

## Effect of Vinyasa on dynamic balance in school going children

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### ■ ABSTRACT

The objective of the study was to determine the effects of Vinyasa on dynamic balance in school going children. The subjects for this study were selected from the Venus Public Higher Secondary School, Gwalior. A total of 40 male subjects were selected and used as one experimental group (20) and other control group (20). Vinyasa was considered the independent variable and dynamic balance was considered the dependent variable. Dynamic balance was measured in seconds by modified Bass Stick Test. The pre-test, post-test randomized group design was used for this study. Tests were administered before the training programme and after the completion of the treatment again test were administered. ANCOVA was used to locate significance effects of Vinyasa on dynamic balance in school going children. at 0.05 levels of significance. In relation to dynamic balance, effect of vinyasa was found significant.

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Practicing Yoga balances the entire nervous system and also energizes and relaxes the body simultaneously (Gopal *et al.*, 1975). For the true benefits of Yoga to take place, both sides of the brain need to be worked out. That is why a lot of the Yoga poses concentrate on training and using both sides of the body (Bhole *et al.*, 1971). Basically it comes down to retaining the mind and Yoga is the great leveler. You will learn to use both parts of your brain more effectively therefore, tuning and realigning everything to work far better than ever before. It will benefit all aspects in your life especially if you are ambitious sport type that likes to get the most out of it that they can (Gharote and Gangul, 1973).

Think of Yoga as being the means to realign and rebalance your vehicle on a regular basis. You can become your body mechanic instead of having to pay someone else to do it. Because your body is better balanced you will find that your chances for injuries will drop as you are in a much more attuned state.

Don't wait for something major to happen to you before you decide to do something about it. That's reactive behaviour and that's gonna set you back big time, all you

have to do is take action now.

### ■ METHODOLOGY

#### Selection of subjects :

Forty boys studying in Venus Public Higher Secondary School, Gwalior, M.P. were selected at random as subject of the study and divided into two groups of 20 subjects each. All subjects were almost from the same socio-economic group and were found to be physically fit for the type of programme they were subjected to. The subjects were divided into two groups (experimental group and control group) at random by drawing the lots. The age of these subjects ranged between 14 to 18 years. All of them were taking part in routine physical activity programme as per the classes of the school.

#### Selection of variables :

On the basis of various literature on physical variables; finding out the related research study and keeping in mind the specific purpose of the study to find out the effect of vinyasa on the dynamic balance. Dynamic balance was