



## THE INFLUENCE OF YOGIC PRACTICE, AEROBIC TRAINING AND COMBINED TRAINING ON CARDIOVASCULAR ENDURANCE AMONG ENGINEERING STUDENTS.

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### **Abstract**

*The motivation behind the review was to figure out the Influence of chosen Yogic Practice, Aerobic Training and combined training on Cardiovascular Endurance among Engineering Students. One hundred female obese college student's under Visvesvaraya Technological University in Bengaluru region were arbitrarily picked as tests and their age ran between 18 to 20 years. The chose subjects were isolated into 3 trial gathering and 1 benchmark group by arbitrary. Bunch I went through yogic practice, Group II went through Aerobic Training, Group III performed Combined Training (Yogic Practice and Aerobic Training) and Group VI as control bunch for Five days in seven days for a time of twelve weeks. The reliant factors chose for this review were Cardio vascular endurance, the reliant factors to be specific Cardio Vascular Endurance estimated by changed Harvard step test, the information were gathered from each subject previously, during and after the preparation period and measurably dissected by utilizing subordinate "t" test and examination of covariance (ANCOVA). It was viewed that Aerobic training was found as better in improving cardio vascular endurance when thought about other gathering.*

**Keywords: Yogic practice, Aerobic Training, Cardiovascular Endurance.**

### **Introduction**

The human body is like a machine. On the off chance that abused and not appropriately kept up with, the machines will glitch and quit running effectively. Our bodies are comparable, in legitimate support encourages disintegration of the various physiological frameworks inside the body. It is an indispensable issue now to examine that physiologists have communicated that actual activity improves and advances the proficiency of the entire organic entity and is fundamental for the legitimate working and upkeep of the relative multitude of frameworks of the body. A high-impact preparing is vital to the existence of a person. There is logical proof that disregard of ordinary action mostly during puberty can't be completely remunerated sometime down the road. stationary way of life has serious ramifications for individuals' wellbeing, Overweight, unfortunate adaptability, decreased muscles tone, awful stance, lazy ness, absence of breath, poor cardiovascular Endurance, while performing even straightforward work, there are a few normal signs that something is the matter with the manner in which we live. Actual wellness is currently pretty much a question of public concern. The strength of a majority rules government is the aggregate prosperity of our kin. World Health Organization proposes 30 mints of moderate Physical Activity consistently as a counteraction of Hypokinetic infection. Oxygen consuming activity gives cardiovascular molding. The term vigorous really signifies "with oxygen," and that implies that breathing controls how much oxygen that can come to the muscles to assist them with consuming fuel and move. with additional benefits, for example, improves cardiovascular molding, Decreases hazard of coronary illness, lowers circulatory strain, Increases HDL or "great" cholesterol, assists with bettering control glucose, aids weight the executives or potentially



weight reduction, further develops lung capability and Decreases resting pulse. this study was to figure out the Influence of chosen Aerobic Training on Cardiovascular Endurance among Engineering Students. Hosiso (2013) presumed that moderate heart stimulating exercise practices meaningfully affect improvement of cardio vascular endurance of stationary female networks. Adling and Bangar (2017) found that the high-impact preparing may be answerable for the improvement of cardio-respiratory Endurance of school men.

High-impact Training reinforces heart and lungs and trains cardiovascular framework to oversee and convey oxygen all the more rapidly and proficiently all through your body. Consequently, the master impacted an endeavour to explore the exploratory assessment to Influence of chosen Aerobic Training on Cardiovascular Endurance among Engineering Students.

### **Problem of the Research**

The reason for the study is to figure out the Influence of chosen different training on Cardiovascular Endurance among Engineering Students.

### **Objective of the Study**

The goal of the study is to decide the Influence of chosen Training on Cardiovascular Endurance among obese Engineering Female Students.

### **Hypothesis**

1. There would be huge contrasts in the difference in Cardio vascular Endurance when contrasted with Aerobics training, Yogic Practices and combined training.
2. It was estimated that multi week of Aerobics preparing would be a huge improvement of Cardiovascular Endurance of Engineering Students.

### **Methodology**

Hundred (N=100) obese female understudies concentrating under Visvesvaraya Technological University in Bengaluru region were haphazardly picked as tests and their age went between 18 to 20 years were randomly assigned to four equal groups of 25 subjects. The chose subjects were separated into exploratory gathering and a benchmark group. Prepared for Five days in week for a time of twelve weeks. The reliant factors chose for this review were Cardio vascular endurance, Cardio Vascular Endurance estimated by changed Harvard step test, the information were gathered from each subject previously, during and after the twelve-week preparing period. The post test score was directed on said rule variable after the treatment. The contrast among pre and post mean scores on Cardiovascular Endurance considered as the impact of examination medicines. Investigation of fluctuation and examination of covariance was utilized to decide the meaning of the means for said standard variable. Post hoc investigation was made utilizing LSD test when gotten F esteem was huge. In all cases 0.05 level and 0.01 levels was fixed to test the speculation.

### **Results and Inference**

Examination of Influence of chosen Training Experimental Group and control Group on Cardiovascular Endurance among Engineering Students was introduced in the accompanying table.



**Table –I, Analysis of covariance on Cardio Vascular Endurance among Experimental Group and control Group**

Test	Yogic group	Aerobics group	Yoga& Aerobics	Control group	Sources of Variance	Sum of squares	DF	Mean squares	F value
Pre-test mean	47.10	45.95	45.30	47.10	Between	47.73	76	15.91	0.413
					Within	2926.8	3	38.51	
Mid test mean	55.30	54.15	53.30	47.25	Between	775.30	76	258.43	6.03*
					Within	3258.7	3	42.88	
Post-test mean	66.60	65.80	64.50	47.75	Between	4842.13	76	1614.1	38.84*
					Within	3158.8	3	41.56	
Adjusted post-test mean	56.33	55.30	54.37	47.36	Between	2692.99	75	596.51	50.39*
					Within	1353.33	3	897.66	

**Sources: Primary Data**

The above table shows the pre-test implies on Cardiovascular Endurance of Yoga bunch, Aerobics bunch, a mix of Yoga and Aerobics gathering, and Control bunch are 47.10, 45.95, 45.30, 47.10 individually and the F esteem is 0.413. The F esteem is immaterial at 0.05 degree of importance for 3 and 76 levels of opportunity. The mid-test implies on Cardiovascular Endurance of Yoga bunch, Aerobics bunch, a blend of Yoga and Aerobics gathering, and Control bunch are 55.30, 54.15, 53.30, and 47.25 individually and the determined F esteem is 6.03. The F esteem is critical at 0.05 degree of importance for 3 and 76 levels of opportunity. The post-test implies on body weight of Yoga bunch, Aerobics bunch, a mix of Yoga and Aerobics gathering, and Control bunch are 66.60, 65.80, 64.50, and 47.75 separately and the determined F esteem is 38.84. The F esteem is huge at 0.05 degree of importance at 3 and 76 levels of opportunity. The changed post-test implies on body weight of Yoga bunch, Aerobics bunch, a blend of Yoga and Aerobics gathering, and Control bunch are 56.33, 55.30, 54.37 and 47.36 individually and F esteem is 50.39. The F esteem is huge at 0.05 degree of importance at 3 and 75 levels of freedom. The examination of the review demonstrates that there is a genuinely tremendous distinction between the post changed method for Yoga bunch, Aerobics bunch, a blend of Yoga and Aerobics gathering, and Control bunch on Cardiovascular Endurance. Thus, it very well may be inferred that there is a massive contrast between the Yogic bunch, the Aerobics bunch, a mix of the Yogic practice and Aerobics bunch, and the Control bunch on Cardiovascular Endurance.

To look at which of the matched means had a huge distinction, the scheffe's post hoc test was utilized and the outcomes are introduced in the beneath table-II.

**Table - II**

Yogic group	Aerobics group	Yoga & Aerobics group	Control group	Mean difference	Confidence interval
56.33	55.30			1.03	3.46
56.33		54.37		1.96	3.46
56.33			47.36	8.97*	3.46
	55.30	54.37		0.93	3.46
	55.30		47.36	7.94*	3.46
		54.37	47.36	7.01*	3.46

**Sources: Primary Data**

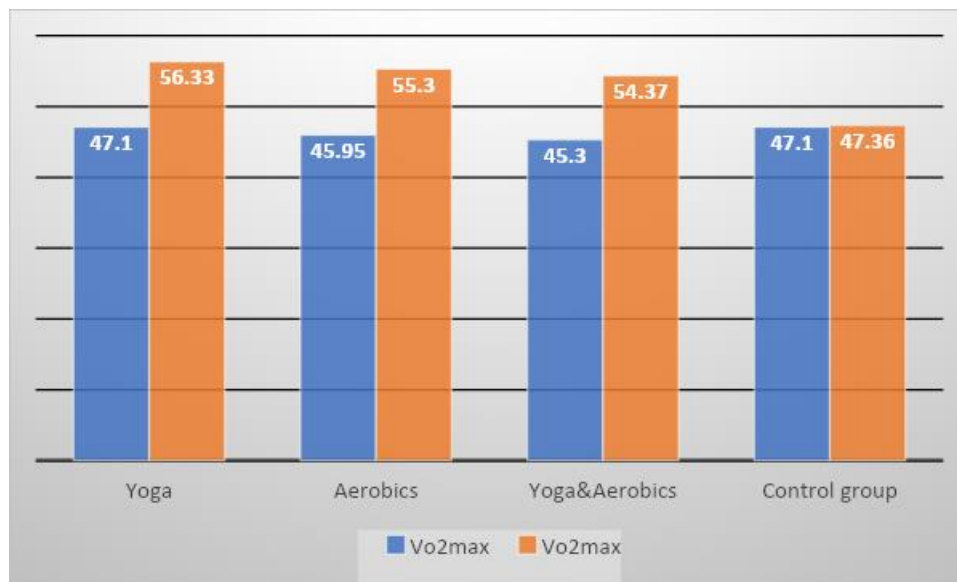
**\*= significant at 0.05 level.**



The above table shows the adjusted post-test mean difference on Yogic and Aerobics group, and a combination of Yoga and Aerobics group and Aerobics and a combination of Yoga & Aerobics group is 1.03 and 1.96, 0.93 respectively which are lesser than the confidence interval of 3.46 which is insignificant at 0.05 level of significance for 3 and 75 degrees of freedom.

It also shows that adjusted post-test difference on Vo2max of yoga group and control group, Aerobics group and control group, and a combination of Yoga and Aerobics group and control group are 8.97, 7.94, 7.01 respectively and higher than the confidence interval value of 3.46 which is significant at 0.05 level of significance for 3 and 75 degrees of freedom. Therefore, it can be concluded from the study that there is no significant difference between the adjusted post-test means of Yoga and Aerobics group, Yoga and a combination of Yoga and Aerobics group and Aerobics and a combination of Yoga and Aerobics group. There is a statistically significant difference between the adjusted post-test means of yoga group and control group, Aerobics group and control group, and a combination of Yoga and Aerobics group and control group on Vo2 max. The intervention of yoga, aerobics and a combination of yoga and aerobics training are proved by ‘increasing the Vo2 Max among the engineering college student.

The mean values of Yoga group, Aerobics group, a combination of Yoga and Aerobics group, and Control group on Vo2 max are graphically presented in Bar chart illustrates comparison of pre-test, and adjusted post-test mean scores of Vo2 Max of engineering college students of Yoga group, Aerobics group, a combination of Yoga and Aerobics group, and Control group.



### Conclusion

From the analysis of the data, the following conclusions were drawn. The result shows that there were no differences in the yoga group, aerobics group, and a combination of yoga and aerobics group before training. A significant difference was found in the three groups after training. The yoga group, aerobics group, and a combination of yoga and aerobics group showed significant improvement on Cardiovascular Endurance compared to control groups. These improvements occurred because of training applied to the sample participants.



When compared to the yoga group, aerobics group, and a combination of yoga and aerobics group, mean difference showed that significant improvement in Aerobic practices group compared to other training groups. This study concluded that cardio vascular endurance improved among engineering college students due to yoga, aerobics, and a combination of yoga and aerobics training. Hence it is recommended to the coaches, trainers, and physical educators to adopt these findings to improve the health conditions of college student

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