

EFFECT OF SELECTED YOGIC EXERCISES ON PULSE RATE OF UNIVERSITY STUDENTS

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The main purpose of the study was to determine the effect of selected yogic practice on pulse rate of students of Punjabi University, Patiala. For the purpose of the study 25 male students of Punjabi university, Patiala were randomly selected as samples. The age of the university students was ranging 18 to 28 years as the subject for the purpose of the study. Yogic practice was restricted to Surya Namskar, Sukhasan, Padmasan, Siddhasan, Vajrasan, Tadasan, Ardha Chandrasan, Ardha Kati Chakrasan, Chandrasan, Padhastasan, Veerbhadrasan, Janu Sirasan, Paschimotansan. The data were collected before the start of 2 weeks selected asana training program (pre-test) and immediately after the completion of 2 weeks selected Yogic training program (post-test) by Manually through Redial artery. To determine the Yogic practice effects on pulse rate of university students paired sample t-test was applied. The level of signficance was set 0.05. We find out that selected yogic practice given to the selected university student's decrease their pulse rate level.

Keywords: Pulse Rate, Surya Namskar, Sukhasan, Padmasan, Siddhasan, Vajrasan, Tadasan, Ardha Chandrasan, Ardha Kati Chakrasan, Chandrasan, Padhastasan, Veerbhadrasan, Janu Sirasan, Paschimotansan.

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Introduction

Yoga practice is the common sense answer to overall physical and mental fitness. Yoga has an alternate way to deal with practicing where one needs to focus on both body and psyche. Then again, practice is just to perform numerous quick repetitions of the movements. The fundamental subject is to sweat plentifully with general distress and weariness. In physical exercise it isn't critical to focus on what the psyche is thinking insofar as body is executing the required exercise. Be that as it may, in Yoga one is cognizant is completely focusing on every one of the developments of activity. We got included absolutely in what precisely we are doing. One feels what is going on in the body at each phase of holding and additionally extending and discharging. Felling of incitement and discharging vitality inside you is the aftereffect of profound focus on the developments. Your pulse is your heart rate, or the circumstances your heart pulsates in one moment. Pulse rates differ from individual to individual. Your Pulse is bring down when you are very still and increments when you work out (more oxygen-rich blood is required by the body when you work out). Your pulse rises to meet the demands of activity, then recovers as you rest. The degree of increase and decrease in pulse, and the speed of recovery increases as you get fitter. Yoga leads to improve balance, pulse rate, stamina etc.

Objective

- The main objective of the study is to know the effect of selected yogic practice on pulse rate of university students.

Hypothesis

- It was hypothesized that there would be no significant effect of selected yogic practice on pulse rate of university students.

Methodology

- 25 male university students of Punjabi University, Patiala were randomly selected as sample.
- The age of the university students was ranging 18 to 28 years as the subject for the purpose of the study.
- Yogic practice was restricted to Surya Namskar, Sukhasan, Padmasan, Siddhasan, Vajrasan, Tadasan, Ardha Chandrasan,

- Ardha Kati Chakrasan, Chandrasan, Padhastasan, Veerbhadrasan, Janu Sirasan,
- The dependent variable was chosen as pulse rate.
- Pulse rate of the university students was measured by Manually through Radial artery
- A total period of 2 weeks training program with the selected Yogic practice administered on the experiment group.

Training program

- The training program of 2 weeks, six day in a week. The training was given in the evening session for 45 minutes.

Significance of the study

- The study would be helping the university students to know their pulse rate level.
- The result of the study would highlight the effect of selected asana on the pulse rate of university students.

Table no 1

PAIRED SAMPLES STATISTICS

VARIABLE	GROUP	N	MEAN	S.D	S.E.M	T -VALUE
PULSE RATE	PRE-TEST	25	74.64	5.53	1.10	2.23*
	POST-TEST	25	73.68	4.78	.95	

***Significant at 0.05 level Tabulated to.05 (24) =2.00**

Table 1. Shows that 't' value (2.23). The mean score of pre test and post test of pulse rate is higher than the table value 0.05. The mean score of pre-test pulse rate (74.64) is higher than the post-test of pulse rate (73.68), which shows the significant difference. Significant difference was found in pulse rate level of experimental group (pre and post) due to selected yogic practice. It may be attributed to the fact that selected yogic practice given to the selected university student's decrease their pulse rate level.

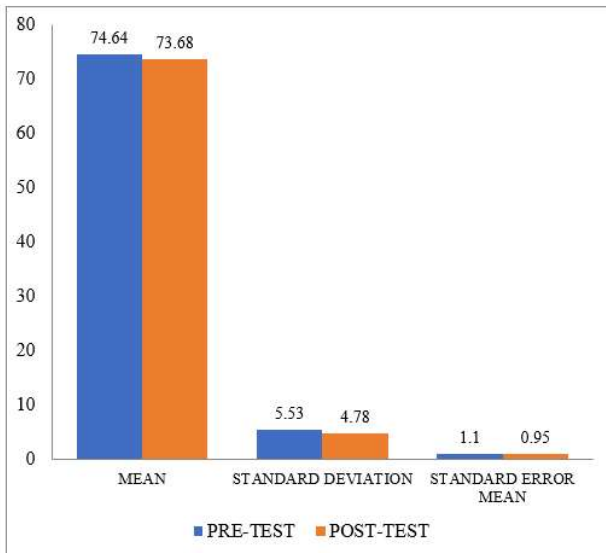


Figure no 1:-MEAN COMPARISSION OF PULSE RATE PRE AND POST TEST

Result

Collected data of pulse rate were converted into t-score and determine the composite score of university students. To determine the effect of selected yogic practice on pulse rate of university students paired samples t-test were applied. The level of significance was set 0.05 for testing the hypothesis.

Findings of table no 1 reveal that there are significant mean difference in pulse rate between the mean of pre and post-test of experimental group as the calculated t-ratio of 2.23* respectively are higher than the tabulated t-ratio value of 2.00 respectively at 0.05 level for 24 degree of freedom respectively.

Discussion

The finding of table no 1 are that there was significant improvement in pulse rate of (pre and post) experimental group. This signifies that due to 2 week of selected yogic practice brought fruitful result within the subject of experimental group. It may be attributed to the fact that selected yogic practice given to the selected university student's decrease their pulse rate level.

CONCLUSION

- Significant difference was found in pulse rate level of experimental group (pre and post) due to selected yogic practice.

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