



## EFFECT OF YOGIC EXERCISES ON SELECTED PHYSICAL FITNESS COMPONENTS

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### Abstract

*The purpose of the study was designed to examine the effect of yogic exercises on selected physical fitness components such as shoulder strength and strength endurance. To achieve this purpose of the study thirty men students studying in Koviloor Andavar College of Physical Education, Koviloor, Karaikudi, Tamil Nadu, India were randomly selected as subjects. They were divided into two equal groups. Each group consisted of the fifteen subjects. Group I underwent yogic exercises for three days per week for twelve weeks. Group II acted as control who did not undergo any special training programme apart from their regular physical education programme. The following variables namely shoulder strength and strength endurance were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables at prior to and immediately after the training programme. The analysis of covariance was used to analyze the significant difference, if any among the groups. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered as an appropriate. The results of the study showed that there was a significant difference between yogic exercises group and control group on shoulder strength and strength endurance. And also it was found that there was a significant improvement on selected criterion variables such as shoulder strength and strength endurance due to yogic exercises.*

**Keywords:** Yogic Exercises, Physical Fitness Components.

### INTRODUCTION

Training is the process of preparation for some task. The term "training" is widely used in sports. But there is some disagreement among coaches and sports scientists regarding the meaning of the word. According to Iyengar yoga is the true union of our will with the will of god. Hence, patanjali is known as the father of yoga. He discussed the nature of enlightenment, the means of attaining it, the obstacles and problem of practice and way of overcoming them. He has formed a number of yoga sutras regarding yoga. Patanjali enumerated the eans of yoga as the eight limbs or Aashtanga yoga or stages of yoga for the quest of the soul.

### METHODOLOGY

The purpose of the study was designed to examine the effect of yogic exercises on selected physical fitness components such as shoulder strength and strength endurance. To achieve this purpose of the study thirty men students studying in the Koviloor Andavar College of Physical Education, Koviloor, Karaikudi, Tamil Nadu, India were randomly selected as subjects. They were divided into two equal groups. Each group consisted of the fifteen subjects. Group I

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### ANALYSIS OF THE DATA

The influence of yogic exercises on each criterion variables were analysed separately and presented below.

### SHOULDER STRENGTH

The analysis of covariance on shoulder strength of the pre and post test scores of yogic exercises group and control group have been analyzed and presented in Table I.



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