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	Role of Y	ogasanas a Citizen	nd Pranay: during Co	am on the Physiol wid -19 pandemic	ogical Fitness of Senio lockdown)r

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Abstract:

The selected study for research entitle "Role of Yogasanas and Pranayam on the Physiological Fitness of Senior Citizen during Covid -19 pandemic lockdown". Lockdown Covid -19 pandemic since last couple of months had put an big No! on moving outside for all citizens. Moreover to senior citizen, this situation had effected physically as well as mentally as all morning walkas cheers and laughter at garden with friends had become a luxury. The study of two months undertaken by the scholar was an sincere step to see the role of yoga and pranayama on senior citizen with the aid of digital media, hence she conducted study on 20 senior citizen and all asana sans pranayama were taught using digital on line platform the pre and post scores of study was recorded and it was found that the role of Yogasanas & pranayama had played a positive significant role in acquiring the physiological fitness among senior citizens

Introduction: -

Often seen that the senior citizen face physiological problems after a particular age, various types of exercises are adopted by these senior citizens like morning walk with friends or performing exercise in garden, Senior citizen also face problems like obesity, diabetes, BP, diabetes, insomnia, & hearing problems etc. Whereas the prevailing situation of Lockdown Covid -19 pandemic since last couple of months had put an big No! On moving outside for all citizens. Moreover to senior citizen, this situation had effected physically as well as mentally as all morning walks cheers and laughter at garden with friends had become a luxury.

The decided to put some effort and to conduct a study of Yogasanas and its effect on the senior Citizen, for this study scholar selected 20 senior citizens from her town.

As the lockdown was imposed the researcher selected the subjects by the help of her friends and colleagues through social media and phone and decided to conduct online yoga and pranayama exercise, selected 20 senior citizens for the study

In the very first online classroom the Scholar explained the benefits of Yogasanas and Pranayama to the senior citizen and requested them for their cooperation for the study. These senior citizens showed their overwhelming response to participate in the study.

Purpose :-

The study was intended to see the Role of Yogasanas and pranayama on the physiological fitness of the selected subjects.

Hypothesis :-

The scholar made the hypothesis that the Yogasanas and Pranayam practice will help senior citizens to improves the Physiological fitness during the Lockdown period where they were not allowed to go out of house and practice their daily routine.

Data Collection: -

The scholar selected following the physiological fitness variable were, Body mass Index (BMI), Waist Hip Ratios, Pulse Rate, , Breath Holding Capacity, Diabetes and Flexibility. The pretest of physiological fitness variables data was collected with all the precautionary measures and following all the covid 19 protocols, and after the 2 months of Yogasanas and Pranayama training, again the scholar conducted the post-test of physiological fitness variables this time some relaxation was given in the lockdown, still all the Covid 19 protocols were followed.

The researcher prepared tables for the means and standard deviations table number one indicated the pre-test means and standard deviation of physiological fitness variables scores and table number two indicates the means and standard deviations of pos-test variables scores of physiological fitness Table No. 1:- Means and standard deviations of pre-test scores of physiological fitness variables of senior citizen.

Sr.	Physiological Fitness	Pre- Test		
No.	variable	Mean	Sd.	
1	Body Mass Index BMI	27.4	2.22	
2	Waist Hip Ratio WHR	2.00	0.61	
3	Pulse Rate	98.8	4.79	
4	Sit and Reach Flexibility	2.59	0.61	
5	Breath Holding Capacity	25.26	5.68	
6	Blood Sugar Diabetes	208.6	43.79	

Data Source: - From the pre-test scores of physiological fitness variables.

Discussion:-

The above table number 1 indicates the pretest means and standard deviations of physiological fitness variable scores. The mean of Body Mass Index (BMI) is 27.4 and standard deviation is 2.22. The mean of Waist Hip Ratios is 2.00 and standard deviations are 0.61. The means of Pulse Rate is 98..8 and standard deviation is 4.79. The mean of flexibility Sit & Reach is 2.59 of standard deviation is 0.61. The mean of Breath Holding Capacity is 25.26 and standard deviations is 5.68. The mean of Blood Sugar (Diabetes) is 208.6 and standard deviation is 43.79.

Table number 2 indicated the Means and Standard deviation of post-test scores of physiological variables of senior citizen.

Table No. 2:- Mean and standard deviation ofPost test scores of physiological fitness variable.

Sr.	Physiological variable	Post - Test		
No.		Mn	Sd.	
1	Body Mass Index BMI	22.86	0.94	1
2	Waist Hip Ratio WHR	0.97	0.08	11
3	Pulse Rate	78.5	3.41	
4	Sit and Reach Flexibility	5.3	0.76	
5	Breath Holding Capacity	38.53	5.32	
6	Blood Sugar Diabetes	118.4	14.89	

Source :- From the post-test scores of physiological.

Discussion:-

The above table No. 2 indicates the post-test means and standard deviations of physiological fitness variable scores. The mean of Body Mass Index (BMI) is 22.86 and standard deviation is 0.94. The mean of waist hip Ratio is 0.97 and standard deviation is 0.08. The means of pulse rate is 78.5 and standard deviation is 3.41. The means of flexibility Sit & Reach is 5.3 and standard deviations is 0.76. The mean of Breath Holding Capacity is 38.53 and standard deviations is 5.32. The mean of Blood Sugar (Diabetes) is 118.4 and standard deviation is 14.89

To find out the effect of 2 month training of Yogasanas and Pranayam the scholar calculated the value between pre-test means and standard deviation and post test means and standard deviations and compared the calculated 't' with tabulated 't' from statistical table in the following table No 3 indicates the pre-test means and standard deviation and post test means and standard deviations and calculated 't' and tabulated 't' value.

Table No. 3 Pre-test and Post -test means and	
standard deviation of the scores of physiologica	ıl
fitness variables and calculated 't'value and	
tabulate 't' value	

S	Physiol	Pre-test		Post-test		Calcul	Tabul
r. N	ogical variable	Me an	Sd.	M n	Sd.	ated 't'	ated 't'
0.						value	value
1	Body	27.	2.2	22.	0.9	6.94	2.81 at
	Mass	4	2	86	4		0.07
	Index			õ			level
	BMI			1			of
2	Waist	2.0	0.6	0.9	0.0	9.54	signifi
	HIP	0	1	7	8		cant
	Ratio						and 19
	WHR						degree
3	Pulse	98.	4.7	78.	3.4	17.70	of
19	Rate	8	9	5	1		freedo
4	Sit and	2.5	0.6	5.3	0.7	14.55	m
	Reach	9	1		6		
	Flexibili						
	ty						
5	Breath	25.	5.6	38.	5.3	8.96	
	Holding	26	8	53	2		
	Capacity						
6	Blood	208	43.	11	14.	10.97	
	Sugar	.6	79	8.4	89		
	Diabetes						

Source :- From Pre-test and post- test means and standard deviation and calculated 't' value and tabulated 't' value.

Discussion:-

The above table No. 3 indicates the means and standard deviation of pre-test and post test scores physiological fitness variable and the calculated 't'

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values and tabulated value. The calculated value of Body Mass Index (BMI) is 6.94 whereas the tabulated value at 0.01 level of significance 29 degree of freedom is 2.67 that indicated that these is positive significant effect of Yogasanas and Pranayam and the body mass index.

The waist ship Ratio calculated value is 9.54 the pulse rate calculated value is 17.70. The sit and reach flexibility calculated value is 14.5. The Breath holding capacity calculated value is 8.96 and the blood sugar diabetes calculated value is 10.97 where as the tabulated value of 't' is 2.67 at 0.01 level of significance and 29 degree of freedom that proved that there is positive significant effect of Yogasanas and Pranayam practice on the physiological fitness variable of senior citizen.

Conclusion:-

therefore The scholar accepted the hypothesis that there is positive significant role of Yogasanas and Pranayama on the physiological fitness variable of senior citizen. Hence the scholar drew the conclusion that there is positive significant effect of Yogasanas and Pranayam on the physiological fitness variables of senior citizen. This research work was substantially good as it provided a opportunity to learn yogasana and pranayama by senior citizens during the covid 19 pandemic lockdown, the sessions were very interactive and all went with ease except few network issues during online sessions of yoga and pranayam

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