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## Effect of yogic training on leukocytes count among Specially abled school children of Punjab

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### Abstract

In the present study it was planned to check the effect of yogic training on Leukocytes count among specially abled school children of Punjab. The subjects for this study were from Patiala School for Deaf and Blind, Safdipur, Patiala. For the purpose of the study, total 20 male deaf students were selected as a subject. The age of the subjects selected for the study have been between 15 to 22 years. To check the Leukocytes count among specially abled school children, Complete Blood Count (CBC) Test was used by the researcher. After the collection of relevant data; to investigate the effect of yogic training on Leukocytes count among specially abled school children Mean, SD and t-test was applied. The level of significance was set at 0.05 percent ( $p < 0.05$ ). The result of the study revealed that leukocyte count increase significantly in specially abled school children after the application of twelve – weeks yogic training protocol.

**Keywords:** Yoga, training, leukocytes, specially abled, Punjab

### Introduction

A disability is any condition that makes it more difficult for a person to do certain activities or interact with the world around them. These conditions, or impairments, may be cognitive, developmental, intellectual, mental, physical, sensory, or a combination of multiple factors. Impairments causing disability may be present from birth or occur during a person's lifetime. The World Health Organization proposes the following definition of disabilities: "Disabilities is an umbrella term, covering impairments, activity limitations, and participation restrictions. An impairment is a problem in body function or structure; an activity limitation is a difficulty encountered by an individual in executing a task or action; while a participation restriction is a problem experienced by an individual in involvement in life situations. Disability is thus not just a health problem. It is a complex phenomenon, reflecting the interaction between features of a person's body and features of the society in which he or she lives"(WHO, 2016).

Leukocytes, or White blood cells also spelled "leucocytes", are the cells of the immune system that are involved in defending the body against both infectious disease and foreign materials. Leukocytes are found throughout the body. The number of leukocytes in the blood is often an indicator of disease. Concentrations average of white blood cell is 3.3-8.7 thousands per cubic milliliter of blood. They make up approximately 1% of the total blood volume in a healthy adult. An increase in the number of leukocytes over the upper limits is called leukocytosis, and a decrease below the lower limit is called leucopenia (American Society of Hematology, 2013).

### Methodology and Procedure

In the present study it was planned to check the effect of yogic training on Leukocytes count among specially abled school children of Punjab. The subjects for this study were from Patiala School for Deaf and Blind, Safdipur, Patiala. For the purpose of the study, total 20 male deaf students were selected as a subject. The age of the subjects selected for the study have been between 15 to 22 years. To check the Leukocytes count among specially abled school children, Complete Blood Count (CBC) Test was used by the researcher.

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After the collection of relevant data; to investigate the effect of yogic training on Leukocytes count among specially abled school children Mean, SD and t-test was applied. The level of significance was set at 0.05 percent ( $p < 0.5$ ).

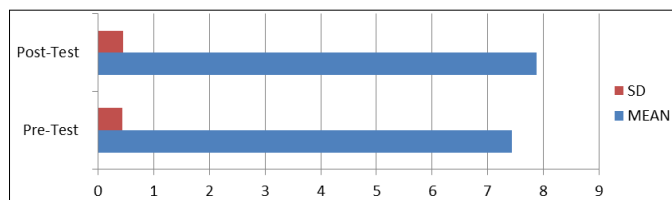
**Results of the Study**

**Table 1:** Shows Mean, SD and t-value for Pre and Post Test of Leukocytes Count in specially abled school children of Punjab

Hematological Variable	Pre-Test Mean	Pre-Test SD	Post-Test Mean	Post-Test SD	t-Values
Leukocytes	7.08	0.34	7.34	0.54	6.45*

$t_{.05} (19) = 2.09$

The findings of pre and post test in specially abled school children namely Mean, SD and t - values for leukocytes count are shown in table no 1. The table statistically reveals that the calculated t value 6.45 for leukocytes count of specially abled school children is greater than the table value 2.09. Therefore, the values of table shows that, during twelve – weeks yogic training program the leukocytes count increased significantly in specially abled school children. The results of table no 1 are also depicted in figure no. 1.



**Fig 1:** Shows Mean, SD and t-value for Pre and Post Test of Leukocytes Count in specially abled school children of Punjab

**Conclusions**

The result of the study revealed that leukocyte count increase significantly in specially abled school children after the application of twelve – weeks yogic training protocol. These results of the study confirmed with the findings of Geetanjali et al. (2012) who reported significant increase in leukocyte count after the practice of yogic training program.

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