CHAPTER V
SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1. SUMMARY

Yoga is the universal religion, a way of life, which above all caste, creeds, languages, regions and nations. It is simple and easy to practice, acceptable to the people of all professions and ages of India. Yoga exercises have been practiced since thousands of years. Now it is accepted that many yoga exercises are suitable for all people and recommended for long living and healthy life. The practice of yoga has been made systematic by the exponent of the system, Pathanjali’ being an important teacher. The yoga exercises, according to Pathanjali have to be practiced in a systematic way and he advocated eight steps to progressive achievement, namely abstention (yama), regulations discipline (Niyama), easy posture (Asana), control of breathing (Pranayama), sense of control (Pratyahara), concentration (Dharana), meditation (Dhyana), and superconscious state (Samathī).

The many aspects of yoga are blended in a synergistic flow as we express and experience life. Yoga is a way and a means to assisting us in experiencing the self theta within us and expanding that inner spirit and life force. Yoga is an Art and a way of living at the highest possible level for human experience and a way of creating inner joy and outer harmony with one’s self and the external world.

Yoga is a pragmatic science that was developed by seers thousands of years ago that can be practiced by any person, regardless of age, sex, race, religion and origin of physical limitations. In researching the benefits and value of yoga, Patanjali, the author of the yoga Sutras, clearly defines the
Eight Limbed path or Astanga, as guidance system of hierarchical structure that gives the students an emphasis on which to concentrate upon.

The eight limbs are presented in a systematic core, however, just as all things flow in a synergistic wave with nature, as one approaches one limb or aspect and dedicates compassionate energy and focus that aspect, it is part of the natural process to be drawn to and evolve into another limb of the path. The paths consist of the following ethics and progress through physical and mental processes that ultimately connect us with the highest and the most intimate self.

The main purpose of this study is to find out the Isolated and combined effect of yogic practices and Physical exercises on selected Physical, Physiological and Anthropometric variables among college Men football players in Vellore District.

In this study the following variables were selected:

**Dependent variable**

**Physical Variables**

a. Speed

b. Leg Explosive Power

c. Agility
Physiological variable

a. Resting Pulse rate

b. Blood Hemoglobin

c. Anaerobic power

Anthropometric variable

a. Chest girth

b. Thigh girth

c. Calf girth

Treatment variable

a. Isolated Yoga group

b. Isolated Physical Exercises group

c. Combination of yoga & physical exercise group

d. Control group

For this study, 120 men students from Vellore District, Tamil Nadu State were selected as subject at random and their age ranged from eighteen to twenty five years only, and they were divided into four groups namely yogasana groups , Physical exercise group and combination of physical
exercise and yoga group and control group. The first group did selected yogic practices, the second group physical exercises and third group both yoga, physical exercise respectively for twelve weeks. The pre test and post test were conducted for all subjects before the start of training and after the completion of training of twelve weeks. The study was formulated as a true random group design, consisting of a pre – test and post- test.

In this study, analysis of covariance (ANCOVA) statistical technique was used to test the adjusted post–test mean differences among the experimental groups. When the adjusted post-test result was significant, the Scheffe’s post hoc test was used to find out the paired mean significant differences. Level of confidence was fixed at 0.05 level.

5.2. CONCLUSIONS

Within the limitations of the present study, the following conclusions were drawn.

There was significant improvement in Physical variables, such as speed, leg explosive power, agility, Physiological variables such as resting pulse rate, blood hemoglobin, anaerobic power, Anthropometric variables such as chest girth, thigh girth, calf girth, among college men students in Vellore District Tamil Nadu State.

The combined training of yogic practices and physical exercises significantly improved Physical variables, such as speed, leg explosive power, agility, Physiological variables such as resting pulse rate, blood hemoglobin, anaerobic power, Anthropometric variables such as chest girth,
thigh girth and calf girth, greater than that of yogic practices and physical exercises among college men students in Vellore District Tamil Nadu State.

Yogic practices significantly improved Physical variables, such as speed, leg explosive power, agility, Physiological variables such as resting pulse rate, blood hemoglobin, anaerobic power, Anthropometric variables such as chest girth, thigh girth and calf girth, greater than that of physical exercises among college men students in Vellore District Tamil Nadu State.

5.3. RECOMMENDATIONS

On the basis of the findings and conclusions, of the present study, the following recommendations are made.

1. Selected Physical exercises, followed by yogic practices (combined training) can be included as one of the training methods for the improvement of selected physical variables, such as speed, Leg explosive power and agility, Physiological variables such as resting pulse rate, blood hemoglobin, anaerobic power, Anthropometric variables such as chest girth, thigh girth, calf girth.

2. A similar study may be conducted on college women students.

3. A similar study may be conducted on school girls.

4. A similar study may be conducted on school boys.

5. A similar study may be conducted on other State, National and International levels of sportspersons.