



## COMPARATIVE STUDY OF SKY YOGA AND PATANJALI YOGA ON ENERGY

**Naveya. Y. N**

MBA, PhD Scholar, Bharathiar University, Coimbatore.

**Dr. G. R. VALLIAMMAL\***

M Com., MA, MBA., PhD., Asst. Professor, Department of Yoga for Human Excellence, Aliyar, Pollachi \*Corresponding Author

### ABSTRACT

**Goal:** The comparative study has been piloted to find the comparison between SKY yoga and Patanjali yoga on energy management and which is the best one in increasing the energy level of school students.

**Method:** For the study, 60 school students of both gender from the schools in and around Bengaluru were selected as subjects. The age of the students are in between 14 to 17 years. The subjects have been divided into two groups each consisting of 30 members with equal ratio of boys and girls. Experimental Group I went on Sky yoga training; Experimental Group II went on only Patanjali yoga for 10 weeks.

**Results:** The study showed a momentous advance in the energy level of the Experimental groups I than the Experimental Group II subjects. The Energy level has been increased for both the groups whereas the Experimental group I is higher than the Experimental Group II.

**Conclusion:** The result of the comparison shows that SKY Yoga on school students expressively has a positive impact on the energy management of the students.

**KEYWORDS :** SKY Yoga, Patanjali Yoga, Energy management, Energy level.

### INTRODUCTION

Yoga is process oriented activity in which what you experience is much more important than what you achieve. The physical health of the human body which is like fine-tuning an engine indent increases the performance. It enables people to perform up to their potential. Health is very important to human. Yoga is a way of life. It is an integrated system of education for the body, mind and inner spirit. This art of right living was perfected and practiced in India thousands of years ago but, as yoga deals with universal truths, its teachings are valid today as they were in the ancient times.

### STATEMENT OF THE PROBLEM

In the current younger generation, the students are not having sufficient energy to focus on their studies and other extracurricular activities. The teenagers are more likely to spend the energy and time in social medias and indoor activities. To inculcate the value of the ancient art that is yoga which will pay a way to teenage group to increase the energy level and the knowledge of energy management.

### REVIEW OF RELATED LITERATURE

Shiva Kumar K1\*, Srinivasan T.M2., Guru Deo3., Venkata Girikumara Pand Nagendra H.R: 2016: The objective of this study is to use the EPI data to establish a frame work for intervention recognition by training a neural network by capturing the subtler aspects of meditation. EPI data was captured before and after the intervention. The data was analysed using Neural network software. Meditation was found to have a significant impact on EPI parameters. Neural network was able to classify pre and post meditative population using EPI data with an accuracy ranging from 84% to 100%. The receiver operating characteristics (ROC) was captured for each of the classification and the area under the curve was close to unity. Electrotonic Imaging combined with neural network works as a good framework for intervention recognition.

### HYPOTHESIS

There were substantial variances on selected physiological variables of energy due to the practices of SKY Yoga than the practice of Patanjali Yoga.

### LIMITATIONS

1. The factors of food intake, diet, economic status are not taken into considerations.

2. The day today routine of the students were not controlled.
3. The student's lifestyle, behaviour, personal habits, genetic factors were not taken into consideration.

### METHODOLOGY:

The subject of 60 school students was selected for this project. They undergone pre-test on physiological variable of energy. The subjects were divide into two groups of each group contain equal number of boys and girls. Experimental group I they have been trained of SKY Yoga for five days a week for 10 weeks. Experimental group II practices Patanjali yoga for five days a week for 10 weeks. The post-test had taken after the 10 weeks of training.

### VARIABLES SELECTED FOR EXPERIMENT

#### DEPENDENT VARIABLES:

##### Physical variables

- Energy

##### Purpose:

To measure the Energy level of the subjects.

##### Equipment:

EPI – Electro photonic Imaging

##### Procedure:

Electro photonic Imaging (EPI) is one of the device to record the internal activities based on the stimulation of emissions of electron and photons from the subject's surface. A very thin plastic film is placed on the glass plate and asked the subjects to keep the finger tip on the plastic film and measured using EPI/GDV. The data is recorded from each subject's finger tips on their first day and on the last day of the training.

##### Scoring:

The data collected are into joules based on the various segments. Each segments have joule rate and the software automatically convert into joules per second.

- 0 - 20 Joules ( $\times e^{-3}$ ) - low
- 20 - 40 Joules ( $\times e^{-3}$ ) - decreased level of energy
- 40 - 70 Joules ( $\times e^{-3}$ ) - typical level
- 70 - 90 Joules ( $\times e^{-3}$ ) - heightened level
- 90 - 100 Joules ( $\times e^{-2}$ ) - high level

##### INDEPENDENT VARIABLES:

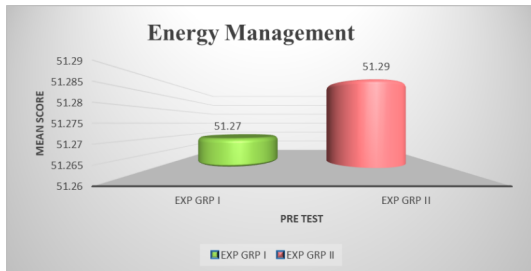
- SKY yoga

- Patanjali Yoga

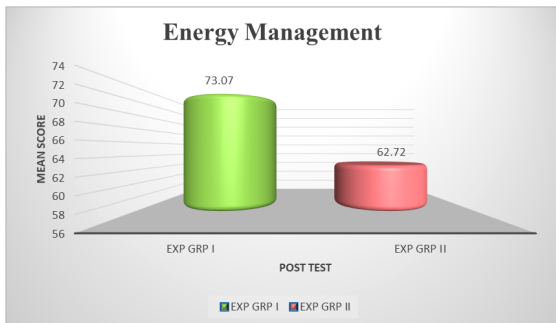
### RESULTS OF THE STUDY:

The data gathered before and after the yoga training was measured in joules and the results are taken in normal measurement conditions. The comparative results on the impact of SKY yoga and Patanjali yoga on Energy among school students is presented in figure I and II below.

**FIGURE -1**  
**THE MEAN SCORE OF THE ENERGY IN JOULES OF PRETEST**



**FIGURE -II**  
**THE MEAN SCORE OF THE ENERGY IN JOULES OF POSTTEST**



### CONCLUSIONS

Within the limitation set for the present study and considering the results were obtained, the following conclusion were drawn.

For the purpose of this study it was hypothesized that the SKY yoga (Experimental Group – I), Patanjali yoga (Experimental Group II) would improve the selected Physiological variables of Energy.

The Physiological Variable of Energy was significantly improved due to 10 weeks of SKY yoga (Experimental Group-I) and Patanjali yoga (Experimental Group-II) among school students. It could be concluded that SKY yoga has more impact on the Energy.

### SUGGESTION FOR FURTHER RESEARCH

1. The study could be undertaken on other age groups.
2. The study may be undertaken for college students and other profession.
3. This study may be for other problems also.

### REFERENCES

1. Gerald C. Davison, John M. Neale (1990). Abnormal psychology J. Wiley & Sons, 1990.PP:1
2. Thathuvagnani Vethathiri Maharishi (1972). Yoga for Modern Age, (The World Community Service Centre, Vethathiri Publications, 11th edition 2009).
3. Paul Jerard (2010) "Yoga in Practice." Published by Aura Publications
4. Shiva Kumar K1\*, Srinivasan T.M2., Guru Deo3., Venkata Girikumar PandNagendra H.R -ELECTRO-PHOTONIC IMAGING FOR DETECTING AN INTERVENTION (MEDITATION) – 2016.