

ANNEXURE- A

SUMMARY, CONCLUSION AND RECOMENTATION

Summary

This study tried to find out the effect of asana and gymnastic programme on selected physical fitness variables among higher secondary boys. The administration of the test made us realize that there is significant increase in the performance of boys in physical fitness variables by asana and gymnastic programme. The study also reveals that there is a significant increase in the performance of boys in physical fitness variables by gymnastic programme than asanas programme.

In the light of the present study we can say that gymnastic programmes can improve the physical fitness of students when we compare it to the asanas programme. And it is proved statistically with the difference 0.05. The collected data was statistically analyzed by using a comparison to find out the significant difference in the results of both asanas and gymnastic programmes. The SPSS software helped to find out it. The difference of samples proved by statistics is 0.05.

CONCLUSION

The conclusion of the study present study is stated as follows;

1. In the present study the investigator made an attempt to study the effect of asana and gymnastic programme on selected physical fitness variables among higher secondary boys.
2. The major findings have helped the investigator realize the effect of asana and gymnastic programme
3. The result of the study reveals that there is significant increase in the performance of boys in physical fitness variables by asana and gymnastic programme.
4. The result of the study also reveals that there is a significant increase in the performance of boys in physical fitness variables by gymnastic programme than asanas programme.

RECOMMENDATIONS

In the light of conclusions drawn, the following recommendations are made;

1. Further research may be done using college level boys, age ranged 18 to 23 years old.
2. Further research can be done on players in different games such as football and volleyball.
3. Further research can be done on female athletes.
4. Further research can be done on athletes during a major competition period.

Sports is a competitive physical activity or games which, through casual organized participation, aims to use, maintain or improve physical ability and skills while providing enjoyment to participants, and in some cases, entertainment for spectators. Sports is the activity which offers fun and entertainment. This activity teaches children the different dynamics involved in sport. The chief object of sports is, of course, bodily exercise. It is a famous quote, "A sound body has a sound mind". The health of the body is essential for success in life. An unhealthy man always feels weakness, thus losing confidence and hence become very dull and inactive.

Sports are unfortunately synonymous with intense competition all too often. Kids can be involved in sports activities of all levels, have successful and gratifying experiences, yet not have the pressure of intense win-loss events.

Sports training consist of exercises performed systematically to improve physical abilities and to acquire skills connected with the technique of the performance of the sports event. Experience and, to a certain extent, the results of related studies suggest to the coach which exercises are necessary.

'Yoga' is a Sanskrit term meaning 'to join, unite or yoke together', and the essential purpose of yoga is to bring together body, mind and spirit into a harmonious whole. The central methods of yoga are physical postures or 'asanas' and movement, breathing

techniques or ‘pranayama’ and meditation. Yoga includes guidance on healthy lifestyle, eating habits, mental attitude, and Ayurvedic medicine is also part of the Yogic path to health and balance. Hatha yoga is the path of physical yoga, which is the most popular branch of yoga in the West. ‘HA’ means ‘SUN’, and ‘THA’, ‘MOON’, so Hatha Yoga is the joining, or the yoking together of these different energies in harmonious equilibrium, positive and negative, active and receptive.

Yoga is the most favorable method to connect to the nature by balancing the mind-body connection. It is a type of exercise which performed through the balanced body and need to get control over diet, breathing, and physical postures. It is associated with the meditation of body and mind through the relaxation of body.

The meaning of the Sanskrit word asana is ‘a steady and comfortable posture’. The postures performed in all yoga practices (Hatha Yoga and Ashtanga Yoga) are called asanas. Although many people believe that they are physical exercises, it does not convey their full significance. ‘Asanas aim at influencing the body, mind and consciousness, molding and yoking them into one harmonious whole’. The practice of asanas requires active involvement of one’s entire being as fully as possible. In other words, try not to think about work or friends or food while performing them.

The following are some of the basic asanas in yoga; Tadasana (Mountain Pose), Vrikshasana (Tree Pose), Adho Mukho Svanasana (Downward Facing Dog Pose), Trikonasana (Triangle Pose), Kursiasana (Chair Pose), Naukasana (Boat Pose), Bhujangasana (Cobra Pose), Paschimottanasana

Gymnastics is a sport that requires balance, strength, flexibility, agility, coordination and endurance. The movements involved in gymnastics contribute to the development of the arms, legs, shoulders, back, chest and abdominal muscle groups. Alertness, precision, daring, self-confidence and self-discipline are mental traits that can also be developed through gymnastics. Gymnastics evolved from exercises used by the ancient Greeks that included skills for mounting and dismounting a horse, and from circus performance skills.

Gymnastics requires physical strength and endurance. The gymnast builds tremendous upper-body strength to hoist herself up on the bars or flip across the mat. Lower-body strength is required to land correctly in dismounts and to run and jump. Endurance is required

to execute maneuvers over and over until they are mastered. Determination and discipline are required to learn the routines. This builds strong character to accompany the strong body.

There are great relationships between gymnastics and yoga. Yoga is structured around the concept of (static) *pose* and transitions between poses, Gymnastics is structured mostly, even if not exclusively, around movements, most of the times requiring much muscular power. Yoga is almost exclusively a non-competitive activity and even if there are yoga competitions, they are not central to the concept of Yoga.