5.1 SUMMARY:

The yogasanas training is an interdisciplinary area, which has taken a prominent place in contributing scientific knowledge to physical education. Any physical exercise and yogasanas training in the long run is bound to produce some physiological adaptation to the body. These adaptative changes are subjected to the specific type of yogasanas training in experimental group.

The purpose of the study was to find out the effect of the Yogasanas on body composition and anthropometric measurements of secondary school obese boys of Vijayapura town, Devanahalli Taluk, Bengaluru Rural district.

To achieve the purpose 80 secondary school obese boys were randomly selected from secondary schools of Vijayapura town, Devenahalli Taluk, Bangalore Rural district. The students were divided into two groups of forty in each group. One group was utilized as the experimental group and rest as control group. Experimental group was given Yogasanas training was given for the duration of 12 weeks.

The data on Body composition (Triceps, Abdomen, Suprailiac, Thigh, Body Fat %) and anthropometric measurements (height, weight, Upper arm girth
and calf girth) were obtained before (Pre-test) and after (Post test) the experimental period.

For obtaining the data on body composition and anthropometric measurements were recorded through standard instruments.

The purpose of the study was to find out the impact of 12 weeks of yogasanas in developing body composition and anthropometric measurements of secondary school obese boys. For that the yogasanas training were given up to 12 weeks for experimental groups and the no training was given to control group. There was a special attention by the researcher during the yogasana training period. The researcher carefully observed the yogasana techniques like position, time duration, breathe, location and intensity.

The findings of the previous studies would add to the quantum of knowledge in the area of exercises, physiology, and psychology and training methods and also may be of great value to ascertain which of the yogasanas would be more effective to bring about the desired body composition and anthropometric measurement modifications.

Yogasanas have been chosen to be administered with different intensities, duration and pause. The body composition and anthropometric measurements data were measured through standardized instruments. The collection of data for this study was derived from the subjects by the pretest and post test. The pre test data was collected from all the subjects (control and experimental group). The yogasana training was conducted for only experimental group. The control group
was instructed not to practice any yogasana and physical exercises, post test data was collected from all the subjects for conclusion and evaluation. The data were analyzed statistically by computing mean, standard deviation and ‘t’ test. The hypotheses were tested at 0.05 and 0.01 levels of confidence. The results shows that yogasanas intervention affected on body composition and anthropometric measurements.

5.2 CONCLUSION:

On the basis of the findings and within the limitations of the study the following conclusion was drawn:

1. It was found that Yogasana group showed a significant improvement in body composition components after training of secondary school obese boys.

   a. It was found that there was a significant difference in the triceps skinfold of pre and post test scores of experimental group (‘t’=5.989).

   b. It was found that there was a significant difference in the abdomen skinfold of pre and post test scores of experimental group (‘t’=9.093).

   c. It was found that there was a significant difference in the suprailliac skinfold of pre and post test scores of experimental group (‘t’=7.612).
d. It was found that there was a significant difference in the thigh skinfold of pre and post test scores of experimental group (‘t’=8.824)

e. It was found that there was a significant difference in the body fat percentage of pre and post test scores of experimental group (‘t’=5.985).

f. It was found that there was a significant difference in the body weight of pre and post test scores of experimental group (‘t’=2.130).

g. It was found that there was a significant difference in the arm girth of pre and post test scores of experimental group (‘t’=3.325).

h. It was found that there was a significant difference in the calf girth of pre and post test scores of experimental group (‘t’=2.416).

It was found that Yogasana group showed a significant improvement in body composition components and selected anthropometric measurements after training of secondary school obese boys and also found that there was no improvement in body composition and selected anthropometric measurements of control group.
5.3 RECOMMENDATIONS:

With the help of the results following recommendations were made:

1. The Physical Education Teachers should play a vital role in bringing a healthy life practice among the students with the help of the school management and parents.

2. The schools must give an opportunity to their students to practice yogasanas.

3. It is recommended that the parents of schools should be made aware of the healthy life style so as to help their children to follow the same.

4. The coaches and physical education teachers to adopt this as a regular program in their training programe.

5. Further it is also recommended that each individual of the society to practice yogasanas along with routine physical activities to maintain their general health which leads to happy life.

6. It is recommended that similar studies may be conducted for female section, all levels of education.

7. It is recommended to include other yogasanas to attain maximum health related physical benefits.

8. It is recommended that the awareness about obesity should be created in schools and colleges through awareness programme.
9. It was suggested that a similar study may be conducted on elder population.

10. It is recommended that the Government should insist on all schools to provide playground facilities and compulsory physical education programme.