

**A study on the Effect of different methods of Pranayam on Physiological Variables,
Anxiety and Concentration**

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Abstract

Women are the epitome of love, care, commitment, strength, sacrifice and courage. The role of women in today's world has been changing significantly. Women are now self-sufficient, well aware and financially independent. They have attained immense success in every field whether it is sports, politics or academics in general and teaching in particular. With the encouragement of co-education, women are now marching side by side with men in every walk of life. The 21st century has brought a new hope, has empowered, and energized women in a positive manner. In spite of this, there are certain expectations from women in this patriarchal society. Due to social and professional involvement women are facing many problems in their lives like work life balance, harassment (mental, physical), career opportunities and social pressure, prioritizing responsibility towards their children and their careers, trying to get equality in the society, these all leads to stress, strain and anxiety among the women.

Teaching is a profession where we find more number of women as compared to men. The reason may be attributed to the characteristics possessed by women that are required for teaching to be effective and efficient. National Curriculum Framework for Teacher Education NCFTE (2009) focuses on towards preparing professional and human teachers. NCFTE looking to the importance of yoga has recommended for yoga as a compulsory paper at every level of teacher education. It is found from past researches that yoga and sports prove to be effective in maintaining the health, increasing concentration and controlling the stress and anxiety. Importance of physical education and pranayama is found increasing in this modern age. In order to achieve higher development in any field, well-planned systematic programme, continuous training programme and guidance, considering scientific approaches plays important role.

Keeping the hunch, what impact does a training programme have on the physiological variables, anxiety and concentration of female teachers, the researcher thought of taking up a research by implementing a training programme for a period of 12 weeks and find its impact on certain physiological variables like Pulse Rate, Body Mass Index, Blood Pressure, Cardiovascular efficiency, vital capacity, anxiety and concentration. There is no dispute that teachers and would be teachers are the creators of next generation as they shape the children into a responsible citizen of their respective countries and for that the most important point is to stay mentally and physically fit. The researcher is interested in pranayam and their effects on health of an individual, so the present study was carried out in order to examine effects on physiological aspects, anxiety and concentration on female students studying in Chaudhari Mahila College of Education, Gandhinagar by different methods of pranayama like Kapalbhathi, Anulom Vilom and Bhastrika. The sample of 80 female students was derived using random sampling technique and were divided into three experimental groups and a control group randomly with the sample size of 20 students in each. The Pre test Post test control group design was used for the present study. The tools used for data collection were Body-composition analyzer machine, Digital blood pressure monitor, Peak-flow meter, Harvard step test, Sinha's Comprehensive Anxiety Test (S.C.A.T.) (1995), Digital Cancellation Paper Pencil Test by Diller et al (1974). The data were analyzed using ANCOVA and LSD was also computed. The major findings of the study is improvement was found in pulse rate, vital capacity, cardiovascular capacity and anxiety and concentration of students by twelve-week training, whereas no remarkable change was found in blood pressure and body mass index.

Key Words: Physiological Variables, Kapalbhathi, Anulom Vilom, Bhastrika, professional and humane teachers

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