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## Effect of Yogasanas on balance training of girls performance college students

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### Abstract

Yuga of divine and eternal perfection, would not, indeed, be a far-off object to be realized. It was a perennial message which Plato proclaimed with the conviction of a genius when he declared that no peace on earth can ever prevail unless philosophy goes with administration, and administration with philosophy. Yoga helps dampen the causes of anxiety within one's mind. The hormonal reactions in the blood are neutralized by determined and forceful self-restraint. The shortness of breath, rapid pulses and heartbeats get soothed by steady but gradual supply of oxygen and reduction in circulation due to yoga. Yoga asana (postures) and breathing deal with the physical body, but due to their effect on the brain, they also affect the mind. All the wonders of modern science will not bring happiness, peace of mind, health or a long life. Although wonders have been achieved in our external environment – space travel, computers, etc. our internal environment has been neglected. Thousands of years ago the ancient yogis turned their minds inwards and discovered their true nature.

**Keywords:** Yogasanas on balance training of girls

### Introduction

The science of Yoga imbibe itself the complete essence of the Way of Life, including - Gyan Yoga or philosophy, Bhakti Yoga or path of devotional bliss, Karma Yoga or path of blissful action, and Raja Yoga or path of mind control. Raja Yoga is further divided into eight parts. At the heart of the Raja Yoga system, balancing and unifying these various approaches, is the practice of Yoga Asana.

The benefit of yogasanas that often gets the most attention from athlete is the increase in flexibility. Many yogasanas require the practitioner to bend the body in very unusual ways. This causes the tendons to stretch at a variety of angles and, with extended practice, this can lead to substantial benefits to the practitioner's overall flexibility.

The science of yoga works on physical, mental, emotional, psychic and spiritual aspects of a person. When imbalance is experienced at this level, the organs, and muscles and nerves no longer functions in harmony, rather they at in opposition to each other. Therefore yoga aims at bringing the different body functions into perfect co-ordination so that they work for the God of the whole body. Yoga has a complete message for humanity.

**Yogasanas On Balance:** The ability to maintain equilibrium when stationary or moving (i.e. not fall over) through the coordinated action of sensory functions (eyes, ears, and the proprioceptive organs in our joints) yogic practices and physical exercises both. There is no significant difference in yogic practices and physical exercises. it is concluded form the results that the level of balance is increased by combined activities is greater than the yogic practices. It is concluded form the results that the level of balance is increased by combined activities is greater than the physical exercises. This study revealed that all types of training groups increase balance. Every students has a right to learn and develop himself as per the need of life, even they may be special students or physically challenged.

### Methodology

The methodology adopted in the present study related with selection of subjects, selection of variable, and selection of test.

**Selection of subjects**

The purpose of the study was to find out “Effect Of Yogasanas On Balance Training Of Girls Performance College Students” To achieve this purpose 60 female students in the age group 16-19 years studying in B.V.V S. Akkamahadevi Women’s Arts, science and commerce college for girls, Bagalkot Karnataka were selected as subjects.

**Selection of variables**

- paschimottanasana padmasana, vajrasana,
- Tadasana, Vrikshasana Garudasana
- Halasana Naukasana, Shavasana.
- Makarasana, Bhujanagasana, Shalabhasana

**Selection of Test**

SL.NO	Test	Measurement
1	Balance	Administration of the test One-leg standing test

**Analysis and Interpretation of Data**

The purpose of the study was to measure the “Effect of Yogasanas on Balance Training of Girls Performance College Students” To achieve this purpose the data collected for the study were put into analysis and results of which are presented in the Table.

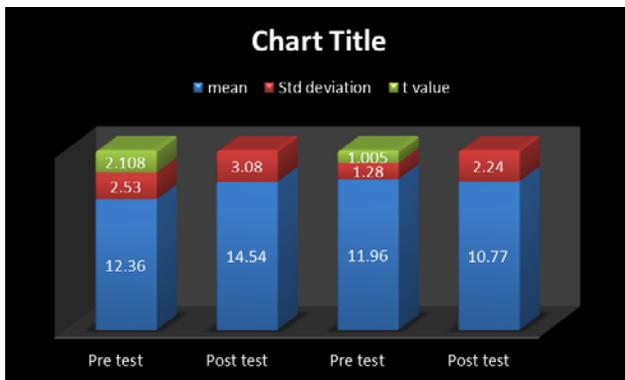
**Table 1.1** showing the pre-test and post-test performance of Balance.

Group	test	mean	Std deviation	t value
Experimental group	Pre test	12.36	2.53	2.108
	Post test	14.54	3.08	
Control group	Pre test	11.96	1.28	1.005
	Post test	10.77	2.24	

**The level of significant is 0.05**

Table No 1.1 Shows that the experimental group’s mean performance value of Balance of pre-test is 12.36 and the post-test is 14.54 the post-test Balance performance is less than pre-test Balance performance and also the t value is more than the table value. Hence it indicates significant development of Balance.

Whereas the control groups mean of Balance performance of pre and post-test values are 11.96 and 10.77 respectively. The t value is less than the table value. Hence the pre and post-test values indicate insignificant.



**Fig:** Showing the pre-test and post improved the Balance Training of girls performance.

1.1 (a) The above figure clearly indicates that the 8 weeks yogasanas training performance is drastically improvement is the Balance Training of girls.

**Summary**

The purpose of this study was to find out the “Effect of Yogasanas on Balance Training of Girls Performance College Students” To achieve this purpose 8 weeks yogasanas training was given to selected female subjects. To know the Effect of yoga training on the physical fitness performance Level of the Balance was used for pre-test and post-test of the subjects. The result shows that 8weeks yogasanas training develops Balance.

**Conclusion**

On the basis of the results it was concluded that 8 weeks of yogasanas training significantly improved the Balance performance of subjects.

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