

INFLUENCE OF SKY YOGA ON THE FLEXIBILITY LEVEL OF HUMAN BODY

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ABSTRACT

In yoga, "flexibility" is an attitude that invests and transforms the mind as well as the body. But in Western, physiological terms, "flexibility" is just the ability to move muscles and joints through their complete range. Even if we are active, our body will dehydrate and stiffen with age. Flexibility in our body tends us to do any think beyond our fears. A total of 50 nursing school students aged between 17 to 23 years from Coimbatore were selected for the study. The students are divided into control and experimental groups each contain 25 members. Experimental Group went on SKY yoga training for 8 weeks and control group was not given any training. The results of the study showed the improvement in the flexibility level (measured by sit and reach method) in the experimental group than the control group. The increase in the flexibility level of experimental group has indicated that the SKY yoga triggers the metabolism of the body.

Keywords: SKY Yoga, Trigger the Metabolism, Flexibility of Human Body,

INTRODUCTION

Yoga is an ancient form of relaxation and exercise that has many health benefits, including lowering cholesterol. It also helps to connect the body to tremendous potential energy inbuilt in us, when tapped through specific techniques this vital energy, or prana, is released for physical, mental and spiritual rejuvenation (Asai and Rane, 2011). Regular practice of SKY Yoga removes obstructions, which impede the body flexible. When all the body cells work uniformly, they bring back harmony and health to the system. It has been growing in popularly with rapid growth over the years. Today the whole world is looking for remedy through yoga for the various physical and mental problems the modern man is facing. Since, it is a way of life. It has an integrated education for the body, mind and inner spirit. This art of right living was perfected and practiced in India thousands of years ago but, as yoga deals with universal truths, its teachings are valid today as they were in the ancient times
(1) (4).

A knowledge of physiology can help us visualize the inner workings of our body and focus on the specific mechanisms that help to stretch our body. We can optimize our efforts if we know whether the tightness in our legs is due to poor skeletal alignment, stiff connective tissues, or nerve reflexes designed to keep us from hurting our self. And if we know whether any uncomfortable sensations we feel are warnings that we are about to do damage, or whether they're just notices that we are entering exciting new territory, we can make an intelligent choice between pushing on or backing off—and avoid injuries. The flexibility in human body can be achieved by practicing the Simplified Kundalini Yoga (**Vethathiri Maharishi, 2009a and 2009b**).

OBJECTIVE OF THE STUDY:

To test the role of Simplified Kundalini Yoga in the health improvement, especially improvement in the flexibility of human body. All the problem starts when it is static and rigid, so it can be the over ridden by the flexibility. The flexibility (healthy) can be obtained by regular practice of SKY Yoga.

METHODOLOGY:

A total of 50 nursing school students aged between 17 to 23 years from Coimbatore, Tamil Nadu were selected for the study. The students were segregated into control and experimental groups, each contain 25 members. Experimental Group went on SKY yoga (Independent Variable) training for 8 weeks and control group was not given any training. The post-tests were taken after the 8 weeks of training provided for the experimental group (2).

Physical variables (dependent variable) such as Sit and Reach or Flexibility test (Sundar and Prem, 2009) was adopted in which, the students are asked to remove their shoes and sit on a flat surface, and are asked to extended their legs in front of the body, toes pointing up and feet slightly apart, with the soles of the feet against the base of the step (if there is no step, just any flat surface will do). The ruler will be placed on the ground between the legs or on the top of the step. One hand was placed on the top of the other, and then reached slowly forward. At the point of greatest reach, it was held for a couple of seconds, and measure how far it was reached. If there is any trouble in straightening the legs, then with the help of other person by holding the knees down flush with the ground. The best score was marked and the measurement was taken in cm or inches beyond the base of the foot. The

other factors influencing the study were not considered. Likewise, food habit, life style etc., were not taken into consideration. Besides the day to day activity were not controlled Apart from these, the influence of the genie problem was not considered.

RESULTS

The data gathered before and after the SKY yoga training was measured using the sit and reach method and the results are taken under normal measuring condition. The results on the impact of SKY yoga on flexibility level and control group among nursing students were presented in figures I and II. The experimental group showed increase in the flexibility level from 2.22 % (Pre-Test) to 11.36% (Post-Test). Whereas, in the control group no significance change in the flexibility level was observed between pre-test (2.57%) and post-test (2.63%).

FIGURE -1
THE MEAN SCORE OF THE EXPERIMENTAL GROUP

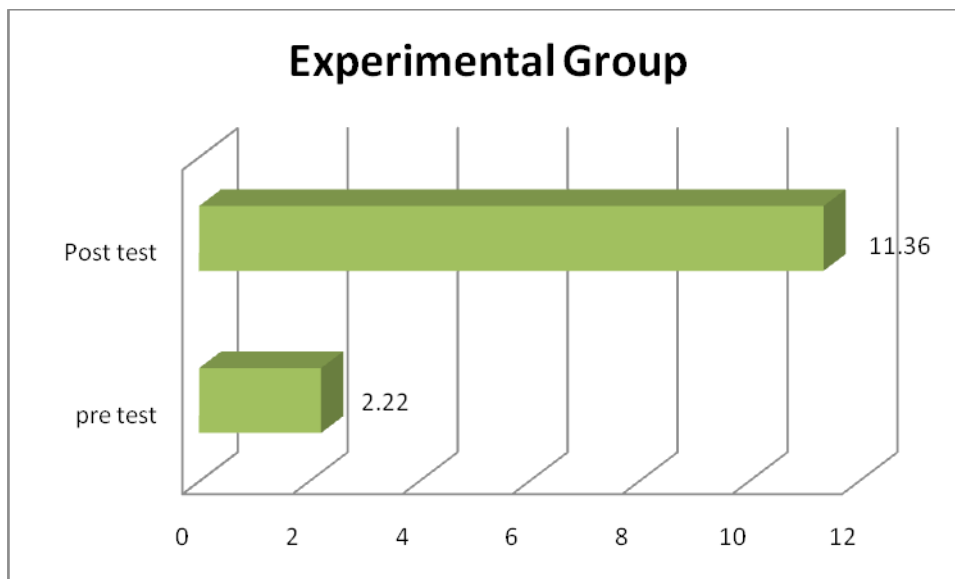
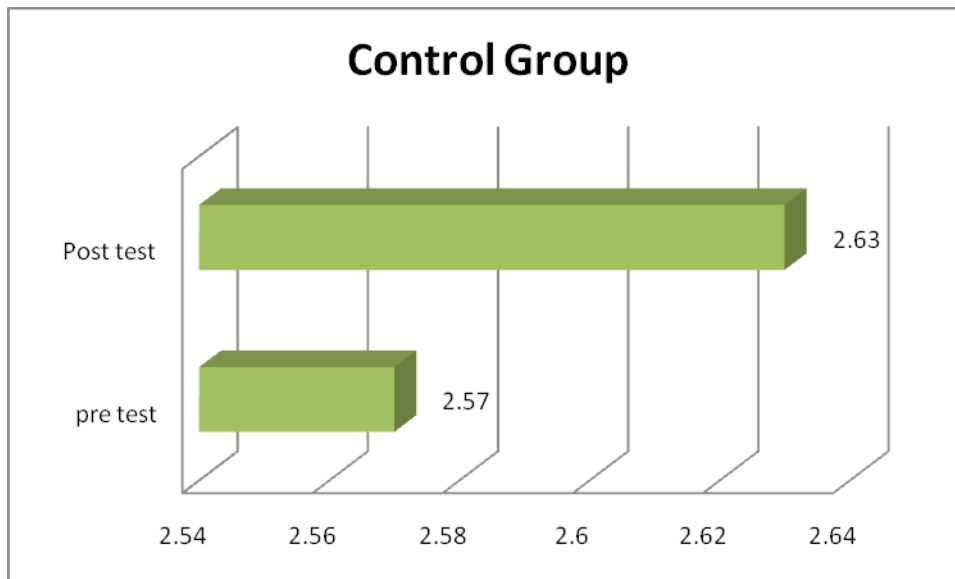


FIGURE –II
THE MEAN SCORE OF THE CONTROL GROUP



CONCLUSIONS

Within the limitation set for the study and based on the results of the study it was observed that a significant increase on selected physical variable of flexibility level in the human body of experimental group due to practice of SKY yoga. Whereas, the control group without yoga practice has not revealed any change or improvement in the flexibility level. Besides, it is recommended that a study could be undertaken for other age groups and also among the individuals of other profession with some other variables.

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