



**SANT GADGE BABA AMRAVATI UNIVERSITY, AMRAVATI  
(MAHARASHTRA, INDIA)**



**International e-Conference on  
Future Road Map for Health, Fitness and Wellness**

**Organize by  
Department of Physical Education and IQAC  
30<sup>th</sup> and 31<sup>st</sup> July, 2020**

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**Indexing of VIIRJ**

Dear Researchers,

Vidyabharati International Interdisciplinary Research Journal (ISSN 2319-4979) in the month of December 2012 has brought its 1st issue by publishing quality research articles written by researchers all over the globe. Since then it has regularly published research articles spanning all disciplines till the date. The journal is open access, online and has been indexed with ASI, Germany and ISI. The impact factor of VIIRJ is 1.469.

Due to its high quality publications recently it was included in the Master Journal List of prestigious Web of Science group. The *Master Journal List* is an invaluable tool to help you to find the right journal for your needs across multiple indices hosted on the Web of Science platform. Spanning all disciplines and regions, Web of Science Core Collection is at the heart of the Web of Science platform. Curated with care by an expert team of in-house editors, Web of Science Core Collection includes only journals that demonstrate high levels of editorial rigor and best practice.

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VIIRJ

**INTERNATIONAL CONFERENCE ON FUTURE ROAD MAP FOR HEALTH,  
FITNESS & WELLNESS  
[30th and 31st July, 2020]**

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## EFFECT OF YOGIC SUKSHMA VYAYAMA ON SHOULDER STRENGTH, ABDOMINAL ENDURANCE AND LEG POWER OF INTER-COLLEGIATE PLAYERS

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### ABSTRACT

The main purpose of the study was to analyze the effects of yogic sukshma vyayama on shoulder strength, abdominal endurance and leg power of inter-collegiate players. At present researcher has taken the male subjects for the study. The players from handball, kabaddi, kho-kho, cricket and volleyball inter-collegiate game of Yuvashakti Arts & Science College, Amravati (M.S.) were taken as sources of data. The researcher was select 7 handball, 7 kabaddi, 6 kho-kho, 5 cricket and 5 volleyball inter-collegiate players. The 30 subjects were selected by purposive sampling method. Thirty subjects underwent yogic sukshma vyayama programme for 6 days per weeks. The data of Pre-Test and Post-test was compared by using paired 't' test and the result was analyzed and interpretation was done. To test the hypothesis the level of significance was set at 0.05 level of confidence which was considered adequate and reliable for the purpose of this study. It was conclude that the selected yogic sukshma vyayama programme for the inter-collegiate players have shown beneficial effect on the improvement of shoulder strength, abdominal endurance and leg power.

**Keywords:** yogic programme, Blood Pressure, respiratory rate.

### Introduction

A healthy person can make a lot of profit in his life and regular yoga is very important to live a healthy life. By doing yoga, we can overcome many diseases of our body. It not only cures diseases, but also drives away memory, depression, anxiety, depression, obesity, psychosis. Yoga is the action that regulates the movements and breath of body parts. Yoga is a combination of breathing exercises and physical activities. Yoga can be achieved by systematic, scientific and result improvement of both physical and mental health. Yoga play important role in keeping a person happy and healthy. Doing yoga keeps a person physically and mentally fit. Yoga is equally beneficial in the life of all, age people. By doing yoga, any person can remain completely healthy and spend his life in a successful, healthy and peaceful way. There are many benefits of doing regular yoga, so now yoga is being given special importance all over the world.

### Methodology

The present researcher has taken the male subjects for the study. The players from handball, kabaddi, kho-kho, cricket and volleyball inter-collegiate games of Yuvashakti Arts & Science College, Amravati (M.S.) were taken as sources of data. The researcher was select 7 handball, 7 kabaddi, 6 kho-kho, 5

cricket and 5 volleyball inter-collegiate players. The 30 subjects were selected by purposive sampling method. Thirty subjects underwent yogic sukshma vyayama programme for 6 days per weeks. The subjects underwent their yogic sukshma vyayama programme under the instruction and supervision of the investigators.

### Variables measures were

The following criterion measures were chosen for testing the hypothesis.

- Shoulder Strength:** Shoulder strength was measured by administering pull-ups.
- Abdominal Endurance:** Abdominal endurance was measured by administering sit-ups.
- Leg power:** Leg power was measured by administering standing broad jump.

### Yogic Sukshma Vyayama programme:

Yogic Sukshma Vyayama	Weeks					
	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>
Jogging	40 minutes	45 minutes	50 minutes	50 minutes	60 minutes	70 minutes
Yogic prarthana						
Buddhi-tatha-dhrti-Sakti-Vikasaka						
Griva-sakti-vikasaka [1]						
Griva-sakti-vikasaka [2]						
Griva-sakti-vikasaka [3]						
Skandhatatha Bahu-mula-sakti-vikasaka						

Yogic Sukshma Vyayama	Weeks			
Bhuja-bandha-sakti-vikasaka				
Kaphoni-sakti-vikasaka				
Bhuja-balli-sakti-vikasaka				
Purna-bhuja sakti-vikasaka				
Mani-bandha-sakti-vikasaka				
Kara-prstha-sakti-vikasaka				
Kara-tala-sakti-vikasaka				
Vaksa-sthala-sakti-vikasaka [1]				
Vaksa-sthala-sakti-vikasaka [2]				
Udara-sakti-vikasaka [1]				
Udara-sakti-vikasaka [2]				
Udara-sakti-vikasaka [3]				
Udara-sakti-vikasaka [4]				
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Udara-sakti-vikasaka [7]				
Udara-sakti-vikasaka [8]				
Udara-sakti-vikasaka [9]				
Jangha-Sakti-Vikasaka [1]				
Jangha-Sakti-Vikasaka [2]				
Janu-Sakti-Vikasaka				
Pindali-Sakti-Vikasaka				
Gulpha-Pada-Prstha-Pada-tala-Sakti-Vikasaka				
Shawa – asana				

**Statistical analysis**

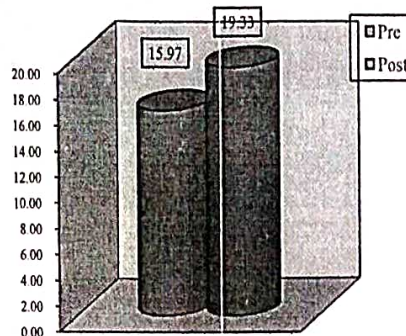
The statistical analysis and interpretation was done on the basis of data collection. The data of Pre-Test and Post-test was compared by using paired 't' test and the result was analyzed and interpretation was done. To test the hypothesis the level of significance was set at 0.05 level of confidence which was considered adequate and reliable for the purpose of this study.

**Table No.1- Comparison of treatment group on pre and post test of shoulder strength**

Test	N	Mean	SD	SE	MD	Ot	df	Tt
Pre	30	15.97	4.59	1.29	3.37	4.419*	29	2.045
Post	30	19.33	5.38					

In table number 1, result of pre and post test of treatment group on shoulder strength has been presented. On shoulder strength it was found that after the seven weeks yogic sukshma vyayama programme inter collegiate players have shown more shoulder strength. The 't' value 4.419 which significant beyond .05 level indicates that yogic sukshma vyayama help to

improve shoulder strength of inter collegiate players.

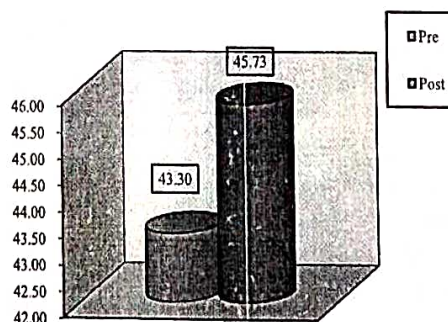


**Graph No.1- Mean comparison of treatment group on pre and post test of shoulder strength**

**Table No.2- Comparison of treatment group on pre and post test of abdominal endurance**

Test	N	Mean	SD	SE	MD	Ot	df	Tt
Pre	30	43.30	9.75	2.48	2.43	8.877*	29	2.045
Post	30	45.73	9.47					

In table number 2, result of pre and post test of treatment group on abdominal endurance has been presented. On abdominal endurance it was found that after the seven weeks yogic sukshma vyayama programme inter collegiate players have shown more abdominal endurance. The 't' value 8.877 which significant beyond .05 level indicates that yogic sukshma vyayama help to improve abdominal endurance of inter collegiate players.

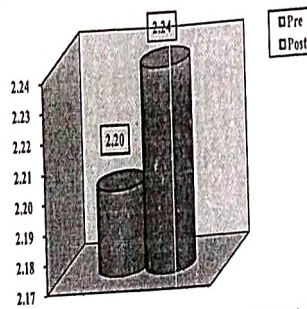


**Graph No.2- Mean comparison of treatment group on pre and post test of abdominal endurance**

Table No.3- Comparison of treatment group on pre and post test of leg power

Test	N	Mean	SD	SE	MD	Ot	df	Tt
Pre	30	2.20	0.30	0.08	0.04	18.743*	29	2.045
Post	30	2.24	0.30					

In table number 3, result of pre and post test of treatment group on leg power has been presented. On leg power it was found that after the seven weeks yogic sukshma vyayama programme inter collegiate players have shown more leg power. The 't' value 18.743 which significant beyond .05 level indicates that yogic sukshma vyayama help to improve leg power of inter collegiate players.



Graph No.3- Mean comparison of treatment group on pre and post test of leg power

### Conclusion

It was conclude that the selected yogic sukshma vyayama programme for the inter-collegiate players have shown beneficial effect on the improvement of shoulder strength, abdominal endurance and leg power. The practice of yoga in daily life provides internal and external strength to the body. It helps to strengthen the body's resistance system, thus protecting against various and different diseases. It maintains our physical well-being, reduces stress, controls emotions and also controls negative thoughts.

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