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The impact of 8 week yoga training on fat percentage of obese male

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Abstract
Yoga is ancient practice that originated in India is over 5,000 years ago. It combines physical postures, breathing techniques, meditation and mindfulness practices to promote physical, mental and spiritual wellbeing. Obesity among male will lead to health problems such as diabetes until coronary heart disease. The aim of this study was to determine the effectiveness of 8-week yoga training programme on fat percentage of obese male in 2024. The subjects of this study were 40 male students from CCS University Meerut, with the criteria to have obese category with age 18-25 years. The effectiveness impact of 8-week toga training on fat and musculoskeletal percentage was measured using sit and rich box technique measured before and after the treatment of training program. Based on the results of calculations using the purposive sampling technique, on the impact of 8-week yoga training effective in reducing fat percentage.

Keywords: Chronic low back pain, Interferential current electrotherapy, physiotherapy, rehabilitation

Introduction
Obesity, a "New World Syndrome," is a global epidemic causing significant health and socioeconomic burdens. Consumption of energy-dense, nutrient-poor foods and sedentary living contribute to obesity and type 2 diabetes (Goran, 2003) [2]. Physical activity is vital for young people's growth, development, and health, positively impacting mortality and longevity (Shukla *et al*. 2020) [8]. Supportive contextual elements encourage habitual physical activity in children and adolescents.

Yoga is effective in alleviating symptoms of diabetes, menopause, renal illness, multiple sclerosis, and schizophrenia, promoting physical, mental, psychological, and spiritual harmony, and improving human quality of life (Ni *et al*., 2016; Santoshi, 2017; Naragatti, 2020) [4, 5, 3]. Yoga enhances body-mind harmony by activating and releasing muscles, making it an excellent addition to other fitness regimens like weight training, cycling, and running. Power yoga, a new concept, replicates a full-body workout while fostering mental composure and attentiveness through dynamic moves.

Yoga improves blood glucose levels in diabetes patients and chronic health issues. Consistent yoga practice increases flexibility, muscle strength, and BMI. Asana practice improves muscle flexibility and relaxation, reducing ligament and tendon issues. Yoga promotes peak bodily efficiency, regulates muscle growth, and reduces the risk of ligament and tendon issues well (Tracy and Hart, 2013; Selvaraj and Sivasankar, 2017; Shiraishi, *et al*. 2017; Ganga, 2019) [9, 6, 7, 1].

Purpose
The purpose of the present study was to assess the impact of 8-week yoga training on flexibility of obese male.

Hypotheses
It was hypothesized that the 8-week yoga training will have a significant impact on flexibility of obese male.

Selection of Subjects
The 40 obese subjects regarding the study were selected from CCS University, Meerut between the age ranges of 18-25 years by using the purposive sampling technique.

Selection of Variables
Dependent Variables: Flexibility
Independent Variables: 8 weeks yoga training

Selection of tests and criterion measures
Musculo-skeletal Flexibility-Musculoskeletal Flexibility was measured in centimetres rounded off 0.01 centimetre by using sit and reach box.

Collection of data
The data of selected 40 obese male from CCS University, Meerut was collected by the research. Further, the initial data on selected variables i.e. flexibility of each subject was collected prior to the treatment program and the subjects were further examined after the treatment and considered final data of this research.

Statistical Analysis
Descriptive statistics, t-test were applied for the analysis of the pre and post test data of obese males of CCS University, Meerut on selected variables i.e. flexibility at the level of significance was set at 0.05 level respectively.

Table 1: Analysis of Pre and Post Test Score of Obese Male on Flexibility of CCS University, Meerut

Variable	Group	Mean	S.D.	Degree of Freedom	t-ratio	Sig. Value
Flexibility	Pre Test	6.40	3.81	38	-1.58	0.04
	Post Test	8.58	4.88			

N=30
*Significant at 0.05 level.

Table-1 exhibits the mean and std. deviation of pre-test flexibility of CCs University obese Males i.e. 6.40±3.81. Further, the table also highlights the mean and std. deviation of pre-test flexibility of CCs University obese Males i.e.8.58±4.88. Furthermore, table-1 also indicate the no significant difference among the pre and post level of flexibility among obese males of CCS University, Meerut as the obtained P value (0.24) is higher than 0.05 (t=-1.58., p>0.05) at 0.05 level of significance. Further, the graphical representation of pre and post-test values of flexibility of obese males from CCS University are shown in figure no. 1.

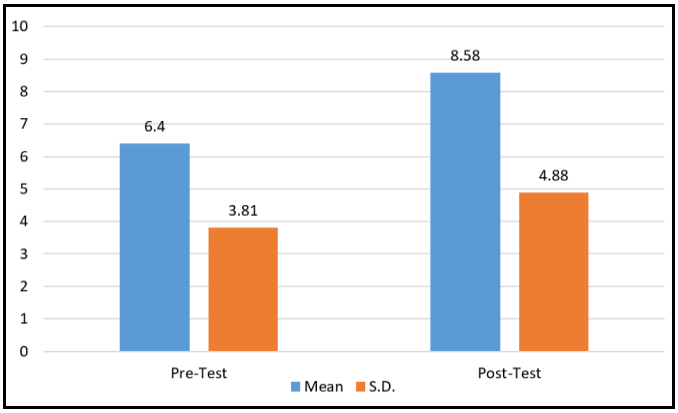

Fig 1: Graphical Representation of Mean of Pre-Test and Post-Test Value of Obese Males from CCS University, Meerut on Flexibility

Discussion of findings
The study was conducted to assess the impact of 8 weeks yoga training on flexibility ofobese male from CCS University, Meerut. Further, the descriptive statistics of tale 1.0 reveals that the post-test have higher mean value than the pre-test along with their graphical representation in figure 1.0. Furthermore, analysis of independent t-test shows no significant difference in pre-test and post-test values of flexibility. This insignificant impact of 8 weeks yoga training may be occurred due to less intensity and less time period of training to get the desired changes in the selected. Shafer (2015) [10] have also reported no impact of yoga on flexibility.

Conclusion
The findings of the study shows the significant improvement in body composition variable i.e. body fat percentage due to the prescribed 8 week power yoga training programme. Further, on the basis of the results and findings of the study it was concluded that 8-week power yoga training programme can improve the fat percentage of obese males.

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