

Effect of Yoga Postures and Pranayama on Body Mass Index for University College students, Jaffna.

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The purpose of the study was to investigate the effect of yoga postures and Pranayama on body mass index for university College Students Jaffna. Thirty (30) students were selected for this study. The age of the subject ranged from 20-24 years. Before started yoga Postures and Pranayama, body mass index was measured with help of digital height and weight machine for measuring body mass index (BMI). After eight weeks of Yoga Posture, Pranayama, Meditation and Sun salutation 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 yoga practices gave significant reduction on body mass index for university College Students Jaffna.

Key Words: Body Mass Index, yoga posture, Pranayama, Meditation. Sun salutation.