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Effect of Yoga practices on selected physical fitness components among Lanka Siddha Ayurveda Medical College students

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The purpose of this study was to find out the effect of yoga practices on selected physical fitness components among Lanka Siddha Ayurveda medical college students. Thirty subjects were randomly selected from Siddha Ayurveda medical college and were divided in to one experimental group (N=15) and another control group (N=15). The subject age ranged from 20-24 years. The experimental group underwent Yoga practices for six weeks. The time duration of each training session was 60 minutes. All the subjects were tested before and after experimentation. The data were statistically analyzed using “T” test. The results revealed that there was a significant improvement in flexibility and abdominal muscular strength among the tested students. This further confirms the physical fitness components such as flexibility and abdominal muscular strength of Lanka Ayurveda Siddha Medical students due to the yoga practices. Further similar studies should be carried out among other students of the University to evaluate their physical fitness and to improve their wellbeing through yoga practices.

Keywords: Yoga practices, Physical fitness, College students, flexibility, abdominal muscular strength