

## THE EFFECT OF SELECTED YOGIC AASANAS ON CRICKET PLAYERS

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### **Introduction**

Every sport involves vigorous moments. All vigorous activities shorten the muscles and make them more susceptible to pulls and strains. It is necessary to remember that the more a person involves himself in intensive and vigorous exercises, the more he needs to stretch.

Application of Yogic exercise has a considerable scope in the promotion of sports. Promotions of sports depend on (i) Basic motor fitness factors (ii) specific sports skills and (iii) Psychological factors. Physical fitness is a must for any good performance in sports. Different sports require different types of fitness emphasizing on a particular fitness factor. However, general level of physical fitness is necessary for every sportsman. The law of use and disuse suggest that if you want to be fit, you must exercise. The routine of exercise differs from individual to individual according to purpose and capacity. Sportsmen also select different routine of exercise during the season of participation. But basic level of physical fitness must be maintained even during off season. This can be attained excellently by indulging in yogic routine. Yogic exercise deals with the vital organs of the body on which health depends. the precursor of physical fitness lies in the efficient working of the vital organs of the body and yoga aims it.

However, the few studies have been conducted regarding yogic exercises. The first pioneering attempt along the scientific line to study the physiological effect was made by swami Kaivalyananda (1964). His study occupies a very important and unique position among the scientific works in Yoga done so far in the field.

Yoga Asanas are the physical exercises enabling a person to be physically fit and mentally alert. Their immediate aim is to gain health and happiness. Yoga Asanas means Asanas for Yoga, i.e. meditation based on the assumption of inter independence of the body and mind. Yoga prescribes exercises both for body and the mind so that the two might develop themselves in the spirit of co-operation to a balanced physiological condition.

### **Methodology**

This chapter deals with the description of the procedure for the selection of subjects, reliability and validity of tools, procedure for administering the test and the method employed for statistical treatment of data. Following will be the procedure adopted for the study.

#### **Selection of the Subjects:**

This study was carried out on the male cricket players of Jyotiba College of Physical Education and P.G.T.D. of Physical Education who participated in inter collegiate cricket tournament held by of R.T.M. Nagpur University, Nagpur in the year 2013-14. The study will be only male cricketers.

#### **Description of sample:**

20 male cricketers who participated in inter collegiate level of R.T.M. Nagpur University, Nagpur were selected purposively as a sample for this study.

## **Criterion Measure:**

The following test was used as criterion measure for the study.

1) Flexibility - Sit and Reach Test

## **Procedure of Administration of Tests**

### **1) Flexibility - Sit And Reach Test**

**Sit and Reach Test :** This test was used to measure the flexibility of the back and leg (hamstring) muscles. It was a kind of absolute and linear test of flexibility.

**Equipment:** A testing box or a flexo measure in inches.

**Procedure:** The 10 inch mark of the scale is lined up with a transverse line marked on the floor. The subject is asked to sit down on the floor with his heels considering with the above mentioned transverse line and legs horizontally straight on the ground. Another subject or tester was asked to stand and brace his toes against the heels of the examinee. Two assistants one on each side of the examinee were requested to hold the knees in a locked position strictly prohibiting any bending movement while the examinee starts stretching his hands forwards and pushes the flexo measure case as far down the scale as possible with the finger tips of both hands. The reading was taken at the near end measure.

**Scoring:** The best attempt out of the three trials given to the examinee was recorded in inches.

## **Procedure of Experimental Treatments**

Selection of 05 asanas were made from the asanas recommended for children in the book "ASANA" by Swami Kaivalyananda.

### **Training of Asanas :**

The Group practiced the selected asanas on the floor of Jyotiba College of Physical Education, R.T.M. Nagpur University, Nagpur. The students used to report in their kit they practiced bare feet.

The practice session were conducted for a period of 30 minutes in the morning i.e. from 8.30 a.m. to 9 a.m. on alternate days viz. Mondays Wednesday and Friday for a duration of 4 weeks.

The asanas were taught and the practice sessions were conducted and supervised by the researcher himself for teaching purpose. Each asanas were explained and demonstrated before the students performed the same. Necessary corrections were made. The rest of instructions were given in between superseding asanas.

## **Results**

The statistical analysis of data collected on 20 subjects of experimental group by pre and post test method are presented in this chapter.

### **Scoring of Data:**

To obtain the data of flexibility "Sit and Reach test" was taken before and after completion of experimental period constituted the score for the purpose of study.

### **Level of Significance:**

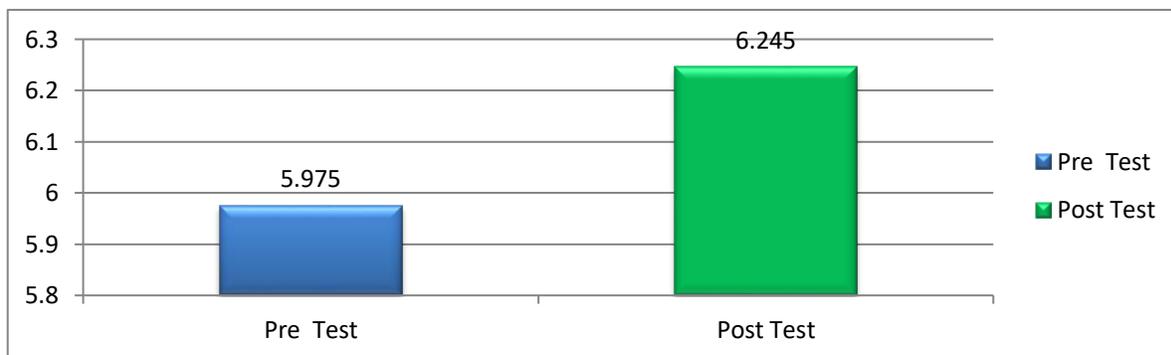
For testing the difference between the means of two groups the level of significance were set at 0.05.

TABLE NO. 1 SHOWING THE SCORE OF SIT AND REACH TEST

	Mean (M)	Standard Deviation (S.D.)	Mean Difference (M.D.)	Standard Error (S.E.)	't' ratio	R.T.R.
Pre Test	5.975	1.46	0.27	0.46	0.58	2.09
Post Test	6.245	1.50				

\*Significant at 0.05 level of Confidence.

GRAPH NO. 1 SHOWING THE MEAN SIT AND REACH TEST



The mean value of cricket players in flexibility is 5.975 and 6.245, Standard Deviation is 1.46 and 1.50 in Pre-Test and post Test respectively. Value of 'T' ratio is 0.58, This value is not significant at 0.05 level. To be significant at 0.05 level, the value of 'T' Ratio should be greater or equal to 2.09.

## Conclusions

The pre-test score of Experimental group is 5.975 and the post test score of experimental group is 6.245. The post test score of the experimental group is statistically increased due to the implementation of four weeks yogic Aasanas training programmed on the cricket players of inter college R.T.M. Nagpur University, Nagpur. So it is concluded that the Flexibility of the cricket players is can be increased due to the Yoga training programmed.

## Recommendations

- 1) Study may be repeated using subjects belonging to different age group and sex other than those employed in this study.
- 2) Similar studies may be carried out for longer duration on these training methods to determine on Flexibility.
- 3) Study may be repeated by using another Yoga sanas.
- 4) Study may be repeated on the players other game also.

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