



# A Study on the Impact of Asanas-Pranayama and Sangh Vyayam activities on the Aerobic Power of Obese Students

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**Abstract :** The purpose of this research study was to study the effects of asana-pranayama and Sangh Vyayam activities on the Vital Capacity of obese students. This research study was conducted by Vesu Sdj international schools Obese student were enough. Obese students studying in Std-9 to 12 were selected as subject subjects in this research study. Obese student brothers in the age group of 14 to 17 years were selected as the subjects in this research study. In this research study a total of 60 students were divided into three groups including 20 students in the asana-pranayama group, 20 students in the Sangh Vyayam activities and 20 students in the controlled group. Vital Capacity in the measurement scale was measured by a pick flow meter machine. The Least Significant Difference Post Hoc test validated the differences between the mediators at 0.05 level by applying the One Way Analysis of Covariance test to know the effects of Asana-Pranayama and Sangh Vyayam on the training group. The findings were as follows. Twelve (12) weeks of systematic asana-pranayama training and Sangh Vyayam activities training program showed a significant improvement in the aerobic capacity of the subjects selected.

## Introduction

Yoga is a special kind of science that combines matter, life and consciousness together and acts as a bridge between the valley of science and spirituality. Yoga is the science of human seriousness. Is the science of the development of human consciousness. That is the name of the scientific system. There are different ways of doing this system. Through which the sadhana of yoga can be done. It is the path of Karma Yoga, Lay Yoga, Raja Yoga, Tantra Yoga etc.

The modern man must resort to the science of yoga to be free from disease. It is impossible to get rid of diseases of the body without taking shelter. Every living being in the world does the work of attaining happiness to God the Father. Every creature constantly strives to be happy. Wants to get rid of grief. Even in a dream, if a thing called sorrow comes near, one becomes frightened by it. The arrival of happiness and sorrow has continued from the beginning of creation till today. So the person always wants to stay away from grief. Therefore, it is very important to know about its form.

Engaging in sports boosts confidence. Whether it's team games, duel games or individual games. Going to the playground and playing the game gradually increases the confidence that plays an important role in shaping a person's character. Every achievement on the playground helps in boosting one's self-confidence. In addition, the ability to cope with defeat on the playing field fosters a positive attitude. Thus, participating in sports, fighting games or dancing always has a positive effect on the students.

Group exercise is an integral part of exercise. Its activities are to be given to a group of students. As the children learn these activities, they work together in a group. The lessons of helping each other, cultivating brotherhood, and learning the lessons of obedience and tenacity are light, providing a source of income for their future lives. If such training is given to the future generation at the right time, it can be said that the future of our country is bright.

Obesity is not just caused by overeating, there are many reasons for it. Research shows that the most common cause of obesity is genetic. Once this problem arises, then even limited things like dieting or exercise do not affect it.

Obesity is sometimes dangerous for a person. Obesity increases the risk of serious physical illness or death. Obesity is 100 pounds more than the ideal body weight or having a body mass index of more than forty is detrimental to health. Obesity is a seriously developing disease. Obesity is a sign of fat if it weighs more than the prescribed norms of height and weight. Obesity is also known as obesity, obesity, fat, obesity etc.

### Purpose of the Study :

The purpose of this research study was to study the effects of Asana-Pranayama and Sangh Vyayam Activities on the Vital Capacity of obese students.

### Selection of the Subject :

This research study was conducted by Vesu Sdj international schools Obese student were enough. Obese students studying in Std-9 to 12 were selected as subject subjects in this research study. Obese student brothers in the age group of 14 to 17 years were selected as the subjects in this research study. In this research study a total of 60 students were divided into three groups including 20 students in the asana-pranayama group, 20 students in the union exercise group and 20 students in the controlled group.

### Criterion Measurement :

No.	Variable	Test	Measurement
1	Vital capacity	Pick flow meter	ml

### Statistical Process

The Least Significant Difference Post Hoc test validated the differences between the mediators at 0.05 level by applying the One Way Analysis of Covariance test to know the effects of Asana-Pranayama and Sangh Vyayam activities on the training group.

### Result of the Study

**Table-1**

**Means and Analysis of Covariance of Vital Capacity Test for Asana-Pranayama Training, Sangh Vyayam Training and Controlled Group**

Test	Group			Variation covariance analysis			
	Asana-Pranayama Training	Sangh Vyayam	Controlled	Sum of square (SS)		Degree freedom (df)	Mean sum of square (MSS)
Per test Mean	474.503	433.502	448.501	A	17213.333	2	8606.67
				W	180005	57	3157.98
Post test Mean	406.512	363.321	363.432	A	26110	2	13055
				W	187530	57	3290
Adjusted Mean	384.484	379.066	364.45	A	4233.473	2	2116.74
				W	28129.027	56	502.304

\*Sig.Level at 0.05 'F' = (2, 57) = 3.158 & (2, 56) = 3.161

The 'F' ratio of the pre-test was found to be 2.825 in Table 1 above. Which was not found to be meaningful at the level of (3.158) 0.05 compared to the table value. The 'F' ratio of the post test was found to be 3.870. Which was found to be meaningful at the level of (3.158) 0.05 compared to the table value. The 'F' ratio of the revised median was found to be 4.316. Which was found to be meaningful at the level of (3.161) 0.05 compared to the table value. The difference between the median and the radical difference is shown in Table-2.

Table-2

**Means and Least Significant Difference of Vital Capacity Test for Asana-Pranayama Training, Sangh Vyayam Activities Training and Controlled Group**

Mean			Mean Different	Critical Different
Asana-Pranayama Training	Sangh Vyayam	Controlled		
384.484	379.066		5.418	<b>14.315</b>
384.484		364.45	20.033*	
	379.066	364.45	14.615*	

**\*Sig.Level at 0.05**

According to the above table-2, the Asana-Pranayama training group saw a significant improvement (20.033). The Sangh Vyayam then showed improvement at the level of exercise training group (14.615). A more meaningful effect of the training given to the Asana-Pranayama training group was seen in the experimental fitness of the Asana-Pranayama training group and the Sangh Vyayam training group. Significant effect of experimental fitness was observed in both the experimental groups Asana-Pranayama training group and the Sangh Vyayam training group as compared to the control group. Significant effect of experimental fitness was not observed between the two experimental groups. But the effect of experimental fitness was observed on both experimental groups compared to the control group.

**Conclusion :**

- Twelve (12) weeks of systematic asana-pranayama training and Sangh Vyayam activities training program showed a significant improvement in the aerobic capacity of the subjects selected.

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