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## SPORTS FOR HUMANISUM AND SOCIAL TRANSFORMATION YOGA - YOGIC PRATCICES

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### Abstract

The classical techniques of Yoga date back more than 5,000 years. The whole system of Yoga is built on three main structure : Exercise, Breathing and Meditation. The Exercise of Yoga are designed to put pressure on the glandular systems of the body, there by increasing its efficiency and total health. Breathing techniques are based on the concept that breath is source of life in the body. The Yoga gently increases breath control to improve the health and function of both body and mind. These two systems of exercise and breathing then prepare the body and mind for meditation. Regular daily practice of all three parts of this structure of Yoga produce a clear, bright mind and a strong, capable body.

**Key Words :** Yoga, Walking, Motor components, Flexibility, Physical Fitness.

### Introduction

Healthy living is a Universally accepted and realized terminology. The present concept of Healthy Living is not only freedom from disease, but also to gain enough strength, agility, flexibility, endurance and skills to meet the demands of daily life and to build sufficient reserve energy to withstand stress and strain. Yoga is the Universal religion a way of life. The importance of Yoga gaining the benefits of Physical Health, Mental Health and Social Wellbeing. Yoga exercise according to Pathanjali have to practice in systematic way through Astanga Marga namely Yama-abstention, Niyama-regulations discipline, Asana-easy posture, Pranayama-control of breathing, Pratyahar-sense of control, Dharana-concentration, Dhyana-meditation and Samadhi-super conscious state. These astanga marga are usually categorized into three groups. Yama, Niyama and Asana are including into Bahirang sadhana,

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Pranayama and Pratyahar included in Antarang Sadhana and Dharna, Dhyana and Samadhi comes under Antar atma sadhana.

So many people consider yoga to be only Asana and Pranayama but it is wrong. It is because without following Yama and Niyama can get physical strength and abilities, but he will not get relief from mental stress.

## Methodology

The methodology used in this research involves, the selection of subjects, selection of variables and Statistical analysis.

## Selection of Subjects

The subjects were selected randomly from Forty Girl students and their age was between 13 to 15 years. Who were from Z.P.P. High School, Madavapatnam, Kakinada. They were equally divided into four groups of which one group served as Yogic practice group, Second group served as Walking group, Third group is combined exercise and Yogic practice group and fourth group served as Control group. The training programs for this study were Six weeks Yogic practices of the experimental group 1 and Six weeks Walking for group 2, Six weeks combined Walking and Yogic practices for experimental group 3 and the control group was not given any training except of their routine. The selected subjects were measured of their flexibility by Sit and Reach test box before and after the training period of Six weeks from all the four groups.

## Selection of Variables

Muscular Endurance , Agility, Muscular Power, Speed, Circulatory-Respiratory Endurance and Flexibility.

## Statistical Analysis

There were differences between the initial and final scores of flexibility were subject to statistical treatment using analysis of **Covariance**. The results of this study proved that compared with other groups, combined group significantly improved the flexibility. The results of this study proved that Yogic practice group significantly improved flexibility.

## Discussion

Yoga deals with health, strength and conquest of the body. It lifts the veil of difference between the body and the mind. Asanas purify the body and mind and gave preventive and curative effects. They are innumerable, catering to the various needs of muscular, digestive, circulatory glandular, nervous and other systems of the body. It brings health, strength, fitness and expression. In fact Yoga is the medicine of the body, which can restore the vigor of the vital organs like the Heart, Kidney

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etc., which are effected by reduced blood circulation due to either our sedentary or stressful life.

## Conclusion

It was concluded that combined walking and yogic practice group were significantly better than Yogic practice group, Walking and Control group in improvement of flexibility. It also concluded that yogic practice group was significantly better than the control group in improving on flexibility.

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