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The effects of integrated yoga modules on selected physical fitness, physiological and psychological variables among policemen

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Abstract

In this study, the subjects were selected forty five (45) police men were selected randomly from Tirunelveli. Totally six weeks training were given of Suryanamaskar, Asanas with Meditation practices & Suryanamaskar, Asanas with Meditation practices to the subjects.

All the subjects were assigned to two experimental group 'I' and 'II', One control group 'III' each group consists of 15 subjects. Following Suryanamaskar, Asanas with Meditation practices and Suryanamaskar, Asanas with Meditation practices were given to Group 'I' and 'II'. No training was provided to group 'III'.

Keywords: yogic practices, physical fitness, physiological, psychological

Introduction

A healthy life is the most important for a happy life. The modern pace of life hardly gives time to take care of health. But ancient Indian wisdom says that the true fulfillment of life begins with good health.

Good health is the key to a happy life for both men and women but in a fast and demanding life of men, health unfortunately takes a backseat whereas it should be of prime concern. In these competitive times, health is put on the back-burner until it becomes too serious to ignore. For a healthy life, numerous things have to be set in order. Watching the calories, good exercises and healthy food is absolutely essential.

Yoga

Yoga is one of the six orthodox systems of Indian philosophy. Yoga is the union of the jivatma with the paramathma. It was collated, coordinated and systematized by Patanjali in his classical work, the Yoga Sutras, which consists of 195 terse aphorisms in which it is stated that yoga is a state where all activities of the mind are channelized in one direction; or the mind is free from distractions. The word Yoga is derived from the Sanskrit root Yuj meaning to bind, to unite, join, and attach and yoke, to direct and concentrate one's attention on, to use and apply. It also means union or communion. It means the disciplining of the mind, intellect, the emotions, the will, which that yoga presupposes; it means a poise of the soul which enables one to look at life in all its aspects evenly.

Physical Fitness

- Physical activity and exercise,
- correct nutrition,
- Enough rest (good quality sleep),
- Stress management and relaxation.
- Reduces risk of disease
- Development of physical fitness components
- Provide better health
- Lower your Cholesterol levels
- Builds stronger Bones, Joints and Ligaments

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- Maintenance of Optimal Body Weight
- Improves your sleeping habit
- Boost in energy level
- Improved Appearance
- Relaxation and Stress relief
- Fights Depression

Psychological

- Attention improves
- Memory improves
- Anxiety and depression decreases
- Well being increases
- Self actualization increases
- Self acceptance increases
- Somatic and kinesthetic awareness increases
- Social adjustment increases
- Social skills improves

Psychological

- Attention improves
- Memory improves
- Anxiety and depression decreases
- Well being increases
- Self actualization increases
- Self acceptance increases
- Somatic and kinesthetic awareness increases
- Social adjustment increases
- Social skills improves

Physical Fitness Variables

Flexibility

Without adequate flexibility, daily activities such as getting out of bed, lifting a child, or squatting to pick something up can become more difficult to do. In addition, inadequate flexibility can affect your athletic performance by preventing you from reaching the full potential, strength, and power of your muscles.

Flexibility is defined as the range of motion of your joints or the ability of your joints to move freely. It also refers to the mobility of your muscles, which allows for more movement around the joints. Range of motion is the distance and direction your joints can move, while mobility is the ability to move without restriction.

Psychological Variables

Anxiety

While doing any job when one suspects about the proportion of possibility of success is known as anxiety. Anxiety is psychological factor that differs from arousal. It encompasses some degree of activation and an unpleasant emotional state. This form anxiety is used to describe the combination of intensity of behavior and directional effect or emotion.

Anxiety plays an important role in the acquisition of motor skills as well as in athletic performance. Anxiety can either enhance or inhibit performance whether its effect is positive or negative depends on how an individual athlete perceives the situation.

People with low trait level have been known to perform better in selected motor skills than those with high or trait levels. There is also positive relationship between participants in athletic competition.

A moderate level of anxiety seems best for the acquisition and performance of motor skills levels of anxiety either too high or too low tend to inhibit learning and performance.

Physiological Variables

Resting Pulse Rate

The number of pulse beats per unit time, usually per minute. The pulse rate is based on the number of contractions of the ventricles (the lower chambers of the heart). The pulse rate may be too fast (tachycardia) or too slow (bradycardia). The pulse is bulge of an artery from the wave of blood coursing through the blood vessel as a result of the heart beat. The pulse is often taken at the wrist to estimate the heart rate. (Karvonen MJ, *et al.* 1957).

Statement of the problem

The purpose of the study was to find out the effects of Integrated Yoga Modules on selected physical fitness, physiological and psychological variables among policemen.

Hypothesis

On the basis of conclusion drawn through critical and allied literature related to the study the investigator has framed the following hypotheses

1. It was hypothesized that there would be significant differences in Suryanamaskar, Asanas with Meditation practices group than the control group on selected Physical fitness variables, Physiological & Psychological Variables among Police men.
2. It was hypothesized that there would be significant differences in Suryanamaskar, Asanas with meditation practices group than the control group on selected Physical fitness variables, Physiological & Psychological Variables among Police men.
3. It was hypothesized that there would be significant differences between Suryanamaskar, Asanas with Meditation practices group and Suryanamaskar, Asanas with meditation practices group on selected Physical fitness variables, Physiological & Psychological Variables among Police men.

Review of Related Literature

Studies on Yoga

Carei TR, *et.al.* (2010) studied Randomized controlled clinical trial of yoga in the treatment of eating disorders. This was a pilot project designed to assess the effect of individualized yoga treatment on eating disorder outcomes among adolescents receiving outpatient care for diagnosed eating disorders (anorexia nervosa, bulimia nervosa, eating disorder not otherwise specified). They used the methodology for this study were a total of 50 girls and 4 boys aged 11-21 years were randomized to an 8-week trial of standard care vs. individualized yoga plus standard care. The No Yoga group was offered yoga after study completion as an incentive to maintain participation. Outcomes evaluated at baseline, end of trial, and 1-month follow-up included Eating Disorder Examination (EDE), Body Mass Index (BMI), Beck Depression Inventory, State-Trait Anxiety Inventory, and Food Preoccupation questionnaire. Results of the study were the Yoga group demonstrated greater decreases in eating disorder symptoms. Specifically, the EDE scores decreased over time in the Yoga group, whereas the No Yoga group showed some initial decline but then returned to baseline EDE levels at week 12. Food preoccupation was measured before and after each yoga session, and decreased significantly after all sessions. Both groups maintained current BMI levels and decreased in anxiety and depression over time. Individualized yoga treatment decreased EDE scores at 12 weeks, and significantly reduced food preoccupation immediately after

yoga sessions. Yoga treatment did not have a negative effect on BMI. Results suggest that individualized yoga therapy holds promise as adjunctive therapy to standard care.

Udupa K. (2002) conducted the study on Modulation of cold pressor-induced stress by shavasan in normal adult volunteers. This study was planned to determine if shavasan could modulate the physiological response to stress induced by cold pressor test (CPT) and the possible mechanisms involved. Ten normal adults were taught shavasan and practiced the same for a total duration of seven days. RR interval variation (RRIV), deep breathing difference (DBD), and heart rate, blood pressure & rate-pressure-product (RPP) response to CPT were measured before and immediately after shavasan. Shavasan produced a significant increase in DBD and an appreciable but statistically insignificant increase in RRIV suggesting an enhanced parasympathetic activity. Significant blunting of cold pressor-induced increase in heart rate, blood pressure and RPP by shavasan was seen during and even five minutes after CPT suggesting that shavasan reduces the load on the heart by blunting the sympathetic response. It is concluded that shavasan can enhance one's ability to withstand stress induced by CPT and this ability can be achieved even with seven days of shavasan training.

For the present investigation forty five (45) police men were selected randomly from chennai. Totally Twelve weeks training were given of Suryanamaskar, Asanas with Meditation practices & Suryanamaskar, Asanas with Meditation practices to the subjects.

Methodology

All the subjects were assigned to two experimental group 'I' and 'II', one control group 'III' each group consists of 15 subjects. Following Suryanamaskar, Asanas with Meditation practices and Suryanamaskar, Asanas with Meditation practices were given to Group 'I' and 'II'. No training was provided to group 'III'

Experimental Group 'I' - (Suryanamaskar, Asanas with

Meditation practices)

Experimental Group 'II' - (Suryanamaskar, Asanas with Meditation practices)

Group 'III' - (Control group, No training was provided)

Phy Sical Fitness Vriables

Flexibility

Physiological Variables

Resting Pulse Rate

Psychological Variables

Anxiety

Experimental Design

The subjects formed three groups:

1. 15 subjects were trained on Suryanamaskar, Asanas with Meditation practices.
2. 15 subjects were trained on Suryanamaskar, Asanas with Meditation practices. (The above two groups formed the Experimental groups).
3. 15 subjects formed the Control group.

Pretest measurements of selected physical fitness, physiological and psychological variables were recorded carefully. Then the experimental procedures were explained to them in detail. The yogic practices was given to two groups which formed the experimental groups and the other group was the control group which was not exposed to any yogic practices. After 6 weeks post test measurements on the same parameters were recorded to find out the effects of Integrated Yoga Modules on selected physical fitness, physiological and psychological variables among policemen.

Results and Discussions

Table 1: Computation of Analysis of Covariance of Flexibility (Total Scores in Centimeters)

	Ex. Gr. I	Ex. Gr. II	Control	Source of Variance	Sum of Squares	df	Mean Squares	Obtained F
Pre Test Mean	25.4	25.67	23.07	between	61.38	2	30.689	1.97
				within	655.87	42	15.62	
Post Test Mean	29.4	28.07	20.53	between	685.73	2	342.87	39.32*
				within	366.27	42	8.72	
Adjusted Mean	29.28	27.90	20.81	between	569.80	2	284.90	33.63*
				within	347.345	41	8.47	
Mean Diff	4	2.40	2.53					

Table F-ratio at 0.05 level of confidence for 2 and 42 (df) = 3.22, 2 and 41 (df) = 3.23. *Significant

Table 1 shows that the pre test mean scores of flexibility of Experimental group I Suryanamaskar, Asanas with Meditation practices was 25.4. Experimental Group II Experimental group II - (Suryanamaskar, Asanas with meditation practices) group was 25.67 and control group was 23.07. The post test means showed differences due to Twelve weeks of Suryanamaskar, Asanas with Meditation practices & Experimental group II - (Suryanamaskar, Asanas with meditation practices) group and mean values recorded were 29.4, 28.07 and 20.53 respectively.

As shown in Table 1, the obtained F value on the scores of pre test means 1.97 was greater than the required F value, which proved that the random assignment of the subjects were not

successful and their scores in flexibility before the training were not equal and there was significant differences.

The analysis of post test means proved that the obtained F value of 39.32 was greater than the required table value of 3.23 to be significant at 0.05 levels. Taking into consideration of the pre test means and post test means adjusted post test means were determined and analysis of covariance was done and the obtained F value 14.30 was greater than the table value of 3.23 and hence it was accepted that the Experimental group I - (Suryanamaskar, Asanas with Meditation practices) and experimental group II - (Suryanamaskar, Asanas with meditation practices) significantly differences the flexibility of the subjects.

Table 2: Scheffe’s Confidence Interval Test Scores on Flexibility

Means			Mean Difference	Required. C I
Ex. Gr. I	Ex. Gr. II	Control Group		
29.28	27.90	-	1.38	2.65
29.28	-	20.81	8.47*	2.65
-	27.90	20.81	7.09*	2.65

* Significant

From the table II, it was proved that there was significant differences between Experimental group I - (Suryanamaskar, Asanas with Meditation practices) and control group and experimental group II - (Suryanamaskar, Asanas with meditation practices) and control group. And there was no significant difference between Experimental group I -

(Suryanamaskar, Asanas with Meditation practices) and experimental group II - (Suryanamaskar, Asanas with meditation practices) groups. The ordered adjusted means were presented through bar diagram for better understanding of the results of this study

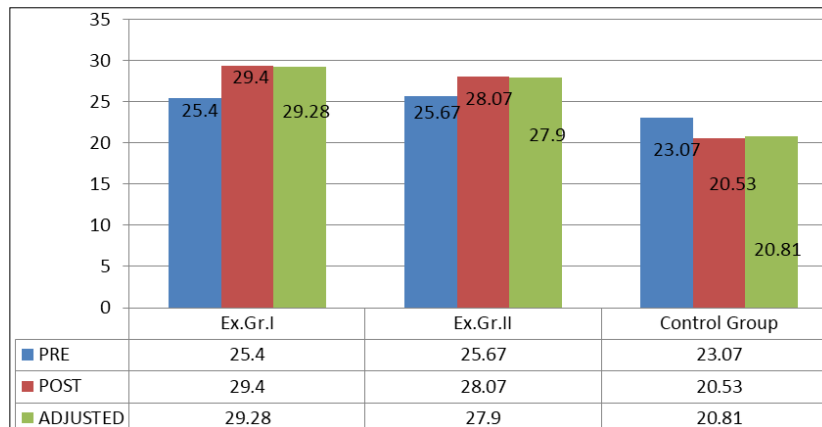


Fig 1: Bar diagram showing pre, post and adjusted post-test values of control group, two experimental groups on flexibility

Discussion on the findings of flexibility

The results presented in table 1 showed that the obtained adjusted means on Flexibility among Experimental group I - (Suryanamaskar, Asanas with Meditation practices) group was 29.28 followed by Experimental group II - (Suryanamaskar, Asanas with meditation practices) group with the mean value of 27.90 and control group mean value of 20.81. The difference among pre test scores Post test scores and adjusted mean scores of the subjects were statistically treated using ANCOVA and F values obtained were 1.97, 39.32 and 33.63 respectively. It was found that obtained F value on pre test score was not significant at 0.05 level of confidence as the obtained value was lesser than the required table value and post test Scores was significant at 0.05 level of confidence as the value was greater than the required table F value of 3.23.

The post hoc analysis through Scheffe’s confidence test proved that due to Twelve weeks treatment the Experimental group I - (Suryanamaskar, Asanas with Meditation practices) group and Experimental group II - (Suryanamaskar, Asanas with kriya practices) group there was significant improvement (increase) in Flexibility than control group and the differences were significant at 0.05 level. The post hoc analysis between the experimental group namely Experimental group I - (Suryanamaskar, Asanas with Meditation practices) group and Experimental group II - (Suryanamaskar, Asanas with kriya practices) group proved that there was no significant difference.

The result of this study on Flexibility has in line with the study conducted by Tran, Holly, Iashbrook, Amsterdam (2001).

Table 3: Computation of mean and analysis of covariance of resting pulse rate of experimental and control group (Scores in Beats per Minute)

	Ex. Gr. I	Ex. Gr. II	Control	Source of Variance	Sum of Squares	DF	Mean Squares	Obtained F
Pre Test Mean	79.73333	79.47	79.60	between	0.53	2	0.267	0.07
				within	172.27	42	4.10	
Post Test Mean	76.66667	75.73	80.07	between	156.04	2	78.02	5.40*
				within	607.20	42	14.46	
Adjusted Mean	76.56	75.84	80.07	between	153.47	2	76.73	6.23*
				within	504.619	41	12.31	
Mean Diff	3.066667	3.73	0.47					

Table F-ratio at 0.05 level of confidence for 2 and 42 (df) = 3.22, 2 and 41 (df) = 3.23.

Table III shows that the pre test mean scores of Resting Pulse Rate of Experimental group I Suryanamaskar, Asanas with Meditation practices was 79.73. Experimental Group II Experimental group II - (Suryanamaskar, Asanas with meditation practices) group was 79.47 and control group was

79.60. The post test means showed differences due to Twelve weeks of Suryanamaskar, Asanas with Meditation practices & Experimental group II - (Suryanamaskar, Asanas with meditation practices) group and mean values recorded were 76.66, 75.73 and 80.07 respectively.

The obtained F value on pre test scores 0.07 was lesser than the required F value of 3.23 to be significant at 0.05 level.

This proved that there was no significant difference between the groups at initial stage and the randomization at the initial stage was equal.

The post test scores analysis proved that there was significant difference between the groups as the obtained F value at 5.40 was greater than the required F value of 3.23. This proved that the differences between the post test mean at the subjects were significant.

Taking into consideration the pre and post test scores among the groups, adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value at 6.23

was greater than the required F value of 3.23. This proved that there was Significant differences among the means due to Twelve weeks of Suryanamaskar, Asanas with Meditation practices & Experimental group II - (Suryanamaskar, Asanas with meditation practices) group on the physiological variable Resting Pulse Rate.

Since significant improvement were recorded. The results were subjected to post hoc analysis using Scheffe`s Confidence Interval test. The results were presented in table IV.

Table 4: Scheffe`s post-hoc test for resting pulse rate

Experimental Group – I (Suryanamaskar, Asanas with Meditation practices)	Experimental Group – II (Suryanamaskar, Asanas with meditation practices)	Control Group	Mean difference	Required C.I
76.56	75.84	-	0.73	3.19
76.56	-	80.07	3.50*	3.19
-	75.84	80.07	4.23*	3.19

From the table XIII, it was proved that there was a significant difference between Experimental group I - (Suryanamaskar, Asanas with Meditation practices) and control group and experimental group II - (Suryanamaskar, Asanas with kriya practices) and control group. And there was no significant difference between Experimental group I - (Suryanamaskar,

Asanas with Meditation practices) and experimental group II - (Suryanamaskar, Asanas with kriya practices) groups.

The ordered adjusted means were presented through bar diagram for better understanding of the results of this study in Figure 02.

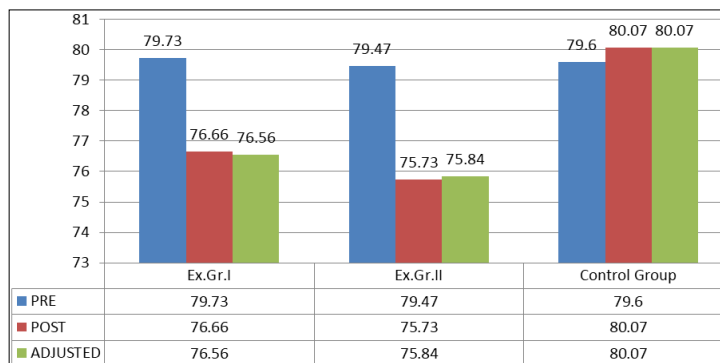


Fig 2: Bar diagram showing pre, post and adjusted post-test values of control group, two experimental groups on resting pulse rate

Discussion on findings of resting pulse rate

The results presented in table III showed that the obtained adjusted means on Resting Pulse Rate among Experimental group I - (Suryanamaskar, Asanas with Meditation practices) group was 79.73 followed by Experimental group II - (Suryanamaskar, Asanas with meditation practices) group with the mean value of 79.47 and control group mean value of 79.60. The difference among pre test scores Post test scores and adjusted mean scores of the subjects were statistically treated using ANCOVA and F values obtained were 0.07, 5.40 and 6.23 respectively. It was found that obtained F value on pre test score was not significant at 0.05 level of confidence as the obtained value was lesser than the required table value and post test Scores was significant at 0.05 level of confidence as the value was greater than the required table

F value of 3.23.

The post hoc analysis through Scheffe`s confidence test proved that due to Twelve weeks treatment the Experimental group I - (Suryanamaskar, Asanas with Meditation practices) group and Experimental group II - (Suryanamaskar, Asanas with meditation practices) group there was significant improvement (decrease) in Resting Pulse Rate than control group and the differences were significant at 0.05 level. The post hoc analysis between the experimental group namely Experimental group I - (Suryanamaskar, Asanas with Meditation practices) group and Experimental group II - (Suryanamaskar, Asanas with meditation practices) group proved that there was no significant difference.

The result of this study on Resting Pulse Rate has in line with the study conducted by Peter Lang (1997).

Table 5: Computation of mean and analysis of covariance of anxiety of experimental and control group (Scores in Marks)

	Ex. Gr. I	Ex. Gr. II	Control	Source of Variance	Sum of Squares	df	Mean Squares	Obtained F
Pre Test Mean	28.93333	32.60	27.93	between	181.11	2	90.556	1.21
				within	3137.47	42	74.70	
Post Test Mean	21.93333	22.20	34.53	between	1554.71	2	777.36	16.63*
				within	1963.07	42	46.74	
Adjusted Mean	22.21	21.33	35.12	between	1740.30	2	870.15	21.55*
				within	1655.292	41	40.37	
Mean Diff	7	10.40	6.60					

Table F-ratio at 0.05 level of confidence for 2 and 42 (df) = 3.22, 2 and 41 (df) = 3.23.

Table V shows that the pre test mean scores of Anxiety of Experimental group I Suryanamaskar, Asanas with Meditation practices was 28.93. Experimental Group II Experimental group II - (Suryanamaskar, Asanas with meditation practices) group was 32.60 and control group was 27.93. The post test means showed differences due to Twelve weeks of Suryanamaskar, Asanas with Meditation practices & Experimental group II - (Suryanamaskar, Asanas with meditation practices) group and mean values recorded were 21.93, 22.20 and 34.53 respectively.

The obtained F value on pre test scores 1.21 was lesser than the required F value of 3.23 to be significant at 0.05 level. This proved that there was no significant difference between the groups at initial stage and the randomization at the initial stage was equal.

The post test scores analysis proved that there was significant

difference between the groups as the obtained F value at 16.63 was greater than the required F value of 3.23. This proved that the differences between the post test mean at the subjects were significant.

Taking into consideration the pre and post test scores among the groups, adjusted mean scores were calculated and subjected to statistical treatment. The obtained F value at 21.55 was greater than the required F value of 3.23. This proved that there was Significant differences among the means due to Twelve weeks of Suryanamaskar, Asanas with Meditation practices & Experimental group II - (Suryanamaskar, Asanas with meditation practices) group on the psychological variable anxiety.

Since significant improvement were recorded. The results were subjected to post hoc analysis using Scheffe`s Confidence Interval test. The results were presented in table VI.

Table 6: Scheffe`s post-hoc test for anxiety

Experimental Group – I (Suryanamaskar, Asanas with Meditation practices)	Experimental Group – II (Suryanamaskar, Asanas with meditation practices)	Control group	Mean difference	Required C.I
21.92	21.33	-	0.88	5.78
21.92	-	35.12	12.91*	5.78
-	21.33	35.12	13.79*	5.78

From the table VI, it was proved that there was significant differences between Experimental group I - (Suryanamaskar, Asanas with Meditation practices) and control group and experimental group II - (Suryanamaskar, Asanas with meditation practices) and control group. And there was no significant difference between Experimental group I -

(Suryanamaskar, Asanas with Meditation practices) and experimental group II - (Suryanamaskar, Asanas with meditation practices) groups.

The ordered adjusted means were presented through bar diagram for better understanding of the results of this study in Figure 03.

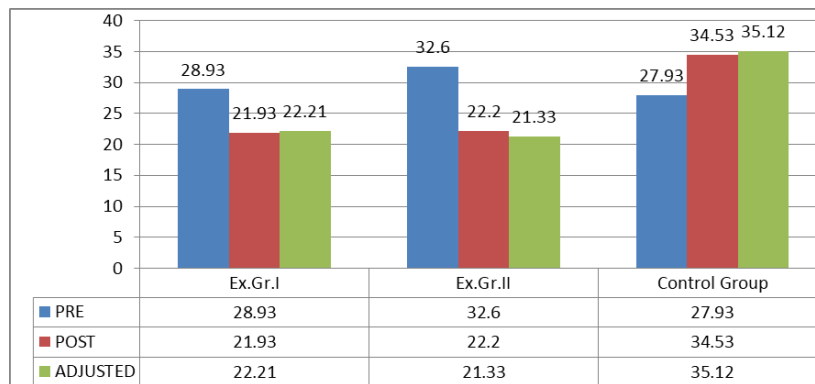


Fig 3: Bar diagram showing pre, post and adjusted post-test values of control group, two experimental groups on anxiety

Discussion on findings of anxiety

The results presented in table V showed that the obtained adjusted means on Anxiety among Experimental group I - (Suryanamaskar, Asanas with Meditation practices) group was 22.21 followed by Experimental group II - (Suryanamaskar, Asanas with meditation practices) group with the mean value of 21.33 and control group mean value of 35.12. The difference among pre test scores Post test scores and adjusted mean scores of the subjects were statistically treated using ANCOVA and F values obtained were 1.21, 16.63 and 21.55 respectively. It was found that obtained F value on pre test score was not significant at 0.05 level of confidence as the obtained value was lesser than the required table value and post test Scores was significant at 0.05 level of confidence as the value was greater than the required table F value of 3.23.

The post hoc analysis through Scheffe`s confidence test

proved that due to six weeks treatment the Experimental group I - (Suryanamaskar, Asanas with Meditation practices) group and Experimental group II - (Suryanamaskar, Asanas with meditation practices) group there was significant improvement (decrease) in anxiety than control group and the differences were significant at 0.05 level. The post hoc analysis between the experimental group namely Experimental group I - (Suryanamaskar, Asanas with Meditation practices) group and Experimental group II - (Suryanamaskar, Asanas with meditation practices) group proved that there was no significant difference.

The result of this study on Anxiety has in line with the study conducted by Hismann-C (1983).

Discussion on Hypotheses

The first hypothesis states that that there would be significant differences in Suryanamaskar, Asanas with Meditation

practices group than the control group on selected Physical fitness variables, Physiological & Psychological Variables among Police men. The results presented in the table I, III, V on Flexibility, Resting Pulse Rate, Anxiety, respectively proved that there was significant changes due to twelve weeks of Suryanamaskar, Asanas with Meditation practices group, hence the hypothesis was accepted at 0.05 level of significance.

The second hypothesis states that that there would be significant differences in Suryanamaskar, Asanas with meditation practices group than the control group on selected Physical fitness variables, Physiological & Psychological Variables among Police men. The results presented in the table I, III, V on Flexibility, Resting Pulse Rate, Anxiety, respectively proved that there was significant changes due to twelve weeks of Suryanamaskar, Asanas with Meditation practices group. Hence the hypothesis was accepted as 0.05 level of significance.

The third hypothesis states that that there would be significant difference between Suryanamaskar, Asanas with Meditation practices group and Suryanamaskar, Asanas with Meditation practices group on selected Physical fitness variables, Physiological & Psychological Variables among Police men. The results presented in the table I, III, V on Flexibility, Resting Pulse Rate, Anxiety, respectively proved that there was no significant changes due to six weeks of Suryanamaskar, Asanas with Meditation practices group and Suryanamaskar, Asanas with meditation practices group hence the hypothesis was rejected as 0.05 level of significance.

Thus the researcher has successfully completed the study and presented the results clearly and proceeded with the summary and conclusions along with recommendations in the next chapter.

Conclusions

Within the limitation and delimitations set for the present study and considering the results obtained, the following conclusion were drawn.

For the purpose of this study it was hypothesized that the Suryanamaskar, Asanas with Meditation practices (Experimental Group – I) & Suryanamaskar, Asanas with meditation practices (Experimental Group II) would improve the selected Physical fitness, Physiological and Psychological variables as compared to control group (group III).

Within the limitations and delimitations set for the present study and considering the results obtained, the following conclusions were drawn:

1. For the purpose of this study it was concluded that the there was significant differences on Suryanamaskar, Asanas with Meditation practices (Experimental Group – I), Suryanamaskar, Asanas with meditation practices (Experimental Group II) helped to increase the flexibility, resting pulse rate and anxiety among Policemen than the control group.
2. For the purpose of this study it was concluded that the there was no significant differences between Suryanamaskar, Asanas with Meditation practices (Experimental Group – I) and Suryanamaskar, Asanas with meditation practices (Experimental Group II) of Flexibility, Resting Pulse Rate, and Anxiety among Policemen.

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