

A study on the influence of asanas and pranayama on vital capacity of school going children

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■ **ABSTRACT**

The purpose of the study was to determine the effect of selected Asanas and Pranayama on vital capacity of school going children. One hundred twenty (120) subjects were randomly selected and equally assigned to the four groups by using random sampling procedure *i.e.* three experimental groups and one control group. The experimental group A was administered Asanas, group B was administered Pranayama and group C was administered combination of Asana, Pranayama and group D was considered as control group and no training was given for a period of twelve weeks. Analysis of covariance was used exclusively to compare the effect of three yogic experimental treatments programme for school going children. After statistical analysis, findings showed significant effect of all the three experimental groups.

■ **Key Words** : Asana, Pranayama, Vital capacity

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