CHAPTER-V  
FINDINGS, RECOMMENDATIONS, EDUCATIONAL IMPLICATIONS, SUGGESTIONS AND SUMMARY

After the preceding chapters, where researcher done his research-work and in this chapter presented findings of the study, further-analysis, discussion and conclusions, now researcher is in position to provide suggestions. During the whole research work investigator has gone through many practical situations and has felt new dimensions emerging out, which may open new horizons for future research work. Investigator will pile up these phenomena in the form of suggestions. Further, researchers will also focus on implications of findings and conclusion in the field of general life, student life, sports activities, yoga activities and health etc. The main findings of the present study are given below:

(i) Findings
Pre-Yoga Experimental v/s Post Yoga Experimental
Strength: The mean values of pre-yoga experimental and post-yoga experimental group were found to be 7.90 and 9.85 respectively. The experimental group found to be significant at 0.05 levels. In this way, the result showed significance. Therefore, it can be said that specific yogic training has positive effects on strength.
**Speed:** The mean values of pre-yoga experimental and post-yoga experimental group were found to be 6.74 and 6.37 respectively. The experimental group found to be significant at 0.05 levels. Thus, specific yogic training has positive effects on speed.

**Endurance:** The mean values of pre-yoga experimental and post-yoga experimental group were found to be 1.24 and 1.21 respectively. The experimental group found to be significant at 0.05 levels. Thus, the result showed significance. So, it can be said that specific yogic training has positive effects on Endurance.

**Flexibility:** The mean values of pre-yoga experimental and post-yoga experimental group were found to be 2.00 and 4.95 respectively. The experimental group found to be significant at 0.05 levels. The above result showed significance in flexibility. Thus, specific yogic training has positive effects on Flexibility.

**Agility:** The mean values of pre-yoga experimental and post-yoga experimental group were found to be 12.59 and 12.08 respectively. The experimental group found to be significant at 0.05 levels. In this way, the result showed significance. So, it can be said that specific yogic training has positive effects on agility.

**Balance:** The mean values of pre-yoga experimental and post-yoga experimental group were found to be 8.15 and 10.82
respectively. The experimental group found to be significant at 0.05 levels. Therefore, it can be said that specific yogic training has positive effects on balance.

**Power:** The mean values of pre-yoga experimental and post-yoga experimental group were found to be 1.92 and 2.20 respectively. The experimental group found to be significant at 0.05 levels. Thus, specific yogic training has positive effects on power.

**Post-Yoga Experimental v/s Post Control**

**Strength:** The mean values of post-yoga experimental and post-post control groups were found to be 9.85 and 7.90 respectively. The experimental group found to be significant at 0.05 levels. In this way, the result showed significance. Therefore, it can be said that specific yogic training has positive effects on strength.

**Speed:** The mean values of post-yoga experimental and post control group were found to be 6.37 and 6.64 respectively. The experimental group found to be significant at 0.05 levels. Thus, specific yogic training has positive effects on speed.

**Endurance:** The mean of values post-yoga experimental and post control group were found to be 1.21 and 1.24 respectively. The experimental group found to be significant at 0.05 levels. In this way, the result showed significance. So, it can be said that specific yogic training has positive effects on Endurance.
**Flexibility:** The mean values of post-yoga experimental and post control group were found to be 4.95 and 2.12 respectively. The experimental group found to be significant at 0.05 levels. The above result showed significance. Thus, specific yogic training has positive effects on flexibility.

**Agility:** The mean values of post-yoga experimental and post control group were found to be 12.08 and 12.57 respectively. The experimental group found to be significant at 0.05 levels. In this way, the result showed significance. So, it can be said that specific yogic training has positive effects on agility.

**Balance:** The mean values of post-yoga experimental and post control group were found to be 10.82 and 8.12 respectively. The experimental group found to be significant at 0.05 levels. Therefore, it can be said that specific yogic training has positive effects on balance.

**Power:** The mean values of post-yoga experimental and post control group were found to be 2.20 and 1.93 respectively. The experimental group found to be significant at 0.05 levels. Thus, specific yogic training has positive effects on power.

**Post-Yoga Experimental v/s Post Isometric Experimental**

**Strength:** The mean values of post-yoga experimental and post-isometric experimental groups were found to be 9.85 and 9.77
respectively. The experimental group found to be no significant at 0.05 levels. In this way, the result showed no significance. Therefore, it can be said that specific yogic and isometric training has equal positive effects on strength.

**Speed:** The mean values of post-yoga experimental and post-isometric experimental groups were found to be 6.37 and 5.94 respectively. The experimental group found to be significant at 0.05 levels. Thus, specific yogic training has more positive effects then isometric training on speed.

**Endurance:** The mean values of post-yoga experimental and post-isometric experimental groups were found to be 1.21 and 1.21 respectively. The experimental group found to be no significant at 0.05 levels. In this way, the result showed no significance. So, it can be said that specific yogic and isometric training has same positive effects on Endurance.

**Flexibility:** The mean values of post-yoga experimental and post-isometric experimental groups were found to be 4.95 and 3.60 respectively. The experimental group found to be significant at 0.05 levels. The above result showed significance. Thus, specific Yogic training has more positive effects then isometric training on flexibility.
Agility: The mean values of post-yoga experimental and post-isometric experimental groups were found to be 12.08 and 11.61 respectively. The experimental group found to be significant at 0.05 levels. In this way, the result showed significance. So, it can be said that specific yogic training has more positive effects than isometric on agility.

Balance: The mean values of post-yoga experimental and post-isometric experimental groups were found to be 10.82 and 10.67 respectively. The experimental group found to be no significant at 0.05 levels. Therefore, it can be said that specific yogic and isometric training has equal positive effects on balance.

Power: The mean values of post-yoga experimental and post-isometric experimental groups were found to be 2.20 and 2.23 respectively. The experimental group found to be no significant at 0.05 levels. Thus, specific yogic and isometric training has same positive effects on power.

Pre-Isometric Experimental v/s Post Isometric Experimental Strength: The mean values of pre-isometric experimental and post-isometric experimental group were found to be 7.75 and 9.85 respectively. The experimental group found to be significant at 0.05 levels. In this way, the result showed significance.
Therefore, it can be said that isometric training has positive effects on strength.

**Speed:** The mean values of pre-isometric experimental and post-isometric experimental group were found to be 6.72 and 5.79 respectively. The experimental group found to be significant at 0.05 levels. Thus, isometric training has positive effects on speed.

**Endurance:** The mean values of pre-isometric experimental and post-isometric experimental group were found to be 1.24 and 1.21 respectively. The experimental group found to be significant at 0.05 levels. In this way, the result showed significance. So, it can be said that isometric training has positive effects on Endurance.

**Flexibility:** The mean values of pre-isometric experimental and post-isometric experimental group were found to be 8.27 and 10.67 respectively. The experimental group found to be significant at 0.05 levels. The above result showed significance in flexibility. Thus, isometric training has positive effects on flexibility.

**Agility:** The mean values of pre-isometric experimental and post-isometric experimental group were found to be 12.65 and 11.61 respectively. The experimental group found to be
significant at 0.05 levels. In this way, the result showed significance. So, it can be said that isometric training has positive effects on agility.

**Balance:** The mean values of pre-isometric experimental and post-isometric experimental group were found to be 8.27 and 10.67 respectively. The experimental group found to be significant at 0.05 levels. Therefore, it can be said that isometric training has positive effects on balance.

**Power:** The mean values of pre-isometric experimental and post-isometric experimental group were found to be 1.93 and 2.23 respectively. The experimental group found to be significant at 0.05 levels. Thus, isometric training has positive effects on power.

**Post-Isometric Experimental v/s Post Control**

**Strength:** The mean values of post-isometric experimental and post-control groups were found to be 9.77 and 7.90 respectively. The experimental group found to be significant at 0.05 levels. In this way, the result showed significance. Therefore, it can be said that isometric training has positive effects on strength.

**Speed:** The mean values of post-isometric experimental and post-control groups were found to be 5.94 and 6.64 respectively.
The experimental group found to be significant at 0.05 levels. Thus, isometric has positive effects on speed.

**Endurance:** The mean values of post-isometric experimental and post-control groups were found to be 1.21 and 1.24 respectively. The experimental group found to be significant at 0.05 levels. In this way, the result showed significance. So, it can be said that isometric training has positive effects on Endurance.

**Flexibility:** The mean values of post-isometric experimental and post-control groups were found to be 3.60 and 2.12 respectively. The experimental group found to be significant at 0.05 levels. The above result showed significance. Thus, isometric training has positive effects on flexibility.

**Agility:** The mean values of post-isometric experimental and post-control groups were found to be 11.61 and 12.57 respectively. The experimental group found to be significant at 0.05 levels. In this way, the result showed significance. So, it can be said that isometric training has positive effects on agility.

**Balance:** The mean values of post-isometric experimental and post-control groups were found to be 10.67 and 8.12 respectively. The experimental group found to be significant at 0.05 levels. Therefore, it can be said that isometric training has positive effects on balance.
**Power:** The mean values of post-isometric experimental and post-control groups were found to be 2.23 and 1.93. The experimental group found to be significant at 0.05 levels respectively. Thus, isometric training has positive effects on power.

**Pre-Control v/s Post Control**

**Strength:** The mean values of pre-control and post-control group found to be 7.82 and 7.90 respectively. The control group found to be no significant at 0.05 levels. Therefore, it can be said that there is no effect on strength.

**Speed:** The mean values of pre-control and post-control group found to be 6.65 and 6.64 respectively. The control group found to be no significant at 0.05 levels. Thus, there is no effect on speed.

**Endurance:** The mean values of pre-control and post-control group found to be 1.24 and 1.24 respectively. The control group found to be no significant at 0.05 levels. So, it can be said that, there is no effect on Endurance.

**Flexibility:** The mean values of pre-control and post-control group found to be 2.07 and 2.12 respectively. The control group found to be no significant at 0.05 levels. Thus, there is no effect on flexibility.
**Agility:** The mean values of pre-control and post-control group found to be 12.61 and 12.57. The control group found to be no significant at 0.05 levels. So, it can be said that there is no effect on agility.

**Balance:** The mean values of pre-control and post-control group found to be 8.20 and 8.12 respectively. The control group found to be no significant at 0.05 levels. Therefore, it can be said that there is no effect on balance.

**Power:** The mean values of pre-control and post-control group found to be 1.92 and 1.93 respectively. The control group found to be no significant at 0.05 levels. Thus, there is no effect on power.

**(ii) Recommendations:**

1. Yoga as a subject must be included in the curriculum right from the primary school to higher educational systems.

2. It is also recommended that more and more yoga institutions should be established in our country. Good yoga teachers, professionally trained must be appointed in such institutions.

3. Under U.G.C. scheme more special yoga universities like Bihar Yoga Bharti and Dev Sanskriti Vishwavidalya, should
be opened to bring more specialization in this stream.

4. Institutionalization and formalization of yoga education is necessary to discourage self-styled and fake yoga teachers and so called yoga experts. For his certification and monitoring at governmental level is must.

5. It is also recommended that yogic activities should be made compulsory for industry workers and other personnel. The hunch is that yogic activities can improve working capacity and can also increase productivity as it has been experimented in Japan.

6. Rakesh Sharma, the first Indian astronaut, proved that the yogasanas were very useful even in the space. Therefore, it is recommended that yogasanas should be made compulsory for the pilots and air hostesses etc.

7. To start and propagate yoga in education system full time yoga teachers should be appointed. Because yoga teachers are needed to improve the special mental and emotional attitude and dedication with more humbleness.

8. It is also recommended that yogic activities schedule can be implemented in the industry units as well as various
offices of the Govt. and Private sector so that working efficiency of the working people can be increased and output of the work may be more effective.

9. There is no doubt yogic activities can be included in the treatment schedule of various pathies like ayurveda allopathy, electrotherapy and homeopathy so that cure process of various pathies can be more and more scientific, effective and natural. It is also recommended that yogic activities have to be included to remove to mental disorders like anxiety, tension, stress and depression etc. Because of this inclusion psychological treatment will certainly be more effective through performing the meditative activities with the medicinal aspect.

10. It is also recommended that yogic activity can also be implemented on old age persons to make more and more good health.

11. Yoga is recommended strongly for the teachers because they are also an important part of educational system. Yogic activities enhance physical and mental discipline; and level of ethics among the teachers enhance stamina for longer duration of teaching hours. Yogic activities reduce stress level and increase concentration.
(iii) **Educational Implications:**

1. The researcher is of firm opinion that yoga will certainly of great help to the students and yogic activities should start at primary level to higher educational levels. It is recommended to start at the age of 8 years. This will help in following ways: (i) yogic activities enhance physical and mental discipline in students, (ii) yogic activities also make perfect the process of de-generation of Pituitary gland which is crucial for controlling various aspects of physiological systems (iii) yogic activities also increase concentration, (iv) stamina for longer duration sittings for study.

2. Yogic activities are also recommended in higher educational system because it harmonizes emotional personality of the students and also prevent criminal tendencies among them.

3. At higher educational level yogic literature become instrumental to search roots of many humanity sciences like Ethical System, Legal system, Sociology, Ancient Education, Healing, Naturopathy and Ayurveda etc. Study and practice of yogic activities create deeper insight in the
investigation of evolution of all these discipline.

4. Yogic activities can help in concentration, mind alertness, increasing memory power, increasing self-confidence and determination etc. Therefore, yoga is boon for the students.

5. Yogic activities helps in assimilation of taught knowledge in actual life which further enhances process of social changes for betterment of future.

6. Various principles of Psychology, Medical Science, Engineering and Computer Science etc. may be traced back into yogic literature. Further Yoga may provide help to students of all professional streams.

7. Such type of study can be done on handicapped and blinds to see the improvemental effect of the yogic activities.

8. The experimental study can be experimented by including the physiological variables and the psychological variables at the different level by examine the effect of yogic and isometric exercises schedule. Duration of period in both the experimental groups schedule can also be seen by increasing the duration of the schedule.
9. The yogic and isometric training experimental schedule effect can be compared with other exercise schedule like isotonic, calisthenics and gymnastics etc.

10. Yogic activity should be implemented in all the educational curriculum from the primary to higher education because it creates physical and mental fitness of the individual so that learning and teaching capacity may be increased among the teachers and students. There is no doubt yogic activities implementation in all the institution because physiological disorders can be removed by performing them should have to be adopted the yogic schedule in the routine activities of the educational system.

12. The yogic activities always increase the degree level of intelligence memory. Positive attitude, concentration will power and working efficiencies etc. of the students as well as teachers.

13. The yogic activities are the only activity which is very commercial and can be done by all the age, sex and social and mental level of the students.

(iv) Suggestions for the Future Research:
1. Researcher suggests that the same research can be done at different level students, i.e. at primary, secondary and college levels students and employees of any age groups.

2. Similar study can be conducted taking sample from sex different as of only Girls or Boys or taking mixed sample from any co-educational institution.

3. Further more experimental study may be conducted for industrial workers, clerks and other officials as sample to establish whether yogic activities increase productivity in the factories and industries, etc.

4. A comparative study between these yogic activities and some other physical exercises, like, gymnastic exercises may be taken to examine their respective efficacy.

5. An experimental study may be conducted to examine effects of yogic activities on psychological parameters.

6. An experimental study may be conducted to examine effects of yogic activities using bio-feedback machines like E.E.G. and E.C.G. etc.

7. An experimental study may be conducted to see the effects of yogic activities on self-discipline, brotherhood, hostility and national integration,
8. The above researches can be conducted by taking same activities on any level citizen of the various societies. Specific effect of just one or two yogic activities also can be studied in relation to any particular problem or parameter.
9. An experimental study can be taken up to see whether these yogic activities increase subjective qualities of the samples like creativity, intelligence, social adjustment, level of satisfaction and co-existence etc.

10. Some literary descriptive and analytical researches are also recommended which prepare ground for further stage experimental researches.

11. For more comprehensive research work one must consider sample from Ashram inmates where yogic style life including meditation as practice prevails and further duration of experiment should be sufficiently longer.