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
   
   (A) 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 following Asanas during training.
   Dhanurasana
   Bhujangasana
   Matsyasana
   Halasana
   Paschimottanasana
   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