



NATIONAL CONFERENCE

on

Modern Trends in Yoga and Naturopathy

11th October 2009

Organised by

INDIAN INSTITUTE OF YOGA AND NATUROPATHY

(An Institute for Yoga Teaching Training & Research)

#10, Ramalinga Nagar III Street, K.K. Pudur, Coimbatore - 641 038.

In Co-ordination with

TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Chennai

DEPARTMENT OF PHYSICAL EDUCATION

Bharathiar University, Coimbatore



COMPARISON OF HEMOGLOBIN CONCENTRATION AMONG YOGA SPORTS AND NORMAL PERSONS

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The purpose of the study was to compare the hemoglobin concentration of yoga, sports and normal person. The random group design was used as experimental design in this study. The subjects were selected from Center for Yoga Studies, Department of Physical Education and Sports Sciences, and various departments of Annamalai University, and their age ranged between 19 to 25 years. Group –I yoga persons (n = 10), Group II sports persons (n =10) and group III normal persons (n =10). Blood samples were collected from all the subjects and hemoglobin concentration was analyzed at RMMCH, Annamalai University. The collected data on hemoglobin was statistically analyzed by using ANOVA to find out the significant difference. In all the cases, 0.05 level of confidence was fixed to test the significance. Since, there were three groups involved, the Scheffe's test was used as post –hoc test to find out which of the group has better. Based on the results of the study there was a significant difference between the yoga, sports and normal persons on hemoglobin concentration .And also shown that, yoga and sports persons having higher hemoglobin concentration when compared with the normal persons.

Key words: - Hemoglobin, Yogic Exercises, Sports

ROLE OF MEDITATION ON PSYCHOLOGICAL PROBLEMS

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Meditation is a heightened form of relaxation that ensures better health and better quality of life. It produces a state of deep relaxation and a sense of balance or equanimity. People who meditate regularly have been shown to feel less anxiety and depression. Meditation techniques can be the most effective and direct path to self awareness and peace of mind. It decreases stress, teaches us to relax deeply, to live in the present moment. Meditation benefits people with or without acute medical illness or stress. Meditation appears to be a useful practice for alleviating stress and other psychological problems. In this paper, a few psychological problems have been dealt with, namely depression, bipolar disorder and obsessive compulsive disorder. Meditation is a proven and safe technique which can be used alone or with any other treatment for early recovery from psychological problems. While medication alone may not guarantee complete recovery, medication along with meditation will certainly facilitate speedy recovery from the above mentioned psychological problems. Meditation has shown the propensity to soothe and calm agitated minds. It has the power to control our thoughts and smoothen away our tensions. Meditation is our medicine, our marvelous teacher, our navigator and protector.