

THE EFFECT OF YOGA ON SELECTED PHYSIOLOGICAL VARIABLES OF SCHOOL GIRLS LIVING IN MOST POLLUTED AND LEAST POLLUTED AREAS OF BHOPAL CITY

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ABSTRACT

The purpose of the study was to find out the effect of yoga on selected physiological variables (resting heart rate, respiratory rate, blood pressure, vital capacity and peak expiratory flow rate) of school girls living in most polluted and least polluted areas of Bhopal city. The study helpful to the student who develop his/her health along with control of various emotions like love, anger, affection, and greediness that provide firm control over body and mind specially to overcome most of dangerous diseases like Insomnia, Arthritis, Asthma, Blood pressure (Low/High), Diabetes, Depression, Fatigue and Nervousness etc. 500 girls were selected randomly from St. Joseph's Convent School, Bhopal, their age ranged between 12 to 16 years and they were divided into two groups, 250 girls from more polluted area and 250 girls from least polluted area of Bhopal. Pre-test and post-test of the selected physiological variables has been taken inside the school lab during the course of research study. They all have gone together for yoga classes in their school. The post-tests have been taken two times at the end of fourth and fifth month by qualified doctors under the supervision of the expert. Finally the results has been supported to the current study and explains that the yoga exercises are beneficial for girls because it almost found significant improvement in all respiratory functions i.e. Peak flow expiratory volume, Respiratory rate, Vital capacity, Resting heart rate, and Blood pressure (systolic and diastolic), Height, Weight, Body Mass Index during post-test-I and post-test-II. Only the vital capacity and Respiratory rate of subjects has been found insignificant during post –test-I at the specific level of significance.