CHAPTER-5

SUMMARY CONCLUSIONS & RECOMMENDATIONS

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5.1 Summary:-

As we go into the 21st century, one of the best achievements to be praised is the consistent quest for wellness since the start of man’s presence. All through ancient time, man's mission for wellness has been driven by a wish to stay alive through chasing and social event. Today, however didn't really determined by subsistence prerequisites, wellness stays principal to wellbeing and prosperity. This article will highlight authentic occasions and persuasive people who have molded the historical backdrop of wellness starting with primitive man up to the establishment of the present day wellness development. In India, individual interest of wellness was demoralized as the religious convictions of Buddhism and Hinduism accentuated deep sense of being and had a tendency to disregard improvement of the body. Thus, the significance of wellness inside of society as a rule was moderately low. In any case, an activity program like Chinese Cong Fu acrobatic created, while as yet adjusting to religious convictions, known as Yoga. Despite the fact that its correct root has yet to be recognized, Yoga has existed for in any event the previous 5000 years. Interpreted, Yoga implies union, and alludes to one of the exemplary frameworks of Hindu logic that endeavors to unite and by and by add to the body, psyche, and soul. Yoga was initially grown by Hindu clerics who lived thrifty ways of life described by order and contemplation. Through watching and emulating the development and examples of creatures, ministers would have liked to accomplish the same equalization with nature that creatures appeared to have. Bedsides equalization with nature, antiquated Indian savants perceived medical advantages of Yoga including fitting organ working and entire prosperity. These medical advantages have additionally been recognized in the current United States, with an expected 12 million people frequently partaking in Yoga. In the present study yoga is chiefly connected with the engine wellness.

"Yoga" is gotten from the Sanskrit root verb "Yuj" significance - to discover, join, unite, control and so forth. It is associated to English word 'Yoke', the German "Joch" and the Latin "Jungo" (to join). Yoga hence artistic means union and control. It connotes the union of man with God or a person with the all
inclusive reality, or each with the widespread reality. It implies union of mortal with unceasing that is for sure, the point of Yoga. At the same time, yoga additionally means control, that is to say, proper self-restraint. It is the activation of the internal assets of identity with a perspective to achieve that self coordination which prompts self acknowledgment and mystician calls prompt union with the unbounded. In this sense, Yoga is the framework, the system of psycho-physical, good and otherworldly preparing by taking after which, one can satisfy a definitive fate of life. "Yoga" therefore infers both the objective of life and the way prompting that objective.

Maharshi Patanjali, the father of classical Yoga, defines Yoga as a practical method or means as well as a goal. According to him, Yoga is the complete cessation of the functional modification of 'Citta'. The word 'citta' can be translated into the word, 'mind'. In broad sense, 'citta' is active, right from gross body level, where sensation of sense organs is present, right up to the mind, inclusive of its sub-conscious and un-conscious levels, and even beyond mind to supra-conscious level.

Further, Yoga is explained as the objective or end, which means, "at the time the vrttis of citta (functional modification of citta) are brought to a complete stand still". What is achieved in this condition is, return of the seer principle in its original pristine (suddha) state. The direct and actual realization of this purity of 'Purusa' (self) principle in its pristine state is the aim of Yoga.

Yoga enhances the course of all liquids in the body. A progression of stances can obtain the dissemination of the blood to expand & expands the heart-rate amid yoga & with proceeded with practice, may bring down the resting heart-rate. Bending stances wring out venous blood from the chief inner organs and permit more oxygenated blood to stream in. Reversals are likewise imperative for the venous return & can assist diminish aggravation in legs because of heart or kidney issues. Any solid development enhances lymphatic streams in the body too. The lymphatic framework is vital viewpoint to the invulnerable framework in light
of the fact that it helps discard dangerous waste items, expands capacity of the white platelets to battle off diseases and malignancy cells. Individuals with hypertension discovered a more prominent drop in mutually systolic & diastolic circulatory strain.

The substance of yoga is to make the procedure of life as productive and pleasant as could be expected under the circumstances. First and foremost it is crucial that we learn what the extends are, as well as how to extend, how to unwind and how to inhale and so on. At that point we will be prepared to work out securely, yoga does not bring ceaselessly the characteristics of really, wholesomeness, empathy, but instead ingrains them inside of us. It shows us that affection mends the provider in any event as much as it does the beneficiary. Likewise in that stays the hallowed force of group, union, agreement, yoga and free and reasonable civilisation. It is our inheritance to have admittance to this data. It is an indication of our intelligence in the event that we utilize it, our illumination on the off chance that we share it. We can do yoga, as flawlessly as could be allowed with an unobtrusive measure of consideration and tolerance, yoga triggers our body's characteristic versatile and reviving forces. Unless we utilize it we will lose it and in the event that we begin utilizing it again we can get the greater part of it back. A few individuals even declare that yoga give them additional essentialness than they constantly had in their lives. Indeed, even the individuals who started sometime down the road additionally profit by its practice.

In the present study yoga is mainly associated with the motor fitness. The need of yoga in present time is to build a healthy and mentally alert citizen, a strong nation by developing general fitness of citizens with the help of yoga activities like yoga Asanas and Pranayams.

In the present study researcher has determined the following objectives. To conduct pre test on selected physiological variables of the athletic players. To conduct pre test selected parameters of Lipid profile level of the athletic player. To develop appropriate programmes of Yogic practices for Asanas and Meditation. To
conduct post test on selected physiological variables of the athletic players. To conduct post test on selected parameters of Lipid profile level of the athletic players. To assess the effect’s of selected Asanas on physiological variable’s of the athletic players. To assess the effect’s of selected Meditation on selected Lipid profile variables of the athletic players.

The need of yoga in present time is to build a healthy and mentally alert citizen, a strong nation by developing general fitness of citizens with the help of yoga activities like yoga Asanas and Pranayams. In the present study researcher has determined the following Statement of the problem was “The Effect of preferred Yogic Practice’s on Physiological and Lipid Profile Variable’s of athletes.”

In the present study researcher has determined this Hypothesis…

- There would be no major variation during attain of pre-test & post-test of Control, Meditation Asana group in Systolic Blood Pressure.
- There would be no major variation during attain of pre-test & post-test of Control, Meditation Asana group in Vital Capacity.
- There would be no major variation during attain of pre-test & post-test of Control, Meditation Asana group in Resting Heart Rate.
- There would be no major variation during attain of pre-test & post-test of Control, Meditation Asana group in LDL Cholesterol.
- There would be no major variation during attain of pre-test & post-test of Control, Meditation Asana group in HDL Cholesterol.

Hardly any discovery is possible without having use of knowledge gained by others. Experience of others, by gone or contemporary decidedly acts as the milestone that properly guides those who dare to follow and step in their foot prints. The present experimenter is no exception to it. Like others he has learned much from the experience of others. When he examined the writing and examination work, distributed so for here and abroad, on the united field and
physical instruction and games. Broad studies with respect to practice science, distinctive activity developer and their formative, hygienic, restorative and different qualities utilization of bar muscle exercises and games society is accessible in examination diary; But relatively not very many studies are accounted for in regards to competitors sports, the relative studies found from various sources, which the scholar has come across, are cited below.

This study is related with the effect Yogic practices on Physiological and Lipid Profile Variables of athletes. The aim of the study to determine how is the physiological and lipid profile level of subjects. Various researchers have made their sincere endeavors to assemble the study and statistics through various inventions related with the present study.

All the observations made by the researcher are not directly related with the study but these observations furnish with new point of view and guidance to complete the study. An area of Physical Fitness and Intelligence is very wide. Various researchers studied on various elements of Physical fitness and various aspects of Intelligence in the area of Education and Physical Education. All these studies have been helpful to researcher and have provided guidance. The related literature has relations with articles, books, journal etc. written by the investigators in the past which gives guidance of certain direction to the Investigator. Sincere efforts have been made by the Researcher and scholar to locate the related literature.

For the purpose of this study forty five male Athletes studying at graduate level in college of Ahmadabad city in the year 2013-2014 had been chosen through random sampling method. They played at inter college level athletic competition was framed as chosen criteria. The age of the subjects ranged on or after 18 to 25 years. The period of subjects were computed from the date of conception as recorded in their establishment. Medical examination of the subjects had been done in order to ensure that they all medically and physically fit. All the subjects were specified clear explanation regarding the reason, planning, process and the basic
requirements of the research study. All the subjects will agree voluntarily to undergo the testing and yogic training programmes explained to them by the researcher. Systolic Blood Pressure was calculated by Sphygmomano-meter & the score was taken in mm/ Hg. Vital capacity was measured by spirometer in liter. Resting Heart rate was measured by stethoscope in numbers. LDL Cholesterol was measured in mg/dl. HDL cholesterol was measured by lab. test in mg/Dl. arbitrary group plan was adopted for the present experimental study; Forty five subjects were assigned equally to three groups randomly. The two experimental groups namely A, and B were assigned experimental treatments randomly; whereas no special training was administered to the control group C. Out of the three experimental groups the first group was given training of asana so, the group was named asana group. The second group was given training of Meditation, so the group was named Meditation group, and finally with utmost care the training sessions were conducted five days in a week, i.e. Monday to Friday.

The pre-test & post-test were in use before & after an experimental period of twelve weeks. The data was collected before & after twelve week’s of training programmes. Before and after training above mention test was taken by researcher on subjects. After taken test whatever the data get is noted by researcher. To test the hypothesis of study systolic blood pressure, vital capacity, resting heart rate and cholesterol was measured in standard pathological laboratory. Data were analyzed by using SPSS Version 16.o (Statistical Package for the Social Science).

To find out the effect of training, this statistical technique was used. To observe the major of difference among pretest & posttest means, t test will employed. The data related to asana group, meditation group and control group. A mean difference of pre-test & post-test of Systolic Blood Pressure Test, Vital Capacity Test, Resting Heart Rate Test, L.D.L. Test and H.D.L. Test of asana group, meditation group & control group was evaluated. To test the aim of this study Mean, Standard Error, Standard Deviation, and t test was calculated on base of data. To find the results of this study, and to know the significance difference of t value, the significant level was taken as 0.05 which is the sufficient for know the
results of this study. Since the calculated t value is 0.24 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on systolic blood pressure among pre-test & post-test of control cluster. Results reveals that the significant difference on systolic blood pressure among pre-test & post-test of control cluster was 0.24 which are less than the required value. Since the calculated t value is 6.99 which is more than tabulate “t” value. So it was significant at (0.05) level. It may’ be completed to there’s significant variation on systolic blood pressure among pretest and posttest of meditation group. Results reveal that the significant difference on systolic blood pressure among pretest and posttest of meditation group was 6.99 which are greater than the required value. Since the calculated t value is 0.24 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on systolic blood pressure among pre-test & post-test of control cluster. Results reveals that the significant difference on systolic blood pressure among pre-test & post-test of control cluster was 0.24 which are less than the required value. Since the calculated t value is 6.03 which are greater than tabulated t value. So it was significant at (0.05) level. It may’ be completed to there’s significant variation on Vital Capacity among pretest and posttest of asana group. A result reveals that the significant difference on vital capacity among pretest and posttest of asana group was 6.03 which are greater than the required value. Since the calculated t value is 6.09 which are greater than tabulated t value. So it was significant at (0.05) level. It may’ be completed to there’s significant variation on Vital Capacity among pretest and posttest of meditation group. A result reveals that the significant difference on vital capacity among pretest and posttest of meditation group was 6.09 which are greater than the required value. Since the calculated t value is 0.99 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on Vital Capacity among pre-test & post-test of control cluster. Results reveals that the significant difference on vital capacity among pre-test & post-test of control cluster was 0.99 which are less than the required value. Since the calculated t value is 1.10 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to
there’s no major variation on Resting Heart Rate among pretest and posttest of Asana group. A result reveals that the significant difference on Resting Heart Rate among pretest and posttest of Asana group was 1.10 which are less than the required value. Since the calculated t value is 0.94 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on Resting Heart Rate among pretest and posttest of Meditation group. A result reveals that the significant difference on Resting Heart Rate among pretest and posttest of Meditation group was 0.94 which are less than the required value. Since the calculated t value is 1.03 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on Resting Heart Rate among pre-test & post-test of control cluster. Results reveals that the significant difference on Resting Heart Rate among pre-test & post-test of control cluster was 1.03 which are less than the required value. Since the calculated t value is 1.65 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on L.D.L. Cholesterol among pretest and posttest of Asana group. A result reveals that the significant difference on L.D.L. Cholesterol among pretest and posttest of Asana group was 1.65 which are less than the required value. Since the calculated t value is 1.04 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on L.D.L. Cholesterol among pretest and posttest of Meditation group. A result reveals that the significant difference on L.D.L. Cholesterol among pretest and posttest of Meditation group was 1.04 which are less than the required value. Since the calculated t value is 1.18 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on L.D.L. Cholesterol among pre-test & post-test of control cluster. Results reveals that the significant difference on L.D.L. Cholesterol among pre-test & post-test of control cluster was 1.18 which are less than the required value. Since the calculated t value is 3.09 which are greater than tabulated t value. So it was significant at (0.05) level. It may’ be completed to there’s significant variation on H.D.L. Cholesterol among pretest and posttest of Asana group. A result reveals that the significant difference on H.D.L. Cholesterol
among pretest and posttest of Asana group was 3.09 which are greater than the required value. Since the calculated t value is 3.11 which are greater than tabulated t value. So it was significant at (0.05) level. It may be completed to there’s significant variation on H.D.L. Cholesterol among pretest and posttest of Meditation group. A result reveals that the significant difference on H.D.L. Cholesterol among pretest and posttest of Meditation group was 3.11 which are greater than the required value. Since the calculated t value is 1.04 which are less than tabulated t value. So it was not important at (0.05) level. It possibly accomplished so as to there’s no major variation on H.D.L. Cholesterol among pre-test & post-test of control cluster. Results reveals that the significant difference on H.D.L. Cholesterol among pre-test & post-test of control cluster was 1.04 which are less than the required value.

2. Conclusions:-

The result helps to draw following conclusion:- Inclusion of yoga in the training schedule is an added advantage for improving physiological variables and lipid profile contents of inter collegiate level athletic players.

- In Systolic Blood Pressure Asana training and Meditation training both were more effective compare with control group. Asana group and Meditation group both have great improvement in systolic blood pressure. So the Asana training programme and Meditation training programme was affected. Daily Practice of asana and meditation can improve the level of Systolic blood pressure and who has systolic blood pressure problem can help to solve problem. Practice of Asana and Meditation maintain the ideal level of Blood Pressure. Pulse is constantly given as these two numbers, the systolic and diastolic weights. Both are critical. Typically they are composed one above or before the other, for example, (120/80mmHg). The top number is the systolic and the base the diastolic. At the point when the two estimations are composed down, the systolic weight is the first or top number, and the diastolic weight is the second or base number (for instance, (120/80mmHg)). In the event that your pulse is (120/80mmHg),
you say that it is "120 more than 80." Blood weight changes amid the day. It is most reduced as you rest and rises when you get up. It likewise can rise when you are energized, apprehensive, or dynamic. Still, for the vast majority of your waking hours, your circulatory strain stays practically the same when you are sitting or stopping. That level ought to be lower than (120/80mmHg). At the point when the level stays high, (140/90) or higher, you have hypertension. With hypertension, the heart meets expectations harder, your corridors get hammered, and your shots of a stroke, kidney issues and heart assault are more noteworthy.

- In Vital Capacity Asana training and Meditation training both were more effective compare with control group. Asana group and Meditation group both have great improvement in Vital Capacity. So the Asana training proramme and Meditation training programme was affected. Daily Practice of asana and meditation can improve the level of Vital Capacity and who has respiratory problem can help to solve problem. Practice of Asana and Meditation maintain the ideal level of vital capacity. Ordinary grown-ups have an essential limit between 3-5L. The basic limit an individual shows will change in light of their tallness, weight, sex, age and ethnicity. A low basic limit is connected with an incapacity, corpulence or perpetual respiratory sickness. An assortment of games requires the members to take in a lot of air to be effective. There are routines that can be utilized to expand the measure of air the lungs take in and the productivity of catching oxygen. Rehearsing this preparation program day by day can expand lung limit over the long haul. Practicing will increment key limit in light of the fact that the muscles require extra supplements when they perform extreme activity, which requires the lungs to take in more oxygen. The lungs will need to extend further to take in this additional oxygen which will increment essential limit. Reliable activities can likewise enhance the general strength of your lungs.

- In Resting Heart Rate, There were no improvement in Asana group, Meditation group and Control group. Asana training and Meditation
training both were not useful in case of Resting Heart Rate. Asana group and Meditation group both have no improvement in Resting Heart Rate. So the Asana training programme and Meditation training programme was not affected. Daily Practice of asana and meditation cannot improve the level of Resting Heart Rate. Practice of Asana and Meditation just maintain the ideal level of Resting Heart Rate. Your resting heart rate is your heartbeat when you are tranquilly sitting or lying. It's best to gauge your resting heart rate it in the morning before you get up, as indicated by the American Heart Association (AHA). For grown-ups 18 and more established, a typical resting heart rate is somewhere around 60 and 100 thumps for each moment (bpm), contingent upon the individual's physical condition and age. For kids ages 6 to 15, the ordinary resting heart rate is somewhere around 70 and 100 bpm, as per the AHA. Anyway, a heart rate lowers than 60 doesn't essentially mean you have a restorative issue. Dynamic individuals regularly have lower heart rates on the grounds that their heart muscles do not have to fill in as difficult to keep up a consistent beat. Competitors & individuals who are exceptionally fit can have resting warmth rate of 40 bpm. A resting heart rate underneath 60 possibly will likewise be the consequence of taking certain medicines. "Numerous meds individuals take particularly pharmaceutical for pulse, for example, the beta blockers, will bring down your heart rate". On the off chance that combined with side effects, a low heart rate may flag an issue. "A low heart rate in some person who is having discombobulation and dazedness may demonstrate that they have an irregularity that needs to be taken a gander at".

- In LDL cholesterol, there were no improvement in Asana group, Meditation group and Control group, but in Asana training there was seen some improvement than other groups. Asana training and Meditation training both were not effective in case of LDL cholesterol. Asana group and Meditation group both have no improvement in LDL cholesterol. So the Asana training proramme and Meditation training programme was not affected. These lipoproteins convey cholesterol all through your body,
conveying it to diverse organs and tissues. Yet, in the event that your body has additional cholesterol than it requirements, the overabundance continues circling in your blood. Over the long run, flowing LDL cholesterol can enter your vein dividers and begin to develop under the vessel lining. Stores of LDL cholesterol particles inside of the vessel dividers are called plaques, and they start to tight your veins. In the end, plaque’s can contract the vessels to the end of blocking blood stream, bringing on coronary conduit malady. This is the reason LDL cholesterol is regularly alluded to as "awful" cholesterol.

In HDL cholesterol Asana training and Meditation training both were more effective compare with control group. Asana group and Meditation group both have great improvement in HDL cholesterol. So the Asana training proramme and Meditation training programme was affected. Daily Practice of asana and meditation can improve the level of HDL cholesterol and who has HDL cholesterol problem can help to solve problem. Practice of Asana and Meditation maintain the ideal level of HDL cholesterol. These lipoprotein’s are regularly alluded to when HDL, or "high," cholesterol. They go about as cholesterol foragers, grabbing abundance cholesterol in our blood & taking it’s backs to our liver where it's separated. The high your HDL point, the less "awful" cholesterol you will have in your blood. Simply bringing down your LDL cholesterol may not be sufficient for individuals at high danger of coronary illness. Expanding HDL cholesterol additionally can lessen your danger of coronary illness. Albeit larger amounts of HDL can be useful in diminishing your danger of showing at least a bit of kindness assault, scientists alert that you ought to additionally consider other danger variables for creating coronary illness. It's conceivable that HDL may not be as useful for a few individuals as others in light of hereditary qualities, the measure of the HDL particle & dissimilar protein’s in your blood. Converse with your specialist in case you are worried concerning how expanding your HDL cholesterol may influence you.
Before the statistical analysis researcher has constructed the Null Hypothesis for the statistical analysis. In various variables the Null Hypothesis was accepted or Rejected is given below. There would be no major variation during attain of pretest and post-test of control groups in systolic blood pressure was accepted. There would be no major variation during attain of pre-test and post-test of Meditationl groups in systolic blood pressure was rejected. There would be no major variation during attain of pre-test and post-test of control groups in systolic blood pressure was accepted. There would be no major variation during attain of pretest and post-test of Asana groups in Vital Capacity was rejected. There would be no major variation during attain of pre-test and post-test of of Meditationl groups in Vital Capacity was rejected. There would be no major variation during of pretest and post -test of control groups in Vital Capacity was accepted. There would be no major variation during attain of pre-test and post-test of of Asana groups in Resting Heart Rate was accepted. There would be no major variation during attain of pre-test and post-test of of Meditationl groups in Resting Heart Rate was accepted. There would be no major variation during attain of pre-test and post-test of control groups in Resting Heart Rate was accepted. There would be no major variation during attain of pre-test and post-test of of Meditationl groups in L.D.L. Cholesterol was accepted. There would be no major variation during attain of pre-test and post-test of Meditationl groups in L.D.L. Cholesterol was accepted. There would be no major variation during attain of pre-test and post-test of control groups in L.D.L. Cholesterol was accepted. There would be no major variation during attain of pre-test and post-test of of Meditationl groups in H.D.L. Cholesterol was rejected. There would be no major variation during attain of pre-test and post-test of Meditation group in H.D.L. Cholesterol was rejected. There would be no major variation during attain of pre-test and post-test of control groups in H.D.L. Cholesterol was accepted.

3. Recommendations:-
On the basis of the conclusion drawn, as above, this study recommends the followings:-

- Specified yoga training may be incorporated not only in the training schedule of athletes, but also in other sports.

- The properly designed yoga training may additionally be experimented to see its overall effects on athlete’s performance. This study was conducted on male subjects. Further research may be conducted on female athletic players.

- A similar study may be undertaken with the help of the medical experts where, the doses of the drugs may be reduced slowly, as the blood pressure reduces by yogic practices.

- A similar study may be undertaken with the help of the medical experts where, the doses of the drugs may be reduced slowly, as the High blood cholesterol reduces by yogic practices.

- Same kind of study can be made on the players of other games, like volleyball, kabaddi, Kho-Kho, Basketball, Handball, Football, etc.

- Out of this study, one comes to know the type of endurance and speed of the players, which would be helpful to coaching in this.

- The repetition of this study can be made by giving large sample and long term training.

- This study was given on men of Athletics in same way; it can be given to women also.

- This type of study can be arranged in various districts in Gujarat state.
• This study was given on the same and other group with different training programme.

• Though this research to get a new direction of coaches, players and teachers.

• Every Physical training teacher should have interest is necessary.

• If this experiment is used huge form than there would be proper change in raining.

4. Contribution to the Knowledge:

After strenuous sports training, yogic exercises are found very useful among the athletes for quick recovery. This study advocates planned and reliable yoga training in the place of conventional cooling down exercises for improving Physiological Variables. Such findings, in fact, could add quantum of knowledge to the Indian physical education area. This would also helpful to athletes to improve their level of health and well being.