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An Assessment of 4 Weeks Yoga Training Workshop on Body Balance Ability Of Female Judo Players.

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Abstract

Yoga is a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science for healthy living. It is a science that consists of Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana (Meditation), Samadhi /Samyama, Bandhas & Mudras, Shat-karmas, Yukta-ahara, Yukta karma, Mantra japa, ancient theories, observations and principles about body and mind. Yoga is a perfect way to incorporate balancing exercises into the training routine. It is useful for all types of sports. There are many sports that are related with high body balance. Judo game is also a body balance sport in which standing throws are very much depends on body balance and coordination. If body balance is good then a Judo player can execute a

perfect throw on the opponent. It is said that Yoga is very effective to improve body balance ability. The purpose of this study was to assessment the significant effects of 4 weeks Yoga training workshop on body balance variable of female Judo Players. In this study, 25 female Judo players were selected randomly from sports stadium, Meerut. The age was 16 to 18 years old. The subjects underwent Yoga training workshop for 6 days of 4 weeks. The pre test and post test data were collected before and after 4 weeks Yoga training workshop. The t-test was used to determine the effect of Yoga training workshop on body balance of female Judo Players. Further the level of significance was set at 0.5 levels. The results of the study revealed that there was significant difference found between pre and post test data on body balance at 0.05 level of significance. The training was very effective for subjects and this confirmed that the yoga is effectively improved body balance of the selected subjects.

Key Words: Body balance ability, Judo players, Yoga training.

INTRODUCTION

The word 'Yoga' is derived from the Sanskrit word 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. Living with freedom in all walks of life, health and harmony shall be the main objectives of Yoga practice."Yoga" also refers to an inner science comprising of a variety of methods through which human beings can realize this union and achieve mastery over their destiny.

The science of yoga has its origin thousands of years ago, long before the first religions or belief systems were born. In the yogic lore, Shiva is seen as the first yogi or Adiyogi, and the first Guru or Adi Guru. Several Thousand years ago, on the banks of the lake Kantisarovar in the Himalayas, Adiyogi poured his profound knowledge into the legendary Saptarishis or "seven sages". The sages carried this powerful yogic science to different parts of the world, including Asia, the Middle East, Northern Africa and South America. Interestingly, modern scholars have noted and marvelled at the close parallels found between ancient cultures across the globe. However, it was in India that the yogic system found its fullest expression. Agastya, the Saptarishi who travelled across the Indian subcontinent, crafted this culture around a core yogic way of life. Yoga is also commonly understood as a therapy or exercise system for health and fitness. "Yoga is about harmonizing oneself with the universe. It is the technology of aligning individual geometry with the cosmic, to achieve the highest level of perception and harmony." Yoga does not adhere to any particular religion, belief system or community; it has always been approached as a technology for inner wellbeing. Anyone who practices yoga with involvement can reap its benefits, irrespective of one's faith, ethnicity or culture. different Philosophies, Traditions, lineages and Guru-shishya paramparas of Yoga lead to the emergence of different Traditional Schools of Yoga .Each school has its own principles and practices leading to ultimate aim and objectives of Yoga. The widely practiced Yoga Sadhanas (Practices) are: Yama's are restraints and Niyama's are observances. These are considered to be pre-requisites for the Yoga Sadhanas (Practices). Asanas, capable of bringing about stability of body and mind ' kuryat-tad-asanam-sthairyam...' ,consists in adopting various body (psycho-physical) patterns, giving ability to maintain a body position (a stable awareness of one's structural existence) for a considerable length and period of time as well. From a physical point of view, in yoga one-legged standing poses are great for building

strength in the feet, ankles, hips and core. Body balances build upper and lower body strength, balance, coordination and Flexibility. Good balance is particularly beneficial in sports that demand a high degree of strength, coordination and technical ability. From a neurological point of view, balance training is great for improving body awareness, body control and coordination. This allows for greater precision, accuracy and efficiency of movement. It also enhances focus and concentration. Furthermore, balance poses and sequences are fun and challenging, which keeps you engaged in your training. Yoga offers great variety and complexity of movement to your balance training. In yoga, we practice static balancing poses. We also flow through balance sequences that are, arguably, more applicable to excellence in sports. There are so many games and sports related with high body balance like Gymnastics, Judo etc. Judo is a Japanese game with defensive techniques. To execute a perfect throwing technique, a very good body balance and coordination of mind and body is demanding in this game. Judo game plays on the mats in barefoot. Practicing barefoot enhances the effectiveness of the mechanoreceptors in your feet. These mechanoreceptors pick up subtle sensations as your balance shifts. This makes your movements more accurate and precise. Many studies are available with proven yoga benefits in balancing pose. An ancient practice has now been evolved and given many different names, styles, versions, variants, and forms. However, Yoga overall is the medium of connecting us to nature and inner self. So the investigator has decided to administer the present study for analysis the effect of yoga training workshop on body balance ability variable of female Judo players.

Objective of the study

To analysis the effects of yoga training workshop on body balance ability of female Judo players.

Hypothesis

There will be significant difference appeared on body balance ability of Female Judo Players.

Sampling Materials and Methodology

The present study was experimental. So to achieve the purpose of the study, 25 female Judo players were selected randomly from Sports Stadium, Meerut who has done their training regularly under the Coach in the evening. The age range of the subjects was from 16 to 18 years old and all were beginner Judo players. The random sampling method was used for the investigation. Balance stroke stand test were administered to measure the Pre and post test. The equipments required are flat, non-slip surface, stopwatch, paper and pencil.

Procedure

The investigator has interacted with subjects personally whom were to be tested and explained them the purpose and procedure of the investigation and prepare forms and basic information such as age, height, body weight, gender, test conditions etc. Perform an appropriate warm-up. Remove the shoes and place the hands on the hips, then position the non-supporting foot against the inside knee of the supporting leg. The subject is given one minute to practice the balance. The subject raises the heel to balance on the ball of the foot. The stopwatch is started as the heel is raised from the floor. The stopwatch is stopped if any of the follow occurs:

- The hand(s) come off the hips
- The supporting foot swivels or moves (hops) in any direction
- The non-supporting foot loses contact with the knee.
- The heel of the supporting foot touches the floor.

The total time in seconds is recorded. The score is the best of three attempts. Before starting of the training, pre-test was conducted and data collected. The duration of Yoga training workshop was 4 weeks in which everyone receives training for 6 days per week and 60 min per day. Sunday was resting day. Keeping in mind the objective of the study; Yoga training workshop was prepared in such a way which helps to improve the body balance variable. Following Yoga workshop Schedule were performed by the subjects for 4 weeks daily in the morning session in gymnasium at 6 am.

(Yoga Training workshop schedule -4 weeks)

S.No	Day	Training programme
1	Monday	Shuskam vayayam -10 min Yoga asans practice- Tadasna (2 sets with 30 seconds hold) Natrajasana(2 sets with 15 seconds hold). Veerbhadra asana(2 sets with 30 seconds hold) Trikonasana (2 set with 30 seconds hold). Garurasana (2 sets with 20 seconds hold). Savasana for cooling down.
2	Tuesday	Shuskam vayayam -10 min Yoga asans practice- Tadasna (2 sets with 30 seconds hold) Natrajasana(2 sets with 15 seconds hold). vrikshasana(2 sets with 30 seconds hold) Trikonasana (2 set with 30 seconds hold). Garurasana (2 sets with 20 seconds hold). Savasana for cooling down.
3	Wednesday	Shuskam vayayam -10 min Yoga asans practice-

		<p>Suryanamshkar (2 sets)</p> <p>Tadasna (2 sets with 30 seconds hold)</p> <p>Natrajasana(2 sets with 15 seconds hold).</p> <p>Trikonasana (2 set with 30 seconds hold).</p> <p>Garurasana (2 sets with 20 seconds hold).</p> <p>Savasana for cooling down.</p>
4	Thuresday	<p>Shuskam vayayam -10 min</p> <p>Yoga asans practice-</p> <p>Tadasna (4 sets with 30 seconds hold)</p> <p>Natrajasana(4 sets with 15 seconds hold).</p> <p>Veerbhadra asana(4 sets with 30 seconds hold)</p> <p>Trikonasana (4 sets with 30 seconds hold).</p> <p>Garurasana (3 sets with 20 seconds hold).</p> <p>Savasana for cooling down.</p>
5	Friday	<p>Shuskam vayayam -10 min</p> <p>Yoga asans practice-</p> <p>Suryanamshkar practice(4 sets)</p> <p>Tadasna (2 sets with 30 seconds hold)</p> <p>Natrajasana(2 sets with 15 seconds hold).</p> <p>Veerbhadra asana(2 sets with 30 seconds hold)</p> <p>Trikonasana (2 set with 30 seconds hold).</p> <p>Garurasana (2 sets with 20 seconds hold).</p> <p>Savasana for cooling down.</p>
6	Saturday	<p>Shuskam vayayam -10 min</p> <p>Yoga asans practice-</p> <p>Tadasna (2 sets with 30 seconds hold)</p>

		Natrajasana(2 sets with 15 seconds hold). Veerbhadra asana(2 sets with 30 seconds hold) Trikonasana (2 set with 30 seconds hold). Garurasana (2 sets with 20 seconds hold). Hastapadanhustasana (2sets with 10 seconds hold). Savasana for cooling down.
	Sunday	Rest.

After 4 weeks workshop training, the investigator again taken post test of the subjects on body balance ability variable by Balance stroke stand test and data collected. The pre-test and post-test data were compared using single sample group t-test at 0.05 level of significance.

Statistical Analysis

The pre-test and post-test data were compared using single sample group t-test at 0.05 level of significance The independent'' t- test was used at 0.05 level of significance.

Analysis of Data

The data was analyzed using the following statistical techniques:

1. Computation of Pre and Post mean.
2. Computation of pre and post standard deviation.
3. Computation of standard error of difference between the means.
4. Computation of 't' ratio.

The level of significance chosen was 0.05 level of significance.

Table-1**Mean and t-ratio of Balance stork test.**

Test	Mean	Standard deviation	Standard error difference	“t”-ratio
Pre test	16.72	2.95	0.41	3.061*
Post test	18.72	3.13	0.44	

***0.05 level of significance.**

It appeared from the above table-1 that there is significant difference showed on selected body balance ability variable. Table represented that subjects have mean 16.72 in pre-test assessment and after 4 weeks yoga training workshop, there were significant differences appeared in post test assessment mean 18.72 and t-ratio was 3.061 which was significant at 0.05 level of significance.

DISCUSSION & CONCLUSION

Based on the result of the present study, following conclusion may be drawn.

The study explored that proper 6 weeks yoga training workshop was very effective to develop body balance ability of female Judo players. Pre and post test data showed that yoga training is very effective to build upper and lower body strength, balance, coordination and Flexibility. So there was significant difference appeared on Pre and Post data on body balance ability variable. It is concluded by investigator that

Yoga is very effective to improve body balance ability and after training female judo players executed mostly judo techniques very efficiently and perfectly on one leg stance and both legs stance.

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