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ORIGINAL ARTICLE

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EFFECTS OF YOGIC PRACTICES ON PHYSICAL, PHYSIOLOGICAL AND PSYCHOLOGICAL VARIABLES AMONG SCHOOL STUDENTS

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ABSTRACT:

The purpose of the present study was to find out the effect of Yoga practices on Physical, physiological and Psychological variables of school students. For this purpose, 38 subjects from the residential school studying higher secondary class were selected as subjects and they were divided in to two equal groups with 19 each as experimental and control group.

Abstract Report: The Title Accurately Said The Study was About.

INTRODUCTION:

The word yoga comes from the Sanskrit language and means "to integrate". Yoga promotes a harmonious working together of the body's components leading to both physical and mental training. Yoga is a scientific system which brings harmony in body and mind. Asana play significant role in toning up the neuro-muscular glandular system of the body to maintain the vitality of bodily organs.

Introduction Report: This Article Include Full Introduction, Methods, Results & Introduction Section.

METHODS & MATERIALS:

For the purpose of this study 38 higher secondary class students were selected as subjects from a residential school from Chennai. The subjects were divided in to two groups equally with 19 each as experimental and control group.

Methods & Materials Report: Tables/Boxes/Diagram & Images are Used to Explain Specific Points or Background Information. Figures That The Plotted Parameters are Clearly Mentioned.

RESULT:

Table -1 reveals the mean, standard deviation and t-value of pre and post test scores of experimental group. The mean value post test scores of all the selected variables were improved and it shown the efficiency of yoga training in the physical, physiological and psychological parameters.

Result Report: Figures are Imported to Provide Explanation for Background Information. Conclusion of This Paper Clearly Supported Results.

CONCLUSION:

The results of the present study indicate the effectiveness of yogasanas in physical fitness, physiological systems and psychological efficiency of school students. In the experimental group all the selected variables were significantly improved in some extent and it teach us that yoga training is useful to everyone in particularly sports persons to achieve the higher performance level because the selected variables in the study were more related to the sports men too.

Conclusion Report: The Text is Rounded off with a Conclusion that Discusses the Implication of The Findings & Ideas Discussed & Their Impact on Future Research Direction.

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Reference Report: There are Places where the Author Abhilash Solomon and P. Gopinathan Need to Cite a Reference, but Have Not

SUMMARY OF ARTICLE

	Very High	High	Average	Low	Very Low
1. Interest of the topic to the readers	✓				
2. Originally & Novelty of the ideas		✓			
3. Importance of the proposed ideas		✓			
4. Timelines		✓			
5. Sufficient information to support the assertions made & conclusion drawn					
6. Quality of writing(Organization, Clarity, Accuracy Grammer)	✓				
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