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Effect of Yogasans on fitness of school children

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Abstract

The purpose of the study to find out the effect of yogasans an fitness of school children. In the modern world children required to do lots of work within the little time. They faced Hectic schedule in school and also at home. Children health is the burning problem in the world. To provide good health among the children via yogasans is the best way of exercise. It is the best and useful method of improve health and fitness. The sample included total 60 (thirty boy and thirty girl) student from various school of kurukshetra District. In this study experimental method was used. Pre-test and post- test was at 0.01 level of significance. T- test was applied to find out the difference. The result found that significance difference in relation to improve health and fitness due to yogasans.

Keywords: Yogasans, Fitness of School Children.

Introduction

1 Introduction

Yoga (Sanskrit) is a commonly known generic term for the physical, mental and spritual practices or disciplines which origanted in ancient India with a view to attain a state of permanent peace. Specifically yoga is one of the six? Stika ("orthodox") schools of Hindu philopshy. Once of the most detailed and throughout expositions on the subject is the yoga Stras of Patanjali, which defines yoga as "the stilling of the changing states of the mind" (Sanskrit). Yoga has also been popularly defiend as "union" with the divine" in other context and traditions. Various traditions of yoga are found in Hindusm, Buddhism, Jainism and Shikhism.

Post classical traditional consider Hiranyagarbha as the originator of yoga. Pre – philosophical speculations and diverse ascetic practices of first millennium BCE were systematized intoa formal philpsophy in early centuries CE by the Yoga Sutras of Patanjali. By the turn of the first millinnium. Hatha yoga emerged as a preminent tradition of yoga distinct from Patanjali's yoga Sutras and marks the development of asanas into the full body postures now in popluar usuage and, along with its many modern variation, is the style that many people associate with the word yoga today.

Hindu monks, beginning with Swami Vivekananda, brought yoga to the west in the late 19th centaury. In the 1980s, yoga became popular as a system of physical exercise across the western world. This form of yoga is often called Hatha yoga. Many studies have tired to determine the effectiveness of yoga as a complementary interventation for cancer, schizophrenia, asthma and heart paitents. [citation needed] in a national survey, long term yoga practitioners in the United states reported mursculo- skeletal and mental health improvements.

In vedic Sanskrit, the more commonly used, literal meaning of the Sankrit word yoga which is "to add", "to Join", "to unite", or "to attach" from the root yuj, already had a much more figurative sense, where the yoking or harnessing of oxen or horses takes on broader meanings such as "employment", use, application, performance" (compare the figurative uses of "to harness" as in "to put something to some use"). All further development of the sense of this word are post – Vedic. More prosaic moods such as "exertion", "endeavour", "zeal", and "diligence" are also found in Epic Sanskrit.

There are very many compound words contain yoga in Sanskrit Yoga can take on meaning such as "connection", "contact", "method", " application", "addition", and "performance". For example, gu? Yoga means "contact" with a cord"; chakrd yoga has a medical sense of

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“Applying a splint or similar instrument by means of pulleys (in case of dislocation of the thigh)”; Chandra yoga has the astronomical sense of “conjunction of the moon with a constellation”; pu? Yoga is a grammatical term expressing “connection” or relation with a man”, etc. thus, bhakti yoga means “devoted attachment” in the monotheistic Bhakti movement. The term kriya? Yoga has a grammatical sense, meaning “connection with a verb”. But the same compound is also given a technical of the philosophy i.e. the “union with the Supreme” due to performance of duties in everyday life.

In Hindu philosophy the word yoga is used to refer to one of the six – orthodox schools of Hindu philosophy the yoga Sutras of Patanjali are often labeled as Raja yoga. According to Patanjali, a 6th century BCE Sanskrit grammarian, the term yoga can be derived from either of two roots, yujir yoga (to yoke) or yuj sam?dhu (to concentrate). In the context of the yoga Sutras of Patanjali, the root yuj sam?dhau (to concentrate) is considered by traditional commentators as the correct etymology. In accordance with Patanjali, Vyasa (i.e. 4th or 5th century CE), who wrote the first commentary on the yoga sutras, states that yoga means sam?dhi (concentration). In other texts and context, such as the Bhagavad Gita and the Hatha yoga Pradipika, the word yoga has been used in conformity with yujir yoga (to yoke).

Someone, who practices yoga or follows the yoga philosophy with a high level of commitment is called a yoga or yogini.

Asana Sanskrit: Sana sitting down’, ‘to sit down is a body position, typically associated with the practices of yoga, originally identified as a mastery of sitting still. In the context of yoga practices, originally identified as a mastery of sitting still. In the context of yoga practice, means refers to two things the place where a practitioner (or yogin), in general usage, yogi (male), or yogini” (female”) sits and the manner (posture) in which he/she sits. In the yoga sutras, Patanjali suggests that asana is “to be seated in a position that is firm, but relaxed” for extended, or timeless periods.

As a repertoire of postures were promoted to exercise the body – mind over the centuries, to the present day when yoga is sought as a primarily physical exercise form, modern usage has come to include variations from lying on the back and standing on the head, to a variety of other positions. However in the yoga sutras, Patanjali mentions the executions of sitting with a steadfast mind for extended periods as the third of the eight limbs of classical or Raja yoga, but does not reference standing postures or kriya. Yoga practitioners (even those who are adepts at various complex postures) who seek the “simple” practices of chair less sitting generally find it impossible or surprisingly grueling to still for the traditional minimum of one hour (as still practiced in eastern Vipassana), some of them then dedicating their practices of sitting asanas and the sensations and mind states that arise and evaporate in extended sits.

Asana later became a term for various postures useful for restoring and maintain a practitioner’s wellbeing and improving the body’s flexibility and vitality, with the goal of cultivating the ability to remain in seated meditation for

extended periods. Asanas are widely known as “yoga postures” or “Yoga Positions”.

Yoga in the west is commonly practiced as physical exercise or alternative medicine rather than as the spiritual self-mastery meditation skill it is more associated with in the East.

-----Yoga first originated in India. In the yoga sutras, Patanjali describes asana as the third of the eight limbs of classical, or Raja Yoga. Asanas are the physical movements of yoga practice and, in combination with pranayama or breathing techniques constitute the style of yoga referred to as Hatha Yoga. In the Yoga Sutra, Patanjali describes asana as a “firm, comfortable posture”; referring specifically to the seated posture, most basic of all the asanas. He further suggests that meditation is the path to sam?dhi; transpersonal self-realization.

The eight limbs are, in order, the yamas (restrictions), niyamas (observances), asanas (postures), pranayams (breath work), pratyahara (Sense withdrawal or non – attachment), dharana (concentration), dhyana (meditation), and Samadhi (realization of the true self or Atman, and unity with Brahman (The Hindu Concept of God).

Benefit of Yogasans

- Improve flexibility
- Reduce stress and anxiety
- Reduce symptoms of lower back pain.
- Be beneficial for asthma and chronic obstructive pulmonary diseases (COPD)
- Increase energy and decrease fatigue.
- Shorten labor and improve birth outcomes.
- Improve physical health and quality of life measures in the elderly.
- Improve diabetes managements
- Reduce sleep disturbance and hypertension

Research methodology

The purpose of the study sixty student (thirty boys and thirty girl) studying in various school in Kurukshetra District between 13-15 years. For this study researcher used experimental method for research. Pre- test and post test method was used to examine the fitness of school children. The selected variables were conducted by using reliable and valid test that assessed the health related fitness. The one month training programme was conducted every day except Sunday. The post test was conducted after one month. The procedures of post test was same as the pre- post t – test was applied between pre nad post test group of mean. Test battery 12 min run/walk test measuring cardio vascular endurance. (II) standing/ bending reach test for flexibility (III) sit ups test for muscular endurance (IV) push ups test for muscular strength.

Yogasans used during the training programme.

- Standing posture asans – 1 Tadasan, Trikonaran, Kati Chakrasan
- Sitting posture Asans Yoga Mudra, Janusirasaan
- Laying Posture Asana Hulasan, Bhujanasana, Salabhasan, Dhanurasan, Uttanpadasan Shavasana.

Variable	N	Pre –test mean	Post – test mean	Pre test SD	Post Test SD	T test
12min run walk test	60	118.10	123.37	14.93	20.38	5.27
Standing bending reach test	60	113.3	123.37	22.84	20.38	15.66
Sit ups test	60	118.10	124.27	14.93	13.32	11.21
Push ups test	60	114.63	137.91	12.94	21.02	5.75

Significance difference at 0.1 level of confidence

Result and discussion

On the basis of the result one month yogasans training programme was found much effective. Table I showed that there is a significant difference between pre and post test mean value. T – value showed that yoga asana the fitness of school children.

Conclusion

Due to effect of yogasans the physical fitness of school children significantly improved. The yog Asana Training programme hels in increasing physical fitness awareness among children.

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