

Effect of yoga on Muscular strength of fencing players

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Abstract:

Vedas, Upanishads, Puranas, Bhagavad Gita, Patanjali Yoga Sutras, Hatha Pradipika, Gherandasamuga, Shivsamhita, Yogavashishtha, Gorakshpeeth, Hatharatnavali, Yogataravali etc. have contributed a lot in the historical tradition of yoga. Yoga was intended for spiritual development, but is now used for its incidental benefits such as managing stress and lifestyle-related disorders. Yoga practice helped mentally challenged people to improve their mental ability. Some degree of functional ability was restored after practicing yoga in physically handicapped subjects. Yoga is an ancient Indian science and way of life. The practice of yoga has been found to be therapeutically useful in a variety of diseases such as diabetes, hypertension as well as other psychiatric ailments. The practice of yoga can play a role in all sports, both physically and mentally. This research paper has focused on the importance of Yogic scriptures for the fencing players.

Keywords: fencing, yoga, physical fitness, Muscular strength

Objectives:

- To Study the benefit of yogic practice
- To study about fencing Game
- To analyze the effect of yogic practices on Muscular strength of fencing players

Introduction:

Indian sages since ancient times described yoga as a "preventive, healing art, science and philosophy" for achieving optimal health. Yoga is generally considered as a practice which is associated with healthy individuals. Some images portray yoga as a mystical, spiritual ritual involving meditation and relaxation. The physical characteristic of yoga represents only two

of the eight components of the encyclopedic practice of yoga. The first component is "Asana" which refers to physical movements and postures. Some of the names of these movements and postures have entered ordinary lexicon and many are now familiar with "Downward-Facing Dog" and the "Lotus" position. The second component is "Pranayama", which refers to breathing techniques Coordinating the timing and rhythm of breathing helps to connect mind and body. Recently, physical therapists have begun researching the postures and breathing techniques used in this ancient practice. Physical therapists receive advanced education and training in human anatomy, human physiology and movement science.

Importance of Yoga for Sportsmen:

Yoga also has special importance in sports. At present, sportspersons resort to yoga to increase their concentration and improve physical balance. Most of the players say that by doing yoga, they stay away from negative energy. The special thing about yoga is that there are different yoga activities for different sports. By doing which players can increase their physical ability. In the present era, every player is resorting to Yogasana to improve his fitness. Doing yogasanas gives better results in less time, so yogasanas are included in every sportsman's own schedule.

- Makes the body flexible and strong
- Increases concentration in players
- Creates harmony of body and mind
- Increases stamina
- Increases acceptance rate during victory and defeat
- Makes the body agile
- Increases the ability to tolerate injury and avoid injury
- Reduces mental and physical stress

- Keeps the life force active

About fencing:

In simple words, fencing or sword fighting means sword fighting. Two players compete on a platform called a pist. It is also known as a strip or playing area. The strip is 14 meters long and 1.5 meters wide. Two types are more common in fencing. One is dandapatta and the other is simple swordsmanship, in which sticks are generally used instead of swords. The bar consists of a thin strip of steel. A handle is made to hold it. It is held with the hand in the fist. As a demonstration, it is flown by placing a lemon over 9 hands or a lemon over 12 hands, i.e. 9 feet or 12 feet whereas in sword fighting, two competitors show this art by killing each other and saving themselves. The art of fencing is now mostly extinct. So now this art is included in school sports.

Game Techniques:

- **Preparation:** Before starting an attack, the fencer goes through his own moves, which is known as preparation. The opponent may also attack the front fencer in the initial phase, which is then known as a preparatory attack.
- **Defense:** A fencer uses parries to defend against an opponent's aggression.
- **Counter-attack:** When the fencer uses a counter-attack instead of defending against the opponent's aggression. That is, he fights the attack firmly.
- **Sword Lunge:** This is the most common method. To attack in this, while straightening the hand of the sword, one leg is forward and the other behind.

Limitations:

- There will be no control over their habits, diet and motivation.
- There will be no control over environmental factors.
- There will be no control psychological factors influencing the mind of the Students during the conduct of this study.

Hypotheses:

The following are the hypotheses:-

- It is hypothesized that, there is a no effect of yogic practices on Muscular strength of fencing players

Methodology:

The researcher selected 24 Fencing players from Nagpur University. Subjects were selected using a single group research design using a descriptive survey. Pre and post tests were conducted for the study along with experimental techniques of yogic asana. The yogic asana practice program was conducted 5 days a week from 7 am to 8 am for 8 weeks. The criterion variable selected was Muscular strength assessed using the Standing broad jump test. Significance level was determined at the 0.05.

List of asana during Research:

(Warm-up 5 min.before Yogic asana)

Sr.No.	Yogic Asana	Duration
1.	Dhanurasana	5 min
2.	Tadasana	5 min
3.	Parvatasana	5 min
4.	Mandukasana	5 min

Analytical data:

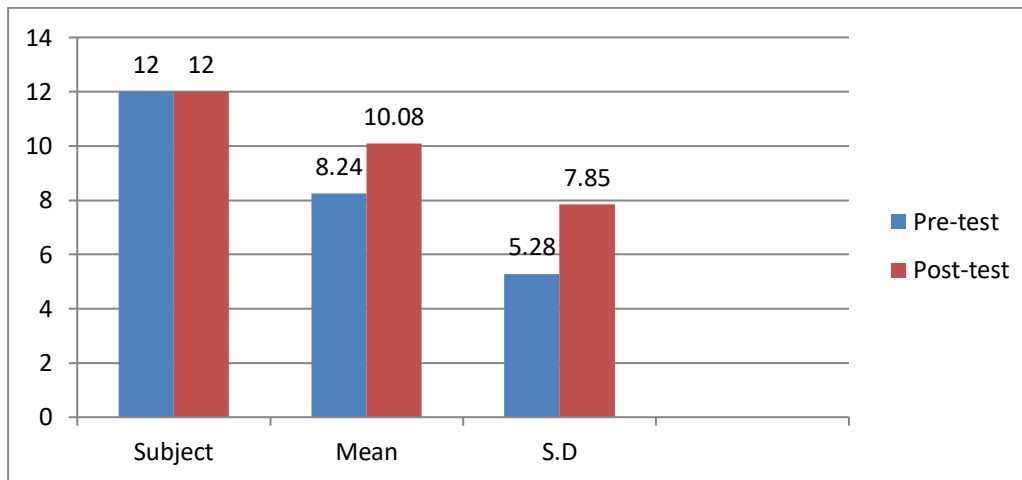
Following Table No.1 Shows Pre-test and Post- test statistical Result of the comparison between Effect of Yogic Asana Program on Muscular strength of fencing players

Table No.1

Variables'	Tests	Subject (N)	Mean	S.D	DF	T value	T Ratio
Muscular strength	Pre-Test	12	8.24	5.28	23	1.025	2.030
	Post-test	12	10.08	7.85			

Above Table 1 Indicates the mean score, standard Deviation, Degree of freedom & t-value at 0.05 level of yoga Asana with respect to Muscular strength of pre and post test, they have obtained the mean value are 8.24 and 10.08, standard deviation are 5.28 & 7.85 Degree of freedom is 23. t –Ratio is 2.030 & T-Table value is 1.025 hence calculated t-ratios is greater than t-Table value at 0.05 levels.

Muscular strength & Post Test's Graphical Chart



Conclusion:

Yogic Asana is a scientific method. By keeping our body clean, pure and active, they always keep human physically and mentally healthy. Asana is the only exercise that can affect our inner body. From the above research it's prove that yogic practice is very helpful to physical fitness (Muscular strength) for fencing Players.

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