Chapter – V

SUMMARY, CONCLUSION AND RECOMMENDATION

Summary

The purpose of this study was to determine the effects of Nostril dominance yogic exercise programme on physical and physiological variables.

One hundred and twenty males from B.Ed & B.P.E. standard of N.C.P.E. Noida were selected as subjects for this study. The average age of the subject was 19-25 years. The variables selected were vertical jump, chin ups, shuttle run, peak flow rate, vital capacity, blood pressure (systolic & diastolic), haemoglobin, resting heart rate, maximum heart rate, Vo₂ max, respiratory rate & physical work capacity.

The subjects were equally assigned using random sampling procedure into four groups, i.e., three experimental groups and one control group. Three experimental groups participated in the training programme for a period of twelve weeks.

Among the experimental groups (B, C & D) where administrated three types of practice i.e., B group was assigned left Nostril dominance, C group was assigned Right Nostril dominance, D groups was assigned Both Nostril
dominance. Group A control group did not participate in any kind of training programme.

The respective yogic exercise programme was conducted for twelve weeks for all the experimental groups.

The quantitative measurement of each subject were taken with the help of standard equipment, before and after six weeks and twelve weeks of training.

T-ratio was employed to find out yogic experimental in each group.

Further in order to study the comparative effects of nostril dominance on selected physical and physiological variables, analysis of Co-variance was applied at .05 level of significance.

**Conclusion**

1. Significant improvement was found in vertical jump performance as a result of the experimental treatments namely Right Nostril Dominance group and Both Nostrils Dominance group.

2. No significant improvement was found in chin ups performance as a result of the experimental treatments namely, Left Nostril Dominance group, Right Nostril Dominance group and Both Nostrils Dominance group.
3. Significant improvement was found in shuttle run performance as a result of the experimental treatments namely, Right Nostril Dominance group and Both Nostril Dominance group.

4. Significant improvement was found in peak flow rate performance as a result of the experimental treatments in all the three experimental groups.

5. Significant improvement was found in vital capacity performance as a result of the experimental treatments in all the three experimental groups.

6. No significant improvement was found in blood pressure (systolic) performance as a result of the experimental treatments namely, Left Nostril Dominance, Right Nostril Dominance and Both Nostrils Dominance group.

7. No significant improvement was found in blood pressure (diastolic) performance as a result of the experimental treatments namely Left Nostril Dominance, Right Nostril Dominance and Both Nostrils Dominance group.

8. No significant improvement was found in haemoglobin performance as a result of the experimental treatments namely Left Nostril Dominance, Right Nostril Dominance and Both Nostrils Dominance group.
9. Significant improvement was found in resting heart rate performance as a result of the experimental treatments in all the three experimental groups.

10. Significant improvement was found in maximum heart rate performance as a result of the experimental treatments namely Right Nostril Dominance group and Both Nostrils Dominance group.

11. Significant improvement was found in Vo$_2$ max performance as a result of the experimental treatments in all the three experimental groups.

12. Significant improvement was found in respiratory rate performance as a result of the experimental treatments namely Left Nostril Dominance group, Right Nostril Dominance and Both Nostril Dominance group.

13. Significant improvement was found in physical work capacity performance as a result of the experimental treatments in all the three experimental groups.
**Recommendations**

In the light of the findings of this study following recommendations are made for the sports scientists, sports administrators, physical education teachers, yoga educators, yoga scientists, research scholars, coaches and yoga instructors:

1. The knowledge of nostril dominance is to be incorporate in the area of games and sports.

2. Nostril Dominance yogic training programme should be part of or as supplementary programme included in sport training programme to develop cardio respiratory performance.

3. Nostril Dominance yogic training programme should consist of following asanas and paranayama in right proportion like vakrasana, ardhamatsyendrasana, janushirasana, akarnadanurasana, gomukasana, garudasana, vrikshasana, konasana, trikonasana, standing katichakrasana, vipritkarni, halasana, bhujangasana, salibhasana, dhanurasana, paschimottansana, yogamudra, vakasana, mayurasana, padahastasana, chandravedan pranayama, suryavedan prayanama and anuloma-viloma pranayama.
4. A study of similar types may be conducted on the female professional students of the college.

5. Similar study may be undertaken on other tests and physiological variables.

6. A study may be repeated with the subjects participating at higher levels of competition.

7. Similar may be conducted on different age groups.

8. Similar may be undertaken in other sports.