



## EFFECT OF YOGIC PRACTICES KABADDI PLAYERS

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### ABSTRACT :

*The present investigation was embraced to investigation of the impact of yogic practice on can't capacity between Kabaddi players of Govt Jr school Sattenapalli, Guntur Dt, India. Players were separated into two gatherings as Control and test. The two gatherings are day by day practice general activities and playing Kabaddi. The test gathering was done every day practice the yogic activities (pranayama) a month and a half. Test and Re-test are taken from the player's breath holding limit in one breath, holding breath articulating the word Kabaddi in one breath or inward breath (inclining). The consequences of the examination uncover that there was a huge distinction in breath hold and holding breath expressing the word Kabaddi in one breath or inward breath (inclining).*

**KEYWORDS:** *Yogic Practice, Kabaddi, Cant Ability.*

### 1.INTRODUCTION

Diversions and sports are significant for the improvement of well-adjusted characters and for social welfare. In current world ordinary support in games and recreations and customary activities in gainful of wellbeing. Sports ought to improve way of life, a decrease in hurtful propensities like smoking and drinking activities mount of liquor. Standard cooperation in game and amusements to diminish or stay away from the cardiovascular maladies, fringe vascular sickness, hypertension, stoutness, diabetes, mallitues, or pressure aviation route illnesses high blood dimensions of aggregate and L.O.L Cholesterol. "Physical Education is the social procedure of progress in the conduct of the human creature, starting principally from the upgrade of social huge muscle – play and related exercises" – Cowell [1]. The point of yoga is to build up the human cognizance from lower level to more elevated amount different yogic practices are achieving positive changes and hormones working of the body mind totally. Its practices are adequately utilized in the treatment of a few psychosomatic issue for which there is a powerful treatment in present day medication.

Kabaddi Game is one of the old amusements and yoga is most conspicuous one that is still rehearsed in India. History says Lord Gautam Buddha. Practices yogic activities, including 'Pranayamas' and furthermore he had played Kabaddi game. A cozy connection between Kabaddi what's more, yogic activities. In Kabaddi Game have two kinds of aptitudes 1. Hostile aptitude and 2. Guarded expertise. In any case, among these 'inclining' is the most noticeable one. 'Cant' depends on human cardio respiratory framework [2]. Kabaddi is the indigenous game and just played in India.

Not very many nations are making this showing. Depend of other game the logical research isn't created contrasted with other remote significant amusements. Thus, consider this game the real expertise tests are not created. Yogic pranayama in yogic activities it must builds the relaxing limit in Kabaddi player's and furthermore confess to perform well in inclining capacities. We live on an Air and get by with air. Oxygen is the essential supplement to our body. It is basic for the trustworthiness of the mind, apprehensive, organs, and inward organs. We can manage without sustenance for a considerable length of time what's more, without water for quite a long time, however without oxygen we kick the bucket with a couple of minutes. In this manner who relaxes appropriately takes in adequate amount of Oxygen live sound and more. Our progenitors, the rishis and holy people have seen that the breathing procedure is the fundamentals of any living being. On the premise of their perceptions of the life expectancy of the living creatures, they Thus, in the event that we lessen our breathing rate, we can delay our life to longer periods. Our rishis in antiquated occasions took four breaths in a moment and lived up to 200 to 300 years. Pranayama is a Sanskrit word signifying 'expansion of the prana or breath'. The word pranayama is gotten from two Sanskrit root called prana and ayama. Prana implies life power or crucial vitality, especially breath or Air that leaves from the body. Ayama has two implications – to prolong or to retain or to broaden or then again draw out or control or not limit. The center thought of the game is to score focuses by riding into the adversary's court and contacting the same number of guard players as conceivable without getting captured on a solitary breath.

One player reciting Kabaddi – Kabaddi – Kabaddi, charges into the rival's court and attempt to contact the rival nearest to him, while the adversary make moves to get the assaults. Each group takes elective risks on offense is called the plunderer. The marauder utilizes hostile abilities and the antiraiders or on the other hand guarded player is utilizing the protective abilities. So that reason, I ought to create or develop the new hostile and protective aptitude test [3].

### **1.1 Objectives of the investigation**

To actualize the pranayama practices on Kabaddi players and built up the cant capacity.

### **1.2 Statement of the issue**

The reason for the examination is in Effect of Yoga rehearses on cant capacity between Kabaddi players.

### **1.3 Delimitations**

1. This examination will be led in 16 to 18 years age gathering, of young men Kabaddi players.
2. The investigation is led based on tests taken from the 30 players of G.J.C, Sattenapalli, India.

### **1.4 Significance of the Study**

1. The examination may group the Kabaddi player cannot capacity by Pranayama.
2. The examination may support the mentors and physical instruction instructors to develop a sound preparing program for the fledglings and old players by giving more significance to the cant capacity.
3. The investigation would be further propelling others for further research ponders on different abilities in Kabaddi and for standard development of related aptitudes.
4. This investigation might be huge in giving input component and will add to the basic writing in the field of games.

## **2. STRATEGY**

Choice of abilities for the test (things in the test): To recognize the aptitudes, the specialist has picked video examination strategy by including 12 specialists in Kabaddi. Just mentors and physical training educators having 15 years of involvement in the field of Kabaddi are taken as specialists. Specialists have

distinguished 16 abilities as basic aptitudes for the Kabaddi [4]. Be that as it may, thinking about the practicability of the direct of the test, the analyst has led a pilot ponder and distinguished 8 as increasingly solid test things that can fit into the aptitude tests. The tests will be connected on different dimensions of Kabaddi players in the age gathering of 16 to 18 years. Regardless of whether these tests will be significant to Kabaddi players or not recognized. These tests will be directed twice as a similar gathering and consistency results recognized these outcomes are determined by the measurable strategies [5]. With the end goal of the examination, we pick cant capacity test.

### 2.1 Test Administration - Cant Ability Test

**Objective:** To quantify the inclining capacity of the subject, breath holding limit of the player.

**Expertise:** Canting capacity aptitude

**Hardware:** Stopwatch, whistle, score sheets

**Target Group:** This test is reasonable for Kabaddi players

**Test Area:** - Kabaddi ground/indoor exercise center and any other ground

**Test Procedure:** The subject is remaining before the analyzer. On the whistle the player or subject ceaselessly and musically clear articulation of the affirmed word Kabaddi... .. Kabaddi... . Kabaddi... ..inside the course of one motivation. Note down the how much time is taken in the one breath.

**Scoring:** The last score is the time taking of the closest tenth of one moment to finish the test

#### Test Personals:

1. One analyzer individual beginning the on the begin the stopwatch
2. One analyzer is watch the attributes of the test and breath development
3. One analyzer is kept up the records

### 2.2 Analysis of Data

The information taken from the administration junior school satteapalli 30 Kabaddi players. The gathering of subject 16 to 18 years were separated into two gatherings and statically broke down the variable inclining capacity by utilization of mean SD, and ANCOVA [6]. The importance level was determined to 0.05 dimension of certainty.

## 3. RESULTS

Discoveries: The mean and standard deviation scores of the pretest, posttest and balanced posttest of cant capacity on the yogic practice gathering and the control gathering are given in the table. 'F' proportion test processed with respect to the cant capacity on yogic practice gathering and control bunch in the pretest, posttest and balanced post test are likewise exhibited in table.

## 4. Dialog/Conclusions

The discoveries of the investigation demonstrated that there was no noteworthy contrast between the pretest of cant capacity. The discoveries of the examination demonstrated that there was a critical contrast between the posttest and balanced posttest of cant capacity. The consequences of the examination have appeared there was a noteworthy distinction among control gathering and yogic practice bunch on cant capacity as per De [7], Dey, Khanna and Batra [8] and Khanna [9].

## 5. RECOMMENDATIONS

1. Comparable examination might be directed in different age gatherings.
2. Comparable investigation might be led on young ladies.
3. Comparable investigation might be taken to different body types.

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4. Comparable investigation might be taken to physical training educators what's more, mentors to improve the abilities

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