

Effect Of Yoga Nidra& Asanas On Selected Physiological Variables Of Tribal Youth

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ABSTRACT

The primary intention of the observe became too can offer a true information of how YOGA NIDRA& ASANAS effects on selected physiological variables on tribal learners. For purpose of the study Sixty tribal students, with aged between 19 to 22 years and studying in under graduate programmes in Department of Physical Education at SevaBharatiMahavidyalaya, Jamboni west bengal were selected. Research subject were, arbitrarily divided into two groups (A and B). These group A & B known as experimental group, each consists of 30 subjects. These groups A & B were treated as experimental groups and were given training programs of Yoga Nidra and Asanas respectively.

Selection of Variables The studies pupil gleaned through all of the clinical literature relating Yoga from books, magazines, journals, periodicals to be had and in the end determined to keep the underneath stated variables and moreover preserving the feasibility criterion in mind additionally, specially inside the case of availability of instruments, the physiological parameters are constrained to crucial ability & breathing charge in which vital ability became measured volume of air in lung in litter& breathing rate changed into measured as in line with no Of breath/minute. Variables analysis become executed via 't' check statistical technique. Degree of importance became chosen at zero.05. To determine the imply variations the various rookies in the selected the findings of statistical evaluation revealed that there was big mean distinction within the variables of crucial potential & breathing charge among Yoga nidrainstitution and Asana group of tribal beginners.

Key phrase: vital capacity, Breathing rate, Social adjustment

INTRODUCTION

Patanjali defines yoga as "the cessation of the fluctuations of the mind" (**Yoga Sutra 1.2**), emphasizing the control of mental activities to attain a state of inner peace and enlightenment. Over the past 100 years, lifestyles around the world have changed dramatically. Welfare and other systems remain the same. Today, in this fast- growing world, you need to improve your survival skills and face a lot of competition. A person may be very rich in a material sense. However, maintaining a healthy mental state is very difficult because there are many problems in everyday life. In other words, people today need mobility to survive. Human work is separate from strenuous muscle exertion. This way of life comes at a cost, as humans are still biological beings and need to be physically active to function actively. There is no substitute for exercise. It is as important today as it was when prehistoric humans roamed the Syrian plains. There are many scientific facts known to support the claim that "inactivity does not lead to survival", and new facts are discovered every day. Perhaps the best way to achieve sustained physical fitness is to embrace biological efficiency as one of the key by-products of satisfying activity, rather than an end in itself. It doesn't mean that you have to focus on very strenuous activities to achieve.

Asana, in the context of yoga, refers to the physical postures or poses practiced as part of a broader yogic discipline aimed at achieving physical, mental, and spiritual well-being. Derived from the Sanskrit word "asana," which means "seat" or "pose," yoga asanas encompass a wide range of movements and positions that promote strength, flexibility, balance, and relaxation. These postures are central to the practice of hatha yoga, one of the most widely practiced forms of yoga globally. Asana practice is often accompanied by conscious breathing techniquescultivate mindfulness (**The Yoga Sutras of Patanjali**). Asana is a posture,

originally a generic term for seated meditation postures, later practiced in hatha yoga and modern yoga by extending all kinds of postures such as lying, standing, inverting, twisting, balancing . (pranayama) and meditation to enhance its benefits.

Derived from Tantra, Yoga Nidra is powerful teaching aid that teaches conscious relaxation. Sleep is not considered relaxation in Yoga Nidra. Sitting in a chair with a cup of coffee, a drink or a cigarette, reading a newspaper or turning on the TV will make you feel relaxed. However, the scientific definition of relaxation is not sufficient. These are just sensory distractions. True relaxation is actually much more than that. Awareness must be maintained for absolute relaxation. This is yoga nidra, the state of dynamic sleep. This is a structural procedure of achieving complete physical, mental and emotional relaxation. The term Yoga Nidra comes from two Sanskrit words. Yoga means union or single point consciousness and Nidra means sleep.

STATEMENT OF PROBLEM

Every yogic practice demands specific stature, physiological capabilities and psychological traits according to the nature of yoga to achieve optimum performances, yoga instructor try to develop the desire level of all characteristic and traits of their yoga asana on Tribal youth. Hence the researcher was interested to undertake the study as **“Effect of Yoga Nidra and Asanas on selected Physiological Variables of Tribal Youth”**.

THE OBJECTIVE OF THE STUDY

- 1) To find out the impact of Yoga Nidra on selected Physiological Variables of Tribal youth.
- 2) To find out the impact of Asanas on selected Physiological Variables of tribal youth.

HYPOTHESIS

Based on research related literature, expert opinion and scholars' own understanding it was hypothesized that:

- 1) There will be significant effect of Yoga Nidra on selected Physiological variables of the tribal youth students.
- 2) There will be significant effect of Asanas on selected Physiological variables of the tribal youth students.

DELIMITATIONS

- 1) The young tribal students were selected from the Department of Physical Education, SevaBharatiMahavidyalaya, Jamboni, Jhargram, Westbengal.
- 2) The research study was delimited only to the 60 male tribal students of age ranged between 19 to 22 years.
- 3) The subjects were delimited in to two experimental groups i.e.
 - a. Group-I: Yoga Nidra Group (61 Point Technique of practicing yoga Nidra altered in regional language).
 - b. Group-II Asana Group (Suryanamaskar, Sarvanana, Vajrasana, Bhujangasana, Trikonasana, Balasana, Naukasana, Chakrasana, Makarasana, Salvasana and Kumbhakasana). The duration of the Training programs was twelve weeks in which subjects received the training for Six days per week.
- 4) The study was further delimited to the following Physiological variables:

Physiological Variables:

- a) Breathe Holding capacity
- b) Resting Heart rate
- c) Vital Capacity
- d) Respiratory Rate
- e) Blood pressure

LIMITATIONS

The Limitations of the Study are as follows:

- 1) The daily food habits, lifestyle, economic circumstances, environmental circumstances and physical recovery methods adopted by the subject were the delimitation of this research.
- 2) During the prescribed yogic programme if the subjects engaged themselves in certain other activity which may bring some overlapping effect then this was also considered as another limitation of the study.
- 3) Variation in performance of physiological variables test due to motivational factors, which might affect the study were considered as limitation of the study.

SIGNIFICANCE OF THE STUDY

- 1) Results of this research can provide a true understanding of how Yoga Nidra can be practiced to reduce fatigue and enrich the health.
- 2) The present study shows that asana effects show significant improvement in selected physiological parameters in tribal youth Tribal youth.
- 3) This study may reveal a new horizon of acceptability of finer yogic skill by the young generation.
- 4) This study might be helpful in solving many national issues of tribes like conversion of religion, socio economic difference, poor unhygienic lifestyle, social discrimination etc.

METHODOLOGY

Here researcher discussed about the selection of subjects, selection of variables, design the experiment, data collection, reliability of data, training program, administration of tests and statistical techniques for analysis of data.

Selection of Subjects:

Sixty tribal students, with aged between 19 to 22 years and studying in under graduate programmes in Department of Physical Education at SevaBharatiMahavidyalaya, Jamboni west bengal were selected. Research subject were, arbitrarily divided into two groups (A and B). These group A & B known as experimental group, each consists of 30 subjects. These groups A & B were treated as experimental groups and were given training programs of Yoga Nidra and Asanas respectively.

Selection of Variables and Tests

The researcher gone through with all scientific literature pertaining to Yoga from books, related magazines, yoga related journals, periodicals availability and after that finally decided the mentioned variables and moreover keeping the practically created in mind, also mainly availability of instruments, the mentioned variables has been chosen:

Sr.	Variable	Equipment/Tool	Measuring Unit
1.	Breathe Holding Capacity	Manual	In second
2..	Resting Heart Rate	Heart Rate Monitor	Beat per minute
3..	Vital Capacity	Dry Spiro Meter	Ltr.
4..	Respiratory Rate	Manual	Breath per minute
5..	Blood Pressure	Sphygmomanometer	mmgh

Collection of Data:

Before performing the data collection, the subjects were adapted with the tests and the test procedure. They were also trained so that they could give the best result at the finishing of the investigation. Although, the study did not use a motivational method, subjects were fortified to do their best while completing the tests. To ensure uniform conditions for all subjects, the tests were accomplished in the morning. Sufficient time was allocated between tests to allow subjects to perform at their best. Subjects completed all tests in their appropriate sports kit. The data was accumulated by administering their respective tests for each & every variable. Those tests were administered at Yoga hall and vacant Sports ground of SevaBharatiMahavidyalaya, Jamboni, Jhargram, West Bengal.

Experimental Design:

For the investigation, pre and post-test randomized group design was taken which consists the duration of training of twelve weeks in which Tribal youth received the training for Six day per week. Training was prepared for subjects keeping in view to improve the selected Psycho-Physiological characteristics for the investigation. Pre and Post experimental design was used. There was two experimental groups, whereas Group-A was given training of Yoga Nidra and Group-B received training based on Asanas.

TRAINING PROGRAM FROM 1-6 WEEK	
Experimental Group-A: YogaNidra Group	
Duration: 30 Minutes	
Experimental Group-B: Asanas Group	
Duration: 30 Minutes	
Surya Namaskar (05 Min.)	
Asanas Training: 22 Minutes	
Set – 1	- Naukasana (2 Rep.) (2 Min.) - Chakrasana (2 Rep.) (2 Min.) - Maracanã (2 Rep.) (2 Min.) - REST(2 Min.)
	- Salvasana (2 Rep.) (2 Min.) - Kumbhakasana (2 Rep.) (2 Min.) - Balasana (2 Rep.) (2 Min.) - REST(2 Min.)
Set – 3	- Vajrasana (2 Rep.) (2 Min.) - Bhujangasana (2 Rep.) (2 Min.) - Trikonasana (2 Rep.) (2 Min.)
Cooling Down: 03 Minutes	

TRAINING PROGRAM FROM 7-12 WEEK	
Experimental Group-A: YogaNidra Group	
Duration: 30 Minutes	
Experimental Group-B: Asanas Group	
Duration: 30 Minutes	
Surya Namaskar (05 Min.)	
Asanas Training: 20 Minutes	
Set – 1	• Naukasana (3 Rep.) (2 Min.) • Chakrasana (3 Rep.) (2 Min.) • Makrasana (3 Rep.) (2 Min.) • Rest (01 Min.)
Set – 2	• Salvasana (3 Rep.) (2 Min.) • Kumbhakasana (3 Rep.) (2 Min.) • Balasana (3 Rep.) (2 Min.) • Rest (01 Min.)
Set – 3	• Vajrasana (3 Rep.) (2 Min.) • Bhujangasana (3 Rep.) (2 Min.) • Trikonasana (3 Rep.) (2 Min.)
Cooling Down: 05 Minutes	

Administration of Training Programme:

All among the selected subjects were gathered in Yoga hall situated at SevaBharatiMahavidyalaya, Jamboni, Jhargram. Firstly all Subjects were clarified about the training schedule. The Experimental Group – A get involved in Yoga Nidra whereas Experimental Group – B engaged in various Asanas. The training session was conducted for a span of twelve weeks, Six days a week. The scholar briefed and revealed Yoga Nidra and Asanas to experimental group A & B appropriately, all among the subjects of the experimental groups participated in training schedule. The training plan of action was accomplished at the Yoga hall of college named as S.B. Mahavidyalaya, Jamboni West Bengal by the researcher himself all over twelve week span, Every description of the training schedule were as followed like as Training session were Six days in a week. The training was of 60 minutes duration with equal distribution of 30 minute to each group for twelve weeks

TRAINING PROTOCOL:

Yoga nidra:

Complete relaxation: Get into Shavasana, the corpse posture, and lie down with your spine aligned and your arms and feet comfortably placed at a distance by your sides. Place a thin mattress under your head and cover yourself with a cloth or blanket to avoid feeling cold. Remember, this pose is meant to be soothing and relaxing, so let you sink into it and enjoy the calmness.

I Let your attention flow through your head and face, including the top of your head & related organs. Just notice any kind of sensations you might felt in these areas without judgment or trying to change them. Just let you relax and present at the moment.

II Be attentive & feel the breath between the airways for several times.

III Continues to focus on mouth, lower part of mouth area.

IV Then focused & attentive on the neck and throat & related organs.

V Feel as you though the inhaling process from the top of the fingers up to the shoulders, and then release air & back to the previous position. Repeat it for several times.

VI Then switch your focuses from the fingers, and attention on the hands, wrists, towards the chest.

VII Concentrate your mind at the Centre of pectoral major muscle, and doing the inhalation & exhalation process completely for several times.

VIII Next switch your attention on the abdominal muscles and after go through the lower part towards toes.

IX Breathe out as your entire body exhales, and breathe in as your entire body inhales. During exhale, release all tension, worries, and anxieties you may have. When you inhale, imagine yourself taking in new energy, peace, and relaxation. Repeat this process of exhaling and inhaling several times to help you relax and let go of any negative energy you may be holding on.

X Start focusing & maintain your attention on your toes, move upward, switching attention to every organ of your body, deeply Concentrate on the sternum and inhale and exhale for several times, Then, attentive on your upper portion of body parts. Feel the breathing from your fingertips up to your shoulders, and then exhaling back to previous situation. Continuing this process a number of times. Then, switch your attention again from your fingertips towards nostrils. Focus on your airways at the nostrils for number of breaths. Again switch your attention to your lower mandible, towards the top of your head. Few minutes, pay attention to the smooth, slow, airflow through air passages, guide your breath so that it is smooth, calm,

deep, and without any noise or jerkiness. Now, systematically switch attention through each & every point of the body means from Forehead towards top of the toe and again come back to the fore head.

XI Spinal breath practice: When you breadth out, visualize yourself taking air from the top of your head down to the base of your spine. And as you inhale, imagine yourself breathing from the Centre of the base of your spine, going up towards your head. Repeat this process of exhaling full and inhaling up for number of times. Visualize the breath as a thin, milky white stream which was flowing from top to bottom and again from bottom to top. Even if you can't saw the stream from you inner soul , believe that , stream of energy is always present in your body and will one day it will be experienced . Keep breathing deeply and calmly, feel yourself to become more relaxed with each breath.

Yoga Asanas:

Naukasana, Chakrasana, Makarasana, Salvasana, Kumbhakasana, Balasana, Vajrasana, Bhujangasana ,Trikonasana were sequence of twelve powerful yoga poses practiced in three set whereas suryanamskar taken as warm up for those yoga asana practices. Besides being a great cardiovascular workout, Surya Namaskar is also known to have an immensely positive impact on the body and mind.

Surya Namaskar steps are best done early morning nearly 6 to 7 AM on an empty stomach. Each round of Sun Salutation consists of two sets, and each set is composed of 12 yoga poses. Researcher found several versions of practice Sun Salutation. However, it is advisable to stick to one particular version and practiced it regularly for get the best results. According to Hindu mythology; the Surya Namaskar is a good way to express gratitude to the sun as well as to improve the good health.

BREATH HOLDING CAPACITY

Purpose: To Measure the Breath Holding Capacity

Equipment: Stopwatch

Procedure: The study instructed the subject to take a deep breath and exhale completely. Then, the subject was asked to take another deep breath and hold it for as long as possible.

Scoring: During the study, the time for holding the breath was recorded to the nearest 1/10th of a second. After a rest of three minutes, another trial was taken.

RESTING HEART RATE

Purpose: To Measure the Resting Heart Rate

Equipment: Stopwatch

Procedure: It seems like the study collected data on resting pulse rates of subjects under full resting conditions. The measurements were taken in the early morning AT 6:00 a.m. to 7:00 a.m., after the subjects had practiced savasana for twenty minutes, after that subjects were appealed to remain in a lying position, and their pulse rate/ per minute were recorded by placing two middle fingers on the thumb side of their wrist.

Scoring: Resting pulse rate was been record as number of pulse beats per minute.

VITAL CAPACITY

Purpose: To Measure the Vital Capacity

Equipment: Dry Spiro-meter

Procedure: The study measured vital capacity using a Dry Spiro-meter. The test began with ensuring that the spirometer measure of the scale at the zero point. Before starting the test subject had to take a full breath, and then after the fullest inhalation, tester placed the mouthpiece on the mouth attached to the hose connected to Spiro meter. After that subject bend in front slightly & exhaled steadily until the utmost amount of air expelled completely without taking a next breadth. Every time subjects were requested to blow out the air only through the mouth, also instructed to use a nose-clip to prevent air from escaping out.

Scoring: The, score of vital- capacity for each subject, were recorded, in ml.

RESPIRATORY RATE

Purpose: To Measure the Respiratory Rate

Equipment: Stopwatch

Procedure: The study measured respiratory rate early in the morning. The subjects were asked to rest in a supine lying position on their beds, and the respiratory rate was felt by placing the hand just below the thoracic cavity, on the diaphragm. The researcher used a stopwatch to measure the respiratory rate.

Scoring: The total number of inhalations or exhalations per minute was recorded for each subject.

BLOOD PRESSURE (Systolic and Diastolic)

Purpose: To Measure the Blood Pressure

Equipment: Blood Pressure Cuff, Sphygmomanometer.

Procedure: To measure blood pressure, a hollow cuff (also known as a blood pressure cuff) was wrapped around the left brachial artery. The cuff was inflated to a pressure higher than the expected pressure in the artery, which restricted blood flow. Slowly releasing the air from the cuff reduced the pressure in the cuff. The systolic pressure

reading was measured at the cuff pressure in mmHg at which sounds of blood flow were first heard. The diastolic pressure was measured at the point in mmHg at which the vibrations of blood ceased.

Scoring: Both systolic and diastolic blood pressures was expressed in units of millimetres of mercury (mmHg.)

Statistical technique for the analysis of data:

For the present study, the data was collected on all the selected parameters at the beginning of the training and at the end of training (Pre-test and post-test). To know the effect of training on different variables the descriptive statistics, and t-test (dependent) was used at a 0.05 level of significance.

RESULT AND DISCUSSION

Table1: Effect of Yoga Nidra on Breath Holding Capacity of Tribal youth.

Experimental Group (Yoga Nidra)	Timing of the test	N	Mean	Standard Deviation	t' Value
	Pre	30	0.66	0.24	3.30*
	Post	30	0.88	0.26	

***Significant at 0.05 level of Confidence at df 29, t-value 1.697**

Table show the average score on Breadth holding Capacity of Tribal youth which are 0.66 (PRE) and 0.88 (POST) respectively. It shows the significant difference in pre to post data as the obtained t-ratio 3.30 was found higher than the required table value 1.697 at 0.05 level of confidence. It indicates the increase in the level of Breadth Holding Capacity after the application of training.

Table-2: Effect of Asana on Breath Holding Capacity of Tribal youth

Experimental Group (Asanas)	Timing of the test	N	Mean	Standard Deviation	t' Value
	Pre	30	0.82	0.28	3.76*
	Post	30	1.06	0.21	

***Significant at 0.05 level of Confidence at df 29, t-value 1.697**

Table show the average score on Breadth holding Capacity of Tribal youth which are 0.82 (PRE) and 1.06 (POST) respectively. It shows the significant difference in pre to post data as the obtained t-ratio 3.76 was found higher than the required table value 1.697 at 0.05 level of confidence. It indicates the increase in the level of Breadth Holding Capacity after the application of training.

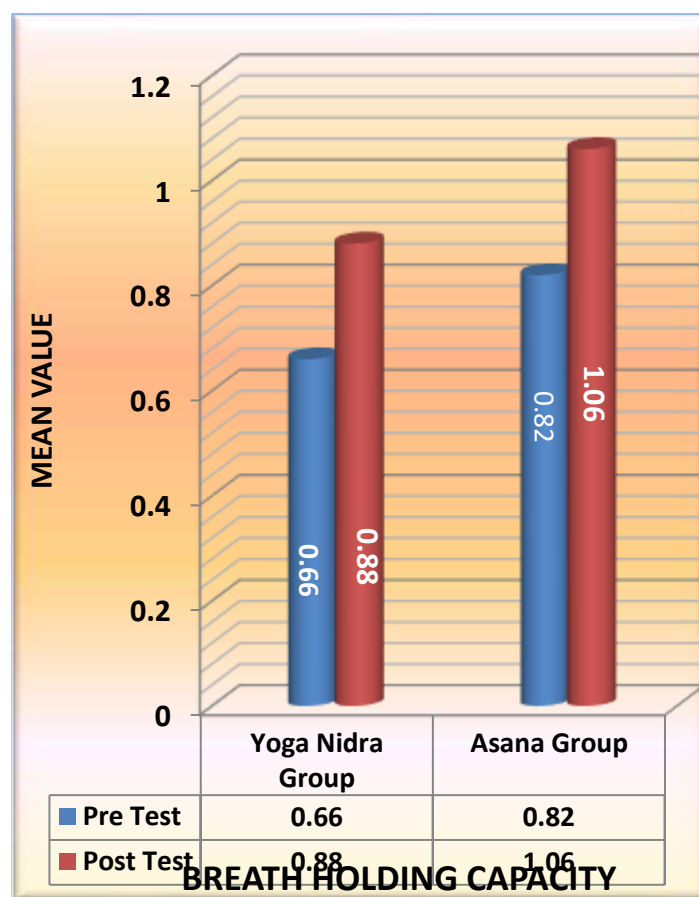


Figure 1: Effect of Yoga Nidra and Asana on Breath Holding Capacity of Tribal Youth
Table3:Effect of Yoga Nidra on Vital Capacity of Tribal youth

Experimental Group (Yoga Nidra)	Timing of the test	N	Mean	Standard Deviation	t' Value
	Pre	30	3.80	0.30	1.769*
	Post	30	3.94	0.28	

*Significant at 0.05 level of Confidence at df 29, t-value 1.697

Table show the average score of Vital Capacity of Tribal youth which are 3.80 (PRE) and 3.94 (POST) respectively. It shows the significant difference in pre to post data as the obtained t-ratio 1.769 was found higher than the required table value 1.697 at 0.05 level of confidence. It indicates the increase in the level of Vital Capacity after the application of training.

Table-4: Effect of Asanas on Vital Capacity of Tribal youth

Experimental Group (Asanas)	Timing of the test	N	Mean	Standard Deviation	t' Value
	Pre	30	4.23	0.39	1.763*
	Post	30	4.40	0.35	

*Significant at 0.05 level of Confidence at df 29, t-value 1.697

Table show the average score of Vital Capacity of Tribal youth which are 4.23 (PRE) and 4.40 (POST) respectively. It shows the significant difference in pre to post data as the obtained t-ratio 1.763 was found higher than the required table value 1.697 at 0.05 level of confidence. It indicates the increase in the level of Vital Capacity after the application of training.

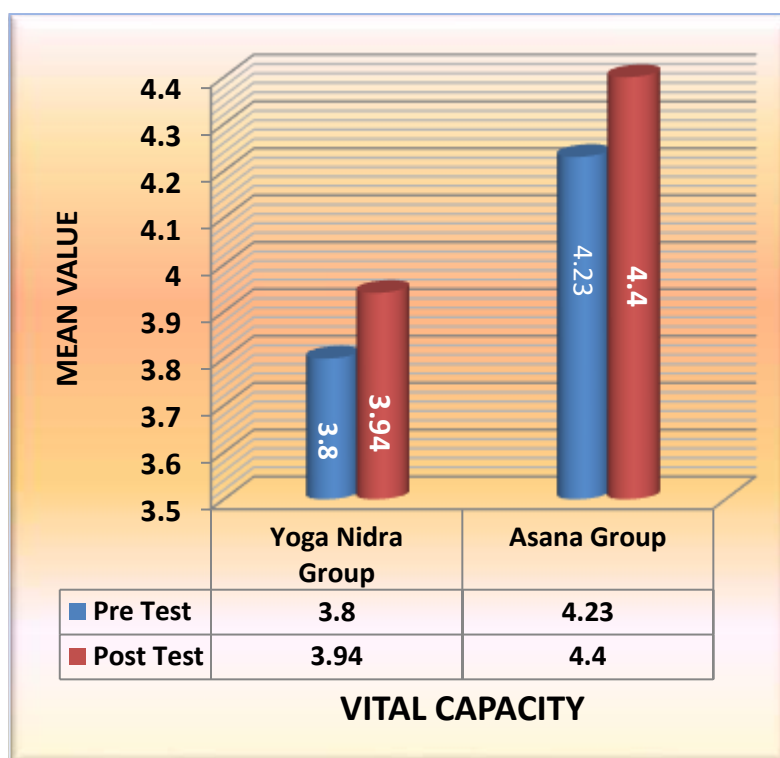


Figure-2: Effect of Yoga Nidra and Asana on Vital Capacity of Tribal Youth.

Table 5: Effect of Yoga Nidra on Resting Heart Rate of Tribal youth

Experimental Group (Yoga Nidra)	Timing of the test	N	Mean	Standard Deviation	t Value
	Pre	30	70.7	2.81	4.36*
	Post	30	67.73	2.43	

*Significant at 0.05 level of Confidence at df 29, t-value 1.697

Table show the average score of Resting Heart Rate of Tribal youth which are 70.7 (PRE) and 67.73 (POST) respectively. It shows the significant difference in pre to post data as the obtained t-ratio 4.36 was found higher than the required table value 1.697 at 0.05 level of confidence. It indicates the decrease in the level of Resting Heart Rate after the application of training.

Table-6: Effect of Asanas on Resting Heart Rate of Tribal youth

Experimental Group (Asanas)	Timing of the test	N	Mean	Standard Deviation	t Value
	Pre	30	69.7	2.08	6.00*
	Post	30	66.8	1.62	

*Significant at 0.05 level of Confidence at df 29, t-value 1.70

Table show the average score of Resting Heart Rate of Tribal youth which are 69.7 (PRE) and 66.8 (POST) respectively. It shows the significant difference in pre to post data as the obtained t-ratio 6.00 was found higher than the required table value 1.697 at 0.05 level of confidence. It indicates the decrease in the level of Resting Heart Rate after the application of training.

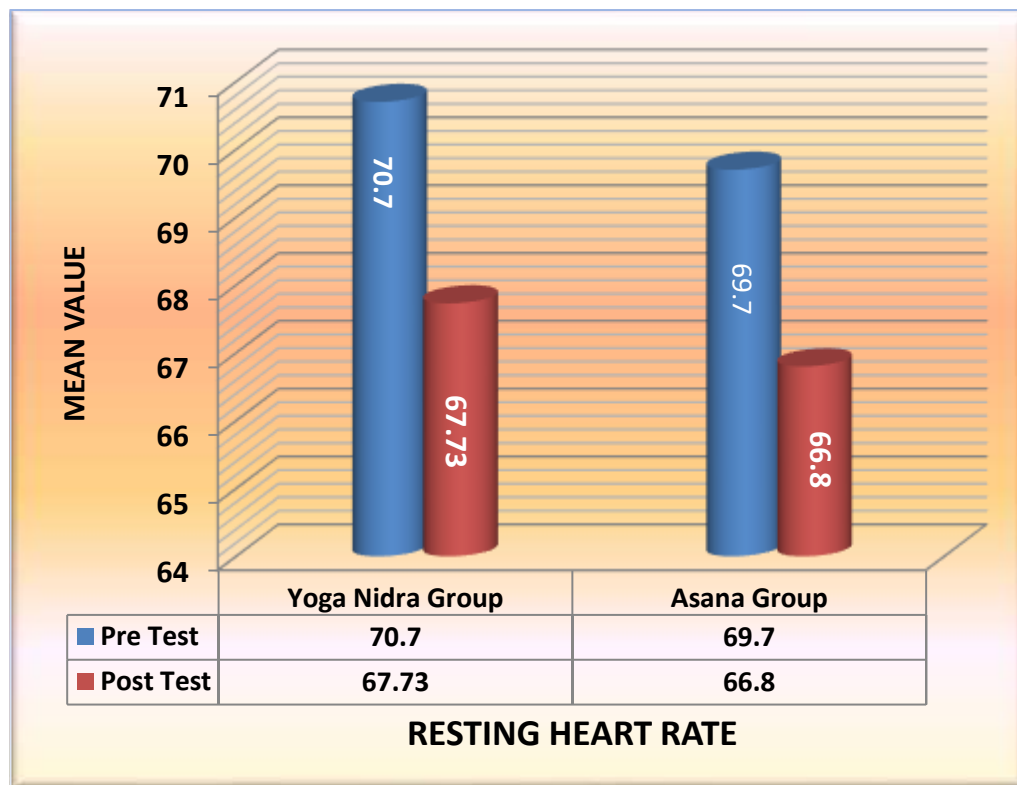


Figure-3: Effect of Yoga Nidra and Asana on Resting Heart Rate of Tribal Youth

Table 7: Effect of Yoga Nidra on Respiratory Rate of Tribal youth

Experimental Group (Yoga Nidra)	Timing of the test	N	Mean	Standard Deviation	t' Value
	Pre	30	21.80	3.94	1.90*
	Post	30	19.96	3.47	

*Significant at 0.05 level of Confidence at df 29, t-value 1.697

Table show the average score of Respiratory Rate of Tribal youth which are 21.80 (PRE) and 19.96 (POST) respectively. It shows the significant difference in pre to post data as the obtained t-ratio 1.90 was found higher than the required table value 1.697 at 0.05 level of confidence. It indicates the decrease in the level of Respiratory Rate after the application of training.

Table-8: Effect of Asanas on Respiratory Rate of Tribal youth

Experimental Group (Asanas)	Timing of the test	N	Mean	Standard Deviation	t' Value
	Pre	30	22	3.05	2.42*
	Post	30	20	3.34	

*Significant at 0.05 level of Confidence at df 29, t-value 1.697

Table show the average score of Respiratory Rate of Tribal youth which are 22 (PRE) and 20 (POST) respectively. It shows the significant difference in pre to post data as the obtained t-ratio 2.42 was found higher than the required table value 1.697 at 0.05 level of confidence. It indicates the decrease in the level of Respiratory Rate after the application of training.

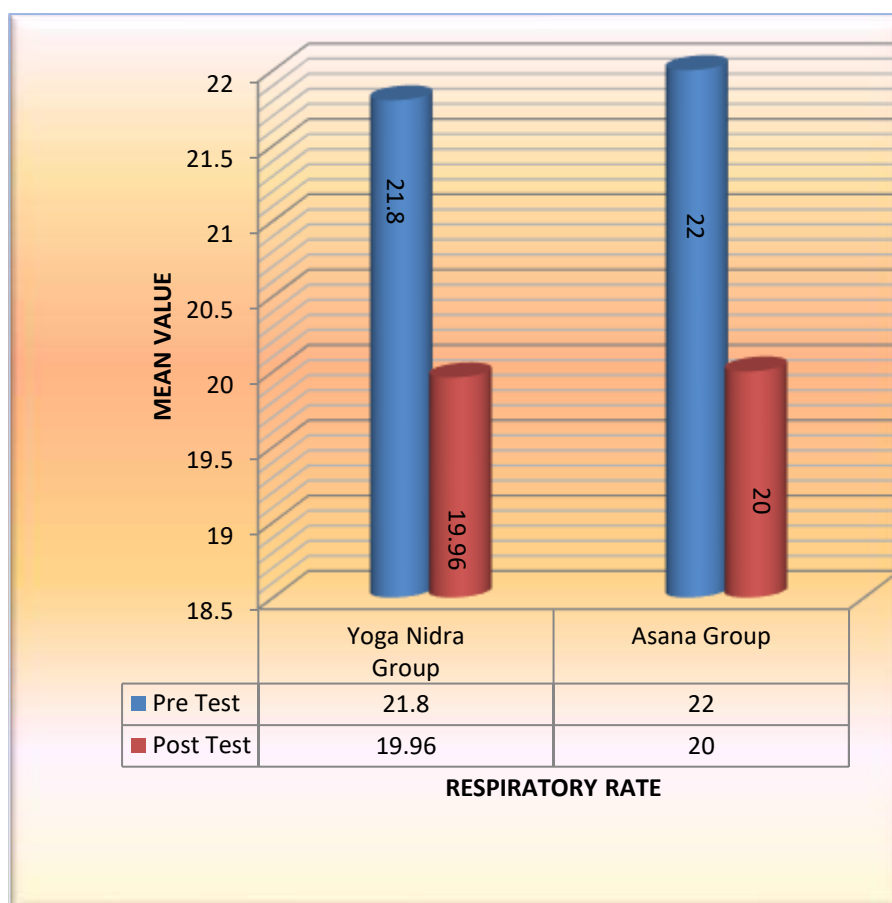


Figure-4: Effect of Yoga Nidra and Asana on Respiratory Rate of Tribal Youth.

Table-9: Effect of Yoga Nidra on Blood Pressure (Systolic) of Tribal youth

Experimental Group (Yoga Nidra)	Timing of the test	N	Mean	Standard Deviation	t' Value
	Pre	30	120.43	7.65	2.25*
	Post	30	116.53	5.60	

*Significant at 0.05 level of Confidence at df 29, t-value 1.697

Table show the average score of Blood Pressure (Systolic) of Tribal youth which are 120.43 (PRE) and 116.53 (POST) respectively. It shows the significant difference in pre to post data as the obtained t-ratio 2.25 was found higher than the required table value 1.697 at 0.05 level of confidence. It indicates the decrease in the level of Blood Pressure (Systolic) after the application of training.

Table-10: Effect of Asanas on Blood Pressure (Systolic) of Tribal youth

Experimental Group (Asanas)	Timing of the test	N	Mean	Standard Deviation	t' Value
	Pre	30	117.96	6.68	3.05*
	Post	30	113.16	5.43	

*Significant at 0.05 level of Confidence at df 29, t-value 1.697

Table show the average score of Blood Pressure (Systolic) of Tribal youth which are 117.96 (PRE) and 113.16 (POST) respectively. It shows the significant difference in pre to post data as the obtained t-ratio 3.05 was found higher than the required table value 1.697 at 0.05 level of confidence. It indicates the decrease in the level of Blood Pressure (Systolic) after the application of training.

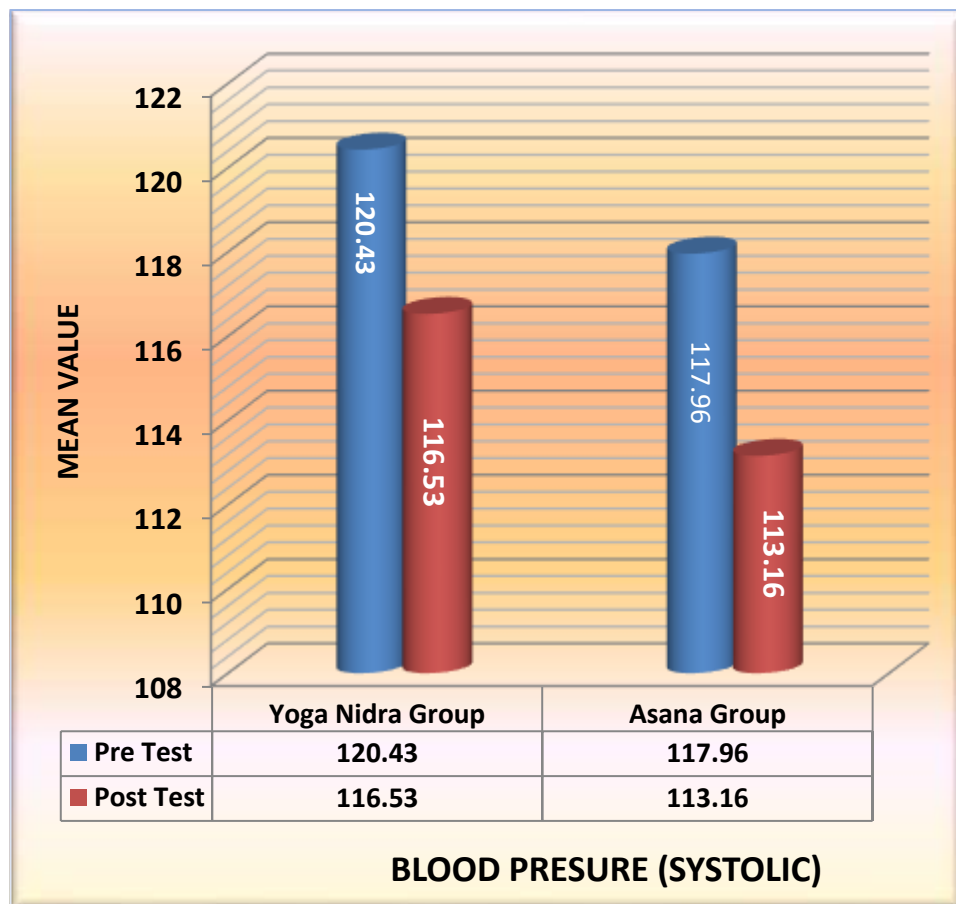


Figure 4: Effect of Yoga Nidra and Asana on Blood Pressure (Systolic) of Tribal Youth.

Table-11: Effect of Yoga Nidra on Blood Pressure (Diastolic) of Tribal youth

Experimental Group (Yoga Nidra)	Timing of the test	N	Mean	Standard Deviation	t' Value
	Pre	30	82.56	5.30	3.44*
	Post	30	78.73	2.99	

*Significant at 0.05 level of Confidence at df 29, t-value 1.697

Table show the average score of Blood Pressure (Diastolic) of Tribal youth which are 82.56 (PRE) and 78.73 (POST) respectively. It shows the significant difference in pre to post data as the obtained t-ratio 3.44 was found higher than the required table value 1.697 at 0.05 level of confidence. It indicates the decrease in the level of Blood Pressure (Diastolic) after the application of training.

Table-12: Effect of Asana on Blood Pressure (Diastolic) of Tribal youth

Experimental Group (Asanas)	Timing of the test	N	Mean	Standard Deviation	t' Value
	Pre	30	80.7	9.90	2.12*
	Post	30	76.0	6.95	

*Significant at 0.05 level of Confidence at df 29, t-value 1.697

Table show the average score of Blood Pressure (Diastolic) of Tribal youth which are 80.7 (PRE) and 76.0 (POST) respectively. It shows the significant difference in pre to post data as the obtained t-ratio 2.12 was found higher than the required table value 1.697 at 0.05 level of confidence. It indicates the decrease in the level of Blood Pressure (Diastolic) after the application of training.

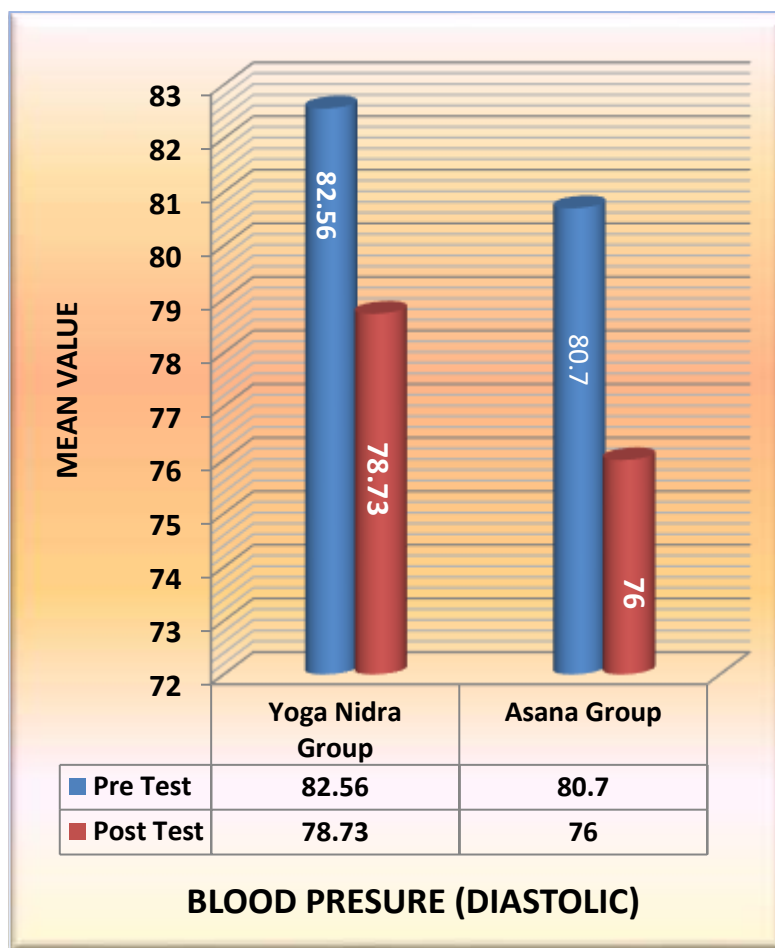


Figure-5: Effect of Yoga Nidra and Asana on Blood Pressure (Diastolic) of Tribal Youth.

Conclusions

1. Significant improvement founded in resting heart rate index as a final Result of the investigational treatments in both the experimental groups.
2. Significant improvement founded in vital capacity as a final result of the investigational treatments in Asanas groups Comparison Yoga Nidra groups.
3. Significant improvement founded in respiratory rate as a result of the investigational treatments in both the experimental groups.

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