

## **Effect Of Yogic And Pranayama Exercises On Speed Of School Level Students**

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### **ABSTRACT**

The present study has been designed to investigate the effects of yogic exercise on speed of school level students. For accomplish the study total 20 students of Rohtak district were randomly selected as sample. The study will be delimited to 8th to 12th class boys only. The study will be delimited to Yoga asana (Tadasana, Trikonasana, Padmasana, Vajrasana, Bhujangasana, Shalabasana, Dhanurasana, Chakrasana, Matsayasana) and pranayama exercises (Kapalbhati, Anulom Vilom, Shitali, Bhramari, Udgeeth). Every training session will be 40 minutes. The training program will be scheduled in the morning between 6.00am to 7.00am. Three yoga expert will be assist the researcher during training session one for yoga asana and pranayamas. Subjects will underwent a 10 minutes warming up and 10 minutes cooling down exercises which includes jogging, stretching, push-ups etc. The experimental period will be delimited to 12 weeks. The training will be delimited to five day in week. The study will be delimited to physical fitness components speed only. To accomplish the study SPSS version 20 was used to apply all statistical terms and t test was applied to compare the results. The level of significance was set at 0.05. A significant difference was observed between students pre and post score of speed. That is why hypothesis that **“There will be a significant improvement as a result of yoga asana and pranayama on speed ability of students”** which was formulated earlier was accepted. A positive improvement was find out on speed ability of students.

**Key words:** SPEED, 50 METER DASH RUN, YOGIC EXERCISES

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## INTRODUCTION

The word Yoga is derived from a Sanskrit word 'Yuj'. Yoga is not just about doing asanas for your health. It has more meaning to it as it elevates your emotions with a touch of spirituality, therefore giving you the ability to overcome a lot of problems in your life. Yoga practitioners learn how to control their breath and coordinate breathing with their movements. This training can prove useful if you're trying to shorten your run time. "As the runner's breathing improves, so too will their speed," says Kvasnic. "As well, deep twists have been shown to substantially increase lung capacity and cardiovascular health." Breath training can also help you breathe through and alleviate painful side stitches.

## OBJECTIVES OF THE STUDY

- The main objective of the study is to find out the effect of yoga asana and pranayama on speed ability of students.

## HYPOTHESIS OF THE STUDY

- There will be a significant improvement as a result of yoga asana and pranayama on speed ability of students.

## RESEARCH PROCESS AND METHODOLOGY

For accomplish the study total 20 students of rohtak district were randomly selected as samle. The study will be delimited to 8<sup>th</sup> to 12<sup>th</sup> class boys only. The study will be delimited to Yoga asanas, pranayama and their combinations of exercises. The experimental period will be delimited to 12 weeks. The training will be delimited to five day in week. The study will be delimited to physical fitness components speed only.

## ADMINISTRATION OF THE TEST

### SPEED (50m Dash run)

**Objective:** To measure the speed of the subjects

**Facilities and Equipments required:** Track, measuring tape, clapper and stop watches (calibrated to 1/100 seconds)

**Procedure and scoring:** The subject will be asked to stand behind the starting line and instructed to start with a standing start. On hearing the clapper sound, the subject had to run the

required distance with maximum effort. The best time out of two trials will be recorded as the individual’s score.

**STATISTICAL METHOD**

- The obtained data were analyzed by applying t test in order to determine the speed ability of different school students.
- The level of significance was set at 0.05.

**Table no. 1**

**SPEED MEAN DIFFERENCE BETWEEN PRE AND POST SCORE OF STUDENTS**

*(N = total numbers of students)*

Group Statistics							
Variable	Group	N	d.f	Mean	Std. Deviation	Std. Error Mean	T value
<b>SPEED</b>	PRE TEST	20	38	8.07	.63	.14	2.34*
	POST TEST	20		7.58	.68	.15	

\* Significant at 0.05 level

Table 1. Shows that ‘t’ value (2.34). The students speed pre mean score was higher than the post mean score. The speed mean score of students pre test is (8.07) is higher than the mean score of post test (7.58), which shows a significant difference. t value 2.34 is higher than the table value 0.05. So significantly there is a difference between pre and post test score of students in their speed.

**Figure 1**

**SPEED MEAN DIFFERENCE BETWEEN PRE AND POST SCORE OF STUDENTS**

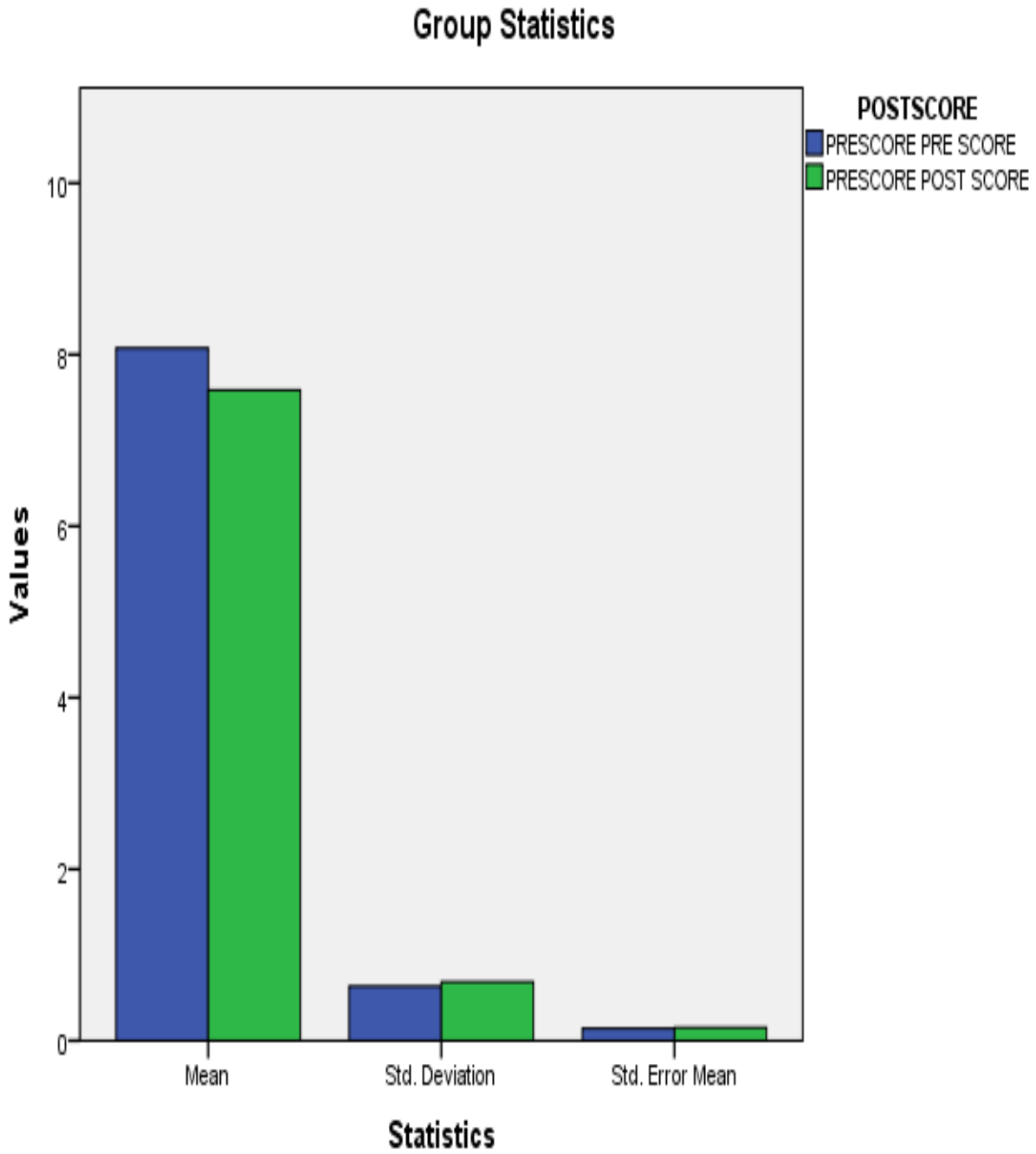
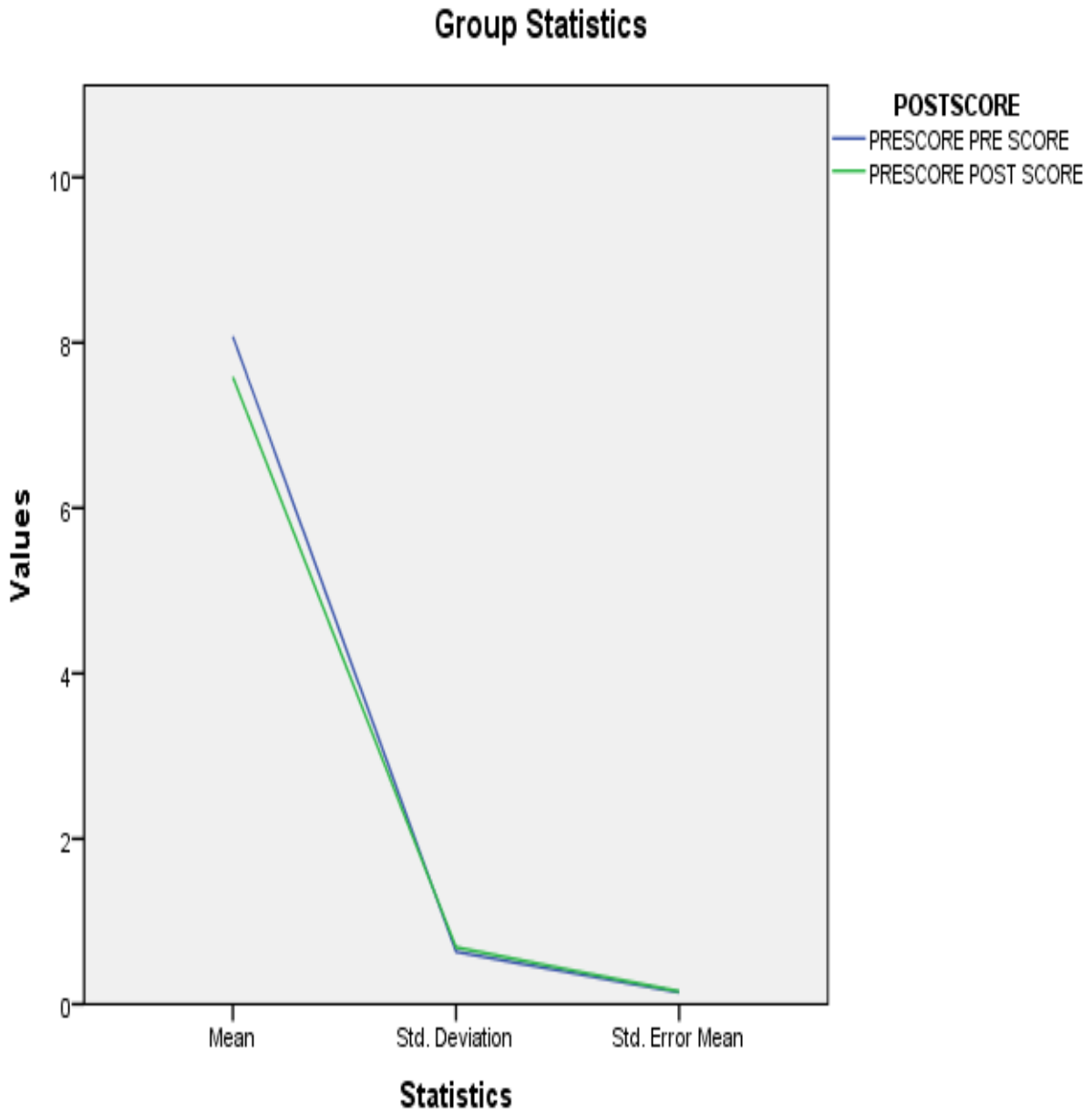


Figure 2

LINE DIAGRAM OF SPEED MEAN AND STANDARD DEVIATION SCORE



### RESULT

A significant difference was observed between students pre and post score of speed. That is why hypothesis that “**There will be a significant improvement as a result of yoga asana and pranayama on speed ability of students**” which was formulated earlier was accepted. A positive improvement was find out on speed capacity of students.

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