



Effect of Yoga on Vital Capacity of Boys

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Abstract:

The purpose of this study to see how yoga helps in vital capacity of girl's .For these study school boys was selected and they was given 8 week yoga training. For this study two groups was done total 40 students were selected .For this study there was two groups 1 experimental group -20 and control group -20 from the analysis result shows that yoga group was from effectively in vital capacity than control group.

Keywords: *Vital capacity*

1. Introduction

Essentially in the tradition, once we attach the word “yoga” to anything, it indicates that it is a complete path by itself. We say *hath yoga*, but we will not say *asana yoga*. Of course, if you come from the United States, they say anything!

If it is a complete path by itself, how should it be approached? If it was just a simple practice or an exercise, you could approach it one way. If it was an art form or just entertainment, it could be approached another way. I am using all these words because they are in usage in today's world. People say “recreational yoga,” “health yoga,” people refer to it as an art form – they think they are doing a service to yoga by saying it is an art form. No. The moment you attach the word “yoga,” it indicates it is a complete path by itself.

The word “yoga” essentially means, “that which brings you to reality”. Literally, it means “union.” Union means it brings you to the ultimate reality, where individual manifestations of life are surface bubbles in the process of creation. Right now, a coconut tree and a mango tree have popped up from the same earth. From the same earth, the human body and so many creatures have popped up. It is all the same earth.

Yoga means to move towards an experiential reality where one knows the ultimate nature of the existence, the way it is made.

Yoga refers to union not as an idea, a philosophy or as a concept that you imbibe. As an intellectual idea, if you vouch by the commonness of the universe, it may make you popular in a tea party, it may give you a certain social status, but it does not serve any other purpose. You will see, when things come down to even money – it does not even have to boil down to life and death – even for money, “This is me, that is you.” The boundary is clear; there is no question of you and me being one.

It actually causes damage to the individual if you intellectually see everything is one. People do all kinds of silly things because they got this idea that everybody is one, before somebody teaches them a good lesson and then they see, “This is me, that is you. No way to be one.”

If it becomes an experiential reality, it will not bring forth any immature action. It will bring forth a tremendous experience of life. Individuality is an idea. Universality is *not* an idea, it is a reality. In other words, yoga means you bury all your ideas.

The whole system of Yoga is built on three main structures exercise, breathing, and meditation. The exercises of Yoga are designed to put pressure on the glandular systems of the body, thereby increasing its efficiency and total health. The body is looked upon as the primary instrument that enables us to work and evolve in the world, and so a Yoga student treats it with great care and respect. Breathing techniques are based on the concept that breath is the source of life in the body. Yoga may be considered very challenging. The challenge is to your will power. It is a challenging journey of self-improvement. Most types of activity require the body to make fast forceful movements. They have repeated actions, which often lead to tension and fatigue. Yoga poses on the other hand, involve movements, which bring stability and energy to the body, the senses, the mind, and the consciousness.

2. Method

For this study Nakhatrana Sant krupa school boys was selected and they were adolescent age there was two groups experimental and control group total boys were 20. There were 10 boys in each group In this study of physiological variables like vital capacity test was taken from peak flow meter

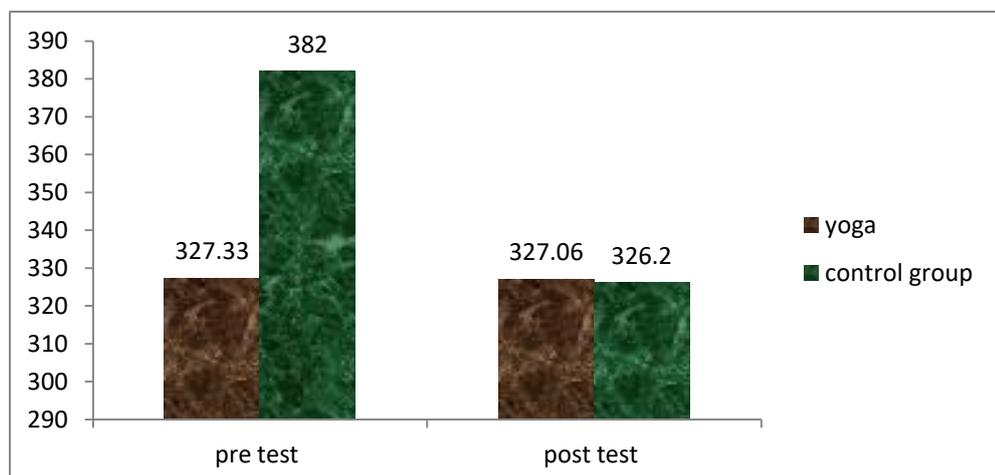
3. Result and Finding

Table-1

Group	Pre test mean	Post test mean	Mean difference	T - ratio
Yoga	327.33	382	54.67	4.13
Control Group	327.06	326.2	0.86	1.02

*Significant at 0.05% level of confidence $t(20) = 2.096$

Table-1 indicates that t ratio of yoga Group is 4.13, hence is significant at 0.05 level hence. Control Group t – ratio is 2.04 which is not significant at 0.05 level.



4. Conclusion

From above research we can see yoga effect in vital capacity and its significantly

Reference

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