

Effect Of Yoga Training On Physiological Variables Of Working Women

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Abstract:

The study was conducted the effect of yoga training on Physiological variables of Clerk working women. The present study was conducted on 100 female clerk consisting 50-50 subject from various department respectively their age ranging 30-40 years, which were randomly selected, from various department of Amravati city. The selected on physiological variables were tested to standard procedures. The data obtained were statistically analysis with the help 'F' test. The finding of the results conclude that there were positive effect on haemoglobin, systolic blood pressure, diastolic blood pressure and plus rate the subject of various department. All the subject of experimental group involved in this study was under gene regular yoga training programme for a period of one year. From the table it was evident that in the case of physiological variables true were significant changes noticed offer one year regular yoga training programmed. From the findings the yoga training helps the subjects to positive effect.

Key Word: Haemoglobin, Systolic and diastolic blood pressure, pulse rate.

Introduction:

Yoga is a traditional method of meditation developed by the saints of ancient India. They Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social 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 you are healthy you are in touch with your inner Self, with others and your surroundings on a much deeper level, which adds to your spiritual health.

Yoga increases the flexibility of the spine, improves body's physical condition and heightened awareness to the importance of relaxation. It has been emphasized that each exercise be practiced slowly, coordinating movement with the breath, pausing motionless in each position and always with full concentration. Practiced yoga as an effective method of controlling their mind and bodily activities. Yoga in Yoga can help cure insomnia, as regular yoga practice leads to better and deeper sleep. Yoga can help fight fatigue and maintain your energy throughout the day. Yoga is an effective treatment for a variety of autoimmune diseases because it can reduce the symptoms these diseases often cause, such as stiffness, malaise, fatigue, and weakness. Even

children can benefit from yoga. Those with attention deficit disorder and hyperactivity can learn to relax and get control by using yoga breathing and yoga asanas. Yoga has been used to help heal victims of torture or other trauma. Because yoga is a form of meditation, it results in a sense of inner peace and purpose, which has far-reaching health benefits. A Regular Yoga practice is beneficially every state of life. Asanas and Pranayama should be practice regularly for the proper fitness of body and mind. People having less flexibility in bodies can do Yoga exercise regularly and they can start with some basic Asanas. Yoga exercise helps in improving flexibility and stamina of runners. It helps in maintaining cardio vascular system is an exercise in moral and mental cultivation that generates good health contributes to longevity and the total intrinsic discipline culminates in to positive and perennial happiness and peace. Yoga is useful for mental peace, precaution from disease, to control disease, spiritual development, overcome from mental tension, attaining different kinds of power, also use in naturopathy and mental treatment. Yoga the present inclinations are changing regularly. These are the reasons that the willingness of people is increasingly towards yoga.

Criterion Measures:

- 1] Haemoglobin -Sahalis Haemoglobin meter [gm./cc]
- 2] Blood pressure -Spigmomonmeter [mm.hg.]
- 3]Pulse rate -Watch

Methodology:

The subject of the present study was selected by simple random sampling methods.50 females clerk were selected for this study from police commissioner office, D.S.P. office, Z.P. department etc. yoga training given to the experimental group and then analyzed the result. Again six month training was arrange for same group and then analyzed the result. Before enrolling their training programme pre and post 1 and post 2 tests were administered to measure physiological variable. To evolve concrete evidence, ANOVA statistics tool have been applied to extract he significant difference if any, among the experimental and control group.

TABLE - 1 : Clerk (H.B.) [Pre Test and Post-1 and Post-2]

Sources of Variance	Sum of Squares	d. f.	Mean Squares	F
Between Groups	60.62	2	30.31	-
Within Groups	142.25	147	0.97	31.32
	202.87	149	31.28	

TABLE – 2 : [Systolic BP] [Pre Test and Post-1 and Post-2]

Sources of Variance	Sum of Squares	d. f.	Mean Squares	F
Between Groups	1256.09	2	628.05	-
Within Groups	26767.38	147	182.09	3.45
	28033.47	149	810.14	

TABLE – 3 : [Diastolic Blood Peruses] [Pre Test and Post-1 and Post-2]

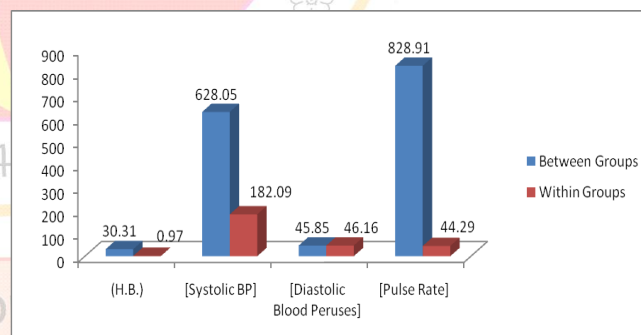
Sources of Variance	Sum of Squares	d. f.	Mean Squares	F
Between Groups	91.69	2	45.85	-
Within Groups	6785.40	147	46.16	0.09
	6877.09	149	92.01	

Table No.4 :[Pulse Rate] [Pre Test and Post-1 and Post-2]

Sources of Variance	Sum of Squares	d. f.	Mean Squares	F
Between Groups	1657.81	2	828.91	-
Within Groups	6510.06	147	44.29	18.72
	1867.87	149	873.19	

Table No.5 H.B., Systolic BP, Diastolic Blood Peruses, Pulse Rate of Clerk [Pre Test and Post-1 and Post-2]

Sources of Variance	Physiological Variables	Mean Squares
Between Groups and Within Groups	H.B	30.31
		0.97
	Systolic BP	628.05
		182.09
	Diastolic Blood Peruses	45.85
		46.16
	Pulse Rate	828.91
		44.29



Conclusion

All the subject of experimental group involved in this study was under the regular yoga training programme for a period of one year. From the table it was evident that in the case of physiological variables true were significant changes noticed offer one year regular yoga training programmed.

From the findings the yoga training helps the subjects to positive effect.

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