ABSTRACT

EFFECT OF YOGIC EXERCISES ON HEALTH RELATED FITNESS OF WOMEN

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Yoga stretches the body, tones the muscles and relaxes and calms the mind. Through yoga one can develop a stronger and more flexible body that also looks toned and healthy.

Yoga is a tradition method of meditation developed by the saints of ancient India. They practiced yoga as an effective method of controlling their mind and bodily activities. Yoga in daily life is a system of practice consisting of eight levels of development in the areas of physical, mental, social, emotional and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships. When we are healthy we are in touch with inner Self, with others and surroundings on a much deeper level, which adds to spiritual health. Yoga increases the flexibility of the spine, improves body’s physical condition and heightened awareness to the importance of relaxation.

Methodology: Pre test performance was measured Before the Conduct 16 weeks training the pre test performance were measured on health related fitness like Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility and Body Composition by using standard tests like Harvard step test, half sit up test, Push up test, Sit and reach test and Body mass Index. After completion of the 16 weeks yogic exercises training post test performance were measured by using the procedure of pre test. The post test result indicates tremendous improvement in the health related fitness components.