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"INFLUENCE OF YOGA TRAINING ON TOTAL CHOLESTEROL AMONG COLLEGE MEN"

Authored by

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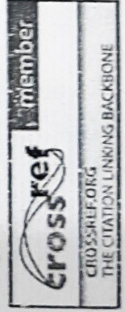
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## INFLUENCE OF YOGA TRAINING ON TOTAL CHOLESTEROL AMONG COLLEGE MEN

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### ABSTRACT

The purpose of the study was to find out the influence of yoga training on total cholesterol among college men. To achieve the purpose of the present study, thirty college men from Sourashtra College, Madurai, Tamilnadu were selected as subjects at random and their ages ranged from 18 to 21 years. The subjects were divided into two equal groups at random. The subjects were divided into two equal groups of fifteen subjects each. Group I acted as Experimental Group (Yoga training) and Group II acted as Control Group. The requirement of the experiment procedures, testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study. Pre test was conducted for all the subjects on total cholesterol. This initial test scores formed as pre test scores of the subjects. The groups were assigned as Experimental Group and Control Group in an equivalent manner. Experimental Group was exposed to yoga training and Control Group was not exposed to any experimental training other than their regular daily activities. The duration of experimental period was 6 weeks. After the experimental treatment, all the thirty subjects were tested on selected variables. This final test scores formed as post test scores of the subjects. The pre test and post test scores were subjected to Analysis of Covariance (ANCOVA) to find out the significance among the mean differences. In all cases 0.05 level of significance was fixed to test hypotheses. It was observed that the six weeks of yoga training have significantly decreased total cholesterol than the control group.

**Key Words:** Yoga Training, Total Cholesterol, College Men.

### INTRODUCTION

Yoga is an ancient Indian science which teaches man how to live in unity within himself and with those around him. It is recognized as one of the most important and valuable heritages of India. More than 2000 years ago our ancestors developed it to bind the body, mind and spirit, as a harmonious whole. It has been growing in popularity with unbelievable rapidity over the years. Today the whole world is looking towards yoga for answers to the various problems the modern man is facing. Yoga is a way of life. It is an integrated system of education for the body, mind and inner spirit. This art of right living was perfected and practiced in India thousands of years ago but, as yoga deals with universal truths, its teachings are valid today as they were in the ancient times. Yoga is a practical aid, does not belong to one religion and its techniques could be practiced by the Buddhists, Jews, Christians, Muslims, Hindus and the Atheists alike. Yoga is union with all. It brings peace to the human beings by physical practices with or without a toner on spiritualism.

Yoga has been practised in India for over two millennia. Stories and legends from ancient times testify to the existence of yoga, and to the practitioners and divinities associated with it. Indian literature is a storehouse of knowledge about yoga covering every conceivable level. Roughly in chronological order are the vocals (books of Scriptural knowledge), the Upanishada



(philosophical cosmologies), and their commentaries; then the Puranas (ancient cosmologies), and the two epics, the Ramayana and the Mahabharatha. The Mahabharatha contains within itself that masterpiece of Indian scripture the Bhagavad Gita. Towards the end of Vedic period comes the aphoristic literature, with the "Yoga Aphorisms" of Patanjali of special interest to yoga students. These are, besides, whole bodies of works both ancient (Pre-Christian) and more modern dealing with various aspects of yoga and yoga philosophy, testifying to the continued relevance of yoga as a discipline (Chandrasekaran, 2003).

## METHODOLOGY

The purpose of the study was to find out the influence of yoga training on total cholesterol among college men. To achieve the purpose of the present study, thirty college men from Thiruvalluvar University College of Arts and Science, Tirupattur, Tamilnadu were selected as subjects at random and their ages ranged from 18 to 21 years. The subjects were divided into two equal groups at random. The subjects were divided into two equal groups of fifteen subjects each. Group I acted as Experimental Group (Yoga training) and Group II acted as Control Group. The requirement of the experiment procedures, testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study. Pre test was conducted for all the subjects on total cholesterol. This initial test scores formed as pre test scores of the subjects. The groups were assigned as Experimental Group and Control Group in an equivalent manner. Experimental Group was exposed to yoga training and Control Group was not exposed to any experimental training other than their regular daily activities. The duration of experimental period was 6 weeks. After the experimental treatment, all the thirty subjects were tested on selected variables. This final test scores formed as post test scores of the subjects. The pre test and post test scores were subjected to Analysis of Covariance (ANCOVA) to find out the significance among the mean differences. In all cases 0.05 level of significance was fixed to test hypotheses.

## RESULTS

TABLE - I  
COMPUTATION OF MEAN AND ANALYSIS OF COVARIANCE OF TOTAL  
CHOLESTEROL OF EXPERIMENTAL AND CONTROL GROUPS

	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
Pre Test Mean	198.42	198.97	BG	2.30	1	2.30	0.07
			WG	918.09	28	32.78	
Post Test Mean	182.84	198.46	BG	1829.41	1	1829.41	115.63*
			WG	442.99	28	15.82	
Adjusted Post Mean	182.85	198.45	BG	1819.87	1	1819.87	111.25*
			WG	441.64	27	16.35	

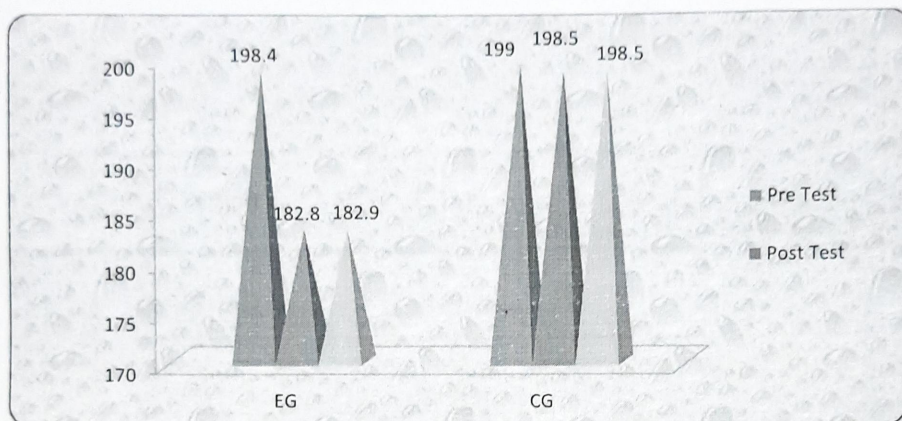
\* Significant at 0.05 level Table value for df 1 and 28 was 4.20, 1 and 27 was 4.21

The above table indicates the adjusted mean value of total cholesterol of experimental and control groups were 111.25 and 198.45 respectively. The obtained F-ratio of 155.63 for adjusted



mean was greater than the table value 4.21 for the degrees of freedom 1 and 27 required for significance at 0.05 level of confidence. The result of the study indicates that there was a significant difference among experimental and control groups on total cholesterol. The above table also indicates that both pre and post test means of experimental and control groups differ significantly. The pre, post and adjusted post mean values of total cholesterol of both experimental and control groups are graphically represented in the figure-I.

**FIGURE – I**  
**SHOWS THE MEAN VALUES ON TOTAL CHOLESTEROL OF EXPERIMENTAL GROUP AND CONTROL GROUPS**



### CONCLUSION

1. It was observed that the six weeks of yoga training have significantly decreased total cholesterol than the control group.

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