Methodology

In this chapter the method and procedure to compare the physical and physiological characteristics of 18-24 years children various yogic group have been explained. Methods are used to see the effects of selected yogic practices on physical and physiological fitness of these children.

DESIGN

The study is an experimental one, where pre & post -test experimental design has been followed. Four groups of students were selected, one group was given Hatha Yogic Asanas, second soup Hatha Yogic Pranayamas, third group a combination of Hatha Yogic Asanas and Pranayamas and fourth group was control group and was not given any type of exercise. All these four groups were retested and post-tested on motor ability components and physiological components. The change in the dependent variable Credited to the particular exercises given to the groups.

Sample

In the present study random sampling procedure was followed. A group of 100 male and 100 female students was selected randomly from the MDU University in Rohtak. These students went through yogic exercises for ten weeks training programme in the strict supervision of the researcher. However, for the present study 200 students were selected from nearly 200 students studying College level. The age group range was between 18 to 24 years. These 200 students were equally divided in four groups, consisting of 50 students each.

Selection of variables

To compare the different groups the variables have been selected keeping in view their significance form the point of view of performance. Primarily the variables belong to two basic areas.

1. Physical fitness variables

The list of variables used is given below

1. Physical fitness variables
   1. Abdominal strength
(B) Speed and Agility
(C) Power
(D) Speed
(E) Endurance

2. Physiological fitness variables
(A) Blood Pressure
(B) Vital Capacity
(C) Pulse Rate

Section of training exercises
The different groups were given different exercises. Asana group practiced the following Asanas during training.
- Dhanurasana
- Bhujangasana
- Matsyasana
- Halasana
- Paschimottananasana
- Yoga-Mudrasana
- Sarvangasana
- Natarajasana
- Kukktutasana
- Bakasana
- Gomukhasana
- Pada Hastasana

Pranayama group was given following pranayama during raining
- Nadi Sodhan Pranayama
- Ujjayi Pranayama
- Surya Bhedana Pranayama
- Bhastrika Pranayama
- Sitali Pranayama
Combined (A & P) group practiced following Asanas and Pranayamas

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<tr>
<th>Asanas</th>
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<td>Dhanurasana</td>
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**Tools:**

The process of experimentation passed through following procedure.

The sample of 200 students was divided in 4 equal groups of 0 students each.

The groups were equaled on the basis of age, let and residential area.

Battery’ was used. The following criterion measures were used.

1. Sit – Up
2. Shuttle Run
3. Standing long Jump
4. 50 Yard dash
5. 600 Yards dash

To test the physiological fitness following tools were used.
1. Sphygmomanometer and Stethoscope
2. Peak flow meter
3. Pulse rate measurement through stop watch and feeling of pulse.

**Statistical Technique:-**

The data obtained through random sampling was compiled and tabulated variable wise and Group wise. The statistical analysis was done on a computer. At the initials stage the values of means, standard deviations, t-ratio of all the variables were computed to know the level of significance of the differences of Pre scores and post scores on each variable.

At the second stage analysis of variance was applied to know the significance of differences among various exercise groups against each variable where the differences were found significant at .05 level of confidence, the t-test was applied and results were tabulated in the form of t-matrix to know the level of significance of differences among various groups. A detailed computation is given in the form of tables and matrices.

**Work Plan**

1. Collect and study of Reviews, books and articles.
2. Organize the camps
3. Collect the data
4. Analysis of data
5. Results, findings and discussion.