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COLLEGE STUDENTS' ANTHROPOMETRIC EVALUATION AS A RESULT OF YOGA ACTIVITY.

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ABSTRACT:

Since the Vedic era, yoga has gained widespread recognition for its role in the maintenance of normal health. It has been demonstrated that medical students have early risk factors for chronic diseases as a result of their lack of exercise and stress from their coursework. The goal of the study was to evaluate how yoga exercise affected college students' anthropometric evaluation. For this study, 60 male college students from Amravati, whose ages ranged from 17 to 19, volunteered. For ten weeks, they received yogic activity instruction and were free to practise every day for 45 minutes. Before and after the study, measurements of the subjects' weight, BMI, chest expansion, respiration rate were taken, a considerable loss in body weight, a rise in cheat expansion and respiratory rate found to be significant. There was no discernible difference in either the BMI. In addition to their demanding coursework, all students are instructed in and encouraged to practise yoga every day in order to enhance their lung health and behavioural patterns.

KEYWORDS:

YOGA ACTIVITY, WEIGHT, BMI, CHEST EXPANSION, RESPIRATION RATE.

INTRODUCTION

Since the Vedic era, yoga has gained widespread recognition for its role in the maintenance of normal health. Asana, which translates to "posture," refers to physical exercises that involve stretching muscles and joints as well as changing body postures. Exercises in breathing control the flow of prana, a subtle kind of life force, in the body. Due to its low cost and simplicity, yoga has recently gained popularity as an alternative form of medicine. Yoga and pranayama training for a short period of time, in particular, improved lung ventilatory functions in a variety of age groups as measured by decreased respiration rate, increased forced vital capacity, maximal breathing capacity, and breath holding time. College students are more aware of healthy eating and lifestyle choices than other college students, but studies have shown that they exhibit early risk factors for chronic diseases because of inactivity and academic stress.

METHODOLOGY

Volunteer college students from Amravati, M.S., who were between the ages of 17 and 19, and had no prior experience with yoga training, were encouraged to participate in the study. Students having medical or surgical conditions were not allowed to participate in the study. They were given a briefing on the study protocol before their unofficial consent was acquired. Every day at 7:00 a.m., the practise sessions began with prayer, followed by a relaxation exercise, asanas, and pranayama. The entire session lasted 40 minutes. Each stance was held for 30 seconds during the practise programme, and there was a brief break in between each pose. The subjects were practiced the following asanas and pranayama during the training period. Asanas includes Sukhasana, Pavanamukthasana, Bhujangasana, Ardha Padmasanam, Vajrarasana, Salabhasana, Dhanurasana, Halasana, Saravangasana, Shanthiasana, Mukh bhastrika, Anulomaviloma, Surya Nadi bhedhana Pranayama Chandra Bedhana Pranayama and Nadisodhana Pranayama. After the training period, 45 minutes practice sessions were held regularly from Monday to Friday for a total duration of 8 weeks under expert Supervision to the yoga group. Anthropometric Evaluation i.e. Weight, BMI, chest expansion and respiratory rate were measurement.

ANALYSIS OF DATA

The data was analysed using student paired 't' test.

TABLE 1: COMPARISON OF PRE AND POST TEST OF EXPERIMENTAL GROUP

Variables	Test	Mean	SD	T
Weight	Pre	62.83	10.77	2.323*
	Post	58.27	10.73	
BMI	Pre	20.39	3.03	0.158@
	Post	20.30	3.17	
Chest Expansion	Pre	5.83	1.78	2.440*
	Post	6.61	1.72	
Respiratory Rate	Pre	18.70	1.99	2.241*
	Post	17.97	1.55	

* Significant

@ Not Significant

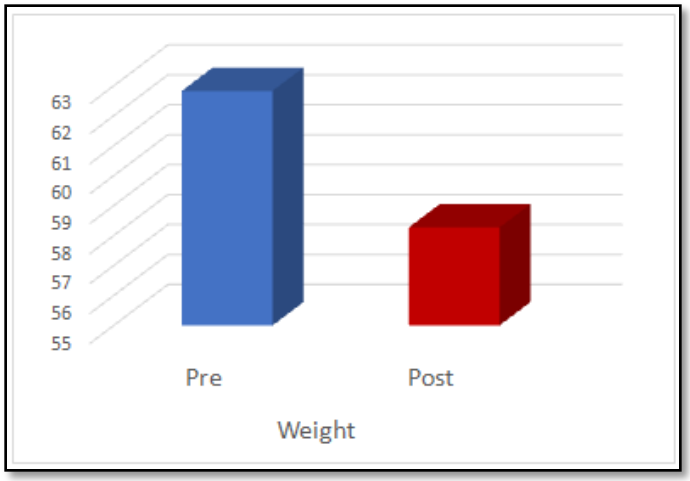

FIGURE1: COMPARISON OF WEIGHT OF PRE AND POST TEST OF EXPERIMENTAL GROUP

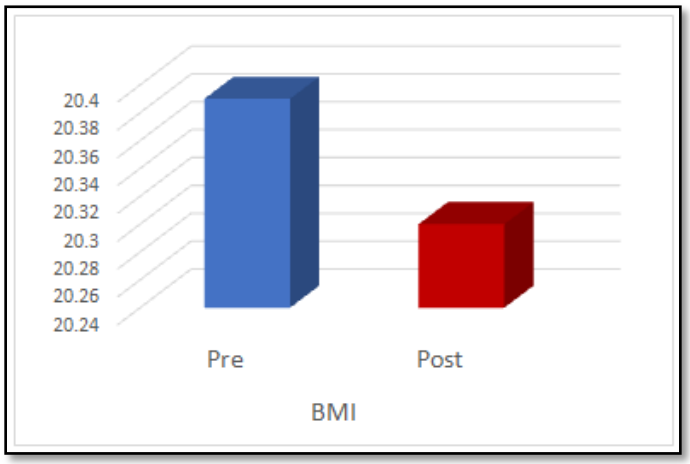

FIGURE2: COMPARISON OF BMI OF PRE AND POST TEST OF EXPERIMENTAL GROUP

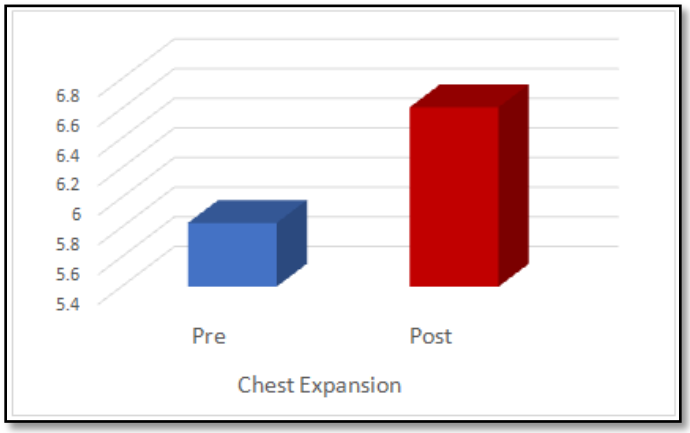

FIGURE3: COMPARISON OF CHEST EXPANSION OF PRE AND POST TEST OF EXPERIMENTAL GROUP

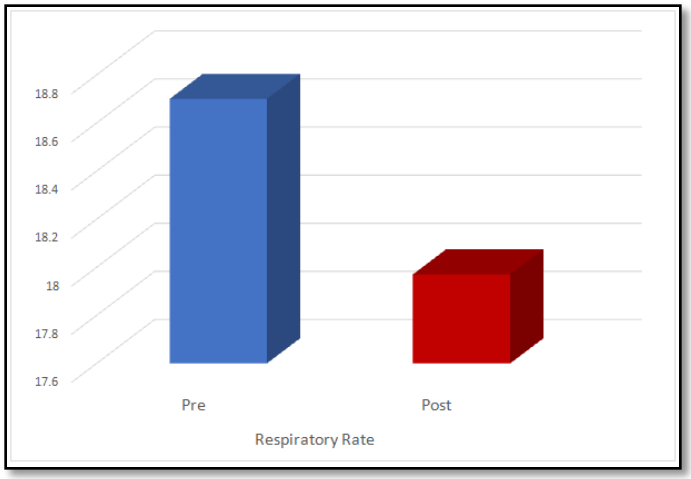

FIGURE1: COMPARISON OF RESPIRATORY RATE OF PRE AND POST TEST OF EXPERIMENTAL GROUP

RESULTS

An 8-week yoga programme resulted in a large decrease in weight, a significant increase in chest expansion, and a significant decrease in respiratory rate.

DISCUSSION

After practising yoga and pranayama, there was a considerable increase in chest expansion, which might be related to increased respiratory muscle strength and endurance as well as weight loss. Following eight weeks of yoga training, there were significant differences in a few variables in the current study among the yoga group subjects. It suggests that yoga training increases the strength of the muscles used for both breathing in and breathing out, but not for BMI.

CONCLUSION

Increasing PEFR and vital capacity, two important aspects of healthy health. Yoga practise is distinct from other forms of exercise in that it enhances lung function by boosting the strength and endurance of the respiratory muscles while also helping people lose weight. Evaluation of the respiratory muscles' performance is crucial because they are so critical. Respiratory pressures are straightforward to measure and reliable indicators of respiratory muscle strength that are sensitive and specific. Both physiologically and clinically, it is vital to assess the respiratory muscles' strength. This study suggests that all medical students should be trained in and encouraged to practise yoga every day in addition to their rigorous coursework in order to improve their lung function and way of life. Yoga exercise is very much safely recommended for people with exercise induced bronchospasm.

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