ABSTRACT

The human body is designed for physical activity and movement. Throughout his life man has to be physically active in order to procure his daily food and to succeed in the battle for survival. Improved standards of living and increased affluence, however, have led to decreased emphasis on physical fitness and locomotive power, and in the industrialised world modern human being has become more and more sedentary both at work and during leisure hours.

The practical experiences of life reveal that the people of the world stand badly in need of a better physical and mental fitness awareness to face the challenges of life, whether to make a mere survival or to make an achievement in any sport of international importance.

In a more specific manner the student community, which is caught between curriculum and extra curriculum bothered only to collect degrees and diplomas in number and are scattered without knowing the ultimate purpose of education that knowingly and unknowingly lands them up in heavy stressful life. With the ever-increasing academic commitments, the intensity of the stress acquired is still amplified and intensified. Therefore it is to be carefully noted that an excellent awareness of physical and mental fitness should be propagated among them, which is sure to train and mould the student community to face the upcoming challenges of life with vigour and courage.

The purpose of the study is to analyse the effect of training in yogic practices and physical exercise among the residential male college students on selected physical and physiological variables. To serve this purpose, 60 healthy male residential college students were randomly selected. Their age ranged between 17 – 22 years. The selected subjects were divided into three groups of 20 each, namely yogic practice group (Group – A), physical exercise group (Group – B) and control group (Group – C). The experimental groups
(Group – A and Group – B) underwent training for a period of twelve weeks whereas; the control group (Group – C) maintained their daily routine activities and no special training was given. The subjects of the three groups were tested using standardized tests and procedures on selected physical and physiological variables before and after the training period to find out the training effects in the following test items:

- 50 Mts. run to measure speed
- Shuttle run to measure agility
- Sit and reach to measure flexibility
- Standing broad jump to measure explosive power
- Cooper’s 12 minutes run / walk test to measure cardio-respiratory endurance
- Resting pulse rate through stethoscope
- Breath holding time through digital stop watch
- Maximum Inspiratory Volume through Hudson Incentive Inspirometer
- Peak flow rate through wright’s peak flow meter.

The collected data were analysed statistically through One-Way ANOVA, analysis of co-variance (ANACOVA) and sheffe’s post – hoc test to find out the pre and post training performances, compare the significant difference between the adjusted final means and the better group.

The yogic practice group showed significant improvement due to 12 weeks training on flexibility, resting pulse rate, breath holding time, maximum inspiratory volume and peak flow rate compared to the physical exercise and control group. The physical exercise group showed significant improvement due to 12 weeks training on speed, agility, explosive power and cardio-respiratory endurance compared to the yogic practice group and control group.

In the overall training effects in terms of improved number of physical and physiological variables and their magnitude of improvement through training, yogic practice group is found to be the better group when compared to the other two groups.