



**UNIVERSITY GRANTS COMMISSION**

Executive Summary of Minor Research Project Work done  
for the period from August 2017 to July 2020

LINK No. 6810

**'Promotion of Yoga, Health and Physical Fitness among various  
Types of Higher Secondary Students  
in Thoothukudi District'**

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“Yoga” is a Sanskrit word derived from the root ‘*yuj*’ that means to join Individual consciousness- *ātman* or self with infinite, pure, Supreme Consciousness- Paramātman. They are eternally one and discipline.

Physical activity is defined as any bodily movement produced by skeletal muscles that require energy expenditure. Physical activity includes exercise as well as other activities which involve the bodily movement and are done as part of playing, working, active transportation, house chores and recreational activities. (WHO: 2010)

The purpose of present Project is to evaluate the effect of awareness and knowledge of yoga, health and physical fitness training on higher secondary school students of Thoothukudi district. To achieve the purpose of the project the (400) subjects were selected from different types of schools of Thoothukudi district, Tamilnadu, India. The subjects were classified as four group Group-I CBSE school, Group-II matriculation school, Group-III management schools aided by the government, and Group –IV government schools. The students, those who were studied 11<sup>th</sup> standard 2019-20, were selected as subject for the present study. All subjects in the experimental groups (I, II, III, IV) where given a scheduled yoga, health and physical fitness awareness training and fitness training program on alternative three days in a week for 12 weeks duration in addition to the regular academic programme as per the curriculum.

To evaluate the awareness and knowledge of yoga, health and physical fitness of higher secondary school students of Thoothukudi district a written test 100 multiple choice questions were framed to test the basic knowledge of yoga and physical fitness elements. Those 100 questions randomly divided into sets of 50 questions each, and used one set for pre test and another one post test. To evaluate physical fitness, AAPHERD youth physical fitness test battery which consist of six testing components was administered.

The pretest and posttest randomized group design was used as experimental design. The collected data from the students off our types of schools prior to and immediately after the training programme on selected criterion variables will be statistically analyzed with dependent t test and the analysis of covariance (ANCOVA). Where ever ‘F’ ratio is found to be significant then Scheffe’s post hoc test is applied to find out the significant differences, if any, between paired means. All the above statistical analysis tests were computed at 0.05 level of significance ( $P < 0.05$ ).

The following conclusions were drawn from the current investigation based on the hypotheses framed.

1. There were critical upgrades and significant improvements in the Awareness and knowledge of health and physical fitness because of the impact of Yoga, Health and Physical fitness awareness training program.

2. There were critical upgrades and significant improvements in the physical fitness because of the impact of Yoga, Health and Physical fitness awareness training program.

3. There were critical enhancements and significant improvements in physical fitness Muscular Strength, Muscular Endurance, Agility, Explosive Power, Speed and Cardio vascular endurance because of the impact of Yoga, Health and Physical fitness awareness training program.

Based on the results of the study, the following recommendations were drawn.

1. A comparative study may be conducted in rural and urban areas students as subjects.
2. The same study may also be conducted to women students.
3. Further study is needed to identify variables that may get influenced by yogic training.
4. The present study did not use the retention method. So, future research can have such kind of study.
5. The present study used only 12 weeks of yogic and fitness training for the experimental group. Research shows that as far as yogic and fitness training is concerned longer interventions are effective to produce intended outcomes. Hence, future studies should consider having prolonged yogic training.
6. It must be ascertained that, in each school, the PET periods must be fully engaged for playing games and doing yogic asana and physical activity.
7. This study may be extended to middle age men and women.
8. Yoga health and physical fitness must be incorporated in the curriculum of school as well as collage students.