

A study of effect of Yoga and long running training programme on physical fitness among selected students

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■ ABSTRACT

The purpose of the study was to find out the effect of Yoga and long running training programme on physical fitness components. 80 students (boys) of age group of 14 to 20 years were selected randomly from Nadoda Rajput Hostel. Patan to act as subjects for the study. The subjects were further divided into four group by equating tem viz., Yoga group, Long running group. Yoga and long running group and No-activity group. The experimental group A, B and C were trained with exercises for ten weeks. The no-activity group carried out their daily normal routine work only. After 10 weeks of test. The t-ratio was used to find out the difference between pre-test and post-test of both the experimental and non-activity groups drawn: In the non-activity group, there was no change of physical fitness between pre-test and post-test. Among the activity groups, the Yoga-long running groups, physical fitness was very high compared with other groups. In the only group and only long running group, physical fitness results were medium. So, the conclusion of this study reveals that to the long running athletes, if we provide Yoga training then the efficiency and physical fitness effect of their body increases which is very effective for the athletes.

■ Key Words : Yoga, Physical fitness, Long running

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The ancient science of India, "Ayurveda" says that "Health is wealth" for any Human being. As the science progressed, the information technology played vital role in the countries development. But at the same time, it is causing ill effects on human beings because of the life styles followed by them. The main reason is the static types of life style making the human beings to stick to their work. and in addition, the food habits are contributing for the unhealthy behaviour.

In this competitive world, the human being are competing with each other causing problems of not only physical but also psychologically affecting them. Because of this life, it is very important and crucial to maintain good health. It can be achieved only through exercise, playing, sports, Yoga, meditation etc. (Prajapati, 2002). The guru of medicine "Sushruta" said doing exercise is not the solution for good

health but doing it rightly is the solution for good health. Every person needs to exercise as per his/her own body tolerance and the environment. For doing this, the human beings should consider age, energy, body structure, area, climate and food habits for doing the exercise if not, it leads to diseases (Bhatt, 1999).

■ METHODOLOGY

This study was mainly aimed in finding out Yoga and long running which have effect on the physical fitness of human body. For this study 80 (eighty) students were selected. From Nadoda Rajput Hostel, Patan of the age group 14-20 years. Among them, the students were given choice to choose any of the 4 groups of their wish such as Yoga group 20, Long running group 20, Yoga and long running group 20 and No activity group 20. The physical fitness of students was