

PART I

IMPORTANCE OF VYÄYÄMA ACCORDING TO ANCIENT SCRIPTURES

Dissertation Submitted by

RANANJAY PRATAP SINGH

ABSTRACT

The Sanskrit *Vyāyāma* means physical exercise. Physical exercise is the workout to strengthen our bodies that externally and internally, and is must for everyone *Vyāyāma* is a set of energetic and curative exercises most can easily practice. Good health is the only source of happiness and success in life. Keeping good health through exercise adds to glory of life and wellbeing. Exercise reduces stress, lifts moods, and helps sleep better, besides keeping one younger looking and feeling throughout entire life.

Our ancient scriptures have abundant sources of knowledge. Especially the Knowledge of *Yoga* and exercise.

In this work there is an attempt to introduce above a new aspect of yoga and *Vyāyāma* with included importance of *Vyāyāma*, Benifit and importance are also tried to be expounded .Apart from there the specialty of *Suryanamaskāra* is also introduce in these work. So explore the knowledge of good health and as preventive and curative measures for different disease

PART II

COMBINE EFFECT OF *YOGA* AND PHYSICAL EXERCISE ON MOTOR FITNESS IN SCHOOL CHILDREN

ABSTRACT

Aim:

To analyze the effects of a training program on the motor performance of schoolchildren.

Methods

A total of 120 boys participated in the study; **Age**-*Yoga* training group (YG) (13.13 ± 0.99), Control group (CG) (12.93 ± 0.87), physical training group (PTG) (13.03 ± 0.96), *Yoga* add on physical training group (YPTG) (13.06 ± 0.98); **Height**- YG (151.56 ± 13.99), CG (154.15 ± 8.07), PTG (153.67 ± 11.43), YPTG (151.45 ± 12.97); **Weight**-YG (44.86 ± 9.06), CG (40.81 ± 7.42), PTG (41.57 ± 7.96), YPTG (39.16 ± 9.03). **Body Mass Index**-YG (19.62 ± 3.56), CG (17.14 ± 2.55), PTG (17.58 ± 2.63), YPTG (17.10 ± 3.43). Except for the expected control group (CG), the remaining groups completed a month of training program involving 4 days per week of 40-minute sessions in moderate-intensity impact exercises. At baseline and follow-up, the EUROFIT tests were administered.

Results

All four groups (YG, CG, PTG, and YPTG) were significantly improved in all variables after a month at follow-up. However, in YG the improvement was greater in sit and reach (17.66%), standing broad-jump (7%), and handgrip (17.03%) similarly in YPTG the plate-tapping (17.1%), sit-up (24.5%), and shuttle-run tests (16.24%) compared to remaining groups.

Conclusion

All three trained groups demonstrated greater increases all the tests of motor performance compared to their CG. The integrated module of *Yoga* and physical education needed to implement in the educational center to elicit improvements in a number of components of motor fitness.

Keywords

Yoga; EUROFIT; Fitness; Physical Education; Children