

**ROLE OF YOGA IN PHYSICAL FITNESS OF COLLEGE LEVEL GIRL
STUDENTS IN ILAM DISTRICT**

By

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RECOMMENDATION LETTER

This is to certify that **Ms. Sumantaphago** conducted this thesis entitled “**Role of Yoga in Physical Fitness of College Level Girl Students in Ilam District**” under my guidance and supervision. This thesis report is the result of her own work. Therefore, I recommend this thesis for final evaluation and viva-voce.

Date: 5th March 2021

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DECLARATION

I hereby, declare that to the best of my knowledge this thesis is of my original work. No part of it was earlier submitted for the candidature of research degree to any university, college or educational institution. Whatever subject matter I have presented in this thesis report belongs to my own work except cited in reference.

Date: 5th March 2021

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ABSTRACT

The study entitled “Role of Yoga in Physical Fitness of College Level Girl Students in Ilam District” was conducted in Ilam district. The purpose of the study was to find out the physical fitness and analyze role of Yoga in physical fitness of girl students between Yoga practiced and normal group. Altogether 150 girl students of college level were selected as respondents by using purposive cum convenient sampling method where 75 girl students from Yoga practiced group and 75 from normal group were included.

AAHPER Youth Physical Fitness Test Battery was used by the researcher as the tools for data collection. The researcher applied six test items i.e., Flexed Arm Hang, Knee Bent Sit Ups, Standing Broad Jump, 50 Yard Dash, 600 Yard Run and Shuttle Run which were applicable to measure arm strength, abdominal muscles strength, power of legs, speed, cardio-respiratory endurance and agility respectively. For the comparison and analyze of data, mean, std. deviation, CV and Z-test were applied as statistical treatments and calculated as per need and demand of the subject matter.

While analyzing the data, it was found Yoga practiced girl students were better than normal students in the performance of all test items but while applied Z-test, statistically significant difference was not found in all test items except Standing Broad Jump. It was found the mean score of Flex Arm Hang was 8.08 in Yoga practiced students and 7.50 in normal students. The researcher was found 10.17 mean score of Yoga practiced students and 9.44 of normal students in Knee Bent Sit Ups. It was found 66 mean score of Yoga practiced students and 64.2 of normal students in Standing Broad Jump. It was found 7.13 mean score of Yoga practiced students and 7.32 of normal students in 50 Yard Dash. It was found 2.21 mean score of Yoga practiced students and 2.26 of normal students in 600 Yard Run. It was found 6.91 mean score of Yoga practiced students and 7.14 mean score of normal students in Shuttle Run. After analyzing major findings, it can be concluded that the Yoga practiced students were better in all of the tested components of physical fitness. Finally, it can be concluded that the Yoga activities play positive role to maintain physical fitness in study area Ilam district.

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