ABSTRACT

The investigation conducted “The Effect of preferred Yogic Practices on Physiological & Lipid Profile Variables of athletes.” The researcher studied the effect of Yoga on various aspects of Physiology and lipid Profile variables. The investigator selected Yoga in his research work because through yoga everyone can solve the problems of life. Yoga can be the most effective and economical therapeutic approach to deal with such problems.

The investigator prepared Two training programme, first was Asana Training programme and second was Meditation training programme, Which consist of Warm-up, Asana, Pranayam, Suryanamaskar and Cooling down. 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 the pre-test & posttest were in use earlier than & after an experimental period of twelve weeks. Experimental research method was used in this research. The data were collected from the college students.

To test the hypothesis of study systolic blood pressure, vital capacity, resting heart rate and cholesterol was measured in standard pathological laboratory. After the data collection the data were analyzed by using SPSS Version 16.o. To observe the implication of dissimilarity among pre and post-test means, t test will employed. Statistical techniques were followed and analysis was done major findings and conclusions were drawn.

The researcher found students were very energetic, enthusiastic and co-operative due to his valuable support and kind guidance of my guide and friends only could complete my research work.