

A Study of the Effect of Selected Yogic Practices On Obesity of Boys

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Introduction:

Yoga is a way of life. All schools of yoga emphasis the importance of the mind remaining calm, because as the saying goes, only when the water is still can you see through it. Yoga darshan or yoga philosophy also happens to be a valid discipline on Indian metaphysic brahma vidya. It is the result of human wisdom and insight on physiology, psychology, ethics and spirituality collected together and practiced over thousands of years for well being of humanity. In Sanskrit, the term yoga stands for union with the eternal self with the help of certain mental and physical exercises. But for all extant knowledge of yoga and its practices such as yogasanas and pranayama, the entire credit goes to Maharishi Patanjili. Patanjili systematized the various yogic practices and traditions of his times by summarize them in the form of aphorisms in his yoga sutra.

Study of the Problem:

The present study intends to highlight if yogic exercises could be useful for school children for promoting certain factors of physical fitness. Hence to achieve this purpose the problem selected by the researcher was *a study of the effect of selected yogic practices on obesity of boys*.

Objectives of the Study:

1. To study the effects of selected yogic exercises on obese of boys.
2. To study the effect of selected yogic exercises to decrease the fats.

Hypothesis of the Study:

1. Yogic practices may not improve the physical fitness of boys.
2. Yogic practices may not decrease the body fat % of boys.

Methodology:

40 boys of S S Sahney High School were selected at random and were divided in two groups of 20 each by random allotment on e of the group was treated as experimental group and the other as a second group. Yogic training was based on the assumption that could have developmental effect on body composition.

The criterion measures adopted for experimental and control group were four sides skinfold (biceps, triceps, subscapula and suprailac) measured to calculate body composition.

Pre test were taken of both the control and experimental groups. The training was given to the experimental group for eight weeks only. In a week training was given Monday to Friday in the morning one hour only. End of the training session researcher again took post test. The researcher has found the effect of selected yoga asnas training program on decreases fat level of experimental group.

The improvement made in body components by two groups were tested for significance by the students 't' test. The mean gain made by the experimental group over the control group in each of the test were also tested for significance using the students 't' test.

Result of the Study:

It was hypothesized that there was a significant improvement on body composition of the children to selected yogic asanas. While concluding, it may be stated that, within the limits of the present study, selected yogic asanas have contributed positively towards the improvement of decrease in the body fat of the students were tested by conducting were four sides skinfold (Biceps, triceps, subscapula and suprailac) of the school children aged 12 to 14 years.

Recommendations:

The following recommendations were made under the reflection of investigation for further research.

1. Yogic asanas may be included as an integral part of training.
2. The finding of the study may inspire physical education teachers and coaches for the further study.
3. The subjects selected for this study were boys; hence a similar study could be conducted on girls.
4. A similar study may be conducted on boys belonging to different age group with larger samples.
5. The present study has concentrated on selected physical fitness variables similar studies could be planned out on the physiological and psychological variables also.

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