

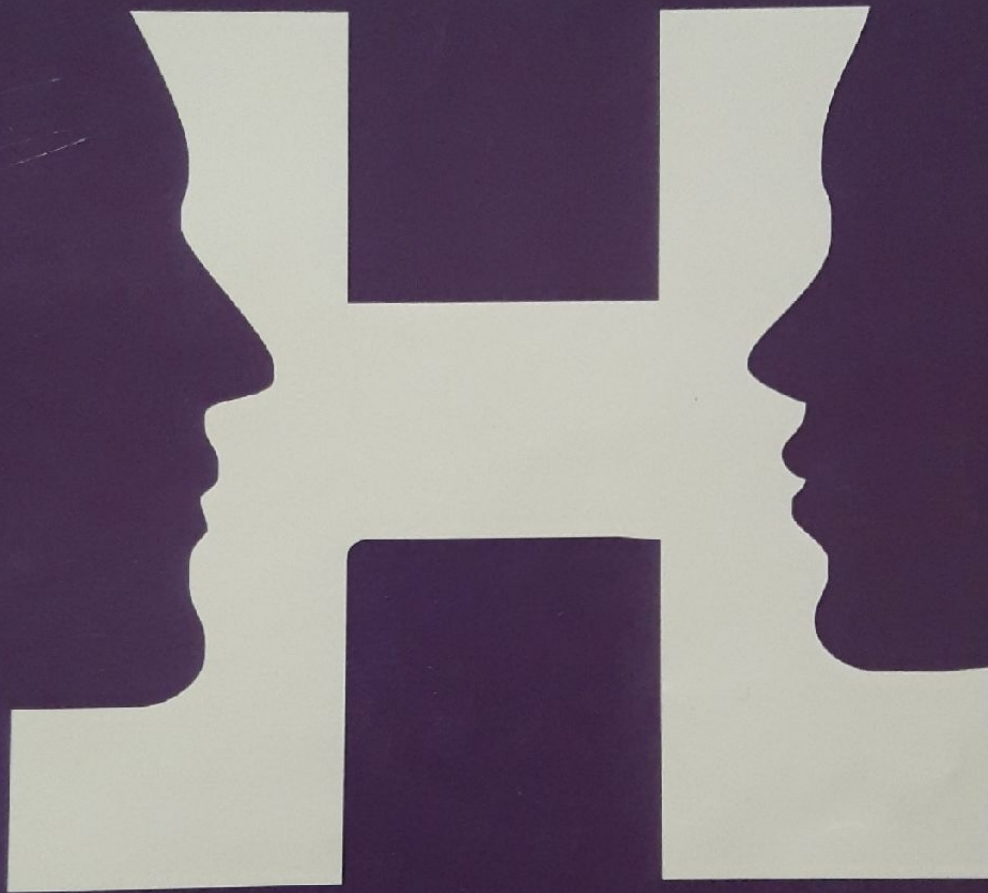
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# CHRONICLE OF HUMANITIES AND CULTURAL STUDIES

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## Contents

1. A Comparative Study on the Performance of Football And ...	Dr. F.G. Saudagar	
2. Adiwasi Culture and Folk Literature: A Critical Analysis ...	Dr. Sk. Md. Ataulah M.K. J.	05
3. <i>A House For Mr. Biswas</i> : Struggle Against the Prevalent Hindu	Dr. Mrs. Shaikh Ajaz Perveen	07
4. A Psychological Study Of Kamala Markandaya's <i>Possession</i>	Dr. Anant V. Jadhav	09
5. Mapping Of 'Education' E-Books In <u>Ebsco Ebooks Collection</u>	Dr. Amit Pandey	10
6. HIV Awareness among Female Prostitutes	Gajanan P. Khiste	
7. Application Of Split Theory And Law Of Polarisation To ....	Dnyaneshwar B. Maske	13
8. Yoga And Fitness	Manik Panditrao Shinde	
9. Voice Of Protest In Manjula Padmanabhan's <i>Harvest</i>	Dr. H. J. Narke	17
10. परभणी जिल्हातील लिंगरचनेचे भौगोलिक विश्लेषण	Dr. Prashant J. Gaikwad	19
11. भारतीय लोकशाही आणि कल्याणकारी राज्य प्रशासन	Dr. F.G. Saudagar	23
12. कल्याणकारी राज्य आणि संविधान	Dr. Mane Dayanand Ramrao	25
13. मीरा कांत कृत नाटक 'कंधे पर बैठा था शाप' एक मूल्यांकन	प्रा.डॉ.जयदीप रा.सोळुंके	30
14. मध्यकालीन भक्ति साहित्य और सामाजिक एकात्मता 'कबीर ...	प्रा.डॉ. लक्ष्मण काशिनाथ उलगडे	34
15. 'उसका घर' उपन्यास में नारी की त्रासदी का चित्रण	डॉ.व्यंकट विळेगावे	
16. मराठवाडा मुक्तीसंग्रामात आर्य समाजाचे योगदान	डॉ.नागनाथ कळबंदे	36
17. ग्रामसभा: लोकशाहीचा मुलभूत आधार	श्रीदेवी बाबुराव बिरादार	38
18. ग्रामीण महिला सक्षमीकरण : मराठवाड्यातील ग्रामपंचायतीमधील ...	डॉ. अविनाश कासांडे	40
19. परभणी जिल्ह्यातील उपलब्ध शैक्षणिक सुविधांचा अभ्यास	प्रा.महम्मद रऊफ ईब्राहिम	42
20. बीड जिल्ह्यातील आरोग्य सुविधांचा अभ्यास	प्रा. डॉ.गणेश बेळंबे	44
21. ग्रामीण साहित्य विचार प्रवाहाबाबतची मत- मतांतरे	प्रा. डॉ. कुंभारीकर एन.एन.	47
22. ब्रिटीशकालीन भारतातील स्थानिक स्वराज्य संस्थांच्या ....	प्रा.परळकर एस.डी.	49
23. 1919 च्या कायद्याचा राजकीय अभ्यास	देशमुख स्वाती सज्जनराव	51
24. भारतासमोरील बाह्य सुरक्षाविषयक आव्हानांचा अभ्यास	प्रा.झींजुर्डे डी.व्ही	53
25. ब्रिटीशकालीन भारतातील प्राथमिक शिक्षणाच्या सुधारणांचे ....	प्रा.मायकर रामहरी बन्सी	55
26. महाराष्ट्रातील प्राचिन काळातील सिंचनासाठीच्या जलस्रोतांचा अभ्यास	डॉ.कदम विनोद गणेशराव	57
27. गांधीजीच्या ग्रामस्वराज्य विषयक विचारांचे ऐतिहासिक अध्ययन	प्रा. गोंदकर तुकाराम दत्तात्रय	59
28. मध्ययुगीन कालखंडातील शिक्षणाच्या केंद्रांचा ऐतिहासिक अभ्यास	प्रा.सोनवणे जी.एन.	61
29. पारंपरिक लोकाविष्कार : स्वरूप व साहित्य	श्री. डेंगळे एस. जी.	63
30. महात्मा गांधी राष्ट्रीय ग्रामीण रोजगार हमी योजना आणि ग्रामीण विकास	पाटिल चारुशिला विजयराव	65
	प्रा.साळवे एस.आर	67
	डॉ. जी.व्ही.गट्टी	69
	डॉ. शिवाजी बाबुराव परळे	71
	डॉ.अशोक लक्ष्मण गोरे	75



**YOGA AND FITNESS**

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**Table 1: Test item**

S.No.	Criterion Variable	Test item	Unit of Measurement
1	Cardio vascular endurance	1 mile run / walk	Minutes and seconds

**Table 2 : Cardiovascular Endurance Test Analysis**

Group	Number	Mean ± SD		t-value
		Pre Test	Post Test	
Experimental Group	30	12.18 ± 2.33	8.62 ± 2.15	3.69*
Control Group	30	12.16 ± 3.16	12.17 ± 3.19	0.08

\* Significant at .05 level  $t_{.05} (29) = 2.045$ .  
 (Cardiovascular endurance scores in meters)

The table 2 shows that, the obtained t-ratio between the pre and post test means of experimental and control group are 3.69 and 0.08 respectively. The table values required for significant difference with df 29 at .05 level is 2.045. Since, the obtained 't' ratio value of experimental group on cardiovascular endurance is greater than the table value 2.045, it is concluded that the yogic training had significantly improved the cardiovascular endurance of experimental group.

**Table 3 : Analysis of Variance of Cardiovascular**

**Endurance**

Adjusted post test mean	Control group		Source of variance	Sum of squares	df	Mean squares	F-ratio
	Experimental group	Control group					
10.10	10.69	10.69	Between	3,919	1	3,919	12.2
			Within	18,25	57	0.320	3*

\* Significant at 0.05 level. (The table value required for significance at .05 level with df 1 and 57 is 4.01)

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**Introduction:** Yoga is an ancient discipline. It is recognized as one of the most important and valuable gifts of our culture. The modern era, with the development of science and technology, provides man more comforts for his basic necessities. But the these comforts man faces lot of problems, which cannot be solved only by the above facilities. Today the world is looking for solutions to solve the menacing problems of unhappiness, restlessness, emotional imbalance, hyper activity, tension, stress, etc.

All his faculties physical, mental, intellectual and emotional develop in a harmonious and integrated fashion to meet the all round challenge at the modern technological era, with hits hectic speed. The speciality of the yogic processes is that it facilitates the spiritual progress of man.

**Methodology :**

The subjects were assigned at random into two groups of sixty male each (m=30) age group between 18 to 20 years from Gulbarga University Kalaburagi. Group I underwent yogic practices and Group II acted as control groups, who did not participate in any training during the training period other than their daily schedule in the curriculum.

The training program was schedule for one session in the morning between 6:30 am to 7:30 am for five sessions in a week and the same was continued for 12 weeks. The training program schedule was 15 minutes - warming up and stretching, 10 minutes - Pranayama, 25 minutes - Asanas, 10 minutes - Relaxation.

Yogic practice include Asanas : Padmasana, Yoga Mudra, Pachimotanasana, Halasana, and Dhanurasana Bhujangasana, Salabasana, Vakrasana, and Shavasana. Pranyama : Nadi Suddi, Surya Bhedana, Anuloma Viloma.

After every 2 weeks the duration of the training program was gradually increased and also the number of repetitions. As per the available literatures, the following standardized tests were used to collect relevant data on the selected variable and they were presented in the Table.



Table 3 showed that the adjusted post test mean values on cardiovascular endurance of experimental and control groups are 10.10 and 10.69 respectively. The obtained F-ratio of 12.23 for adjusted post test mean is greater than the table value of 4.01 with df 1 and 57 required for significance at .05 level of confidence. The results of the study indicate that there was significant mean difference exist between the adjusted pre test and post test means of experimental group on cardiovascular endurance.

#### Conclusion :

From the analysis of the data, the following conclusions were drawn.

Experimental group had achieved significant improvement on cardio vascular endurance.

Significant difference were found between experimental and control groups towards improving the selected variable cardio vascular endurance.

In the present study, it was concluded that cardio vascular endurance were improved by yogic training. Hence, it is recommended to the coaches, trainers and physical educators to adopt these findings to improve cardiovascular endurance for their athletes.

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