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Inter Disciplinary International Conference

on
Academic Research and Innovation in Teaching
&
Arising Inclination in Professional Education

(ARIT – AIPE 2019)

27th - 28th December, 2019

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Need and Scope of Innovation In Home –Economics

Dr. Nilima P. Mahore

Yuvashakti Arts and Science College Amravati

Abstract

Home –Economics is a vast subject, and its branches are broad. This subject covers each and every part of life. This subject not only teaches us about the life, but it also helps us to set our career. The development of a person to be professionally, technically and academically trained is the main motive of Home –Economics. If we deeply study Food and Nutrition, then there is a huge scope in Dietetics and Dietitian. In textile also there is each and every information about every type of loom, knitting machines, each and every aspect of fabric manufacturing, that's why there is a wide scope in fabric designing, color designing, house designing. In extension education there is a huge scope in youth development, leadership development, and rural development. In family resource management from financial management, purchasing management to office management there is great scope to set our career. Consumer Economics and Human Relationship are very important topic in this modern era.

Introduction

Home-Economics is an ancient subject. Its broad areas of concern revolve around the goal of helping families meet their basic needs and realize satisfying personal, family and community goals based on an understanding of the physical, psychological and socio-economic needs of the family.

It was these pioneering women who first set out the seven areas of home economics in an effort to teach girls how to properly care for a home and family and to open new career avenues. Now known as family and consumer science according to the Los Angeles Times, modern home economics courses now offer a more inclusive education to all students, including those in their life.

The main goal of home economics is to train persons to be professionally and academically competent in imparting technical and vocational skills to students at different levels of the educational system. Home economics has played other roles in society. The main branches of home economics are

- Food and Nutrition
- Textile
- Human development
- Family resource management
- Extension education
- Consumer economics
- Human relationship

These are the main branches of home economics. Home economics helps people to maintain their homes and organize their lives. This term was formerly used to describe female domestic work, but nowadays, the definition of home economics has been expanded due to the increased influence of households on the national economy. Now a days there is a wide scope of career in the various branches of Home economics. Therefore having knowledge about it is very important

Objectives of the study:

- 1) To show that Home-Economics touches each and every part of our life.
- 2) To explain that Home –Economics teaches us to live our life in a better way.
- 3) To explain that there is a wide scope in this career field if we innovate new things.
- 4) To show that if we will develop this subject then this will become a powerful subject.

Recent scope of Food and Nutrition.

Nutrition is the study of nutrients in food, how the body uses nutrients, and the relationship between diet, health, and disease. There is a lot of overlap between what nutritionists and dietitians do and study. Some nutritionists work in a healthcare setting, some dietitians work in the food industry, but a higher percentage of nutritionists work in the food industry and in food science and technology, and a higher percentage of dietitians work in healthcare, corporate wellness, research, and education.

Educational qualifications required: B.Sc. in Home Science (Food and Nutrition) or B.Sc. in Nutrition and Dietetics or other relevant B.Sc. course. After B.Sc., one must also complete M.Sc. or PG Diploma in Clinical Nutrition or Food & Nutrition internship stint at any one of the many hospitals recognized by the IDA OR possess 2 years work experience at any multidisciplinary hospital as a dietician.

- Diploma courses in food and nutrition
- Diploma in Dietetics
- Diploma in Nutrition and Dietetics
- Diploma in Food Science and Nutrition
- Diploma in Dietetics and Clinical Nutrition
- Diploma in Nutrition and Food Technology
- Textile

Textile designers are the trained professionals having sound technical knowledge of each and every aspect of fabric manufacturing. Textile designer must have knowledge of yarn making, weaving, knitting, dyeing, finishing processes, and also knowledge about different types of looms, knitting machines and printing processes. Any textile designer can work for creating textile to be used in one or both of these categories and these all steps are in textile the branch of Home-Economics

A textile designer can be employed in the garment, fashion, home furnishing and the interiors segment among other industries. Specifically in garments there is Fashion Designing, Garment Designing, Textile Designing, Cloth Design and Fabric design. Export houses employ a good number of textile designers in the form of designers or merchandisers.

- Job Profile of a Textile Designer:
- Fabric Designing
- Cloth Designing
- Color Specialists
- Fashion Designing
- In house designing

Extension education

Extension Home Economics is program for the homemaker. It reflects the needs of contemporary living, with emphasis on consumer education, management, and family economics. It is the home economist in the county Extension office who carries this educational program to homemakers. They are professionally trained, hold a college degree and may be studying for another. These specialists are trained in nutrition, family economics, home management, housing and home furnishings, clothing and textiles, human relations, child development, and other fields.

Recent scope in extension education

It includes all activities of rural development. So extension programmers should be dynamic and flexible. The areas indicating scope of Extension are listed below:

- Increasing efficiency in agricultural production.
- Increasing efficiency in marketing, distribution and utilization of agricultural inputs and outputs
- Conservation, development and use of natural resources.
- Proper farm and home management
- Better family living.
- Youth development.
- Leadership development.
- Community and rural development.
- Improving public affairs for all round development.

Family ResourceManagments

Management education helps the homemaker consider family life as a whole and the ways that family goals can be reached. we learns to apply the "decision-making process" in Our daily life. Through home management education, a home- maker learns to make efficient use of time, energy, and money, for better living for all the family Housing and Home Furnishings The homemaker hopes to create an environment in which she and her family can develop their highest potential. Extension programs teach her the economic and social aspects of housing, how to plan space requirements, how to create home beauty and comfort. She learns how to select durable, labor-saving, and attractive furnishings and equipment at a price that fits the family budget.

- Recent Scope Of Management
- Human Resource Managements.

- Marketing Management:
- Production Management:
- Material Management:
- Purchasing Management:
- Maintenance Management:
- Office Managements

Consumer Economics

Extension provides unbiased consumer information that will help families get the most satisfaction from the money they spend for goods and services. It also helps homemakers make better use of the things they buy. Home economists teach them how to use credit wisely, show them how our economic system functions — how it affects them as consumers.

Young people are important consumers. Home economics programs help them think through their values and learn to consider the budget needs of the rest of the family.

Human Relationship

From Extension home economists, homemakers learn about the growth of individuals and their relationships with others. They study the whole person, the whole family, and the whole community.

Programs include teaching parents more about ...

- Children, with emphasis on their developmental needs and tasks in a changing society.
- Family relationships at different stages in the life cycle.
- Community resources that can help them.

Basically Home-Economics is very important subject and there is a need to innovate something new in it because it is the back bone of our life. Therefore if we will make some innovations in it then this subject will immerge as a powerful subject.

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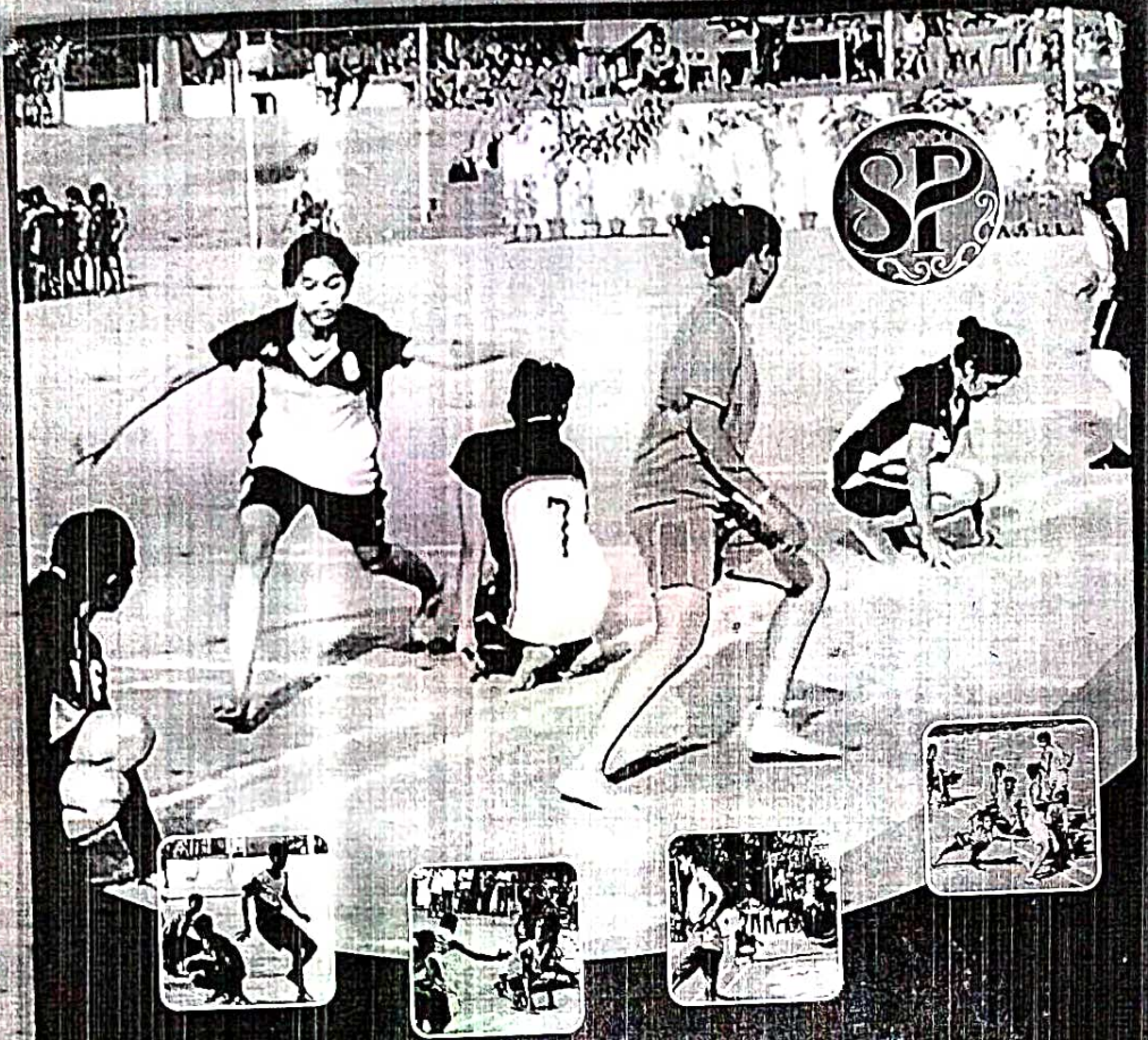
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खो-खो खेल



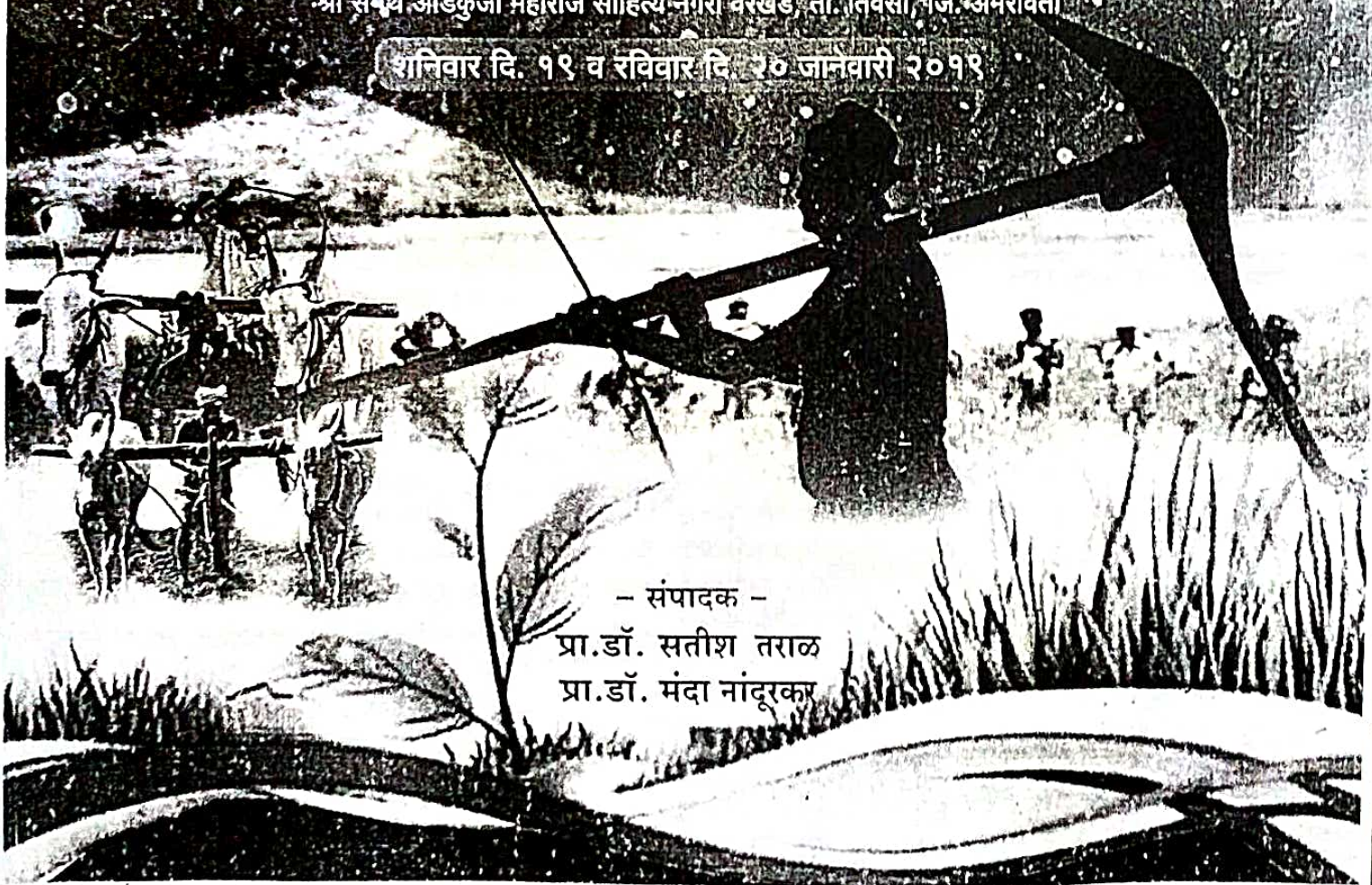
ग्रामनाथ



साहित्य समेलन

श्री संमर्थ आडकुजी महाराज साहित्य नगरी वरखेड, ता. तिवसा, जि. अमरावती

शनिवार दि. १९ व रविवार दि. २० जानेवारी २०१९



- संपादक -

प्रा.डॉ. सतीश तराळ

प्रा.डॉ. मंदा नांदूरकर

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* * *

ग्रामगीता व कृषिकृषक विचार



डॉ. दिनेशचंद्र किसनराव राऊत
युवाशक्ती कला आणि विज्ञान महाविद्यालय,
अमरावती.



राष्ट्रसंत तुकडोजी महाराज लिखित ग्रामगीता उघडताच आपल्या दृष्टीस पडते कि,

तुझ्या श्रमास प्रतिष्ठा मिळो सकळांचे लक्ष तुजकडे वळो
मानवतेचे तेज झळझळो विश्वामाजी या जोगे ॥

राष्ट्रसंत तुकडोजी महाराजांनी ग्रामगीता ही शेतकऱ्याला अर्पण केली. त्यांचे लक्ष होते की, जगातील प्रत्येक श्रमिकांच्या श्रमाला प्रतिष्ठा मिळावी व त्याला त्याच्या श्रमाचा मोबदला मिळाला पाहिजे. आजच्या काळाचा विचार करता शेतकऱ्यांची परिस्थिती अतिशय गंभीर आहे. शेतीच्या संदर्भात चिंतन होणे गरजेचे आहे.

आपला भारतदेश आधीपासूनच कृषिप्रधान देश आहे. भारत देशातील ७०% लोकांचा व्यवसाय शेती आहे. आपली शेती ही राम भरोसे होती म्हणजे आपली शेती निसर्गाच्या पाण्यावर आधारित आहे. नंतर ती काम भरोसे झाली. म्हणजेच घरातील सर्व सदस्य शेतीवर अवलंबून होते. आजही आहे. घरातील सर्व सदस्य शेतात जात व काबाळकष्ट करीत व आपला उदरनिर्वाह करत होते. परंतु आता काळ बदललेला आहे. आता ही शेती राम व काम भरोसे जरी असली तरी ती आता दाम भरोसे झालेली आहे. प्रत्येक ठिकाणी शेतकऱ्याला पैसे मोजावे लागतात. परंतु त्याला त्याच्या श्रमाचा मोबदला मिळत नाही.

शेतकऱ्याला कोणतीही अडचण येत असेल तर त्या अडचणीचा उपाय ग्रामगीतेमध्ये महाराजांनी सांगितलेला आहे. सामुहिकता हा ग्रामगीतेच आत्मा आहे. त्यांनी एक गाव म्हणजे एक गट (युनिट) मानले आहे. सर्व गावातील लोकांनी प्रार्थनेला एकत्र जमावे व दारोज्याच्या झालेल्या कार्यावर चर्चा व्हावी. काही अडचणी आल्या असेल तर त्यावर चिंतन करून चर्चा करून मार्ग काढावा. असे महाराजांना अभिप्रेत आहे.

आपल्याकडील लहान मुल कुपोषणामुळे मरत आहेत. कारण आपल्या शेतात उत्पन्न होत नाही. याचा अर्थ आपण ग्रामगीतेचे तत्व पाळत नाही असा होतो. तुकडोजी महाराज लिहीतात

जे जे गावी भिन्न उद्योग / त्यांचा जुळवावा संयोग /
ठराविक जागी नाना प्रयोग / चालवावे गावात /
काय नाही आपल्या गावी / याची चौकशी व्हावी /
नसेल ती सजवावी / पुण्य वाटीका ग्रामाची ॥१०३॥

गावातील सर्वांनी आपले हेवेदेवे विसरून एकत्रित यावे व संघटित व्हावे तरुणांनी वृद्धांचे मार्गदर्शन घ्यावे. सर्वांनी कोणतेही एकच प्रकारचे उत्पन्न घ्यावे. सिंचनाची सोय उपलब्ध करून घ्यावी, गावामध्ये शाळकरी मुले व वृद्ध लोक राहतील व इतर सर्वजन आपली गावे सोडून शेतीमध्येच राहायला जातील. जेणेकरून जाण्या-येण्याचा वेळ वाचेल. सुयोदयापूर्वीच सर्वांनी उठावे देवाचे ध्यान साधना करून दैनंदिनी प्रमाणे कामे करावी.

सायंकाळी घरी आल्यानंतर संध्याकाळी सात वाजता एकत्रित येवून प्रार्थना करावी व झालेल्या कार्याबद्दल चर्चा करावी.

शेतीला लागणारे बी-बियाणे, आपल्याच शेतात निर्माण करावे. शेतीला लागणारे सर्व शेतीची साधने आपल्याच गावात तयार करावी. शेतकऱ्याने कत्तलखाने बंद करून गोपालन करावे. त्यापासून खतनिर्मिती करावी, शेणखत शेतीला द्यावे, शक्यतोवर बैलांच्या साह्याने शेतीची कामे करावी. यंत्राने कामे केल्यास प्रदुषण होवू शकते, महाराज म्हणतात.

आपुली संपत्ती नसे आपुली । आपुली संततीही नसे आपुली ॥

म्हणजेच या संपूर्ण उत्पादनावर आपला सर्वांचा अधिकार असावा. आपल्याला जेवढे उदरनिर्वाहासाठी पाहिजे तेवढेच आपण घ्यावे व उरलेली संपत्ती ही गावाच्या विकासासाठी वापरावी. जोपर्यंत आपण मुलाला जन्म दिला तोपर्यंत त्यावर आई वडीलांचा अधिकार असावा. व नंतर ते मूल सर्व गावाचे मानले जावे. त्या मुलाच्या प्रगतीसाठी सर्वांनी हातभार लावावा. व मुलानेही पूर्ण शिक्षण घेतल्यानंतर गावाच्या विकासासाठी वर सांगितल्या प्रमाणे संशोधन करून नवीन नविन शोध लावावे. परदेशात जावून दुसऱ्या देशाची चाकरी (गुलामगिरी) करू नये.

उदा. जनसारस्वत सुदाम सावरकर यांचे नातू इंजिनिअर समीर सावरकर यांनी ग्रामगीतेच्या ध्येय धोरणाला अनुसरून टेली मिडीसिन सोलुशन नावाच्या उपकरणाचा शोध लावून त्याने आरोग्य विषयक चाचण्या आपल्या घरी बसूनच करता येतात व त्यासाठी खर्चही फक्त केवळ ५ रुपये होऊ शकतो. तो खर्च ग्रामीण भागातील गरीब जनतेला परवडण्यासारखा आहे. या यंत्राचा वापर बिहार, ओरिसा, युपीमध्ये १५००० खेड्यांमध्ये राबविण्यात येत आहे. तसेच इंजिनियर समीर सावरकर यांचा स्वित्झर्लंडच्या जागतिक संघटनेने त्यांच्या या संशोधनावद्दल गौरवही केलेला आहे.

त्यांनी ग्रामगीतेच्या ध्येय धोरणाला अनुसरून शेतकऱ्याच्या हिताचे दुसरे एक उपकरण तयार केले व त्यामुळे पर्जन्यमान, आद्रता, वातावरणाचा दाब, तापमान, वाऱ्यांची दिशा, वेळ, सूर्यप्रकाशाचा व उर्जेचा कालावधी हा तपशील दर २० सेंकदाने नोंदविल्या जातो. त्यामुळे पिकांचे नियोजन, नियंत्रण व आपत्कालीन शेतकऱ्यांना नुकसान भरपाई व जमिनीचा कस लक्षात घेवून कोणत्या पिकाचे उत्पन्न काढता येईल याची माहिती मिळते.

ग्रामगीतेच्या ध्येय धोरणाला अनुसरून ग्रामीण जनतेसाठी ग्राम आरोग्य व ग्रामकृषी विकसित व्हावी म्हणून हे सर्व इंजिनिअर समीर सावरकरांनी चालविले आहे. त्यांचाच आदर्श इतर हुशार तरुणांनीही घ्यावा. व परदेशात जावून दुसऱ्या देशाची गुलामगिरी स्वीकारण्यापेक्षा ग्रामगीतेतून प्रेरणा घेवून या देशातील जनतेसाठी विकास मार्गाचे शोध घेतले तर राष्ट्रसंतांच्या स्वप्नातील भारत उभा होण्यास काहीही वेळ लागणार नाही इतकी गुणी आणि सक्षम तरुणाई आपल्या देशात उपलब्ध आहे.

(उर्वरित पा.क्र. ४४ वर...)



दातांची निगा

डॉ. भाग्यश्री सचिन बोके
B.D.S.
Dental Care



‘दात’ हा शरीरातील महत्वाचा एक घटक आहे. वास्तविक गैरसमज असा आहे की, दात दुखला तो काढून मोकळ व्हायच. पण तस नाही. एक दात काढला की आजुबाजूचे दात सुटतात म्हणजे (loose) ढिले होतात. आध्यात्मिक महत्त्व सुद्धा दातांना दिले गेले आहे. गणपतीचा एक सुळा दात दाखविला म्हणून त्याला ‘एकदंत’ अस म्हटल्या जात. म्हणतात ना की, ‘एक घास ३२ वेळा चावा’ ते खरच. कारण दातांची संख्या एकूण ३२ असते त्यापैकी अकल दाढ (wisdomtooth) कोणाला येतात किंवा नसतात.

दातांची निगा म्हणजे काळजी कशी घ्यावी हा एक महत्वाचा मुद्दा आहे. शरीरात जसे पंचेद्रीय महत्वाचे आहेत. तसेच ‘दाता’ ला तेवढेच महत्त्व द्यायला हवे. दात नसतील तर जेवणाचा त्रास होतो. ‘अन्न नीट चावल्या गेले नाही तर अपचनाचा त्रास होतो. लहानपणापासूनही दुध दात येतात, मग ते पडतात मग पुन्हा नवीन दात येतात. दात येण्याची प्रक्रीया अगदी वयाच्या ६ व्या महिन्यातच सुरू होते आणि जसे जसे मोठे होतो तसे नवीन दात पक्के दात (permanent teath) येतात. आणि त्यांची काळजी घेणे जरूरी आहे. ती काळजी घेण्यासाठी काही महत्वाचे मुद्दे आहेत ते खालीलप्रमाणे-

- १) दात स्वच्छ करण्यासाठी टुथपेस्ट व टुथब्रशचा वापर करावा. दात स्वच्छ करायला ‘दंत मंजन’ तुम्ही वापरू शकता आणि तो सॉफ्टली वापरावा.
- २) दिवसातून २ वेळा दात स्वच्छ धुवावेत (सकाळ+संध्याकाळ) आणि रात्रीला आवर्जून ब्रश करायला हवा. कारण आपण जे जेवतो ते अन्नकण दातांमध्ये साचतात किंवा अडकतात ते ब्रश केल्याने निघून जातात.
- ३) जेवणानंतर किंवा काहीही खाल्यानंतर ब्रश आणि खळखळून गुळण्या करणे म्हणजे अन्नकण निघून जातील त्यामुळे जंतूचे प्रमाण कमी होईल.
- ४) दात स्वच्छ करण्यासाठी नस, तंबाखू, कोळसा याचा वापर करू नये.

(ग्रामगीता व पा.क्र. ४३ वरून)

(जागतिकीकरणामध्ये संगणकाच्या साहाय्याने मालाचे भाव आपल्याला इंटरनेटद्वारे माहिती होवू शकते व जो ग्राहक आणि शेतकरी आहे यांच्या मधील दलाल आहे त्याला येथे वाव मिळत नाही. व शेतकऱ्यांची पिवळणूक होण्यापासून तो सुटू शकतो. सर्व शेतकऱ्यांना त्याच्या त्याच्या श्रमानुसार मोबदला मिळतो.

आधुनिक शिक्षण पद्धतीमध्ये इतिहास, भूगोल, राज्यशास्त्र, समाजशास्त्र, मराठी वाङ्मय अशा प्रकारचे कितीतरी विषय शिकविले जातात. परंतु त्यातून जीवनशिक्षण दिले जात नाही त्यासाठी संत गाडगेबाबा अमरावती विद्यापीठाने तीन वर्षांपासून राष्ट्रसंत तुकडोजी विचार

५) वर्षातून दोन वेळा दंत चिकित्सकाकडून (Dental Surgeon) दातांची तपासणी करून घेणे गरजेचे आहे. वर्षातून २ वेळा दात साफ करून घेणे गरजेचे आहे. त्याला Scaling म्हणतात. त्यामुळे दातांवर जो मळ असतो त्याला Plaque म्हणतात. तो ब्रशनी निघत नाही हार्ड असतो. तो मशीननी निघून जातो व हिरड्या मजबूत होतात.

६) पान, खर्चा, तंबाखू, सिगारेटचे सेवन टाळा. त्यामुळे मुखकर्करोगाचे प्रमाण वाढते.

सध्याच्या आधुनिक युगात म्हणजे नवीन पिढीमध्ये चॉकलेट, कॅन्डीचे प्रमाण खूप वाढले आहे. त्यामुळे लहान मुल जेव्हा चॉकलेट खातात ते दातांना चिकटून राहतात आणि त्यावर ब्रश केला नाही तर त्यावर कीड लागते आणि दात किडतात. म्हणून काहीही खाल्यानंतर मुलांना गुळण्या किंवा ब्रश करण्याची सवय लावा.

दातांमुळे चेहऱ्याचे सौंदर्य टिकून राहतात हे तितकच खर आहे. जसजस वय वाढत तस तसे दात पडतात तर गाल एकदम बसतात त्याला Muscle dropping म्हणतात. नवीन दात बसवले की पूर्ववत ते जागेवर Muscles येतात.

चेहऱ्यावरच हास्य (Smile) आपल्या सौंदर्य वाढवत जर तुम्ही नेहमी हसत रहाल तर नेहमी आनंदी राहाल हे तितकच खर आहे.

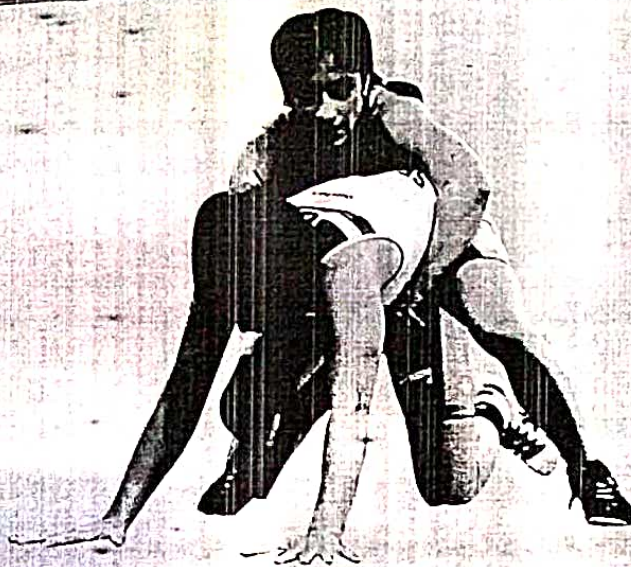
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EFFECT OF YOGIC SUKSHMA VYAYAMA ON SHOULDER STRENGTH, ABDOMINAL ENDURANCE AND LEG POWER OF INTER-COLLEGIATE PLAYERS

A. V. MORE

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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.

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

Yogic Sukshma Vyayama programme:

Yogic Sukshma Vyayama	Weeks					
	1 st	2 nd	3 rd	4 th	5 th	6 th
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
Bhujja-bandha-sakti-vikasaka	
Kaphoni-sakti-vikasaka	
Bhujja-balli-sakti-vikasaka	
Purna-bhujja 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]	
Udara-sakti-vikasaka [5]	
Udara-sakti-vikasaka [6]	
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

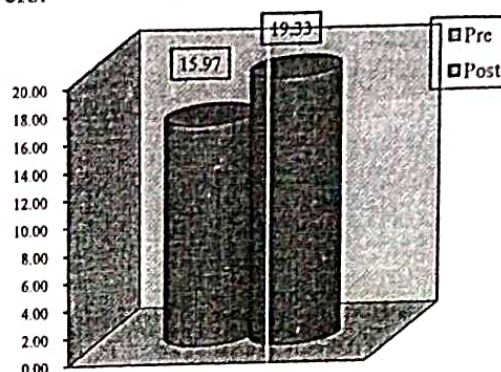
The statistical analysis and interpretation was done on the basis of data collection. The data of Pre-Test and Post-test was compared by using paired 't' test and the result was analyzed and interpretation was done. To test the hypothesis the level of significance was set at 0.05 level of confidence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

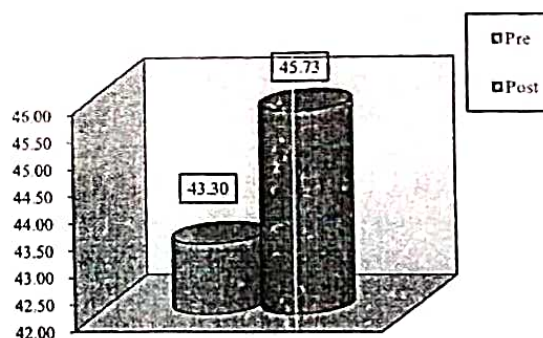


Graph No.1- Mean comparison of treatment group on pre and post test of shoulder strength

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.

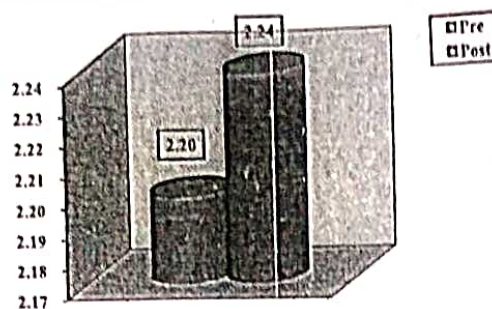


Graph No.2- Mean comparison of treatment group on pre and post test of abdominal endurance

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	0.05	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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