

Effect of yoga training on lecturers physical fitness

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■ **ABSTRACT**

The purpose of the study was to find out the effect of yoga training on lecturers physical fitness. The study was conducted on 100 female lecturers from various senior college of Amravati city (Maharashtra). Their age ranging 30 to 40 years. They were divided into two equal groups. Group – A underwent one year of yoga training particular asanas and pranayam practices, group B- is control group did not undergo any type of training. The necessary data were collected by various scientific and reliable equipments. The one year yoga training programmed should beneficial effects on physical fitness components and physiological variables, age group. The data were analysed by the statistical technique ANOVA for interpretation and significant difference among the fat, B.M.I., strength and agility cardio-vascular capacity, hemoglobin, systolic blood pressure, diastolic blood pressure and pulse rate. The yoga training had significant ($p < 0.05$) effect on selected physical fitness and physiological variables of lecturers.

■ **KEY WORDS** : Asana, Pranayam, B.M.I., Systolic, Diastolic blood pressure, Pulse rate

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