

Effect of pranayama on status of cardio-respiratory endurance in the college students

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■ ABSTRACT

The purpose of the present study was to find out the role of Pranayama in developing positive attitude in the college students. Healthy mind remains in healthy body. If mind is fresh it can think positively about the life around the person. The study revealed that the Pranayama results in better physiological effects on body. The study was conducted on 100 male students between the age group of 18-25 years. Four groups consisting of 25 students each were formed. This study was conducted to examine which type of Pranayama group had the maximum effect on the physiological fitness of subjects. Results showed that every type of Pranayama improves the physiological fitness but training of Ujjayi and Bhastrika Pranayama can collectively provide the best results.

■ **Key Words** : Pranayama, Respiratory rate, Pulse rate, Blood pressure, Cardio-vascular endurance

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