

Effect Of Yogic Exercises On Flexibility Of Woman

¹Kum. Annapurna.M.Hiremani and ²Dr.D.M.Jyoti

¹Research scholar

²Assistant professor, Dos in Physical Education Sports and Sciences K.S.W.
University Vijayapura.

Abstract— Yoga without changes happening within ourselves, becoming more aware that it influences our life and the way we live. Hatred of any kind gets abolished from the surface of life by the very fact of the unity of procedure and purpose involved in the structure and programs me of creation. Human history can transfigure itself into a saga of the dramatic evolution of the particulars to the Universal through the various levels and degrees of its manifestation. What people have been dreaming of as the glorified ideal of Rama-Raja, or the Golden Age of Satya-Yuga of divine and eternal perfection, would not, indeed, be a far-off object to be realized. It was a perennial message which Plato proclaimed with the conviction of a genius when he declared that no peace on earth can ever prevail unless philosophy goes with administration, and administration with philosophy. Yoga asana (postures) and breathing deal with the physical body, but due to their effect on the brain, they also affect the mind. All the wonders of modern science will not bring happiness, peace of mind, health or a long life. Although wonders have been achieved in our external environment – space travel, computers, etc. our internal environment has been neglected. Thousands of years ago the ancient yogis turned their minds inwards and discovered their true nature.

Index Terms— yogic exercises on flexibility

I. INTRODUCTION

Derived from the Sanskrit word yuj, Yoga means union of the individual consciousness or soul with the Universal Consciousness or Spirit. Yoga is a 5000 year old Indian body of knowledge. Though many think of yoga only as a physical exercise where people twist, turn, stretch, and breathe in the most complex ways, these are actually only the most superficial aspect of this profound science of unfolding the infinite potentials of the human mind and soul.

The science of Yoga imbibe itself the complete essence of the Way of Life, including - Gyan Yoga or philosophy, Bhakti Yoga or path of devotional bliss, Karma Yoga or path of blissful action, and Raja Yoga or path of mind control. Raja Yoga is further divided into eight parts. At the heart of the Raja Yoga system, balancing and unifying these various approaches, is the practice of Yoga Asana.

The benefit of yogasanas that often gets the most attention from athlete is the increase in flexibility. many yogasanas require the practitioner to bend the body in very unusual ways. this causes the tendons to stretch at a variety of angles and ,with extended practice, this can lead to substantial benefits to the practitioner 's overall flexibility.

II. METHODOLOGY

The methodology adopted in the present study related with selection of subjects, selection of variable, and selection of test.

A. Selection of subjects

The purpose of the study was to find out “ EFFECT OF YOGIC EXERCISES ON FLEXIBILITY OF WOMAN ” To achieve this purpose 60 female students in the age group 16-19 years studying in A.R.S.I Arts, science and commerce college for girls ,vijaypur Karnataka were selected as subjects.

B. Selection of variables

- Vakrasana, padmasana,vajrasana, paschimottanasana
- Trikoasana, Tadasana, Vrikshasana Garudasana
- Chakrasana, Naukasana, Halasana,Shavasana.
- Dhanurasana, Makarasana , Bhujanagasana, Shalabhasana

C. Selection of test

SL.NO	Test	Measurement
1	Flexibility	Sit and reach

III. ANALYSIS AND INTERPRETATION OF DATA

The purpose of the study was to measure the “ EFFECT OF YOGIC EXERCISES ON FLEXIBILITY OF WOMAN ” To achieve this purpose the data collected for the study were put into analysis and results of which are presented in the Table.

TABLE NO1.1 SHOWING THE PRE-TEST AND POST-TEST PERFORMANCE OF FLEXIBILITY.

Group	Test	Mean	Std Deviation	T Value
Experimental group	Pre test	19.63	2.33	2.205
	Post test	20.04	3.08	
Control group	Pre test	17.96	2.28	1.005
	Post test	17.77	2.24	

The level of significant is 0.05

Table No 1.1 Shows that the experimental group's mean performance value of Flexibility of pre test is 19.63 and the post test is 20.04 the post test Flexibility performance is less than pre test Flexibility performance and also the t value is more than the table value. Hence it indicates significant development of Flexibility.

Whereas the control groups mean of Flexibility performance of pre and post test values are 17.96 and 17.77 respectively. The t value is less than the table value. Hence the pre and post test values indicate insignificant.

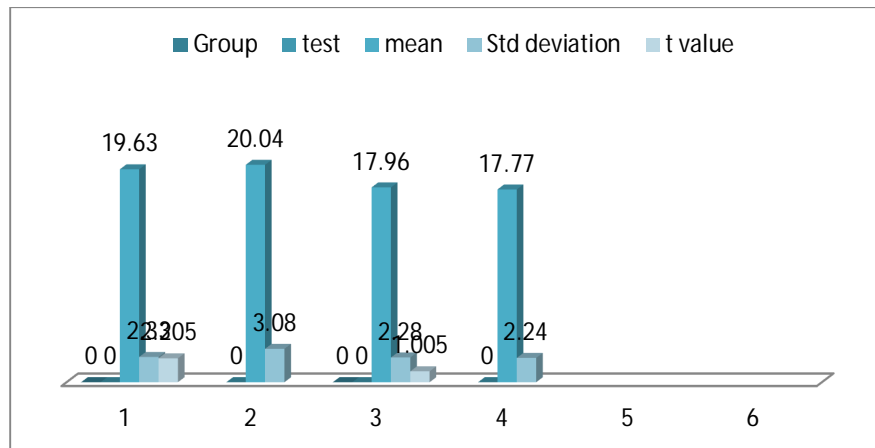


Figure 1 : Showing the pre test and post improved the Flexibility performance of woman

1.1 (a) The above figure clearly indicates that the 8 weeks Yogic Exercises training performance is drastically improvement is the Flexibility of the woman.

IV. SUMMARY

The purpose of this study was to find out the “EFFECT OF YOGIC EXERCISES ON FLEXIBILITY OF WOMAN” To achieve this purpose 8 weeks Exercises training was given to selected female subjects. To know the Effect of yoga training on the physical fitness performance Level of the Flexibility was used for pre test and post test of the subjects. The result shows that 8weeks yogic exercises training develops Flexibility.

V. CONCLUSION

On the basis of the results it was concluded that 8 weeks of yogic exercises training significantly improved the Flexibility performance of subjects.

REFERENCES

- [1] Savanna Yoga Vedanta Center, the Savanna Companion to Yoga, Fireside Books, Simon and Schuster, New York, 1983.
- [2] Iyengar B.K.S (2001), Yoga – The path of Holistic Health, Dorling Kindersley Limited, Great Britain.
- [3] Johnson Barry L. and Jack K. Nelson (1982), Practical Measurement of Evaluation in Physical Education (3ed) Delhi: Surjeet Publications
- [4] Benedetti M, Innes K, Taylor A, Rodeheaver p, BOXer j, Wright H, Krrigan D. Effect of a Gentle Iyenger yoga Program on Gait in the Elderly: an Exploratory study .arch phy med Rehabil.2005,86 (9):1830-1837
- [5] Nagarathna R, Nagendra HR. 1st ed .Bangalore: Swami Vivekananda yoga prakashana 2001. yoga for anxiety and depression.