

## Comparative effect of specific exercises and yogasanas on selected physiological variables of college students

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### ■ ABSTRACT

The main purpose of the study was to find out the effects of Yogasanas and specific exercises on selected physiological variables of college students. For this study, forty five subjects were randomly selected from the Dr. Babasaheb Nandurkar College of Physical Education, Yavatmal, Maharashtra. Ages of the subjects were ranging 18 to 25 years. The selected subjects were further randomly divided into three equal groups namely, Yoga asana group-I, Exercise group-II and control group. Each group consisted of fifteen subjects. The interventional training programmes for this study were eight weeks Yogasana training for experimental group-I and six weeks specific exercise for experimental group-II and the control group was not given any training during the period of six weeks except of their daily routine. Data were collected on the selected physiological variables of the subjects before and after the training period of eight weeks of Yogasanas and specific exercises. The data obtained were statistically analyzed with the help of analysis of co-variance (ANCOVA). The finding of the results concluded that specific exercises and Yogasanas showed significant improvement in breath holding capacity, resting pulse rate and respiratory rate of the selected subjects.

■ **Key Words** : Yogasana, Exercises, Physiological variables

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Yoga is recognized as one of the most important and valuable heritage of India. Positive changes in the life style of the people can be brought through Yoga. It is a way of life or science of right living and integrated system of education for body mind and soul. It works on all aspects of the person physical, mental, emotional and spiritual. Yoga is part of living and asanas are very effective and useful for both physical and mental health development. It helps to keep the internal and external organs of the body strong. Regular participation of Yoga markedly influences physical, physiological and mental fitness of an individual. Yogasanas is the only exercise which affects the inmost parts of the body. The health of our body and mind depends on the soundness of the health of our internal organs the heart, lungs, digestive system, glands, nervous system etc (Pandit, 1998).

Physical exercises are especially important for individual

to develop strong intentions towards living a physically active life style. There are so many exercises which are important and applied for the development of health and physical fitness.

Appropriate form of exercises and Yoga asanas on a regular basis will be helpful for the development of physiological and motor ability components of an individual.

### ■ Purpose of the study :

The main purpose of the study was to find out the effects of Yogasanas and specific exercises on selected physiological variables of college students.

### ■ METHODOLOGY

To achieve the purpose of this study, forty five subjects were randomly selected from Dr. Babasaheb Nandurkar College of Physical Education, Yavatmal, Maharashtra. Ages of the