EFFECTS OF SIMPLIFIED KUNDALINI YOGA (SKY) ON AGNA CHAKRA OBSERVED BY GAS DISCHARGE VISUALISATION (GDV)

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DOI: http://dx.doi.org/10.24327/ijrsr.2019.1008.3829

ARTICLE INFO

Article History:
Received 6th May, 2019
Received in revised form 15th June, 2019
Accepted 12th June, 2019
Published online 28th August, 2019

Key Words:
Sky yoga, Gas Discharge Visualisation, Agna chakra.

ABSTRACT

The aim of the study is to find out that how Sky Yoga creates an impression on Agna Chakra level which is observed by Gas Discharge Visualisation (GDV). For the study, 50 college students were picked randomly from in and around Bengaluru city as the subjects. The subjects were aged from 19 to 23 years. The subjects were distributed into 2 groups namely experimental group and control group, where experimental group undergone Sky Yoga for six days a week for 8 weeks. The control group were not given any training or exercise during the study. The pre-test and post-test were taken before and after the training for the groups. The data gathered were statistically analysed using interpretation method. The result of the study showed that Agna Chakra Energy level was significantly increased for the Experimental Group as result of Sky Yoga. And it has been concluded that the Sky Yoga helped in increasing the energy level Agna Chakra of the college students.

INTRODUCTION

This typical training programs comprise numerous specific training activities and techniques. Although selecting the proper individual activities is important for combining these activities in a complementary fashion so that the result is an optimal way to the subject. Based on these, to provide the need based training for the development of fitness components and physiological variables of college students. Thus the present study is resistance training with yogic practices on selected Bio energy variable of students. At the same time, since what humans do with their bodies directly affects the state of mind, fitness influences to some degree qualities such as mental alertness and emotional expression.

Objective of the Study

The very purpose of the training program is an aid in the development of acceptable levels of health related physical fitness and promote the acquisition of basic psychological thinks like stress and depression. To achieve these things, training should have some basic principles.

Statement of the Problem

Most physiological systems can adapt various functional demands that would exceed these encounters in our normal daily life. Training often systematically exposes to selected psychological systems to intense of work or function that exceeds to those which is not already adapted. To avoid excessive overload due to psychologic thing like stresses to extreme consistency system.

Hypothesis

For the study it has been hypothesized that the SKY yoga (Experimental Group), will improve the selected Bio energy variables of Agna energy level.

Limitations

1. The study is focused only on selected variable.
2. There were several things which can influence the health of the student only selected variables have been considered.
3. The students are advised to avoid junk foods.
4. The impact of other factors which influencing the psychologically were included in analyse of data.

METHODOLOGY

The subject of 50 college students were picked randomly from in and around Bengaluru city as the subjects. They undergone pre-test on Bio energy variable of Agna Chakra Energy level.
The subjects were divided into two groups of each group contains equal number subjects randomly. Experimental group have been trained SKY Yoga for six days a week for 8 weeks. And Control group were not given any kind of training during the training period. The post-test has taken after the 8 weeks of training.

Variables selected for experiment
Dependent variables
Bio energy variables
Aagna energy measured by GDV (Gas Discharge Visualisation) device.

Independent Variables
SKY yoga

RESULTS OF THE STUDY
The data gathered before and after the SKY yoga training was measured by using the GDV underwent to interpretation method. The results on the effects of Simplified Kundalini Yoga (SKY)on AagnaChakra level among college students was presented in figure I and II below.

Interpretation
From the results SKY yoga has increased the Aagna energy level. It shown that the meditation that has include as a part of SKY yoga helped in increasing the AagnaChakra energy level and the exercise helped in reducing the stress, depression which they felt in the day to day life. The experimental group know the how to control their stress and depression level that paid a way to increase in the energy level of the Aagna chakra.

CONCLUSIONS
The results shown that there was a decrease in the Aagna energy level since there was a stress and depression playing around them it tends to reduce the level of the Aagna. In the modern day world which pressuring them on studies that creates a stress and depression on the mind which affects the Aagna chakra.

References

How to cite this article: