CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

Yoga, a form of physical activity, is rapidly gaining in popularity and has many health benefits. Yet healthcare providers have been slow to recognize yoga for its ability to improve health conditions, and few interventions have been developed that take full advantage of its benefits. Yogis observe the mind and the body as one and that if one is provided with the right yoga kit and tools and taken to the correct atmosphere; it can discover harmony and men itself. Yoga so is regarded as therapeutic. Ancient Theories, explanations and ideas about the mind and body connection is now being established by modern drug. Extensive research has been performed to look at the health advantages of yoga India- from the yoga asanas, yoga pranayama and meditation. The information on yoga poses and advantages are grouped into 3 groups physiological, biochemical effects. In addition, scientists have set these outcomes against the advantages of usual exercise. Psychological advantages of yoga: increases the mood improves and subjective well-being, self-acceptance and self-actualization, social adjustment, self-actualization, social skills, self-acceptance, well-being, somatic and kinesthetic awareness, improves the concentration, memory, attention, learning efficiency, mood, attention, learning efficiency, symbol coding, depth perception, flicker fusion frequency, decreases the anxiety, depression and hostility.

The purpose of the study was to find out the effect of varied packages of yogic practices on selected motor ability, physiological, hematological and bio-chemical variables among college men students. To facilitate the study, 90 subjects were selected at random from Rajapalayam Raju’s college, Rajapalayam. Their age was ranged between 18-25 years. They were assigned into three groups Group 1 served as Swami Satyananda Saraswati Yogic Practices group (EX GP1), Group 2 served as Swami Vishnudevananda Yogic Practices group (EX GP 2) and third one as control group. All the subjects were tested prior to and immediately after the 12 weeks treatment in progression motor ability such as flexibility, muscular strength and cardio vascular
endurance and physiological variables such as resting pulse rate, vital capacity, and VO\textsubscript{2} Max and hematological variables such as RBC Count, WBC count and platelets count and bio-chemical variables such as blood sugar, high density lipoprotein (HDL) and low density lipoprotein (LDL). The initial and final scores in selected motor ability, physiological, hematological and bio-chemical variables were put in-to statistical treatment using Analysis of Covariance (ANCOVA) to find out the significant mean differences. Scheffe’s post hoc test was used to find out the paired mean differences. In all the cases the 0.05 level of confidence was fixed.

5.2 CONCLUSIONS

Within the limitations and delimitations set for the present study and considering the results obtained, the following conclusions were drawn:

1. Two different yogic practice methods (Swami Satyananda Saraswati and Swami Vishnudevananda yogic practices) helped to improve the flexibility, increasing the muscular strength, cardio-vascular endurance, vital capacity, VO\textsubscript{2} Max, RBC, WBC, platelets counts and the level of HDL in blood, decreasing the resting pulse rate, blood sugar and LDL level.

2. Systematic 12 weeks of Swami Satyananda Saraswati yogic practice system improves the muscular strength, cardio-vascular endurance, vital capacity, HDL and LDL more than the Swami Vishnudevananda yogic practices.

3. There was a little improvement difference between the Swami Satyananda Saraswati and Swami Vishnudevananda yogic practices on the flexibility, resting pulse rate, VO\textsubscript{2}Max, RBC, WBC, platelets counts and blood sugar but not at the significant level. Based on the mean value was concerned, 12 weeks of Swami Satyananda Saraswati yogic practice systems improve the flexibility, resting pulse rate, VO\textsubscript{2}Max, RBC, WBC, platelets counts and blood sugar more than the Swami Vishnudevananda yogic practices.

4. Swami Satyananda Saraswati yogic practice system was a suitable training system to improve the muscular strength, cardio-vascular endurance, vital capacity, increased level of HDL in blood and decreasing LDL level among the college men students.
5.3 RECOMMENDATIONS

On the basis of the findings and conclusions of the present study, the following Recommendations were framed

1. The same study may be extended to further time period.

2. It was recommended that a similar study may be conducted on the special population.

3. The present study was mainly focused on male only; female may be considered for further study.

4. Similar study may be conducted on obesity population with the same motor ability, physiological, hematological and bio-chemical variables.

5. Yoga may be included in other schemes of the government for the welfare of the society. Swami Satyananda Saraswati Yogic Practice and Swami Vishnudevananda Yogic Practice are good for total well-being.

6. The findings of study proved that yoga improved motor ability, physiological, hematological and bio-chemical variables. Teachers, physician and coaches can suitably include Swami Satyananda Saraswati Yogic Practice for strengthening the students in general.

5.4 SUGGESTIONS FOR FURTHER RESEARCH

The researcher make following suggestions for further researcher:

1. A study may also be undertaken to find out the Effect of Varied Packages of Yogic Practices on similar other independent and dependent variables not covered by this study.

2. A study may be undertaken to find out the Effect of Varied Packages of Yogic Practices on other sports and games.

3. Similar study with larger samples may be undertaken to find out the Effect of Varied Packages of Yogic Practices among college.
4. Similar study may be conducted on various other variables than motor ability, physiological, hematological and bio-chemical variables.

5. Similar study may be conducted for various other age groups.

6. Similar studies may be conducted by selecting other motor ability, physiological, hematological and bio-chemical variables.

7. Similar study may be repeated by employing normative studies.

8. This study could be extended to subjects from various track and field events.

9. The present study needed to be strengthened or supported by more relevant research studies.