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# EFFECT OF ASANAS AND BREATHING EXERCISE ON BODY MASS INDEX FOR CERTIFY SCHOOL STUDENTS

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## ***ABSTRACT***

The purpose of the study was to investigate the Effect of Asanas and Breathing Exercise on body mass index for Certify School Students. The subject were 50 Certify School students stayed at Hostel Atchuvely the age of the subject ranged from 13 to 18 years. The subjects were selected randomly from Certify School Students .Before started Asanas practice body mass index was measured with help of digital height and weight machine for measuring body mass index (BMI).After twenty days Asanas & Breathing Exercises Training: Starting prayer Meditation, Sun Salutation, Breathing Exercise, Asanas. Again same measurement was taken. The data was Analyzed by applying paired t-test and descriptive statistical technique and product movement correlation was employed to observed the mean (M), Standard deviation (SD) and other parameters. The analysis of data was worked out by using the IBM-SPSS version 20. The level of significant was set at 0.05. The findings of the present study have indicated that Asanas and Breathing practices gave significant reduction on body mass index for Certify School students.

Keywords: Body Mass Index, Asanas, Breathing Exercise, Sun salutation