

**ISOLATED AND COMBINED EFFECTS OF YOGIC PRACTICES AND  
WALKING ON SELECTED PHYSIOLOGICAL  
VARIABLES AMONG SCHOOL BOYS**

□ Dr. Md. Kamrul Hassan\*  
Dr. Pradip Tudu\*\*

## ABSTRACT

The aim of this study the scholar is interested to determine the isolated and combined effects of yogic practices and walking on selected physiological variables among high school boys. To achieve the purpose of this study the investigator selected schools boys who were from Mahodary High School, Birbhum district, West Bengal. The subjects were selected randomly and their age was between 14 and 16 years. They were assigned into four groups of which one group served as yogic practices groups, the second group served as a walking group, the third group combined walking exercise and yogic practices group and the fourth group served as the control group. The training programs for this study were six weeks of yogic practices for experimental group I and six weeks walking for group II, six weeks of combined walking and yogic practices for experimental group III, and the control group was not given any training except for their routine. The results of this study proved that compared with the control group the yogic practices group, significantly improved the selected physiological variables, except in the case of mean arterial blood pressure. The results of this study proved that compared with the control group the walking group significantly improved the selected physiological variables, except in the case of vital capacity.

**Keywords :** Yoga, Walking, resting pulse rate, mean arterial blood pressure and vital capacity.

**INTRODUCTION :** The aim of this study was to find out the isolated and combined effects of yogic practices and walking on selected physiological variables among high school boys. To achieve the purpose of the study was to find out the isolated and combined effects of yogic practices and walking on selected physiological variables, namely, resting pulse rate, blood pressure, and vital capacity among schoolboys. To facilitate the study 60 school Boys from Mahodary High School, Birbhum District, and West Bengal were randomly selected as subjects and their ages between 14 and 16 years.

**OBJECTIVES OF THE STUDY :** To find out the isolated effect of yogic practice on selected physiological variables among school boys. To find out the isolated effect of walking on selected physiological variables among school boys. To find out the combined effect of

yogic practices and walking on physiological variables among high school boys.

**HYPOTHESES :** **1.** It was hypothesized that the yogic practices group would significantly decrease the resting pulse rate, blood pressure and improve vital capacity than the control group. **2.** It was hypothesized that the walking group would significantly decrease the resting pulse rate, blood pressure and improve vital capacity than the control group.

**3.** It was hypothesized that the combined group practicing yogic practices and walking would significantly decrease resting pulse rate, blood pressure and increase vital capacity than the other groups. **4.** It was hypothesized that the yogic practices group would significantly decrease resting pulse rate, blood pressure and increase vital capacity than the walking group.

\*Assistant Professor in Physical Education, Dr. Bhupendra Nath Dutta Smriti Mahavidyalaya, West Bengal

\*\*Assistant Professor in Physical Education, Dr. Bhupendra Nath Dutta Smriti Mahavidyalaya, West Bengal