



CENTRAL ASIAN JOURNAL OF SOCIAL SCIENCES AND HISTORY

Journal homepage: <https://cajssh.centralasianstudies.org>



Impact of Yoga Training on Controlling Weight among the College Level Students: An Assessment

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Abstract:

Nowadays, obesity is seen as a major public health issue that is spreading alarmingly in both developed and developing nations. It is closely related to nutrition and lifestyle choices, and with urban populations' rising standards of living, lack of physical exercise, and high-calorie contemporary diets, it has emerged as a major health concern. The goal of the current research is to determine how yoga practices affect college students' ability to control their weight. Forty overweight participants were chosen from Paschim Medinipur colleges for this research, and they were split into equal groups of twenty subjects each. There were two groups: a control group and an experimental group. The experimental group received instruction in yoga poses, whereas the control group received no yoga instruction at all. The 42-day yoga training programme was scheduled for 30 minutes each day. The exams were administered twice: first before to the yogic training and again after the conclusion of the course. Following training, the individuals' weights in the experimental and control groups were compared, and statistical analysis was done to determine the outcomes. Findings of the study indicate that Yoga practices have positive impact on the control of weight.

ARTICLE INFO

Article history:

Received 09-Oct-23

Received in revised form 15-Oct-23

Accepted 30-Nov-23

Available online 26-Dec-2023

Key word: Humanity, Yogic Training, Healthy, College Level Students.

Introduction:

The word yoga means to join, unite or merge. "It is derived from the Sanskrit root yuj, yoga is a science and an art, yoga has a complete message for the humanity. It has a message for the human

mind. And it has also message for the human spirit. In ancient India all these branches of knowledge were one and inseparable, our sages were great men of religion. It is certainly n religion. But not: n narrow sense, it is based on certain science values like sanctity and ofc-iess of life, nonviolence, international human brotherhood, peace and co-exit-tense. In fact yoga makes the man worthy to be on the top of the ladder of success. If one follows the yoga principles, practices the asana and breathing exercises faithfully, one may surely lead a radiant, happy and meaningful long life”. (Sahu and Nayek, 2016)

“The complicated, multifaceted illness known as obesity is characterized by an excess of adipose tissue to the point that it may negatively impact our ability to operate as a body. Obesity is caused by a combination of environmental and hereditary factors. Put simply”, obesity results from an energy imbalance caused by an excess of energy intake over energy expenditure over a predetermined length of time. Obesity is closely related to lifestyle choices and has emerged as a major health concern among urban populations due to rising living standards, a lack of physical exercise, and a high-calorie diet. Overweight and obesity are important global health issues that are impacting both adults and children in industrialized and developing nations, and their prevalence is rising alarmingly on a global scale. Over 1 billion persons worldwide are overweight, and at least 300 million of them are obese. Chronic calorie storage in excess is the primary cause of obesity (Goran and Treuth, 2001), and inactivity plays a critical role in the development of obesity (Kennedy, et. al., 2004).

REVIEW OF LITERATURE:

According to research by **Das and Roy (2015)** Yoga therapy has been shown to be beneficial in treating biochemical imbalances and to be an effective way to lower the risk factors of metabolic syndrome in those who are overweight.

Seventy volunteers were selected as an experimental group from the metropolitan areas of Delhi, Gurgaon, and Noida region (**Kumar, 2015**). The subjects were a diverse group of people who were willing to participate in yoga sessions for their overall physical and mental wellness. They had diabetes, hypertension, obesity, and joint problems, but they were generally in good condition. They were taught to a variety of asana, pranayam, shatkarma, and relaxation practices in this pre-post research study. Except for Sundays and holidays, the volunteers practiced for ninety days. Their body weight significantly decreased as a result of using Hatha Yogic practices.

Singh, M. (2016) Forty obese (overweight) patients were chosen for the current research and split into equal groups of twenty subjects each. There were two groups: a control group and an experimental group. The experimental group received instruction in yoga poses, whereas the control group received no yoga instruction at all. The 42-day yoga training programme was scheduled for 30 minutes each day. The research found that practicing yoga poses on a daily basis for 42 days led to considerable weight loss and improved performance in the female participants.

STATEMENT OF THE PROBLEM: ‘

“The American Heart Association estimates that illnesses associated with being overweight or obese claim the lives of 112,000 individuals annually. When a person is obese, even a little amount of weight loss—five to ten percent—can dramatically lower their chance of developing chronic illnesses. The current research sought to determine the effects of yoga practices on body weight in light of the many studies that have been done to examine the effectiveness of supplemental yoga practices to decrease

body weight". The issue raised by this study is **"Impact of Yoga Training on Controlling Weight among the College level students: An Assessment"**

Objectives: the present study has been carried out to find out the impact of yoga practices on the weight management among the college students.

METHODOLOGY:

Forty overweight participants were chosen from Paschim Medinipur colleges for this research, and they were split into equal groups of twenty subjects each. "There were two groups: a control group and an experimental group. The experimental group received instruction in yoga poses, whereas the control group received no yoga instruction at all". The 42-day yoga training programme was scheduled for 30 minutes each day. The exams were administered twice: first before to the yogic training and again after the conclusion of the course. Following training, the individuals' weights in the experimental and control groups were compared, and statistical analysis was done to determine the outcomes.

Research Tools:- Electrical weight machine and Measuring tape.

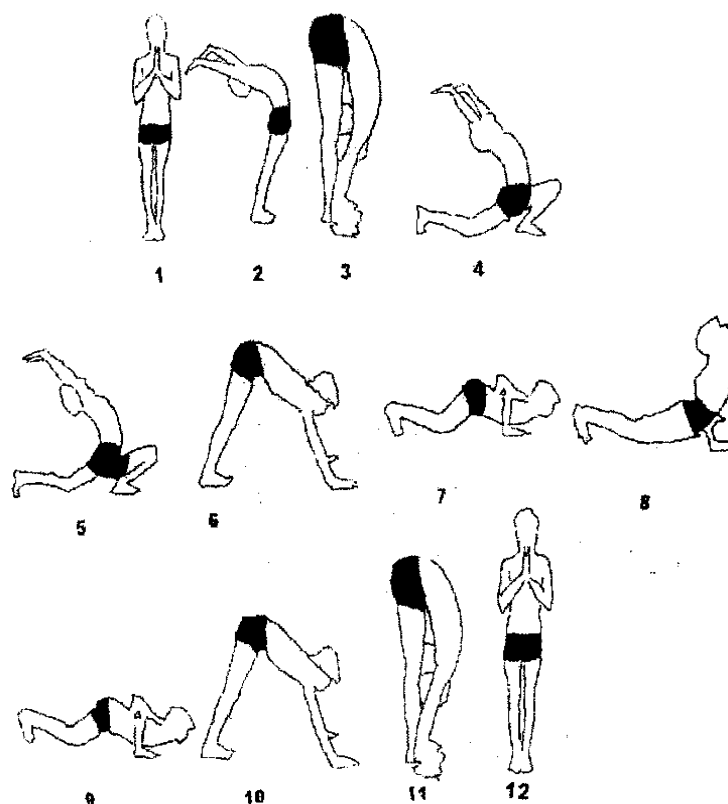
HYPOTHESIS:

- The control group's weight will not significantly change between the pre- and post-test periods.
- The experimental group's weight will not vary significantly between the pre- and post-tests.

ASANAS PRACTISED FOR WEIGHT MANAGEMENT:

Kunjal Kriya: "Kunjal is prepared by drinking slightly salted water till it makes you feel like throwing up. It should be lukewarm in the water. Water is often consumed while defecating normally on the ground with both legs bent through the knees to compress the stomach. While it is possible to swiftly down three to six glasses of water at a time, one may also fast down more water based on capacity and convenience". (Kumar. ,2015), Usually, one must vomit while standing and leaning forward in the direction of the washbasin. If vomiting does not start on its own at this point, one may try massaging the back of the tongue as far down as possible with two fingers in the throat. The sensation or want to throw up—known medically as the "gag reflex"—will begin when the tongue is pushed back. Water will gush or flow out of the mouth quickly. Press on till the stomach is empty. After washing your mouth with clean water, lay down on a flat surface, such as a bed, with your back to the floor. Rest for as long as necessary—at least 30 to 60 minutes—to ensure your comfort. Usually, after passing stool, this procedure may be performed first thing in the morning on an empty stomach.

Surya Namaskara (sun salutation): a series of 12 potent yoga poses, or asanas, that, when performed as Surya Namaskara, provide a beneficial cardiovascular exercise. These poses, which are literally translated as "sun salutation," are an excellent method to maintain both physical and mental well-being. It is recommended to conduct Surya Namaskara early in the morning when you are not hungry. Starting with these easy but powerful Sun Salutation exercises, let's make our path to optimal health. There are two sets in every round of Sun Salutations. One set of Surya Namaskara is completed by these twelve yoga positions. The identical series of postures must be repeated in the second half, except this time, you must move your left leg rather than your right (between steps 4 and 9 below). There may be several ways to do the Sun Salutation. For optimal outcomes, it is recommended to adhere to a certain sequence and practise it on a regular basis.



RESULTS AND DISCUSSION:

Group	Test	N	Mean	SD	SEM	df	t
Control Group	Pre Test	20	63.84	2.77	0.61	18	2.08
Control Group	Post Test	20	62.16	2.31	0.51		

From the above table it is evident that the mean score of the control group in the pre test is 63.84 and the post test it is 62.16. The obtained SD in the pre test is 2.77 and in the post test it is 2.31. The calculated t value is 2.08 which is much lower than the table value of 2.86 at 0.01 level of significance. Therefore the formulated hypothesis “There will be no significant difference in the weight of the control group between pre test and post test” is accepted. Hence it is concluded that as the control group is not given any yoga practices there is no difference in their weight control during the period of study.

Group	Test	N	Mean	SD	SEM	df	t
Experimental Group	Pre Test	20	64.36	1.98	0.44	18	9.34
Experimental Group	Post Test	20	58.24	2.16	0.48		

From the above table it is evident that the mean score of the Experimental group in the pre test is 64.36 and the post test it is 58.24. The obtained SD in the pre test is 1.98 and in the post test it is 2.16. The calculated t value is 9.34 which is much higher than the table value of 2.86 at 0.01 level of significance. Therefore the formulated hypothesis “There will be no significant difference in the weight of the Experimental group between pre test and post test” is rejected. Hence it is concluded that

as the experimental group is given yoga practices there is significant difference in their weight control during the period of study.

Findings:

- Asanas have significant impact on the control of weight among college level students.
- Different yogic postures can help to manage overweight.

Conclusion:

By adopting a healthy lifestyle that incorporates dietary concerns with various yoga activities designed to burn excess calories and distribute body fat in a healthy manner, yoga helps people lose weight. It departs from sensation serene, aware, and focused. Yoga lowers stress by fostering a healthy relationship between our body, mind, and breath. They could also find that practicing peaceful, calming yoga increases consciousness, which contributes to weight reduction. If someone is trying to lose weight or keep it off, they may want to try yoga. In addition to helping us burn calories, yoga helps improve the size and tone of our muscles.

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