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SOUVENIR & ABSTRACT

Organized By:

**Directorate of Physical Education & Sports
University of Kashmir, Srinagar, (Jammu & Kashmir), India
AND**

Shree Hanuman Vvayam Prasarak Mandal

In Collaboration with:

**Degree College of Physical Education, Amravati (M.S.), India
H.V.P.M. Indian Knowledge System, Amravati (M.S.), India
Bruhan maharashtra Yoga Parishad (State Yoga Association)**

**3rd INTERNATIONAL CONFERENCE
ON YOGA
&
SPORTS FOR GLOBAL WELL-BEING**





Message from the Registrar, University of Kashmir

It is my great pleasure to welcome you all to the "3rd International Conference on Yoga and Sports for Global Wellbeing," organized by the Directorate of Physical Education and Sports, University of Kashmir.

This conference marks a significant milestone in our ongoing efforts to promote health and well-being through the integrated practices of yoga and sports, both of which have long been recognized for their profound impact on physical health, mental clarity, and emotional balance. By bringing together experts, practitioners and enthusiasts from around the world, this event serves as a crucial platform for the exchange of ideas and the exploration of innovative approaches to enhance global well-being.

The University of Kashmir is honored to host this event and remains committed to fostering academic excellence and interdisciplinary collaboration. The insights and discussions generated during this conference will undoubtedly contribute to the growing body of knowledge in these fields and inspire practical applications that can benefit communities worldwide.

I extend my heartfelt gratitude to the organizers, speakers, and participants for their dedication and contribution to this noble cause. Their efforts are vital in advancing our understanding and appreciation of the role that yoga and sports play in leading healthier and more balanced lives.

I wish everyone a successful and enriching conference experience. May this event pave the way for lasting collaborations and innovative solutions.

Warm regards,

A handwritten signature in black ink, appearing to read 'Naseer Iqbal', written in a cursive style.

Prof. Naseer Iqbal

Registrar

University of Kashmir

Message from the Dean, College Development Council



Dear Esteemed Participants and Guests,

It gives me great pleasure to extend a warm welcome to all attendees of the "3rd International Conference on Yoga and Sports for Global Wellbeing," organized by the Directorate of Physical Education and Sports at the University of Kashmir in collaboration with HVPM, Amravati.

This conference is a testament to the growing recognition of the significant role that yoga and sports play in enhancing our physical, mental, and emotional well-being. In our pursuit of holistic health and balanced lifestyles, these disciplines offer invaluable tools and insights. By bringing together a diverse group of scholars, practitioners, and enthusiasts, this event promises to foster meaningful dialogues and innovative approaches to promoting global well-being.

The University of Kashmir is deeply committed to advancing education and research in fields that contribute to the overall development of individuals and society. This collaborative effort with HVPM, Amravati, underscores our shared vision of integrating traditional wisdom and modern practices to address contemporary health challenges.

I would like to express my sincere gratitude to the organizers, speakers, and participants for their dedication and contributions to making this conference a success. Your engagement and insights are crucial to advancing our collective understanding and application of yoga and sports in everyday life.

Wishing everyone a productive and enriching conference experience.

Warm regards,

Sd/-

Khurshid Ahmad Bhat

Dean, College Development Council

University of Kashmir



Message from the Director, Directorate of Physical Education and Sports, University of Kashmir

Dear Esteemed Participants,

It is with great pride and enthusiasm that I welcome you to the "3rd International Conference on Yoga and Sports for Global Wellbeing," hosted by the Directorate of Physical Education and Sports at the University of Kashmir.

In a world where the pursuit of holistic health and well-being is more critical than ever, this conference stands as a beacon of knowledge and collaboration. Yoga and sports, two disciplines with deep roots and wide-reaching benefits, offer profound insights into maintaining a balanced, healthy, and fulfilling life. This event aims to bring together a diverse group of experts, practitioners, and enthusiasts to explore these benefits, share research, and inspire new approaches to global health.

The Directorate of Physical Education and Sports is dedicated to advancing the understanding and practice of these vital fields. We believe that the synergy between yoga and sports can lead to innovative solutions for many of the health challenges facing our world today. This conference is a testament to our commitment to fostering dialogue, learning, and partnership across borders.

I extend my heartfelt thanks to all the speakers, participants, and organizers whose hard work and dedication have made this event possible. Your contributions are invaluable to the success of this conference and to the broader mission of promoting well-being through physical education and sports.

I wish everyone a productive and inspiring conference. May our collective efforts here spark new ideas and collaborations that will enhance the well-being of communities around the globe.

Thank you and welcome.

A handwritten signature in blue ink that reads "Mandeep Singh". The signature is written in a cursive style and is positioned above the printed name.

Dr. Mandeep Singh

(Director Conference)

HOD/Director, Directorate of Physical Education and Sports

University of Kashmir



MESSAGE

Distinguished Guests, Esteemed Colleagues, and Honored Delegates,

It is my great privilege and honor to welcome you to the 3rd International Conference on Yoga & Sports for Global Well-Being jointly organized by Directorate of Physical Education & Sports, University of Kashmir, Srinagar, (J & K) & Shree Hanuman Vyayam Prasarak Mandal, Amravati (M.S.). As the General Secretary of Shree Hanuman Vyayam Prasarak Mandal, I am delighted to see such a diverse and distinguished gathering of scholars, professionals, and innovators from around the globe. This conference is a testament to our shared commitment to advancing knowledge, fostering collaboration, and addressing the pressing challenges of our time. In an era where global cooperation and interdisciplinary approaches are more crucial than ever.

Shree H. V. P. Mandal established in 1914 actively working in promoting Indian traditional sports and physical culture. The aim of the institution is to blend patriotism and quality education in the blood of students. We believe in the power of education and research to transform societies and improve lives. This conference embodies that belief, providing a platform for the exchange of ideas, the exploration of new frontiers, and the forging of partnerships that transcend borders.

Earlier the institution had organized two conferences with a grand success at Sri Lanka and UAE, Dubai. Over the next few days, you will have the opportunity to engage with thought leaders, participate in stimulating discussions, and immerse yourselves in cutting-edge research. The sessions and workshops planned are designed not only to inform but also to inspire. We encourage you to take full advantage of these opportunities, to question, to debate, and to collaborate in the field.

I would also like to take this opportunity to thank the organizing committee for their tireless efforts in bringing this event to fruition. Their dedication and hard work have ensured that this conference will be a resounding success. As we embark on this intellectual journey together, I encourage you all to engage deeply, challenge assumptions, and explore new horizons. Let this conference be a catalyst for innovation, inspiration, and impactful change.

“Aage Badho Sabse Aage Ba”dho

Hon. General Secretary
Padmashri P. A. Vaidya
Shree Hanuman Vyayam Prasarak Mandal,
Amravati (M.S.)



Message from Dr. Shrinivas Deshpande, Principal, DCPE, HVPM

Dear Esteemed Delegates and Participants,

It is with immense pleasure that I welcome you to the "3rd International Conference on Yoga and Sports for Global Wellbeing," co-organized by the Directorate of Physical Education and Sports at the University of Kashmir and DCPE, HVPM, Amravati.

This conference signifies a crucial gathering of minds and hearts committed to exploring the profound impact of yoga and sports on global well-being. As we navigate the complexities of modern life, the integration of these disciplines becomes increasingly essential in promoting physical health, mental clarity, and emotional balance.

At DCPE, HVPM, we have long recognized the transformative power of physical education and the holistic benefits of yoga. This collaborative event provides a unique opportunity to share research, best practices, and innovative ideas that can further enhance the application of these disciplines in our daily lives and educational systems.

The partnership between HVPM and the University of Kashmir embodies our shared vision of fostering a healthier, more balanced world. By bringing together experts and practitioners from diverse backgrounds, we aim to inspire new approaches and solutions that contribute to the well-being of individuals and communities globally.

I extend my heartfelt gratitude to the organizers, speakers, and participants for their dedication and hard work in making this conference a reality. Your contributions are pivotal to its success and to the ongoing mission of integrating yoga and sports into the fabric of global health and wellness.

Wishing you all a fruitful and inspiring conference experience.

Warm regards,

A handwritten signature in blue ink that reads "Deshpande". The signature is written in a cursive style and is enclosed within a circular scribble.

Dr. Shrinivas Deshpande

Principal, DCPE

HVPM, Amravati



Message from the

Dear Esteemed Participants and Colleagues,

It is my distinct honor and privilege to welcome you to the "3rd International Conference on Yoga and Sports for Global Wellbeing," organized by the Directorate of Physical Education and Sports at the University of Kashmir, in collaboration with HVPM, Amravati.

This conference stands as a testament to our collective commitment to exploring the invaluable contributions of yoga and sports to global well-being. In bringing together a diverse assembly of researchers, practitioners, and enthusiasts, we aim to foster a dynamic exchange of knowledge and innovative ideas that will enrich our understanding and practice of these vital disciplines.

The themes of this conference resonate deeply with our mission to promote holistic health and well-being. Yoga and sports not only enhance physical fitness but also contribute significantly to mental clarity, emotional stability, and overall life satisfaction. By examining these aspects through the lens of scientific research and practical application, we aspire to pave the way for a healthier, more balanced world.

I extend my heartfelt thanks to the Honourable Vice Chancellor, Registrar of the University of Kashmir, and other dignitaries from the University of Kashmir, for their unwavering support and guidance in making this conference a reality. Your leadership and vision have been instrumental in shaping this event into a platform for meaningful discourse and collaboration.

Additionally, I express my gratitude to the dignitaries and representatives from other universities and institutions who have graciously joined us in this endeavor. Your participation enriches the diversity of perspectives and contributes significantly to the depth of our discussions.

Special appreciation is also due to our collaborators at HVPM, Amravati, whose partnership has been invaluable in bringing this conference to fruition. Together, we are building a strong foundation for ongoing collaboration and innovation in the fields of yoga and sports.

I wish everyone an engaging, insightful, and productive conference experience. May our collective efforts here inspire new avenues for research and practical applications that enhance the well-being of communities worldwide.

Warm regards,

Dr. Surjeet Singh

Senior Assistant Professor, Directorate of Physical Education and Sports
University of Kashmir

The Effect of Meditation on Depression: A Review

Author(s)

¹Surjeet Singh ²Iftikhar Ahmad Wani

Designation & Affiliation

¹ Senior Assistant Professor, Directorate of Physical Education & Sports, University of Kashmir

² Assistant Professor Directorate of Physical Education & Sports University of Kashmir

Abstract:

Background:

Depression, a leading cause of disability worldwide, is marked by persistent feelings of sadness, loss of interest, and various physical and emotional issues. Traditional treatments like medication and psychotherapy are effective but not always accessible or acceptable to all patients. Meditation, an ancient practice known for its mental and physical health benefits, has emerged as a potential complementary therapy for depression. This review paper examines the current evidence on the effectiveness of meditation in alleviating depressive symptoms.

Methods:

A comprehensive literature search was conducted using databases such as PubMed, PsycINFO, Science Direct, Shodh Ganga, Research gate and Google Scholar. The search included peer-reviewed articles, randomized controlled trials (RCTs), meta-analyses, and systematic reviews published between 2000 and 2023. Keywords included "meditation," "mindfulness," "depression," "mental health," and "complementary therapy." Inclusion criteria were studies that focused on meditation as an intervention for depression in adult populations, with clearly defined methodologies and outcome measures. Studies that combined meditation with other treatments without isolating its effects were excluded.

Results:

The review included 25 studies, comprising 15 RCTs, 5 meta-analyses, and 5 systematic reviews. The majority of RCTs reported significant reductions in depressive symptoms among participants practicing meditation compared to control groups. For instance, a notable RCT by Segal et al. (2010) found a 45% reduction in depression scores among participants practicing mindfulness-based cognitive therapy (MBCT) compared to a control group. Meta-analyses consistently supported these findings, with Hofmann et al. (2010) concluding that mindfulness meditation significantly reduces symptoms of depression, anxiety, and stress.

Qualitative studies highlighted personal experiences of participants, noting increased emotional regulation, self-awareness, and overall well-being. Commonly studied meditation practices included mindfulness meditation, loving-kindness meditation, and transcendental meditation. These practices were generally found to be safe, with minimal adverse effects reported.

Discussion:

The evidence suggests that meditation can effectively reduce depressive symptoms, with outcomes comparable to traditional therapies like CBT. The mechanisms through which meditation exerts its effects include increased mindfulness, improved emotional regulation, and enhanced self-compassion. Neuroimaging studies have shown that meditation can alter brain structures and functions associated with mood regulation, such as the prefrontal cortex and amygdala.

However, the heterogeneity in study designs, sample sizes, and meditation practices makes it challenging to draw definitive conclusions. Many studies relied on self-reported measures of depression, which may introduce bias. Additionally, the long-term effects of meditation on depression remain underexplored, and there is a need for more high-quality RCTs with larger sample sizes and diverse populations.

Conclusion:

This review highlights the potential of meditation as a complementary therapy for depression. The practice of meditation is associated with significant reductions in depressive symptoms, enhanced emotional regulation, and improved overall well-being. While meditation should not replace traditional treatments, it can be a valuable adjunct, particularly for patients who prefer non-pharmacological interventions or do not respond adequately to conventional therapies.

Recommendations:

Healthcare providers should consider incorporating meditation into treatment plans for depression, offering patients additional tools for managing their symptoms. Training in meditation techniques should be provided to mental health professionals to ensure effective guidance. Future research should focus on long-term outcomes, explore the effects of different meditation practices, and include diverse patient populations to enhance the generalizability of findings.

In conclusion, meditation represents a promising, accessible, and cost-effective intervention for depression. Its integration into mental health care can expand therapeutic options and improve outcomes for individuals suffering from this debilitating condition.

Evaluating the Effectiveness of Yoga and Naturopathy in Managing Gastritis

NASEER AHMAD BHAT^{1} IQBAL KABIR²*

Assistant Professor, Directorate of Physical Education and Sports, University of Kashmir

**Corresponding Author*

Email id: nasirbashirnp@gmail.com

ABSTRACT

Background: Inflammation of the stomach lining, or gastritis, is a common condition that is frequently brought on by food and lifestyle choices. There is little information and research on how yoga and naturopathy can treat gastritis together. Therefore, the purpose of this study was to assess how yoga and naturopathy might help patients with their gastritis symptoms.

Materials and methods: The study included 52 patients, both male and female, who were between the ages of 25 and 50. They were hired from Pulwama's District Hospital. The Likert symptomatic severity scale was used for assessments, which were recorded on the day of being hospitalized and their release. **Results:** Gastritis symptoms, such as vomiting, bloating, belching pain in the abdomen, and heartburn, significantly decreased following the combined yoga and naturopathy intervention. **Conclusion:** Yoga and naturopathy, as a way of life that include nutrition and stress management training, aim to prevent and/or treat arthritis by addressing its underlying causes.

KEYWORD: Naturopathy, Gastritis Symptoms, Yoga, Nutrition

The Impact of Mindful Meditation on Well -Being: A Comprehensive Review

Author

Iftikhar Ahmad Wani

Designation & Affiliation

Assistant Professor, Directorate of Physical Education and Sports, University of Kashmir

Abstract

Background: Mindful meditation has gained widespread popularity as a practice to enhance overall well-being. This review aims to consolidate current research findings on the effects of mindful meditation on physical, mental, and emotional health.

Methods: A comprehensive literature search was conducted across multiple databases, including PubMed, PsycINFO, ResearchGate, Shodh Ganga, and Google Scholar, focusing on studies published between 2010 and 2023. Both quantitative and qualitative studies were included to provide a holistic view of the impact of mindful meditation on well-being.

Results: The analysis of the selected studies revealed consistent evidence that mindful meditation significantly improves various dimensions of well-being. Key findings include:

Mental Health: Numerous studies indicate that mindful meditation reduces symptoms of anxiety, depression, and stress. Regular practice is associated with enhanced emotional regulation and increased resilience to stressors.

- 1) **Physical Health:** Research shows that mindful meditation contributes to lower blood pressure, improved immune function, and better management of chronic pain conditions. Participants practicing mindful meditation reported reduced physical symptoms related to stress and anxiety.
- 2) **Cognitive Functioning:** Mindful meditation enhances attention, memory, and executive functioning. Studies suggest that it promotes neuroplasticity, resulting in long-term cognitive benefits.
- 3) **Emotional Well-Being:** Practitioners of mindful meditation exhibit higher levels of self-compassion, empathy, and overall life satisfaction. Positive changes in emotional well-being are often reported within a few weeks of regular practice.

Conclusions: The review concludes that mindful meditation is a potent tool for improving overall well-being. Its benefits span mental, physical, and emotional health, making it a valuable practice for individuals seeking holistic health improvements.

Recommendations: Future research should focus on long-term studies to better understand the sustained effects of mindful meditation. Additionally, exploring the impact of different meditation techniques and their specific outcomes on various populations could provide deeper insights. Incorporating mindful meditation into educational, corporate, and healthcare settings is recommended to enhance well-being on a broader scale.

Effects of a Yoga Program on Cardio-respiratory Fitness and Physical Activity

IQBAL KABIR^{1*} NASEER AHMAD BHAT²

Assistant Professor, Directorate of Physical Education and Sports, University of Kashmir

**Corresponding Author*

Email id: iqbalkabir165519@gmail.com

Abstract:

Background: Cardiovascular diseases are the leading cause of death globally and sedentary lifestyle is one of the main risk factors. Yoga programs appear to be effective to improve exercise tolerance. The aim of the study, therefore, was to evaluate the effects of a yoga program on cardio-respiratory fitness and daily physical activity of patients recovering from an acute myocardial infarction. ***Method:*** This study, with a sub-group randomized controlled trial, included 32 individuals recovering from a myocardial infarction, randomly divided into the experimental group (EG, n = 16) and the control group (CG, n=16). The EG performed an yogic asanas , per day for the period of 12 week, at home. These two groups received health education sessions. Baseline and final assessments included cardio-respiratory fitness, resting and peak heart rate, blood pressure and rate pressure, heart rate recovery and daily physical activity. ***Results:*** at baseline significant difference were observed between the groups. After 12 weeks of yogic program, the EG significantly increased peak oxygen uptake (p=0.02), test duration (p=0.019), peak rate pressure (p=0.003), peak heart rate (p=0.003) and heart rate recovery (0.025) and there is no significant change in control group. ***Conclusion:*** this yoga program seems to improve cardio-respiratory fitness, hemodynamic at peak exercise and heart rate recovery, an indicator of autonomic function.

Keywords: cardio-respiratory, yoga, program, fitness

ROLE OF YOGA IN MAINTAINING GOOD HEALTH

Irfan Hussain Malik ,Physical Education Teacher

Govt. College of Physical Education Gadoora Ganderbal J&K

ABSTRACT

Yoga is also one of the six orthodox schools in Hindu philosophy. It is based on the Yoga Sutras of Patanjali and aims to use meditation to attain spiritual insight and tranquility. The Sanskrit word yoga has the literal meaning of "yoke", from a root yuj meaning 'to join', 'to unite', or 'to attach'. As a term for a system of abstract meditation or mental abstraction it was introduced by Patañjali in the 2nd century BC. Someone who practices yoga or follows the yoga philosophy with a high level of commitment is called a yogi or yogini. Within Hindu philosophy, the word yoga is used to refer to one of the six orthodox (āstika) schools of Hindu philosophy. Yoga in this sense is based on the Yoga Sutras of Patanjali, and is also known as Rāja Yoga to distinguish it from later schools. The aim of yoga is varied and range from improving health to achieving moksha. Within the Hindu monist schools of Advaita Vedanta, Shaivism and Jainism, the aim of yoga takes the form of moksha, which is liberation from all worldly identification and the cycle of birth and death (samsara), at which point there is a realization of identity with the Supreme Brahman. Yoga teaches you to focus on breathing while you hold the poses. This attention to breath is calming it dissolves stress and anxiety. Yoga can help cure insomnia, as regular yoga practice leads to better and deeper sleep. Yoga can help fight fatigue and maintain your energy throughout the day. Yoga is an effective treatment for a variety of autoimmune diseases because it can reduce the symptoms these diseases often cause, such as stiffness, malaise, fatigue, and weakness. The benefits of yoga are very far reaching indeed. Daily exercises are a great way to help relieve the stress of your day and can bring a sense of well-being to your life. Yoga in Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships.

Key word: Yoga, Importance, Aim, Benefits, Health.

Contemporary Yoga and Health

***Irshad Maqbool Malik, Teaching Faculty Member, Govt. College of Physical Education
Ganderbal Kashmir.***

Abstract

In the last several decades, yoga has been studied as a potential treatment for a number of contemporary epidemic disorders, including chronic obstructive pulmonary disease, obesity, diabetes, hypertension, mental stress, and coronary heart disease. Numerous studies have shown that yoga is useful in treating various disorders, suggesting that it may be used in addition to medication therapy or as a stand-alone treatment. However, treatment techniques employed in these trials were brief periods of meditation, pranayama, and yoga positions (asana). In fact, yoga is the union of the self with the highest awareness. It incorporates the eight limbs or rungs of yoga: dharana, dhyana, samadhi, pratyahara, asana, pranayama, yama, and niyama. The main objective of yoga is self-realization, which may be attained by intense practice of the yoga as a whole but not only few parts of it. An analytical look and objectives of yoga reveals that it is a holistic lifestyle approach that promotes whole physical, mental, social, and spiritual well-being as well as harmony with the natural world. This contrasts with modern civilization's solely materialistic and economic developing goals, which have resulted in ecological destruction and social instability.

Yogic Asanas for Improving Thyroid Hormone Functioning.

Sneha Choudhary

Research Scholar, Directorate of Physical Education & Sports, University of Kashmir

Introduction: The thyroid is a small, butterfly-shaped gland located at the base of the neck. The thyroid gland makes two main hormones: thyroxine (T-4) and triiodothyronine (T-3). These hormones affect every cell in the body. There are two main types is hypothyroidism and hyperthyroidism. Hypothyroidism is the most common endocrine disorder that affects a significant portion of the global population. It is common among women compared to men. Around 10 % of the Indian population is affected by hypothyroidism. Hypothyroidism is an independent risk factor for cardiovascular disease, metabolic syndrome, infertility and depression. Yoga is a discipline that includes body, breath, mind and behaviour practices. It

promotes a healthy lifestyle. Regular yoga practice has shown improvement in thyroid-related disorders as per the review available. Yoga poses such as assarvangasana, halasana, matsyasana, ushtrasana, pranayama, viparitakarani, bhujangasana, ardhmatsyendrasana and many more have amazing response in such conditions. Methodology : The researcher will explain the procedures and steps of the above therapeutic asanas and its benefits on improving thriod harmones and other health related problems. Findings: As per the findings yoga was found to be a promising intervention in improving thyroid function, mental health, quality of life and pulmonary function among patients with hypothyroidism.

Keywords: Asanas, Thyroid, Therapeutic Asanas

IMPACT OF CIRCUIT TRAINING ON SELECTED PHYSICAL FITNESS VARIABLES
OF MPED STUDENTS

SHABIR AHMAD MALIK

RESEARCH SCHOLAR

DIRECTORATE OF PHYSICAL EDUCATION AND SPORTS ,UNIVERSITY OF
KASHMIR

AHMADSHABIR.MS@GMAIL.COM

Abstract

The purpose of the study was to find out the effects of circuit training on selected physical fitness variables of PG students of physical education. To achieve the purpose of the study, forty male M P Ed students of Kashmir University were selected as subjects at voluntary and their age were ranged between 20 to 25 years. The selected subjects were divided in to two equal groups of twenty subjects each. Group I underwent circuit training for three days per week for twelve weeks. Group II acted as control that did not participate in any special training programme apart from their regular activities as per their curriculum. The following physical fitness variables namely Speed, Muscular Strength Endurance and Cardio Respiratory Endurance were selected as dependent variables. All the subjects of two groups were tested on selected dependent variables at prior to and immediately after the compellation of training programme. The 0.5 level of confidence was fixed as the level of significance. T-test was used to find out the statistical

significances of each age groups pre and post mean differences. The result of the study indicates due to effects of circuit training; Speed, Muscular Strength Endurance and Cardio Respiratory Endurance has been improved significantly.

Key words

Circuit training, Speed, Muscular strength endurance and Cardio respiratory endurance

ROLE OF YOGA AND PHYSICAL EXERCISE IN MAINTAINING HEALTH AND
WELLNESS OF UNIVERSITY STUDENTS

IQRA BANO

(M.P.ED)University of Kashmir

Bhatiqra2609@gmail.com

Abstract:

Yoga and safe physical exercise can contribute to enhance mental alertness and focus on reducing unnecessary distraction. Yoga is much more than a physical exercise. It is a lifestyle discipline that connects the mind, body, and spirit. Originating in ancient India, yoga seeks to create a holistic lifestyle where positive thinking, harmony, calmness and gratitude are as important as physical health. Yoga plays a crucial role in integrative health and overall well-being. Yoga postures, or asanas, help improve strength, flexibility, and balance. Regular practice can enhance muscle tone, increase endurance, and improve overall physical fitness. The various poses target different muscle groups, promoting a well-rounded workout that increases flexibility and range of motion. Descriptive research is based on randomized trials, surveys, case studies and observational study the data collected can be qualitative or quantities. The finding of this study shows that regular practice of yoga and exercise may produce many health benefits including increased cardiovascular fitness, improved muscular strength and normalization of blood pressure. However the people who exercise regularly have better frame of mind set.

Keywords: Physical exercise, Yoga, Regular, Discipline, improve.

EFFECT OF YOGA PROGRAMME ON QUALITY OF LIFE OF OLD AGE PEOPLE AFTER 60 YEARS OF THEIR LIFE

Khushpreet kour (M.P.ED)

ABSTRACT :-

Quality of life (QOL) is the perceived quality of an individual's daily life, that is, an assessment of their well-being or lack thereof. This includes all emotional, social, and physical aspects of the individual's life. In health care, health-related quality of life (HRQOL) is an assessment of how the individual's well-being may be affected over time by a disease, disability, or disorder ...The main purpose of this study is to find the effect of yoga programme on Quality of life of Old Age People. Setting and Design: Sixty old age people were taken as the subjects for the study. The age of the subjects ranged from 60-80 years. The design used for the study was pre-post design. Random sampling technique was used for the subject's selection. Methods: the current study was performed on the Quality of Life of Old Age People; pre and post data for the study were assessed on the scoring and norms according to the WHOQOL-Bref questionnaire. Yoga programme including OM Chanting, Surya-Namaskar, Yoga Asanas and Relaxation were used as programme for a period of 6 Weeks. Statistical Analysis Used: Dependent t-test was used for comparing the means of pre and post data between both the groups. Results: Though there was not significant level of change in Quality of Life after 6 weeks Yoga programme, yet there was a little improvement observed after the end of Yoga Programme Conclusions: The results conclude that the Yoga programme for a longer duration may have highly significant level of change in the Quality of Life of old age people.

Importance of the Yoga in sports

Majid Muzafar Lone, Student, Physical Education, Central University of Kashmir, Ganderbal, India.

Abstract: Yoga is philosophy and our traditional culture. Its main purpose is salvation (mukti) and the second purpose is to treat and cure the physical and mental diseases. In sports, Yoga plays a key role to enhance the performance of the sportspersons. It also helps to maintain the healthy environment and sportsman spirit. It helps to grow the culture among the sportsperson to

take the right decisions on time in need and respect the decisions and the rules of the game. It also helps to maintain the rhythm and creates harmony of mind, body, and stance. It not only helps to increase the flexibility but also the fitness of the sportsperson.

Keywords: Salvation

EFFECTS OF YOGA ON RESPIRATORY SYSTEM

Rameez Ahmad Mughal (M.PED)

ABSTRACT

Yoga is a spiritual discipline dating back to some five thousand years in the history of Indian philosophy. Its purpose mainly to unleash spiritual and mental powers of an individual, however in recent times yoga has been extremely popular in the context of fighting stress, anxiety, depression in these times of individualisation and are superfast life style. Apart from the spiritual aspects the physiological benefits acquired from yoga has recently had radical scientific understanding behind its working. It is also moderates the surge and the production of chemicals in the body that affects us mentally, physically, as well as psychometrically. so, lets understand the signs of yoga that makes it so useful.

Effects of Yoga on psychological And Bodily Health

Author: Mohd Muzamil Mir

Department of physical education and sports

Abstract

This paper summarizes the current evidence on the effects of yoga interventions on various components of psychological and Bodily

health, by focussing on the evidence described in review articles. Collectively, these reviews suggest a number of areas where yoga

may well be beneficial, but more research is required for virtually all of them to firmly establish such benefits. The heterogeneity among interventions and conditions studied has hampered the use of meta-analysis as an appropriate tool for summarizing the current literature. Nevertheless, there are some meta-analyses which indicate beneficial effects of yoga interventions, and there are several randomized clinical trials (RCT's) of relatively high quality indicating beneficial effects of yoga for pain-associated disability and mental health. Yoga may well be effective as a supportive adjunct to mitigate some medical conditions, but not yet a proven stand-alone, curative treatment. Larger-scale and more rigorous research with higher methodological quality and adequate control interventions is highly encouraged because yoga may have potential to be implemented as a beneficial supportive/adjunct treatment that is relatively cost-effective, may be practiced at least in part as a self-care behavioral treatment, provides a life-long behavioural skill, enhances self-efficacy and self-confidence and is often associated with additional positive side effects.

Development of Women through yoga; A Review

Authors: Naseem Akher¹ Altaf Ahmed² Khalida Bi³

Corresponding Author & PG Student Department of History, Aligarh Muslim University Aligarh¹

Research Scholar, Department of Physical Education, Aligarh Muslim University, Aligarh²

PG Student, Department of Women Studies, Aligarh Muslim University, Aligarh³

Corresponding author's Gmail: naseemakhter2651@gmail.com

Abstract

The aim of the present study was to review the different studies on development of women through sports. Yoga is very essential in our day to day life. Yoga is a method of training of our mind, body and spirit. One can achieve spiritual well-being by performing immense yoga activities that can assist in all round growth and development. Currently yoga is not only being taken as therapeutically agent for health but also help to prevent and cure the different types of diseases. Mental disorder effect women. Yoga play an important role to tackle the mental health of women, nowadays yoga become most important for them. Researchers had collected various studies on the development of women through sports from the different sources like PubMed, Scopus, Google Scholar, Research Gate, Academia. Edu and IJCRT. One of the main goal of yoga is to achieve tranquility of the mind and create a sense of wellbeing, feeling of relaxation, improve self- confidence. The study finds that the yoga can help to lower irritability. The study finds that the practice of women in yoga can generate balanced energy which is vital to the function of immune system. Improved flexibility is one of the first and most obvious benefits of yoga to women. The finding of the aforementioned studies examining the psychological and physical outcomes of yoga. Researchers have concluded the study as various issues of the women which were in their day to day life whether they are performing house hold work or outdoor works. On the basis of collected materials researchers have found unanimously findings that yoga offers a holistic approach to the development of women, concentrating on physical, mental, emotional and spiritual dimensions. The multifaceted development through yoga not only benefits individuals' women but also contributes to the well-being of their families and communities, promoting a healthier and more balanced societies. So it is the essential need to practice yoga on daily basis to maintain tranquility peace and harmony life.

Empowerment of Women through Sports: A Review

Authors Khalida Bi¹Altaf Ahmed² Naseem Akhter³

Corresponding Author & PG Student, Department of Women Studies,

Aligarh Muslim University Aligarh¹

Research Scholar, Department of Physical Education, Aligarh Muslim University, Aligarh²

Corresponding author's Gmail: khalidabi0492@gmail.com

Abstract

The purpose of writing this paper is to take a look that how women are empowering through sports and games. In recent times, empowerment of women and gender equality becoming as an integral part of every nation empowering women is a crucial tool for increasing access to resources and their capacity to make wise decisions in life. In essence empowering women in games and sports is the process of improving overall development of women and girls. In the present study researchers have adopted a qualitative research design to provide an overview of the role of sports in empowering women. Secondary data was used in this study. Researcher used various sources to collect data. The data was collected through online sources such as websites, google scholar, research gate, and jstore. Sports and physical exercise are becoming more and more well-known internationally as a means of empowering women and girls. Giving women equal opportunity in all spheres of life, together with education and athletics and physical activity could empower women. After thoroughly taking a look of approximately 12 studies researchers have made findings. These studies revealed that sports is a key tool for empowerment of women it contributes a lot in development process through its diverse factors that effects positively in the lives of women. Researchers found that despite experiencing multiple economic, social and cultural, barriers women and girls still involved in sports and physical activity along with boys. Researchers have concluded that sports and games are essential elements for the empowerment and development of women. Researchers have summarized that various studies shows the positive and crucial role play to empower the women in varied aspects of life. It has been identified by the researchers that sports played a crucial and diverse role in empowering women. Although few studies shows that the involvement of women and girls in sports and games is less than men. However, the researchers have summarized that sports is playing a vital role in all aspects of women's lives. And the participation of women is increasing as many international frameworks and laws supporting women's involvement in games and sports.

The Study of Yoga Effects on Health

Inayat farooq

Roll no 03

Mped 4th sem

Abstract

The relevance of Yoga on health Normal healthy volunteers with age not less than 30 years and not more than 60 years. Residing at New Delhi. Measurements/Variables, WHO Quality of life – Brief. The response were collected from 50 respondents out of them 25 as control group and 25 as a yoga practice group. Tests for Normality (Shapiro Wilk's) carried out for all the data variables showed a normally distributed data. Paired 'T' test was used to analyze within group differences in the yoga and control groups and Independent samples 'T' test was used to analyze the between group effect. The present study measured the effectiveness of Yoga on Quality of life domains on normal healthy volunteers compared to control group. The study showed a significant improvement in yoga group on all the four domains of WHO QOL scale such as physical health, psychological domain, social relationship domain and environmental domain compared to control group. With this a simple and easy practice of regular Yoga technique helps in improving the quality of life.

PHYSICAL ACTIVITY AND YOGIC EXERCISES AS PREVENTIVE MEASURES FOR HYPOKINETIC DISEASES

Yawar Muzaffar Lone, Student, Physical Education, Kashmir University, Srinagar, India.

Abstract: Physical education is a special method to reduce the risk of developing hypokinetic diseases like diabetes, high blood pressure, heart disease and cancer. For children and young people being active helps reduce the risk of developing these diseases in later life too. In today's trend of speedy life people have chosen a sedentary life style which is totally against health and may affect it very badly. In this context, the best treatment and remedy for this sedentary life style is nothing but physical exercise itself. It is the only source that requires the number of means and methods to involve people in active movement process to access their health through

sports or yoga. It is used as a supplement to remain fit and flexible. The relation between physical education and health science is based on the physical activity and exercise. In fact, it provides the number of ways to change the status of health in our nation towards betterment that facilitates the protection and prevention for the health of whole population. It is being said that prevention is better than cure and physical education acts as the same. In another sense, health becomes the crucial issue for present time because people are often seen obese, having high cholesterol level, diabetes, heart disease and high blood pressure is common. By this regard, researchers find the solution for this big cause and reach at the point that physical education is the only medium to prevent these causes of diseases. This makes it clear that sportsperson and athletes have very less chance of common diseases that is because they are active in their movements and exercise.

Keywords: Sedentary life, Exercise, Prevention

Impact of a Yoga and Meditation Intervention on Students' Stress and Anxiety Levels

SuHAIL MUKHTAR

Abstract

Stress is defined as “a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.”¹ Students enrolled in health professions programs have high levels of stress.² Pharmacy students, specifically, have demonstrated an increased level of stress and decreased quality of life throughout their curricular programs.³⁻⁸ Nationally, stress among Americans is increasing. Stress may negatively affect health and wellness, leading to detrimental physical and emotional symptoms such as headaches, anxiety, and depression. In 2017, college-aged Americans reported higher levels of stress than older generations and often did not adequately address their stress through positive coping mechanisms.⁹ One positive modality that has demonstrated a reduction in pharmacy student stress is physical exercise.²

How to say Goodbye diseases through Games and sports & How to improve Games and sports in J &K

SUMY JAN

MPED 2ND SEM

ABSTRACT:

Games and sports are a great way to stay active and have fun. They keep us healthy and fit. Once a wise man said "sound mind lies in a sound body". It is only possible when we have knowledge about games and sports. There are a lot of diseases which are not cured by medicines like bad cholesterol, obesity and stress. These diseases are roots of heart problems, high blood pressure, stroke etc. They can be cured only due to the playing games, physical exercises like calisthenic, yoga and other work out. Without games and sports there is no fitness and wellness. Without games and sports there are sudden deaths. "When there is no game there is no happy life". Improvement of games and sports in J&K is only possible when we have good physical education teachers for giving us knowledge about the games, when we have coaches for training. This is only possible when we have support from the administration and other higher committees.

The Adolescents Training and Learning to Avoid Steroids Program

AABID (M.P.E.D)

Background Use of alcohol and other illicit drugs by adolescent male athletes is a significant problem. Participation in sports may encourage use of drugs that enhance athletic performance, especially anabolic steroids (AS). Because, to our knowledge, no other intervention has successfully altered substance abuse by athletes, we developed and assessed the efficacy of a team-centered, sex-specific education program designed to reduce adolescent athletes' intentions to use and use of AS and alcohol and other illicit drugs.

Methods We studied 31 high school football teams that comprised 3207 athletes in 3 successive annual cohorts (1994-1996). The intervention included interactive classroom and exercise training sessions given by peer educators and facilitated by coaches and strength trainers. Program content included discussion of sports nutrition, exercise alternatives to AS and sport supplements, and the effects of substance abuse in sports, drug refusal role-playing, and the creation of health promotion messages. Questionnaires assessing AS, the use of sport supplements and alcohol and other illicit drugs, and potential risk and protective factors were administered before and after the intervention (before and after the football season) and up to 1 year after the program.



KU Launches First Ever annual Sports Calendar for session 2024-25



Intramural Hockey Tournament (2nd Phase)



Vice-Chancellor of University of Kashmir Prof Nilofer Khan flagged off a Skii contingent for a snow skiing course to be held at Gulmarg.



University of Kashmir organised its Inter- College Skiing Competition today at Gulmarg in which at least 15 colleges participated. This thrilling event have showcased the talent and skills of students from various colleges across the region



Department of Psychology Wins Inter Department Table Tennis Women's Championship 2024 Trophy



Hon'ble Vice Chancellor felicitated financial support to Sabiya Nabi for representing the country in FIS race at Kazakhstan



10 Days Certified Skiing Course For men and women concluded at Gulmarg: The Directorate of Physical Education and Sports at the University of Kashmir successfully concluded its 10 Day snow skiing course at the picturesque today at Gulmarg.



Prof. Naseer Iqbal, Registrar, KU witnessed Intramural Competition organized by Directorate Physical Education and Sports. Volleyball Intramural activities for M.P.Ed organised by the Directorate of Physical Education & Sports, University of Kashmir concluded today on 10th of May 2024.



Kashmir University Model High School Students Explore Physical Education and Fitness at Directorate of Physical Education and Sports.



University of Kashmir Celebrates 10th International Yoga Day

Results At season's end, intentions to use ($P < .05$) and actual AS use ($P < .04$) were significantly lower among students who participated in the study. Although AS reduction did not achieve significance at 1 year ($P < .08$), intentions to use AS remained lower ($P = .02$). Illicit drug use (marijuana, amphetamines, and narcotics) was reduced at 1 year, whether alcohol was included ($P = .04$) or excluded ($P = .02$) from the index. Other long-term effects included fewer students reporting drinking and driving ($P = .004$), less sport supplement use ($P = .009$), and improved nutrition behaviors ($P < .02$).

Conclusions Use of alcohol and other illicit drugs and associated harmful activities can be prevented with a sex-specific, team-centered education. School athletic teams provide an optimal environment in which to provide drug prevention and health promotion education.

YOGA'S USE IN TREATING COMMON POSTURAL DEFORMITIES

AADIL AHMAD BHAT(M.P.ED)

ABSTRACT

The present study aimed is the treatment and prevention of common postural deformities through Yoga asana. There are many concepts and views regarding posture and its significance. The posture means body position. It is the specific position of a person while sitting, standing walking, lying etc. Good posture is the image of good personality. The posture changes from individual to individual. One posture which may be considered good for one individual may not hold true for another. Bad posture decreases in or personality and it leads to many health problems. There are numbers of postural deformities which may either be acquired or may be congenital. Each type of postural deviation has its own peculiar causes and effects. Each postural deformities, therefore, demands and required proper attention and pacific treatment for correcting the same.

Keywords: Yoga, Asana, posture, Deformity.

Impact of a Yoga and Meditation Intervention on Students' Stress and Anxiety Levels

Arif Ahmad Phalo

Abstract

Stress is defined as “a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.”¹ Students enrolled in health professions programs have high levels of stress.² Pharmacy students, specifically, have demonstrated an increased level of stress and decreased quality of life throughout their curricular programs.³⁻⁸ Nationally, stress among Americans is increasing. Stress may negatively affect health and wellness, leading to detrimental physical and emotional symptoms such as headaches, anxiety, and depression. In 2017, college-aged Americans reported higher levels of stress than older generations and often did not adequately address their stress through positive coping mechanisms.⁹ One positive modality that has demonstrated a reduction in pharmacy student stress is physical exercise.²

Enhancing Grassroots Football Development

AMIR NAZIR

Abstract:

Grassroots football is fundamental for nurturing talent and fostering community spirit. This study explores strategies to enhance grassroots football through infrastructure development, coaching quality, funding mechanisms, community engagement, and technological integration. We conducted a comprehensive review of existing programs and interviewed key stakeholders in local football. Our findings indicate that quality infrastructure and coaching, coupled with sustainable funding and active community participation, are critical for the success of grassroots football. Moreover, leveraging technology can significantly enhance training and operational efficiency. These insights provide a framework for developing robust grassroots football programs that contribute to player development and community well-being. Collaboration among local governments, football associations, educational institutions, and the community is essential for implementing these strategies effectively

The Essence of Yoga: A Journey of Mind, Body, and Spirit*

Aneesa Bashir

Abstract:

Yoga, a profound practice rooted in ancient traditions, continues to resonate deeply in the modern world as a holistic approach to well-being. Celebrated annually on June 21st as International Day

of Yoga, this discipline transcends physical exercise to encompass mental clarity, emotional balance, and spiritual awakening. The essence of yoga lies in its multifaceted benefits, addressing the interconnectedness of mind, body, and spirit. Physically, through various postures (asanas) and controlled breathing (pranayama), yoga enhances flexibility, strength, and vitality. Beyond the physical, it cultivates mental discipline, clarity of thought, and emotional resilience, promoting inner harmony amidst the challenges of daily life. On June 21, 2024, the global community unites to commemorate yoga's transformative power. From bustling cities to serene retreats, individuals of all ages and backgrounds embrace yoga's inclusive philosophy, fostering unity and peace. Through workshops, seminars, and community events, participants explore yoga's rich heritage and its relevance in fostering a healthier, more balanced world. Moreover, yoga serves as a universal language, bridging cultural divides and fostering understanding among diverse communities. Its principles of compassion, mindfulness, and self-awareness resonate globally, promoting sustainable lifestyles and collective

Effects of deep breathing on pulmonary function.

HATIM RAHID

Abstract:*

Deep breathing exercises have garnered significant attention for their potential benefits on pulmonary function. This review explores the physiological impacts of deep breathing on lung health, elucidating mechanisms that enhance respiratory efficiency and overall lung capacity. Deep breathing stimulates the diaphragm and intercostal muscles, promoting optimal ventilation and perfusion. It facilitates increased oxygen intake and carbon dioxide expulsion, thereby improving gas exchange and cellular oxygenation. Moreover, regular practice of deep breathing techniques can enhance pulmonary compliance, reduce respiratory effort, and mitigate symptoms of chronic respiratory conditions such as asthma and chronic obstructive pulmonary disease (COPD). Additionally, deep breathing is associated with stress reduction, which further benefits pulmonary function by decreasing broncho constriction and improving airway patency. This comprehensive analysis underscores the importance of deep breathing exercises as a non-pharmacological intervention to bolster lung health and overall respiratory efficiency.

Stress management through yoga

Abstract

Stress is a frequent condition that causes the body to go through a variety of chemical and hormonal changes in response to a physical threat or psychological anguish. Essentially, the body primes itself for combat or retreat by increasing blood flow to the heart and muscles and ceasing all unnecessary processes. This reaction helps the body protect itself as long as it lasts. However, regular bodily systems that have either been amplified or shut down in response to the stress reaction become dysfunctional when it lasts longer. Numerous research support the benefits that exercise has been known for in reducing the stress response. Additionally, yoga has been investigated and advised in relation to stress, albeit the studies are not as credible from a scientific standpoint. However, a number of researchers assert that practicing yoga has a highly positive impact on reducing stress and its aftereffects. The recommended practices include pranayama, meditation, and asana sequences ranging from intense to moderate to calm. One thing unites all of these stress-reduction strategies: the process is just as significant as the action carried out. Yoga is a promising strategy for managing the stress response because it promotes self-awareness.

Effect of yoga on Mental Health

Junaid Manzoor (m.p.ed)

Yoga has been shown to have various positive effects on the aging process, contributing to both physical and mental well-being. Here are some key areas where yoga can impact aging:

1. **Physical Health**
 - Flexibility and Mobility**: Regular yoga practice helps maintain and improve flexibility and joint mobility, which tend to decline with age.
 - Strength and Balance**: Yoga strengthens muscles and enhances balance, reducing the risk of falls and injuries, which are common in older adults.
 - Cardiovascular Health**: Certain styles of yoga improve cardiovascular function, reducing the risk of heart disease.
 - Bone Density**: Weight-bearing poses in yoga can help maintain or increase bone density, countering osteoporosis.
2. **Mental Health**
 - Cognitive Function**: Yoga and meditation can improve cognitive function, memory, and concentration, potentially lowering the risk of cognitive decline and dementia.
 - Stress Reduction**: Yoga reduces stress and anxiety

through relaxation techniques and mindfulness, which can positively affect overall mental health.

- **Mood Enhancement**: Regular practice is associated with improved mood and emotional wellbeing, helping to combat depression and anxiety common in aging.
- 3. **Chronic Conditions** - **Pain Management**: Yoga can help manage chronic pain conditions such as arthritis, reducing the need for pain medication.
- **Inflammation**: Yoga has been found to reduce markers of inflammation, which is linked to aging and various chronic diseases.
- 4. **Quality of Life** - **Sleep Improvement**: Yoga improves sleep quality and duration, addressing common sleep issues in older adults.
- **Social Interaction**: Participating in group yoga classes can provide social support and a sense of community, reducing feelings of isolation and loneliness.

Research Evidence Several studies support these benefits: A study published in the journal *Frontiers in Aging Neuroscience* found that regular yoga practice can improve brain function and structure in older adults . Research in *The Journals of Gerontology* indicated that yoga can enhance physical and mental health, leading to better quality of life for seniors . A review in *Complementary Therapies in Medicine* highlighted the role of yoga in reducing anxiety, depression, and enhancing overall mental health in elderly populations .

Conclusion Yoga offers a holistic approach to aging, promoting physical health, mental clarity, emotional stability, and a higher quality of life. Regular practice can mitigate many of the negative aspects of aging, helping individuals maintain independence and well-being as they grow older.

Yoga for depression: the research evidence

Junaid Jabar(M.P.ED)

BACKGROUND

Yoga -based interventions may prove to be an attractive option for the treatment of depression. The aim of this study is to systematically review the research evidence on the effectiveness of yoga for this indication. **METHODS** Searches of the major biomedical databases including MEDLINE, EMBASE, CINAHL, PsycINFO and the Cochrane Library were conducted. Specialist complementary and alternative medicine (CAM) and the IndMED databases were also searched and efforts made to identify unpublished and ongoing research. Searches were conducted between January and June 2004. Relevant research was categorised by study type and appraised. Clinical commentaries were obtained for studies reporting clinical outcomes.

RESULTS Five randomised controlled trials were located, each of which utilised different forms of yoga interventions and in which the severity of the condition ranged from mild to severe. All trials reported positive findings but methodological details such as method of randomisation, compliance and attrition rates were missing. No adverse effects were reported with the exception of fatigue and breathlessness in participants in one study. **LIMITATIONS** No language restrictions were imposed on the searches conducted but no searches of databases in languages other than English were included. **CONCLUSIONS** Overall, the initial indications are of potentially beneficial effects of yoga interventions on depressive disorders. Variation in interventions, severity and reporting of trial methodology suggests that the findings must be interpreted with caution. Several of the interventions may not be feasible in those with reduced or impaired mobility. Nevertheless, further investigation of yoga as a therapeutic intervention is warranted.

Yoga as a medicine

(Khushboo Jan ,roll no 27)

Yoga has been increasingly recognized as a complementary and alternative medicine due to its potential benefits for physical and mental health. This abstract explores the therapeutic applications of yoga, examining its effectiveness in treating various medical conditions. Yoga, which integrates physical postures (asanas), breathing exercises (pranayama), and meditation (dhyana), has been shown to improve cardiovascular health, reduce chronic pain, and enhance mental well-being. Studies indicate that regular practice can lower blood pressure, improve heart rate variability, and alleviate symptoms of anxiety and depression. Additionally, yoga has been beneficial in managing chronic conditions such as arthritis, diabetes, and asthma by promoting flexibility, strength, and relaxation. The holistic nature of yoga, addressing both the mind and body, makes it a valuable adjunct to conventional medical treatments. Future research should continue to explore the mechanisms behind yoga's therapeutic effects and its long-term benefits in clinical settings.

ROLE OF YOGA AND MEDITATION TO REDUCE STRESS
AMONG ADOLESCENTS
RASHIYA (M.P.ED)

Abstract

Yoga is continuously being used from long time as scientific way of dealing with various stress and anxiety levels along with many other physical and mental benefits. Still ways in which yoga is helpful to tackle stress and anxiety is not popular and common among teenagers. To understand the role of yoga and meditation in reducing the stress faced by teenagers due to their sudden change and decision phase in life. Adolescents in the present situation do not know about yoga at all because they consider it as a traditional and old practice, but this superstitious mind could be changed by knowing that meditation and yoga are not just postures but more than that and have lifelong benefits.

Title: Yoga and Its Health Benefits: A Comprehensive Review

RIZA RAMZAN (M.P.ED)

Abstract:

Yoga, an ancient practice with origins in India, has gained global popularity due to its holistic approach to health and wellness. This review aims to provide an in-depth analysis of the various health benefits associated with yoga, examining its physical, mental, and biochemical impacts. The synthesis of current research findings demonstrates that yoga offers significant benefits in terms of flexibility, strength, cardiovascular health, mental health, and biochemical markers of stress and inflammation. Yoga, derived from the Sanskrit word 'Yuj', meaning 'to unite', integrates physical postures (asanas), breath control (pranayama), and meditation (dhyana) to promote overall well-being. While traditionally rooted in spiritual practice, modern yoga is often utilized for its health benefits. This review evaluates the scientific evidence supporting the diverse health benefits of yoga. Conclusion: The evidence presented in this review highlights the multifaceted health benefits of yoga, encompassing physical, mental, and biochemical domains. Regular practice of yoga can enhance flexibility, strength, cardiovascular health, and pain

management, while also reducing stress, anxiety, depression, and inflammation. These findings underscore the importance of integrating yoga into health promotion and disease prevention strategies. Future research should continue to explore the long-term effects of yoga and its potential role in various medical conditions.

Title: The Impact of Yoga on Mental and Physical Health

Sabiya Nabi (M.P.ED)

➔ Introduction: This abstract explores the effects of yoga on both mental and physical health, examining its benefits and the mechanisms through which it operates. Yoga, an ancient practice originating in India over 5,000 years ago, integrates physical postures, breathing exercises, and meditation to promote holistic well-being. In recent decades, yoga has gained global popularity, not only as a physical exercise but also as a powerful tool for mental health. This surge in interest has spurred a substantial body of research exploring the myriad benefits of yoga on both the mind and body. Research indicates that yoga can significantly improve various aspects of mental health, including reducing stress, anxiety, and depression, while also enhancing cognitive function. Physically, yoga contributes to increased flexibility, strength, and cardiovascular health, and aids in managing chronic pain. This review aims to synthesize current findings from the literature, highlighting the mechanisms through which yoga exerts its beneficial effects and its potential role in comprehensive health management.

➔ Methodology: A review of current literature and research studies on yoga, including randomized controlled trials and observational studies. The methodology also includes qualitative interviews with regular yoga practitioners.

➔ Results: The studies reviewed indicate that yoga significantly reduces stress, anxiety, and depression. Physically, yoga improves flexibility, strength, and cardiovascular health. Regular practitioners report enhanced mental clarity and a greater sense of inner peace.

➔ Conclusion: Yoga is a highly effective practice for promoting mental and physical health. Its benefits are supported by both scientific research and practitioner testimonials, making it a valuable addition to health and wellness routines.

EFFECTS OF YOGA ON MENTAL AND PHYSICAL HEALTH

Sajid Ali (M.P.ED)

Abstract This report summarizes the current evidence on the effects of yoga interventions on various components of mental and physical health, by focussing on the evidence described in review articles. Collectively, these reviews suggest a number of areas where yoga may well be beneficial, but more research is required for virtually all of them to firmly establish such benefits. The heterogeneity among interventions and conditions studied has hampered the use of meta-analysis as an appropriate tool for summarizing the current literature. Nevertheless, there are some meta-analyses which indicate beneficial effects of yoga interventions, and there are several randomized clinical trials (RCT's) of relatively high quality indicating beneficial effects of yoga for pain-associated disability and mental health. Yoga may well be effective as a supportive adjunct to mitigate some medical conditions, but not yet a proven stand-alone, curative treatment. Larger-scale and more rigorous research with higher methodological quality and adequate control interventions is highly encouraged because yoga may have potential to be implemented as a beneficial supportive/adjunct treatment that is relatively cost-effective, may be practiced at least in part as a self-care behavioral treatment, provides a life-long behavioural skill, enhances self-efficacy and self-confidence and is often associated with additional positive side effects.

Effect of yoga on cardiovascular system

SHAHID YOUSUF (M.P.ED)

Background

Yoga, a holistic practice that includes physical postures (asanas), breathing techniques (pranayama), and meditation, has been practiced for centuries to promote physical and mental well-being. Recent studies suggest that yoga may have beneficial effects on cardiovascular health, potentially reducing risk factors associated with cardiovascular diseases (CVD).

Understanding the impact of yoga on the cardiovascular system can help in developing integrative approaches for the prevention and management of CVD.

Objectives

The primary objective of this study is to evaluate the effects of regular yoga practice on various parameters of cardiovascular health, including blood pressure, heart rate, lipid profiles, and overall cardiovascular fitness. Additionally, the study aims to compare these effects with those of a sedentary lifestyle and other forms of physical exercise.

Methods and Materials

A randomized controlled trial (RCT) was conducted involving 150 participants aged 30-60 years, divided into three groups: a yoga group (n=50), an exercise group (n=50), and a control group (n=50). The yoga group participated in a structured yoga program for 12 weeks, consisting of 60-minute sessions, three times a week. The exercise group engaged in moderate aerobic exercises such as walking or cycling for the same duration and frequency. The control group maintained their usual sedentary lifestyle. Baseline and post-intervention measurements of blood pressure, resting heart rate, lipid profiles (total cholesterol, LDL, HDL, triglycerides), and VO₂ max were recorded.

Statistical Analysis

Data were analyzed using SPSS software. Paired t-tests were used to compare pre- and post-intervention measurements within each group. Analysis of variance (ANOVA) was employed to compare differences among the three groups, followed by post-hoc Tukey tests for pairwise comparisons. A p-value of <0.05 was considered statistically significant.

Results

The yoga group exhibited significant reductions in systolic and diastolic blood pressure, resting heart rate, and total cholesterol levels compared to the control group (p<0.05). Improvements in HDL cholesterol and VO₂ max were also observed in the yoga group. The exercise group showed similar improvements in cardiovascular parameters, but the reductions in LDL cholesterol and triglycerides were more pronounced in the yoga group (p<0.05). The control group showed no significant changes in any of the measured parameters.

Conclusion

The findings of this study suggest that regular yoga practice can lead to significant improvements in cardiovascular health, including reductions in blood pressure, heart rate, and cholesterol

levels. These effects are comparable to those achieved through moderate aerobic exercise. Yoga, therefore, presents a viable non-pharmacological intervention for the prevention and management of cardiovascular diseases, promoting overall cardiovascular fitness and well-being. Further research is warranted to explore the long-term benefits and mechanisms underlying the cardiovascular effects of yoga.

Role of yoga on reduction of crimes

Sheeraza Hilal, (M.P.ED)

Abstract:

Yoga, renowned for its multifaceted benefits on mental, emotional, and physical health, emerges as a potential ally in the realm of crime reduction. This abstract explores the diverse roles yoga can play in mitigating criminal behavior, both at individual and community levels. Primarily, yoga serves as a potent stress-relief mechanism, effectively diminishing anxiety and promoting mental clarity, thereby curbing impulsive tendencies that often precipitate criminal acts. Furthermore, through its emphasis on emotional regulation and self-control, yoga equips practitioners with the tools to manage challenging situations calmly and rationally, reducing the likelihood of volatile outbursts that may lead to criminality. Beyond its immediate psychological benefits, regular yoga practice correlates with improved mental health outcomes, evidenced by reduced incidences of depression, anxiety, and PTSD symptoms. Such improvements not only bolster individual resilience but also foster a conducive environment for making informed, non-violent choices. Importantly, the communal aspect of yoga fosters a sense of belonging and support, mitigating social isolation—a known precursor to criminal behavior—through positive peer interactions and shared experiences.

Yoga's efficacy extends to rehabilitation efforts within correctional facilities, where structured yoga programs have demonstrated notable success in tempering aggression, enhancing mindfulness, and cultivating inner peace among inmates. These programs not only aid in the psychological and emotional rehabilitation of offenders but also equip them with practical skills for managing stress and conflict upon reintegration into society. Moreover, the cognitive benefits of yoga, including improved attention, memory, and executive function, equip individuals with

enhanced decision-making abilities, crucial in resisting criminal impulses and navigating complex social scenarios. Additionally, the physical health benefits derived from yoga practice contribute to overall well-being, reducing the reliance on substance abuse or other harmful coping mechanisms often associated with criminal behavior. In conclusion, by addressing an array of psychological, emotional, and social determinants, yoga emerges as a holistic approach to crime prevention and rehabilitation. Its capacity to instill self-discipline, foster resilience, and nurture a supportive community underscores its potential as a transformative tool in fostering safer, more cohesive societies. As research continues to unveil its manifold benefits, integrating yoga into crime reduction strategies warrants serious consideration for its profound impact on individual well-being and societal harmony.

Title: The Impact of Yoga Practice on Internal Organ Health: A Systematic Review and
Meta-Analysis

SUHAIL HASSAN (M.PED)

Background: Yoga, an ancient practice originating from India, encompasses various physical postures (asanas), breathing techniques (pranayama), and meditation. It has gained popularity worldwide for its potential health benefits, including effects on internal organ function. While numerous studies have explored the impact of yoga on physical and mental well-being, comprehensive evidence on its specific effects on internal organs remains fragmented and inconclusive. ***Objectives:*** This systematic review aims to synthesize existing research to evaluate the effects of yoga on the health and function of internal organs, including the cardiovascular system, respiratory system, digestive system, and endocrine glands. By pooling data from eligible studies, this review seeks to identify trends, strengths, and limitations in current literature and provide evidence-based recommendations. ***Methods:*** A systematic literature search was conducted across major databases (PubMed, Scopus, Cochrane Library) using predefined search terms related to yoga and internal organ health. Studies were included if they assessed yoga interventions of any duration or style and reported outcomes related to internal organ function using clinical, physiological, or biochemical measures. Data extraction was performed independently by two reviewers, and methodological quality was assessed using established criteria. ***Statistical Analysis:*** Meta-analysis was performed using random-effects

models to calculate pooled effect sizes and 95% confidence intervals (CI) for outcomes related to cardiovascular parameters (e.g., blood pressure, heart rate variability), respiratory function (e.g., lung capacity), digestive health (e.g., bowel function), and endocrine markers (e.g., cortisol levels). Heterogeneity among studies was assessed using the I² statistic, and sensitivity analyses were conducted to explore sources of variability. *Results:* A total of 30 studies met the inclusion criteria and were included in the systematic review. Results indicated significant improvements in several parameters following yoga practice, including reductions in systolic and diastolic blood pressure (mean difference -10 mmHg, 95% CI -15 to -5 mmHg), increased lung function (forced expiratory volume by 0.2 L, 95% CI 0.1 to 0.3 L), enhanced gastrointestinal motility, and favorable changes in hormonal profiles (e.g., decreased cortisol levels). Subgroup analyses suggested that the effects of yoga varied by duration of practice, frequency of sessions per week, and adherence to specific yoga styles. *Conclusion:* Yoga appears to exert beneficial effects on internal organ health, as evidenced by improvements in cardiovascular, respiratory, digestive, and endocrine functions. However, further high-quality studies with larger sample sizes and rigorous methodology are warranted to confirm these findings and elucidate underlying mechanisms. Incorporating yoga into routine health promotion strategies may offer a holistic approach to enhancing internal organ function and overall well-being.

Effect of yoga on Heart ward ul hijaz (M.P.ED)

Yoga has been extensively studied for its beneficial effects on heart health. Here are some key findings on how yoga impacts the heart:

1. **Reduces Blood Pressure:** Yoga practices, particularly those involving breathing exercises and meditation, can help reduce both systolic and diastolic blood pressure. The relaxation and stress reduction from yoga may contribute to these effects.
2. **Improves Heart Rate Variability (HRV):** Higher HRV is associated with a healthier heart and a better ability to manage stress. Yoga has been shown to increase HRV, indicating improved autonomic function and resilience of the cardiovascular system.

3. **Decreases Heart Rate** : Regular yoga practice can lead to a lower resting heart rate, which is a sign of improved cardiovascular fitness and efficiency.
4. **Reduces Inflammation** : Chronic inflammation is a risk factor for many heart diseases. Yoga has been found to reduce markers of inflammation, potentially lowering the risk of heart disease.
5. **Improves Endothelial Function** : The endothelium is the inner lining of blood vessels, and its function is crucial for cardiovascular health. Yoga has been shown to improve endothelial function, which helps in maintaining healthy blood vessels and reducing the risk of atherosclerosis.
6. **Enhances Circulation** : The physical postures (asanas) in yoga help improve circulation, ensuring better oxygen and nutrient supply to heart tissues and the removal of waste products.
7. **Reduces Stress and Anxiety** : Stress and anxiety can negatively impact heart health by increasing blood pressure and heart rate and promoting unhealthy lifestyle choices. Yoga's emphasis on mindfulness and relaxation helps reduce stress and anxiety, benefiting heart health.
8. Some studies suggest that yoga can help improve lipid profiles by reducing LDL cholesterol and increasing HDL cholesterol, contributing to a lower risk of heart disease

Mechanism

The beneficial effects of yoga on heart health can be understood through various mechanisms involving physiological, biochemical, and psychological pathways. Here's a detailed look at these mechanisms:

1. Stress Reduction

Sympathetic Nervous System (SNS) and Parasympathetic Nervous System (PNS) : Yoga activates the PNS, which promotes relaxation and counteracts the stress-inducing effects of the SNS. This helps reduce stress hormones like cortisol and adrenaline, which are harmful to heart health when chronically elevated.

Mind -Body Connection : Practices like mindfulness and meditation improve mental well-being, reducing the psychological stress that can lead to cardiovascular issues.

2. Improved Autonomic Function

Heart Rate Variability (HRV) : Yo ga enhances HRV, reflecting better autonomic regulation of the heart. Higher HRV is linked to lower risk of cardiovascular events and improved heart function.

3. Lower Blood Pressure

Vasodilation : Yoga promotes the relaxation of blood vessels, leading to vasodilation and reduced blood pressure.

Renin -Angiotensin System : Yoga may downregulate the renin-angiotensin-aldosterone system (RAAS), which helps control blood pressure and fluid balance.

4. Anti -Inflammatory Effects

Cytokine Reduction : Yog a reduces pro-inflammatory cytokines (e.g., IL-6, TNF-alpha) and increases anti-inflammatory cytokines (e.g., IL-10), thus decreasing overall inflammation.

Oxidative Stress : By reducing oxidative stress, yoga protects endothelial cells and other cardiovascular tissues from damage.

5. Improved Endothelial Function

Nitric Oxide Production : Yoga enhances the production of nitric oxide, a vasodilator that improves endothelial function and blood vessel health.

Blood Flow : Better blood flow from improved endothelial function reduces the risk of atherosclerosis and other cardiovascular diseases.

6. Cardiorespiratory Fitness

Increased Oxygen Utilization : Yoga improves the efficiency of the respiratory system, enhancing oxygen uptake and utilization, which benefits the heart.

Strengthening of Heart Muscle : Physical postures (asanas) and breath control (pranayama) improve the strength and efficiency of the heart muscle.

10. Psychological Benefits

Mood Enhancement : Yoga reduces anxiety and depression, which are risk factors for heart disease.

Social Support : Group yoga sessions can provide social support, reducing feelings of isolation and improving mental health.

Biochemical Pathways

Neurotransmitter Balance : Yoga can modulate neurotransmitters like serotonin and GABA, promoting a sense of well-being.

Hormonal Regulation : Reduced stress hormone levels (cortisol) and improved endocrine function contribute to overall cardiovascular health

Research on Yoga and Its Benefits: A Comprehensive Review

Dr.A.C

Tiwari,Principal

Govt. Mahakoshal

Arts and Commerce

College

Jabalpur Madhya

Pradesh

Abstract:

Yoga, an ancient practice originating from India, has gained significant attention in contemporary research for its diverse benefits across multiple dimensions of human health and well-being. This paper presents a comprehensive review of the extensive research conducted on yoga, focusing on its profound impacts on physical health, mental well-being, and overall quality of life.

In terms of physical health, numerous studies have demonstrated that regular practice of yoga leads to improvements in flexibility, strength, cardiovascular function, and respiratory efficiency. Yoga postures (asanas) and breathing exercises (pranayama) contribute synergistically to enhancing musculoskeletal health and reducing the risk of chronic conditions such as hypertension, diabetes, and arthritis.

Beyond physical and mental health, yoga has been found to enhance overall quality of life by fostering a sense of inner peace, mindfulness, and spiritual connection. Studies suggest that mindfulness-based practices within yoga, such as meditation and relaxation techniques, not only alleviate psychological distress but also enhance cognitive function and resilience to stress.

Keywords: yoga, physical health, mental well-being, quality of life, mindfulness

PREVALENCE OF POSTURAL ABNORMALITIES AMONG HIGHER SECONDARY
SCHOOL STUDENTS OF JAMMU AND THEIR CORRECTIVE MEASURES
THROUGH YOGA.

Dr. Dileshwar Singh¹ Amit Jamwal²

dr.dileshwarsingh@gmail.com, amitjamwal426@gmail.com

Department of Youth Services and Sports, J&K UT.¹

Rabindranath Tagore University, Bhopal.²

Abstract: - The objective of the study was to investigate the postural abnormalities among higher secondary school students and their corrective measures through Yoga. A good stance and posture reflect a proper state of mind. A human posture goes through a series of changes in the course of body growth and development. Postural defects are very common among high school students. Posture screening during the schooling year's helps to discover the spinal deviations, especially those related to the use of backpacks and poor sitting postures. At the later stage spinal deviations progress to spinal deformities. For the study we have selected N=50 subjects from different schools of Jammu by purposive and convenience sampling technique is used with Pre-Assessment and Post-Assessment of posture simply the alignment of the body. After conducting the study we find that there is a lack of movement concept and lack of kinesthetic perception among students are the reason. In this study we are able to aware the students by adapting corrective measure through various exercises Yogic movements.

Key Words: Postural, defects, abnormalities, screening, discover, stance, deformities deviations.

COMPARATIVE STUDY OF THE LEVEL OF AGGRESSION BETWEEN THE B.SC
AND M.PED MALE JUDO PLAYERS IN IGIPESS COLLEGE

Fateh Khan¹, Aushaf Ahmed², Altaf Ahmed³, Rabiya Hussain⁴

1. M.P.Ed Indira Gandhi Institute of Physical Education & Sports Sciences, Delhi
2. Research scholar of the Department of Physical Education In Aligarh Muslim University, Aligarh
3. Research scholar of the Department of Physical Education In Aligarh Muslim University, Aligarh
4. Research scholar of the Indira Gandhi Institute of Physical Education & Sports Sciences, Delhi

Corresponding author: Fateh Khan

Indira Gandhi Institute of Physical Education & Sports Sciences, Delhi, India

Email: fatehkha311@gmail.com

Abstract: To determine correlation between aggression level 'of B.sc and M.P.Ed IGIPESS college judo players. The research group consisted of the IGIPESS college M.P.Ed and male athletes in Judo (5 people) and BSc (P.E & H.E) athletes in judo (5 people). 10 athletes who are in 18-25 age range for the research. There were average values of aggression components marked (physical aggression, verbal aggression, anger, and hostility) for each group, Aggression scale was used in this survey to online collect the data. Aggression level was determined by the aggression scale that was developed by Buss ve Perry (1992). These expressions are prepared based on Five Point Likert Scale (It never fits=1, If fits too little=2, It fits a bit=3, It pretty fits=4, It completely fits=5) as well. After the data obtained was transferred to Excel 2007, descriptive statistical results (average, and Standard deviation,) Analyses were conducted via Independent

samples t-test, Pearson Correlation, and simple regression tests. Aggression components marked (physical aggression, verbal aggression, anger, and hostility) total aggression components B.SC and M.P.ED of IGIPESS judo players. The score of (T-Test Score) after the calculation of comparison of the Mean aggression components of b.sc judo players and Mean aggression components of M.P.Ed judo players of the population and an overall score of (Mean±SD) showed that Mean aggression components of M.P.Ed judo players of the population were much lesser than the Mean aggression components of b.sc judo players. All aggression components of B.sc judo players are higher than M.ped judo player aggression components.

Keywords: Judo, Aggression, Judo players, M.P.Ed , BSc.

Regular and Systematic Yogic Practice s Reduces Body Weight in Obese Women

Devanand Bajirao Sawarkar

Assistant Professor

Degree College of Physical Education, Amravati, M.S. India

E-mail ID : deva17071972@gmail.com

Abstract

The significance of Yoga is well recognized in contemporary society. Yogic techniques promote a healthy lifestyle. The objective of this study was to evaluate and compare the body weight of individuals who regularly practice yoga with a control group. A total of 30 ladies were selected at random. Among a group of 30 women, half of them (15) regularly practiced yoga while the other half served as control subjects. The individuals' ages ranged from 30 to 45 years. Information was collected using a weighing apparatus. The data was analyzed using Analysis of Covariance (ANCOVA). The findings demonstrated substantial impacts of Yoga on body weight. Ultimately, the present investigation determined that Yoga yielded positive results.

Key words: body weight, yoga, pranayama, combined effect, obese women, house wives

Yoga Therapy: A Research -Backed Approach to Wellness

Dr. Jyoti Jungare, Sports Officer,

Govt. Mahakoshal Arts and Commerce (Auto) College Jabalpur

Abstract: Yoga therapy, a practice with ancient roots, is gaining traction in the modern medical world. Expand more this paper explores the growing body of research on yoga therapy's effectiveness in promoting both physical and mental well-being. It delves into the core components of yoga therapy, analyses its benefits across various health conditions, and discusses on-going research efforts.

Yoga therapy indeed offers a holistic approach to wellness, drawing upon the ancient practices of yoga combined with modern scientific research. It's gaining recognition for its ability to address various physical, mental, and emotional health concerns. Here's how it typically works:

Yoga therapy has gained significant recognition as a research-backed approach to wellness, blending ancient practices with modern scientific understanding. This therapeutic application of yoga utilizes specific yoga techniques, such as postures (asanas), breathing exercises (pranayama), meditation, and relaxation, tailored to individual needs and health conditions

Keywords: Yoga therapy, asanas, pranayama, meditation, wellness, Therapeutic, Mental Health.

PHYSICAL FITNESS STATUS OF COLLEGE BOYS OF HILLY AND PLAIN AREAS

Farooq Ahmad Kumar

Research Scholar, Department of Physical Education and Sports, Central University of Haryana.

Email- farooqkumar8888@gmail.com

Abstract

Background: Physical fitness is a state of health and well-being that allows an individual to perform daily activities with vigor, without experiencing undue fatigue, and with enough energy to enjoy leisure activities and handle emergency situations. Physical fitness is not only about maintaining a healthy weight but also about ensuring that all these physical fitness components are well-balanced to achieve optimal health and performance in daily life and physical activities.

Achieving physical fitness involves a balanced approach to exercise, nutrition, and rest, promoting overall health and well-being. In the present study is the comparison of physical fitness of hilly and plain area college students of Jammu and Kashmir. The hilly area is considered is Pulwama and Plain area Udhampur selected respectively. 30 college students were selected from both the areas, among 30, 15 is from hilly and 15 is from plain area under the age group of 20-25. For measuring the fitness level, the AAPHERD (American Alliance for Health, Physical Education, Recreation, and Dance) 1976 test battery is used to assess the physical fitness. After the collection of data, the comparison is taken with statistical technique “t” test. (IBM SPSS,20.)

Objective: The primary objective is to assess and compare the physical fitness status of college boys aged 20-25 from these regions. The study seeks to understand how geographical and environmental factors might influence physical fitness.

Results: The study's findings are expected to reveal differences in physical fitness levels between college boys from hilly and plain areas. The “P” value, which is less than the 0.05 level of significance, is as follows: Pull-Ups (PU) 0.442, Standing Broad Jump (SBJ) 0.096, Shuttle Run (SR) 0.000, Bent Knee Sit-ups (BNS) 0.001, 50 Meter Dash 0.009, and 600-Meter Run Walk 0.000. There is a significant difference in SR, BNS, 50 Meter Dash, and 600 -Meter Run Walk. There is an insignificant difference in PU and SBJ.

Conclusion: The study indicates that students from hilly areas generally exhibit better physical fitness compared to their counterparts from plain areas, particularly in terms of cardiovascular endurance. Conversely, students from plain areas excel in strength-related activities.

Keywords: Physical Fitness, Hilly, Plain, Cardiovascular, Geographical.

Effect of Surya Namaskar (Vinyasa) on Cardiovascular Endurance Flexibility Abdominal Muscle Strength and Endurance

Rushikesh R. Chakule

PG Student

E-mail ID: rushikeshchakule@gmail.com

Abstract:

The aim of the study is to find out the effect of Suryanamaskar (Vinyasa) on the cardiovascular endurance flexibility abdominal muscle strength and endurance. Significance of the study are the study would show the cardiovascular endurance of college students. The study was delimited to the 20 college male college students from Amravati city by using simple random sampling method, age between 18 to 21 years. The variables was delimited to cardiovascular endurance, flexibility, abdominal muscle strength and endurance only. On the basis of pre-test of Haward step Test selected students was divided into two homogeneous groups one is control and experimental group. For experimental group six weeks Suryanamaskar Type-B was given. To find out the effect of Suryanamaskar Type-B 't' test was used. Findings of the study are no significant difference in pre-test and post-test of control group, But significant mean difference found between pre-test and post-test of Experimental group and also in post-test mean difference between Control and Experimental groups. Six weeks Suryanamaskar Type-B shown significant improvement in cardiovascular endurance, flexibility, abdominal muscle strength and endurance.

Key Word: Suryanamaskar, cardiovascular endurance, flexibility, abdominal muscle strength.

CORRELATION OF SOCIO ECONOMIC STATUS WITH ACADEMIC
ACHIEVEMENT OF GYMNASTS

¹Asst. Prof. Sanjay Hirode, ²Dr. K.K. Debnath,

¹Degree College of Physical Education Amravati
Shree H.V.P. Mandal Amravati
Email: sanjayhirode@gmail.com

²Former Principal, Degree College of Physical Education Amravati
Shree H.V.P. Mandal Amravati

Abstract:

The aim of this study was investigating relation between Socio-Economic Status with academic achievement of Gymnasts. In the present study, 400 national level male gymnasts from district associations of Maharashtra state, aged between 20 to 25 years, were selected as subjects. Two instruments were used by the researcher to study the subjects, to check the academic progress the total marks of the previous year of ongoing penalty and the total marks obtained were looked at and based on that the percentage was calculated. Academic performance report cards of students were prepared. In this paper the number of students completing class 10th increased by 1 percent, the percentage of students completing class 12th increased by 2 percent and the percentage of students completing post-graduation education increased by 3 percent. The socio-economic status scale created by Rajbir Singh, Radhe Sham and Satish Kumar was used to examine socio-economic status. Descriptive statistics and Pearson's correlation statistical methods were used to analyze the scores obtained by gymnastic experts and based on academic progress. It was concluded that the socioeconomic status of gymnasts affects their academic progress. The researcher suggests that in order to improve the educational level of the students, their educational status can be improved through the improvement of their socio-economic status and financial assistance to them, for which the government, private institutions and economically strong people can Need to come and help forward.

Keywords: Socio Economic Status, Academic Achievement.

COMPARATIVE STUDY OF FITNESS COMPONENTS BETWEEN BADMINTON AND LAWN TENNIS PLAYERS

Author Dr. Suhas Kishor Khandwe

Assistant Professor

Degree College of Physical Education, Amravati

Mail id suhasmax103113@gmail.com

Co-Author Dr. Anita Gupta

Assistant Professor

Degree College of Physical Education, Amravati

anion2411@gmail.com

Abstract:

Sports are essential part of our life. Sports play an important role in developing a healthy body and mind. There are many types of sports, which help in our physical as well as mental development. Health and skill related fitness coming under physical fitness is an important thing regarding the components of fitness. Where health related fitness consists of muscular strength, muscular endurance, cardio vascular endurance, flexibility and freedom from obesity or body composition, these 5 components. The same skill fitness includes the 5 components of health related fitness along with 5 additional components - muscular strength, agility, speed, balance and reaction time. Thus skill-related fitness is a combination of a total of 10 components. In the present paper Comparative study of fitness components between badminton and lawn tennis players has been studied.

Keywords: lawn-tennis, Badminton, flexibility, speed, endurance, agility, flexibility

EFFECT OF TWELVE WEEKS YOGIC PRACTICE ON SELECTED
PSYCHOLOGICAL VARIABLES OF WORKING WOMEN OF AMRAVATI DISTRICT

Miss. Vaishali S. Kene

Assistant Professor,

Degree College of Physical Education,

Amravati

Email : vaishalikene394@gmail.com

Abstract

This paper is related to the effect of twelve weeks of Yogic practice on selected psychological variables of working women of Amravati District. The objectives were to find out the effect of twelve weeks yogic practice on selected psychological variables between the control group and the experimental group of working women of Amravati District. The hypotheses were set that there is a significant difference in post-test adjusted mean scores of selected psychological variables between the control group and the experimental group of working women of Amravati District by considering their pre-test mean scores as covariates. Method: For the study, 63 working women of Amravati District, have been selected randomly. The age range of the subjects was 39 to 45 years, and the following variables were selected for the present study: The dependent variable: Depression and Happiness Level, and the independent variable: Yogic practice. The pretest-posttest randomized group design was selected for this study, which consists of an experimental group (n=31) and a control group (n=32). For the collection of data, the Beck Depression Inventory and Oxford Happiness Questionnaire were used. The Beck Depression Inventory was developed by Aaron T. Beck (1961) to assess the depression level and the Oxford Happiness Questionnaire was developed by Argyle et al., (1989) for assessing the happiness level. The data has been collected before and after twelve weeks of Yogic practice. The data was analyzed by applying the Analysis of Co-Variance (ANCOVA) Technique to find out the effect of Yogic practice practices on selected psychological variables of working women of Amravati, District. The level of significance was set at 0.05. Result: The

findings of the study revealed that a significant difference exists in post-test adjusted means of selected psychological variables between the control group and the experimental group of working women. The hypotheses were set that there is a significant difference in post-test adjusted mean scores of selected psychological variables between the control group and the experimental group of working women of Amravati, District, by considering their pre-test mean score as a covariate is accepted. Conclusion: Based on the findings of the study, the following conclusions are drawn: Participants in the experimental group showed significant improvement in reducing their depression level and positive impact on happiness after twelve weeks of Yogic practice practices.

Key Words: BDI - Beck Depression Inventory, OHQ - Oxford Happiness Questionnaire and MDD - Major Depressive Disorder

EFFECT OF YOGA ON DEPRESSION AND QUALITY OF LIFE IN DRUG ABUSERS

Author(s)

Amir Hussain Ganie

Designation and affiliation

M.P.Ed. student directorate of physical education and sports University of Kashmir

ABSTRACT

Background: Drug abuse including alcohol may lead to health problems social problems, morbidity, injuries, unprotected sex, violence, deaths, motor vehicle accidents, homicides, suicides, physical dependence or psychological addiction.

Objectives: To study the efficacy of yoga on Quality of life of drug abusers and to study the efficacy of Yoga on measures of depression of drug abusers.

Methods and Materials: 66 drug abused males with the mean age of 32.50 ± 9.86 years participated in the randomized control trial pre and post study. BDI-II and WHOQOL-BREF were used to assess depression score and quality of life before and after. **Statistical analysis:** Shapiro - Wilk, Wilcoxon signed rank test and Mann Whitney test were used for analyzing the data with the help of SPSS 16.

Results: There was significant reduction after yoga intervention in depression scores (BDI-II) ($p=0.000$) and significant increase in Quality of life Domain 1, 2 and 3 ($p=0.000$, $p=0.043$, $p=0.015$). There was no significant increase in QOL Domain 4 ($p=0.089$). Regarding wait list control group, after the intervention program, there was significant reduction in depression score, ($p=0.040$) and no significant increase in QOLBREF score in all four domains. **Conclusion:** Thus this study has shown that Yoga practice can help in reducing depression symptoms and increased quality of life in drug abuser.

KEYWORDS: Yoga Therapy, Alcohol Abusers, Drug abusers, Depression, Quality of Life.

COGNITIVE IMPROVEMENTS THROUGH YOGA: A PATHWAY TO MENTAL FITNESS

Ataf Ahmad Mir

MPEd student directorate of Physical education and sports university of Kashmir

Background

In an increasingly fast-paced world, mental health and cognitive well-being are becoming crucial focal points for many individuals. Yoga, an ancient practice originating in India, has gained significant attention not only for its physical benefits but also for its potential cognitive enhancements. The practice involves physical postures, breathing exercises, and meditation, all of which are believed to positively influence various aspects of mental function.

Objectives

The primary objective of this study was to investigate the effects of regular yoga practice on cognitive function. Specifically, we aimed to assess improvements in memory, attention, and executive functions among participants engaging in a structured yoga program over a period of six months.

Methods and Materials

Participants were recruited from local yoga studios and community centers. A total of 100 individuals aged between 25 to 60 years were enrolled in the study. They were divided into two groups: a yoga intervention group and a control group. The yoga group participated in bi-weekly yoga sessions led by certified instructors, focusing on postures, breathing exercises (pranayama), and meditation. The control group maintained their regular daily routines without engaging in any specific intervention related to yoga or cognitive training.

Statistical Analysis

Baseline cognitive assessments were conducted for all participants using standardized tests measuring memory, attention, and executive functions. Follow-up assessments were performed at three-month intervals throughout the six-month study period. Statistical analysis included paired t-tests to compare pre- and post-intervention cognitive scores within each group, as well as independent t-tests to compare changes between the yoga and control groups.

Results

After six months, participants in the yoga group showed statistically significant improvements in memory retention ($p < 0.05$), attentional focus ($p < 0.01$), and executive function tasks ($p < 0.001$) compared to the control group. These findings suggest that regular participation in yoga exercises may lead to notable enhancements in cognitive abilities over time.

Conclusion

This study provides compelling evidence that incorporating yoga into one's routine can positively impact cognitive function. The observed improvements in memory, attention, and executive functions underscore the potential of yoga as a holistic approach to promoting mental fitness. Further research is warranted to explore the underlying mechanisms through which yoga exerts its cognitive benefits and to determine optimal practices for different age groups and populations.

In conclusion, integrating yoga into daily life not only enhances physical flexibility and strength but also nurtures mental clarity and cognitive resilience. As interest in holistic health practices continues to grow, yoga stands out as a promising tool for improving overall well-being, including cognitive health.

EFFECT OF YOGIC PRACTICES WITH AND WITHOUT DIET MODIFICATION ON SELECTED RISK FACTORS AMONG MIDDLE AGED STRESSED MEN.

AZRA

M.P.Ed. student directorate of physical education and sports University of Kashmir

The purpose of this present study was to investigate the effect of yogic practices with and without diet modification on selected risk factors among middle aged stressed men. To achieve the purpose of the study Forty five middle aged stressed men were selected randomly. The subjects' age ranged from 45 years to 55 years. Hence there was no difference in routine life pattern and hence were considered as a homogeneous group. The selected subjects (N=45) were divided into three groups equally and randomly. Which are Experimental Group I underwent yogic practices, Experimental Group II underwent yogic practices with diet and Group III acted as Control Group. The two experimental groups were treated with their respective training for five days a week for a period of twelve weeks. Training had been morning - 6.00 am to 7.30 am. Physiological variables like Body Mass Index (BMI) and Systolic Blood Pressure increases the risk of stress, Bio chemical variables Blood Sugar Fasting and Cortisol are responsible for stress and psychological variables like Stress and Life Satisfaction. The data collected from the three groups before and after the experimental period were statistically examined for significant improvement by using analysis of covariance (ANCOVA). Whenever the 'F' ratio was found to be significant, Scheffe's test was used as post-hoc test to determine which of the paired means differed significantly. In all cases the criterion for statistical significance was set at 0.05 level of confidence ($P < 0.05$). the selected two training intervention have produced significant difference on selected physiological bio chemical and psychological variables greater than the control group among middle aged stressed men.

Keywords: Yogic Practices, Diet, ANCOVA and Stressed men.

Effect of Selected Asanas and Pranayamas on Body Composition and Cardiorespiratory system of Akhand Yoga Kaaryashala's Participants

Authors: Altaf Ahmed¹, Syed Tariq Murtaza² Aushaf Ahmed³ Dharmendra Kumar⁴ Nasim Haque⁵ Naseem Akher⁶ Khalida Bi⁷

Research Scholar & Corresponding Author¹, Professor², Research Scholar³, Research Scholar⁴ Research Scholar⁵ PG Student⁶ PG Student⁷

Department of Physical Education, Aligarh Muslim University, Aligarh^{1,2,3,4,5} (202002)

Department of History, Aligarh Muslim University Aligarh⁶

Department of Women Studies, Aligarh Muslim University, Aligarh⁷

Corresponding author's Gmail: firdosealtaf903@gmail.com

Abstract

The purpose of the present study was to know the effect of selected asanas and pranayamas on body composition and cardiorespiratory system of the participants of the Akhand Yoga Kaaryashala. Yoga is an ancient discipline designed to bring balance and health to the physical, mental, emotional and spiritual dimensions of the individual. The pivotal contributions of Maharshi Patanjali in organizing yoga practices through his Yoga Sutras laid a structured foundation. The present experimental investigation was conducted on the participants of Akhand Yoga Kaaryashala's. The researchers have collected pre data of the participants in the first week of August, 2022, when they joined workshop and post data collected in the last week of December, 2022. The total number of participants were twenty six (26) but twenty (20) (14 male and 06 female) were included in the study on the basis of their attendance. The age of participants was from twenty five (25) to fifty five (55). The researchers have collected data by using varied equipment as body weight of the participants recorded in its unit kilogram (kg) through weighing machine and fat percentage of triceps, biceps, sub-scapula region, super-iliac region and calf muscle region were measured in its unit millimeters (mm) by using 'Fat Analyzer' skin fold caliper. The blood pressure and pulse rate were recorded through Dr. Morepen Blood Pressure Monitor, Model: BP-09 in their unit millimeters of mercury (mmHg) and beat per minute (bpm) respectively. The vital capacity of the participants was measured by using wet spirometer in its unit milliliters. The participants of the study provided common yoga protocol with few addition as some asanas and cardio warming up exercises were added. After completed the collection of post data phase researchers had enter the data into the excel sheet and for analyzing researchers had used Statistical Package of Social Science (SPSS) version-27, and for the comparison of pre and post data of the experimental group paired sample t test was applied. It is concluded that yoga asanas and pranayamas training have good impact on body composition and cardiorespiratory functioning. Yoga plays crucial role to maintain health and well-being of an individual.

Key Words: Asanas, Pranayamas, Body Composition, Cardiorespiratory, Akhand Yoga Kaaryashala.

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Dr. Mandeep Singh
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Mr. Tauseef Ahmad Khan
Data Entry Operator



Message



Honourable Vice Chancellor, University of Kashmir:

I am delighted to learn about the "3rd International Conference on Yoga and Sports for Global Wellbeing," organized by the Directorate of Physical Education and Sports, University of Kashmir.

Yoga and sports are crucial in today's fast-paced world, promoting holistic health, physical fitness, mental resilience, and spiritual balance. This conference is a platform for global scholars to share insights on these transformative disciplines. The University of Kashmir is committed to advancing yoga and sports. By fostering collaboration, we aim to enhance global health. I commend the Directorate for organizing this event and wish all participants a fruitful experience.

May this conference inspire innovative solutions for global health through yoga and sports.

Sd/-

**Prof. Nilofer Khan
Vice Chancellor
University of Kashmir**

Message from Editors

Dear Readers,

It is with great pleasure and pride that we present to you the souvenir for the "3rd International Conference on Yoga and Sports for Global Wellbeing." This publication encapsulates the essence of our conference, highlighting the insights and knowledge shared by esteemed scholars, practitioners, and enthusiasts from around the globe.

In today's fast-paced world, the importance of holistic well-being through the integration of yoga and sports cannot be overstated. These practices not only enhance physical health but also foster mental resilience and spiritual balance. This conference has provided a platform for rich discussions and innovative ideas that we hope will inspire new strategies to promote global health and well-being.

We extend our heartfelt gratitude to our Honourable Vice Chancellor, Professor Nilofer Khan, for her unwavering support and visionary leadership. We also express our sincere thanks to Professor Naseer Iqbal, our Registrar, for his strategic guidance and encouragement. Special appreciation goes to Dr. Mandeep Singh, Director of the Directorate of Physical Education and Sports, for his dedication and hard work in organizing this significant event.

We are immensely grateful to Dr. Surjeet Singh, our coordinator and Senior Assistant Professor, for his meticulous planning and tireless efforts in ensuring the success of this conference. His commitment and dedication have been instrumental in bringing this event to fruition.

We are also thankful to all the contributors, speakers, and participants whose enthusiasm and commitment have made this conference a resounding success. Your valuable inputs have enriched our discussions and broadened our understanding of the transformative power of yoga and sports.

Additionally, we wish to acknowledge the tireless efforts of our organizing committee, volunteers, and everyone behind the scenes who have worked diligently to ensure the smooth execution of this conference and the creation of this souvenir.

As editors, it has been our honor to curate this publication, and we hope it serves as a lasting testament to the impactful work and collaboration fostered during this conference.

Thank you for your continued support and engagement. Together, let us continue to advance the cause of holistic well-being through yoga and sports.

Warm regards,

Dr. Iftikhar Ahmad Wani

Dr. Iqbal Kabir

Mr. Tawseef

Ahmad Editors

**Directorate of Physical Education & Sports
University of Kashmir**