CHAPTER : III

PROCEDURE

The selection of subjects, selection of variables criteria, and procedure for identifying postural defects, Yogasanas program schedule and the statistical model which will be adopted for analyzing data are described in this chapter.

SELECTION OF SUBJECTS

For the purpose of the study schools from Halol City (District Pachmahal, Gujarat) was selected. Out of 11 primary schools in Halol total eight (72.73 %) schools were selected, list attached with Appendix – IX. Further purposive sampling was carried out and 68 students from Eight schools were selected with postural deformities such as Flat-foot, Knock knee, Scoliosis, Lordosis and Kyphosis. The research scholar had tested 1892 subjects to ascertain postural deformities. And it was observed that the 68 subjects were having postural deformities.

Thus, total 68 students (Boys) studying in 5th to 8th standard from various schools of Halol city, Panchmahals District of Gujarat were selected as sample. The age of the students were ranged between 9-14 years. Then subjects were randomly divided into two equal groups i.e. Group: A (Experimental Group) and Group : B (Control Group).
THE FOLLOWING INFORMATION INDICATES THE OUTLINE OF SUBJECTS FOR THE STUDY

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Group</th>
<th>Number of Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>A : Experimental Group</td>
<td>34</td>
</tr>
<tr>
<td>2</td>
<td>B : Control Group</td>
<td>34</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>68</td>
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</tbody>
</table>

SELECTION OF VARIABLES

Postural Defects

After reviewing the literature and the discussion with the supervisor, Experts and research scholar selected following postural deformities which are generally prevalent among children:

1. Flat-foot  
2. Knock knee  
3. Scoliosis  
4. Lordosis  
5. Kyphosis

SELECTION OF FITNESS PARAMETERS

For the purpose of this study, the following fitness performance parameters were selected:
1. 50 meters Sprint (Running)
2. Standing Broad Jump
3. Shuttle Run
4. Shot Put Throw
5. Sit and Reach Test

CRITERION MEASURES

TOOLS

The following tools were used for identification of the postural deformity, performance parameters.

- The spondylometer and pedograph instruments were used for identification of postural defects.

The research Scholar carried spondymeter and pedograph along with him to the various schools where he conducted tests to collect the required data. After briefing the subjects regarding good and bad posture deformities and their effect on health, personality and efficiency. Curve for cervical, thoracic and lumber regions were measured with the help of marked pegs fixed in the center of the Spondylometer. After completing the measurements in various schools, The normal posture students’ were taken out for group, with normal curvature in the cervical, thoracic and lumber regions. On that basis the subjects were
divided into A and B Groups of posture and the subjects were taken up for study.

**FLAT FOOT**

**EQUIPMENT :-**

1) Pedograph  
2) Blank Papers  
3) Ink Bottle  
4) Brush  

**PROCEDURE :-**

The foot print was taken as the criterion for the detection of flat foot. Before taking the foot print, the subject was given the detailed instructions regarding the use of pedograph. Foot prints were taken on the pedograph which was an ordinary stamp pad. Finger prints ink was evenly spread on the pad sheets with a brush. The subject was asked to stand bare-footed on the pedograph and made to press his feet for proper inking and thereafter to stand on the paper sheets placed before him on a hard card board and asked to press his feet carefully in order to have the proper foot impression on the paper. Through this method height of the longitudinal arch was obtained for detection of flat-foot. In this manner the foot prints of all the students, under study, were obtained.
KNOCK KNEE

Knock knee is an abnormal curvature of the lower legs, resulting in a large gap between the feet and ankles when the knees are touching. If knock knee persists, or if there is a significant deformity, the child may have difficulty walking or walk awkwardly. Undue strain on their knees may also lead to knee pain.

PROCEDURE :-

- The gap between their ankles is greater than 10cm.
- There is a big difference between the angle of their lower legs when standing straight.
- There is an excessive inward or outward knee angle.
- They have knee pain due to the angle of their knee.
- They have difficulty in walking or they walk awkwardly.

SCOLIOSIS, LORDOSIS, KYPHOSIS

EQUIPMENT :- SPONDYLOMETER

PROCEDURE :-

The proper measuring of the spinal deformity is a most important factor in the initial assessment. Curves are named according to the region of the spine in which the apex of the curve is located. The cervical curve is a curve of the
apex between C¹ and C⁶, a dorsal curve of the apex between T² and T¹² and a lumber curve is one with an apex between L¹ and L⁴¹.

The most significant deviation from a normal spinal posture result from the loss of the secondary spinal curves; with the elimination of the first lumber and later, the cervical lordosis. The thoracic curves are exaggerated and the spine becomes progressively rounded. As lateral deviations are comparatively rare, the appropriate method of recording spinal posture is the spondylometer.

The spondylometer has base of platform long vertical rod and horizontal and adjustable pegs. The subject stands on the base of the spondylometer in an upright “most erect posture ,” he can assume. The heels touch the base of the upright. Pegs spaced at 7.5 centimeters or 3 inches interval upright are adjusted to make light skin contact over the vertebral spines and locked in position. Measurement of the subject’s overall height , cervical thoracic and lumbar region are taken. The distance of protrusion of the pegs from the upright is measured and this reading are noted to determine the angle of curves of the spines in order to find out any deviation in the posture. The spondylometer, therefore is useful and reliable instrument for measuring the angle of the spine¹.

The measurements of different parts of the Spondylometer were as follows.


Length of the Vertical bar – 1.80 meters.

Length of the Peg – 30 centimeters.

Distance between the holes – 7.5

The curve was taken as a criterion for thoracic region for Lordosis. After briefing every student for the use of Spondylometer, marked pegs were fixed in the holes made at distance of 3 inches on the spondylometer. The subject was made to stand with only shorts or pant on and bare footed on the spondylometer, on the marked base with feet apart, the back touching the pegs and hands down in relaxing position and keeping the neck straight. The subject was asked to stand with his body in erect position as if standing against a wall. The curves in the lumber region were measured on marked pegs and were noted down for Lordosis.

The curve was taken as criterion for thoracic region for kyphosis. After briefing each subject for the use of spondylometer, marked pegs were fixed in the holes made at distance of 3 inches on the spondylometer. The subject was made to stand with only shorts on and bare footed on the spondylometer, on the marked base with feet apart, the back touching the pegs and hands down in relaxing position and keeping the neck straight. The subject was thereafter asked to stand with his body in erect position as if standing against a wall. The
curves in the upper thoracic, middle thoracic and lower thoracic measured on marked pegs were noted down for kyphosis.

The curve was taken as a criterion for cervical region for detection of scoliosis. Before starting the test subjects were given detailed instructions about the use of spondylometer. Seventh cervical was marked with ink so that it should not touch the peg. The marked pegs were fixed in the holes which were made at distance of 3 inches. The subjects wore only shorts or trouser for the measurement of their spinal curve. The subject was asked to stand bare footed by keeping his heels on the marked base with feet apart, hands down in relaxed position, neck straight and touching the peg fitted on the spondylometer. The subject was asked to take his head back and stand erect as if against a wall. The subject was made to stand atleast for 5 minutes in order to notice his habitual standing. The curve in the middle of cervical region was noted down for scoliosis.

These instruments and tests are highly valid and reliable.

**FITNESS TEST EVENTS**

<table>
<thead>
<tr>
<th>No.</th>
<th>Test</th>
<th>Measurement</th>
<th>Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>50 meters Sprint</td>
<td>Acceleration and speed.</td>
<td>50 meters Race test was taken and 1/10 second’s time was noted.</td>
</tr>
<tr>
<td></td>
<td>Activity</td>
<td>Measurement/Goal</td>
<td>Description</td>
</tr>
<tr>
<td>---</td>
<td>------------------------</td>
<td>------------------------------------------------------</td>
<td>-----------------------------------------------------------------------------</td>
</tr>
<tr>
<td>2</td>
<td>Standing Broad Jump</td>
<td>Explosive power of the legs.</td>
<td>Standing Broad Jump test was taken and the nearest mark from the starting line was noted in meter and centimeter.</td>
</tr>
<tr>
<td>3</td>
<td>Shuttle Run</td>
<td>Speed and Agility.</td>
<td>Shuttle Run test in a 2X10 meter area was taken and 1/10 second’s time was noted.</td>
</tr>
<tr>
<td>4</td>
<td>Shot Put Throw</td>
<td>Core body strength and total body power</td>
<td>Shot Put Throw test was noted in meter and centimeter.</td>
</tr>
<tr>
<td>5</td>
<td>Sit and Reach Test</td>
<td>Flexibility.</td>
<td>Sit and Reach Test was noted in centimeter.</td>
</tr>
</tbody>
</table>

### 1 : 50 METER SPRINT

**PURPOSE:** The aim of this test is to determine acceleration and speed.

**EQUIPMENT REQUIRED:** Measuring tape or marked track, stopwatch, cone markers, flat and clear surface of at least 70 meters.

**PROCEDURE:** The test involves running a single maximum sprint over 50 meters, with the time recorded. A thorough warm up were given, including some practice starts and accelerations. Start from a stationary standing position (hands cannot touch the ground), with one foot in front of the other. The front
foot was behind the starting line. Once the subject was ready and motionless, the starter gave the instructions "set" then "go.". The testers were provided hints for maximizing speed (such as keeping low, driving hard with the arms and legs) and the participants were encouraged not to slow down before crossing the finish line.

**RESULTS:** Two trials were allowed, and the best time was recorded to the nearest two decimal places. The timing starts from the first movement (if using a stopwatch) or when the timing system was triggered and finished when the chest crossed the finish line.

**RELIABILITY:** Reliability is greatly improved if timing gates are used. Also weather conditions and running surface can affect the results, and these conditions should be recorded with the results. If possible, set up the track with a crosswind to minimize the effect of wind.

### 2 : STANDING BROAD JUMP TEST

**PURPOSE:** To measure the explosive power of the legs

**EQUIPMENT REQUIRED:** Tape measure to measure distance jumped, non-slip floor for takeoff, and soft landing area preferred. Commercial Long Jump Landing Mats are also available. The take off line should be clearly marked.
**PROCEDURE:** The subject was asked to stand behind a line marked on the ground with feet slightly apart. A two foot take-off and landing was used, with swinging of the arms and bending of the knees to provide forward drive. The subject attempts to jump as far as possible, landing on both feet without falling backwards. Three attempts were allowed.

**SCORING:** The measurement was taken from take-off line to the nearest point of contact on the landing (back of the heels). Record the longest distance jumped, the best of three attempts.

**3: SHUTTLE RUN**

**PURPOSE:** To measure speed and agility

**EQUIPMENT REQUIRED:** Wooden blocks, marker cones, measurement tape, stopwatch, non-slip surface.

**PROCEDURE:** Mark two lines 10 meters apart using marking tape or cones. The two blocks were placed on the line opposite the line they were going to start at. On the signal "ready", the participant places their front foot behind the starting line. On the signal, "go!" the participant sprints to the opposite line, picks up a block of wood, run back and places it on or beyond the starting line. Then turning without a rest, they run back to retrieve the second block and carry it back across the finish line. Two trials were performed.
SCORING: The quickest time was recorded. Results were recorded to the nearest tenth of a second.

SHOT PUT

AIM: To measure core body strength and total body power.

EQUIPMENT REQUIRED: 8 lb shot put, measure tape, clear open area for testing.

PROCEDURE: The athlete started with his back to the throwing area, with their heels at the start line, and the shot cradled in both hands between the knees. The subject bended forward and downward before throwing the shot backwards over their head in a two-handed throwing action (optimally at about 45 degrees).

SCORING: Measurement was made from the starting line to the point of impact of the shot put with the ground. The measurement was recorded in meters and centimeters. The best result of two trials was recorded.

SIT AND REACH FLEXIBILITY TEST

PURPOSE: To measure the flexibility.

EQUIPMENT REQUIRED: Sit and reach box (or alternatively a ruler was used, and a step or box)
PROCEDURE: This test involves sitting on the floor with legs stretched out straight ahead. Shoes were removed. The soles of the feet are placed flat against the box. Both knees were locked and pressed flat to the floor - the tester may assist by holding them down. With the palms facing downwards, and the hands on top of each other or side by side, the subject reached forward along the measuring line as far as possible. Ensure that the hands remain at the same level, not one reaching further forward than the other. After some practice reaches, the subject reaches out and holds that position for at one-two seconds while the distance was recorded. Make sure there are no jerky movements.

SCORING: The score was recorded to the nearest centimeter or half inch as the distance reached by the hand. Some test versions use the level of the feet as the zero mark, while others have the zero mark 9 inches before the feet. There was also the modified sit and reach test which adjusts the zero mark depending on the arm and leg length of the subject.  

EXPERIMENTAL DESIGN

Group – A was given yogasana training for six weeks and 5 days a week and Group – B acted as Control Group. To find out the effect of yoga training program on school children pre-test and post-test were conducted on both the groups.

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2 http://www.topendsports.com/testing/international-physical-fitness-test.html.
Before conducting experiment, the aim and objective of the investigation was explained to the principal, teachers and students of the school. The experiment (Yoga program schedule) was employed to the subjects with the help and co-operation of the physical education teachers.

**ADMINISTRATION OF TRAINING PROGRAM**

For preparing the yogasana training schedule experts from the physical education field, experts from the field of yoga and medical field were concerned. The schedule was prepared with the concern of the guide for the present study. Following yogasanas were selected for the training program. The selected yogasanas description with pictures is given below.

**Illustration: 1 UTTANPADASANA (LEG RAISED POSE)**

**PROCEDURE:**

1. Exhale and inhaling start raising both the legs upward and stop when they make angle of 90 degree with the floor.
2. Keep the sight at the toes of the feet.

3. Continue normal breathing and try to maintain the posture steady.

Illustration: 2 PASCHIMOTTANASANA (FORWARD BEND)

PROCEDURE

1. Only inhale.

2. Exhale, and hold the big toes of both the feet with both the hands.

3. In exhaled state bend downward and rest the forehead on the knees.
   Continue smooth breathing.

Illustration: 3 HALASANA (PLOUGH POSE)
PROCEDURE

1. Exhale and while inhaling slowly raise the legs to a 90 degree angle from the floor.
2. Exhaling raise the waist and hips, taking the legs over the head, keeping them suspended above the ground.
3. After exhaling fully, lower the leg further down and rest the toes on the floor. Keep to toes stretched and breathe normally.
4.

Illustration: 4 SHASHANKASAN

PROCEDURE

1. Sit down in Vajrasana and keep your back and neck erect.
2. While inhaling, raise your arms over head as high as possible, stretch towards upwards.
3. While exhaling, bend forward while raising your buttocks. Your hands should be stretched and arms should touch ears.
4. Please ensure that while bending forward do not allow your buttocks to come off their position between the heels.

5. Rest your elbows on the floor and relax your arms. You can touch your forehead on the ground. Breathe normally and maintain this posture for a while.

6. While inhaling, stretch your arms and return back to Vajrasana.

Illustration: 5 ARDHAMATSYENDRASANA (HALF SPINAL TWIST)

PROCEDURE

1. Half Spinal Twist pose is one of the best and most important yogasana in Hatha Yoga. It has a huge amount of benefits which cover all the body systems.

2. Full Spinal Twist position was the favorite meditation pose of the Sage Matsyendranath so this pose is named after him. However, as it is a little difficult to practice a simplified form half spinal twist came about.

3. Bend the left leg and place the left foot on the ground over the right knee.
4. Bend the right leg and fold it so that it is resting on the ground with the right heel near the left buttock.

5. Bring the right hand over the left leg and grab the big toe of the left foot.

6. Inhale and exhaling twist the trunk of the body as much as possible, turning the neck so the gaze is over the left shoulder and encircle the waist with the left hand with the palm facing outwards. Continue to maintain the asana, breathing normally.

Illustration: 6 YOGAMUDRA

PROCEDURE

1. Inhale and take both the hands back and keep the palms facing outside interlocking the thumbs. Keep both the hands straight.

2. Exhailing bend in the waist and rest the forehead on the floor. Continue smooth breathing.
PROCEDURE

1. Spread the legs one foot apart.

2. Fold the left leg in the knee and place it on the right thigh.

3. Fold the right leg in the knee and place it on left thigh.

4. Now with the help of the elbows raise the head, curve the back backwards and place the top of the head on the floor, making the arch of the back.

5. Hold the toes of the feet with hands and continue normal breathing.
PROCEDURE

1. Lift the left leg and place it at a maximum distance towards the left.

2. Turn the toe of the left foot towards the left and inhale.

3. Exhale and bend the left leg in the knee and place the left hand palm near the left foot toe.

4. Take the right hand forward straight above the right ear and continue smooth breathing.

Illustration: 9 JANUSHERASANA

PROCEDURE

1. Sit on the asan (yoga mat, sheet etc) with legs stretched forward.

2. Bend your right leg and touch the sole its foot sole to your left thigh (as shown in the picture)

3. Keeping the lower part of the body straight, inhale and stretch both your hands towards the sky.

4. While exhaling, bend and hold your left foot with both the hands.

5. Try to touch your forehead to your left knee. Normalize your breath.
6. Repeat the above step for the other foot as well (left foot).

Illustration: 10 SHAVASANA (CORPSE POSE)

PROCEDURE

1. Spread the legs one to two feet apart, the toes are turned outwards, the heels facing each other, a comfortable distance apart.

2. Bring the arms a little away from the body, palms turned upward.

3. Relax the neck and allow it to turn to the side if it is more comfortable.

4. Close the eyes and focus the attention on the body, breathing normally.

5. Begin focusing each body part and relaxing it, then moving on. Keep the mind focused on relaxation, the breath should be normal. Relax the whole body.

All the Yogasanasas conducted in very flexible manner due to the lack of flexibility in body part. Subjects took help of the administrator or scholar in some of the Yogasana.
YOGASANA SCHEDULE

The yogasana practice sessions were conducted and supervised by the researcher himself. For teaching purpose, each asanas were explained and demonstrated to the subjects and asked to perform the same. Necessary corrections were made, the rest of the instructions were given in between. Yogic exercises schedule were as follow: -

FOR FIRST WEEK

<table>
<thead>
<tr>
<th>Sr. No</th>
<th>Name of Yogasana</th>
<th>Duration</th>
<th>Repetition</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Uttanpadasana</td>
<td>05 sec.</td>
<td>2</td>
</tr>
<tr>
<td>2</td>
<td>Pashchimotanasana</td>
<td>05 sec.</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>Halasana</td>
<td>15 sec.</td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>Shashankasana</td>
<td>20 sec.</td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>Ardhamatsyendrasana</td>
<td>10 sec.</td>
<td>2</td>
</tr>
<tr>
<td>6</td>
<td>Yogmudra</td>
<td>10 sec.</td>
<td>2</td>
</tr>
<tr>
<td>7</td>
<td>Matsyasana</td>
<td>10 sec.</td>
<td>2</td>
</tr>
<tr>
<td>8</td>
<td>Trikonasana</td>
<td>15 sec.</td>
<td>2</td>
</tr>
<tr>
<td>9</td>
<td>Janushirasana</td>
<td>10 sec.</td>
<td>2</td>
</tr>
<tr>
<td>10</td>
<td>Shavasana</td>
<td>180 sec.</td>
<td>1</td>
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Note: Each subject was allowed relaxing in Shavasana when it was needed.
FOR SECOND AND THIRD WEEK

<table>
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<th>Name of Yogasana</th>
<th>Duration</th>
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<td>Uttanpadasana</td>
<td>07 sec.</td>
<td>2</td>
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<tr>
<td>2</td>
<td>Pashchimotanasana</td>
<td>07 sec.</td>
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</tr>
<tr>
<td>3</td>
<td>Halasana</td>
<td>20 sec.</td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>Shashankasana</td>
<td>30 sec.</td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>Ardhamatsyendrasana</td>
<td>15 sec.</td>
<td>2</td>
</tr>
<tr>
<td>6</td>
<td>Yogmudra</td>
<td>15 sec.</td>
<td>2</td>
</tr>
<tr>
<td>7</td>
<td>Matsyasana</td>
<td>15 sec.</td>
<td>2</td>
</tr>
<tr>
<td>8</td>
<td>Trikonasana</td>
<td>25 sec.</td>
<td>2</td>
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<tr>
<td>9</td>
<td>Janushirasana</td>
<td>20 sec.</td>
<td>2</td>
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<tr>
<td>10</td>
<td>Shavasana</td>
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</table>

**Note:** Each subject was allowed relaxing in Shavasana when it was needed.

FOR FOURTH AND FIFTH WEEK

<table>
<thead>
<tr>
<th>Sr. No</th>
<th>Name of Yogasana</th>
<th>Duration</th>
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<td>-------</td>
<td>------------------------</td>
<td>------------------------------</td>
<td>------------</td>
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<tr>
<td>1</td>
<td>Uttanpadasana</td>
<td>10 sec. /student capacity</td>
<td>2</td>
</tr>
<tr>
<td>2</td>
<td>Pashchimotanasana</td>
<td>10 sec. /student capacity</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>Halasana</td>
<td>25 sec. /student capacity</td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>Shashankasana</td>
<td>30 sec.</td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>Ardhamatsyendrasana</td>
<td>15 sec. /student capacity</td>
<td>2</td>
</tr>
<tr>
<td>6</td>
<td>Yogmudra</td>
<td>15 sec.</td>
<td>2</td>
</tr>
<tr>
<td>7</td>
<td>Matsyasana</td>
<td>15 sec.</td>
<td>2</td>
</tr>
<tr>
<td>8</td>
<td>Trikonasana</td>
<td>25 sec.</td>
<td>2</td>
</tr>
<tr>
<td>9</td>
<td>Janushirasana</td>
<td>20 sec.</td>
<td>2</td>
</tr>
<tr>
<td>10</td>
<td>Shavasana</td>
<td>180 sec.</td>
<td>1</td>
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</tbody>
</table>

**Note:** Each subject was allowed relaxing in shavasana when it was needed.

**FOR SIXTH WEEK**

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<th>Duration</th>
<th>Repetition</th>
</tr>
</thead>
<tbody>
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<td>Uttanpadasana</td>
<td>20 sec. /student capacity</td>
<td>3</td>
</tr>
<tr>
<td>2</td>
<td>Pashchimotanasana</td>
<td>20 sec. /student capacity</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Exercise</td>
<td>Duration</td>
<td>Student Capacity</td>
</tr>
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<td>---</td>
<td>----------------</td>
<td>----------------</td>
<td>------------------</td>
</tr>
<tr>
<td>3</td>
<td>Halasana</td>
<td>25 sec.</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>Shashankasana</td>
<td>30 sec.</td>
<td>3</td>
</tr>
<tr>
<td>5</td>
<td>Ardhamatsyendrasana</td>
<td>20 sec. /student capacity</td>
<td>3</td>
</tr>
<tr>
<td>6</td>
<td>Yogmudra</td>
<td>25 sec.</td>
<td>3</td>
</tr>
<tr>
<td>7</td>
<td>Matsyasana</td>
<td>20 sec.</td>
<td>3</td>
</tr>
<tr>
<td>8</td>
<td>Trikonasana</td>
<td>25 sec.</td>
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<tr>
<td>9</td>
<td>Janushirasana</td>
<td>25 sec.</td>
<td>3</td>
</tr>
<tr>
<td>10</td>
<td>Shavasana</td>
<td>180 sec.</td>
<td>1</td>
</tr>
</tbody>
</table>

**Note:** Each subject was allowed relaxing in Shavasana when it was needed.

**STATISTICAL PROCEDURE**

After the training for yogasana, to measure the effect of physical fitness aspects like 50 meters sprint, standing broad jump, shuttle run, shot put and sit and reach test the following statistical process was taken in use.

“t” test was applied to check the significance of the means of pre-test and post-test for 68 subjects of the Experimental Group and Controlled Group. Significance difference was checked at was at 0.5 level of significance.