of Yoga was control Thyroid level.

Table 5: Comparison of Pre and Post data of any other health problem (Knee Pain and Back Pain)

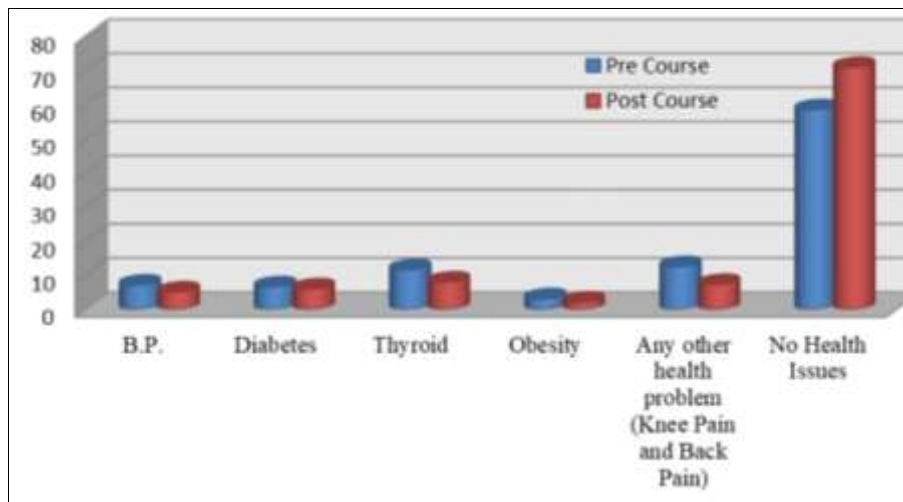
Any other health problem (Knee Pain and Back Pain)	Pre course	Post Course
	12.6	7.4

Table 5 showed the pre and post percentage any other health problem (Knee Pain and Back Pain)

The pre percentage of any other health problem (Knee Pain and Back Pain) was 12.6 and post percentage of any other health problem (Knee Pain and Back Pain) was 7.4. It means that two week Certificate Course of Yoga was decrease other health problem (Knee Pain and Back Pain).

Table 6: Comparison of Pre and Post data of Physical Health

Heath Issues	Pre Course	Post Course
B.P.	7.2	5.2
Diabetes	6.7	6.1
Thyroid	11.7	8.1
Obesity	3.2	2.2
Any other health problem (Knee Pain and Back Pain)	12.6	7.4
No Health Issues	58.6	71.00



Comparison of Pre and Post data of Physical Health

Table 6 showed that percentage of Physical Health Problems before and after Certificate Course of Yoga

The pre percentage of health problem was 41.4 and post percentage of health problem was 29.00. It means that two week Certificate Course of Yoga was decrease health problem with help of Yogic Exercise. The pre percentage of healthy people was 58.6 and post percentage of healthy people was 71.00. It means that two week Certificate Course of Yoga was increase healthy people percentage with help of Yogic Exercise.

Conclusion

On the basis of analysis and interpretation of data for effect of Yogasana and Pranayama on Physical Health, the results of the study revealed that, Physical Health of the participants in pre and post Yogic Asanas and Pranayama practices, where as these is significant different found in B.P., Diabetes, Thyroid, Obesity, Knee Pain and Back Pain. All Hypotheses were accepted of this study. We can say that significant increase in physical health of participant after performing of Yogic exercise and they also reduce risk of diseases, it is very beneficial for Health.

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