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A role of yogic asana on handball players

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Abstract

The purpose of the present study was to find out role of yogic asana on handball players. This study may provide a general guideline for sports seekers. By adopting yogic way of life we can improve our sports performance. The sample of the present study was 75 male handball Players of kurukshetra district of haryana. The age ranged between 16-20 years. These students through padmasana, Dhanurasana, Setubandh Sarvangasana, Bhujang Asana daily practice one hours. Yogic exercises can reduce stress and anxiety, calm for mind, improve balance and creates flexibility in hands, fingers, wrists and arms. It also helps in keeping the backbone erect useful in constipation and improve digestive power. It improves strength, agility, beneficial for Arthritis and respiration diseases. In the end of study we can say that yogic asana effects more on agility and strength of male handball players.

Keywords: Yogic asana, handball players

Introduction

Yoga the oldest known science of self-development, has been found to be the answer to modern machine age, is man's deepest need. It solves the problems of health, physical fitness and peace of mind. Yoga teaches us how to improve and control the condition of every part of our body. It is also teaches us how to quiet our mind in order to attain real lasting peace. These days yoga has become universal. It can be used by everyone regardless of age, sex, physical condition, back ground etc. Yoga can be used to correct the physical deformities of children and even elderly people. Western countries are turning to yoga because it has been proved that yoga successfully counteracts the occupational pains that every person has these days. Yoga is a means of balancing and harmonizing the body, mind and emotions. We all know that yoga increases the flexibility of the muscles but one also gains balance and poise from the various yoga poses. The different yoga postures imports strength to the body. The deep breathing exercise which forms the fundamental part of yoga helps to send oxygen to the body cells. Yoga improves and complements the ability of the athlete in any sport that he chooses. People who play golf are prone to uneven muscular development because when a golfer swings he uses the same muscle group all the time and this cause's muscular tension. Yoga Postures stretch these muscles and eases the muscular tension. For any sportsman yoga could be taken up as a warm up and warm down routine. The benefits which yoga can give to a sportsman cannot be overlooked. Yoga builds energy in a non-aggressive manner. Yoga releases tension through a slow, tension less process. It brings about more focus, flexibility, mobility and strength which are needed by the sportsman to keep themselves fit. There are still many more advantages of yoga for sportsman.

The Purpose of the Present Study

The purpose of the present study was Role of Yogic Asana on Hanball Players.

Methodology

To achieve the objectives of the study 75 Male Handball Players of Kurukshetra District. Were selected as a sample of the study and level of participated was State Level, between the ages range of 16-20 constituted the subjects of the study. The data of the subjects was collected by standardized tools the stop Watch, Measuring Tape and using statistically analyzed "t" Test method.

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Table 1: Role of Yogic Asana on Strength and Agility

		Mean	SED	SD	"t"
Strength	Pre Test	5.67	0.52	0.06	5.76
	Post Test	11.14	1.21		
Agility	Pre Test	13.85	1.22	0.08	4.32
	Post Test	14.56	0.73		

Table 1 shows that there was a significant difference between the mean scores ($x=5.67$ & 11.14) for strength and ($x=13.85$ & 14.56) for agility of handball players. The mean score of strength was better than the agility of handball players of kurukshetra district.

Conclusion

In the end of the study was found more strength agility and of handball players state level players from kurukshetra district (Haryana).in the end of the study we can say that yogic practice effects more on Agility and strength of Male Volleyball Players.

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