

ISOLATED AND COMBINED EFFECTS OF YOGIC PRACTICES AND WALKING ON SELECTED PHYSIOLOGICAL VARIABLES AMONG SCHOOL BOYS

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ABSTRACT

Education is very essential for all the games and there were many types of training which are used to develop the physiological variables based upon the intensity and duration of the games. The aim of this study was to determine the isolated and combined effects of yogic practices and walking on selected physiological variables (resting pulse rate, mean arterial blood pressure and vital capacity) among high school boys. To achieve the purpose of the study, the investigator selected schools boys from Mahodary High School, Birbhum district, West Bengal. The subjects were selected randomly and their age was between 14 and 16 years. They were assigned into four groups of which one group served as yogic practice groups, second group served as walking group, third group combined walking exercise and yogic practice group and the fourth group served as control group. The training programmes for this study were six weeks yogic practices for experimental group I and six weeks walking for group II, six weeks combined walking and yogic practices for experimental group III and the control group was not given any training except of their routine. Data were collected on selected physiological variables before and after the training period of six weeks from all the four groups. The differences between the initial and final scores in selected physiological variables were subjected to statistical treatment using Analysis of Covariance (ANCOVA). The results of the study proved that comparing with control group the yogic practice group, significantly improved the selected physiological variables, except in the case of mean arterial blood pressure. The results of the study proved that comparing with control group the walking group significantly improved the selected physiological variables, except in the case of vital capacity. The results of the study proved that comparing with other groups, combined group significantly improved the selected physiological variables, except in the case of mean arterial blood pressure and vital capacity. The results of the study proved that Yogic practices group, significantly decreased Resting Pulse rate, Blood Pressure and improved in vital capacity as compared to walking group. It was concluded that combined walking and yogic practice group was significantly better than yogic practice group, walking and control group in management of selected physiological variables such as resting pulse rate, vital capacity and mean arterial blood pressure. It was concluded that yogic practices group was significantly better than walking and control group in management of resting pulse rate, vital capacity and mean arterial blood pressure.