



**ORIGINAL RESEARCH PAPER**

**Yoga**

**IMPACT OF SKY YOGA ON IMMUNE SYSTEM OBSERVED THROUGH GAS DISCHARGE VISUALISATION (GDV)**

**KEY WORDS:** SKY Yoga, Immune, Body metabolism.

**Naveya Y.N**

MBA, M.Sc., Ph.D Scholar, Bharathiar University, Coimbatore.

**Dr. G.R. Valliammal \***

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

**ABSTRACT**

**Purpose:** The ability to fight against the diseases and the physical body has special power that is immunity system where the system reacts when it feels suspicious in the body and heel that natural without harm and side effects. The main aim of the study is to find influence of SKY yoga in immune system.

**Method:** For the study, 60 college students from in and around Bengaluru were selected as subjects. The age of the students ranges in between 18 to 21 years. The subjects divided into two groups each contain 30 members. Experimental Group went on SKY yoga training for 12 weeks and control group were kept in rest under governance.

**Results:** The study shown that there is improvement in the immunity level of the Experimental groups than the control group subjects. The immunity level has been increase shows that SKY yoga effects the internal body metabolism.

**Conclusion:** The result shown that SKY Yoga on college students has a positive impact on the immune system of the body.

**INTRODUCTION**

Many diseases affect both women and men alike, but some diseases occur at a higher frequency in women. Some pulmonary diseases occur disproportionately or almost exclusively in women. These diseases may be under diagnosed by clinicians, either due to their relative rarity or to clinical manifestations that mimic those seen with other respiratory diseases. Basic differences in anatomy and physiology between men and women no doubt influence both the course of respiratory disease. In the Lung Health Study, lung function decline in women who continued to smoke was more rapid than in men. In the traditional sense, yoga means union. It is the practice of joining mind, body and soul that culminates into positive and perennial happiness and peace. Said to be indispensable of the ultimate accomplishment in life that affects not only the conscious self but the subconscious as well. An exercise that is accessible to everyone young and old.

**OBJECTIVE OF THE STUDY:**

It is the harnessing of one's inherent inner power, as well as the wider natural forces from which one emerge by the practice of SKY yoga. Yoga is an inseparable part of the Indian life and culture which integrated in the part of our life style.

**STATEMENT OF THE PROBLEM:**

When the internal energy is strong other things which could affect will become lesser, while we concentrate on the which affects our body we have to know that the immune system is stronger to fight back the diseases to maintain the metabolism of body.

**HYPOTHESIS**

There were significant variances on selected physiological variable of immune system in the body by using Gas Discharge Visualisation(GDV) due to the practices of SKY Yoga.

**LIMITATIONS**

1. The factors of food habit, diet, economic status are not taken into considerations.
2. The life style of the students was not controlled.
3. The student's behaviour, personal habits, genetic factors were not taken into consideration.

**METHODOLOGY:**

The subject of 60 college students was selected for this project. They undergone pre-test on physiological variable of immune system. The subjects were divide into two groups of each group contain equal number subjects randomly.

Experimental group they have been trained of SKY Yoga for five days a week for 12 weeks. Control group were kept under rest without any training under governance. The post-test had taken after the 12 weeks of training completion.

**VARIABLES SELECTED FOR EXPERIMENT**

**DEPENDENT VARIABLES:**

**Physiological variables**

- Immune system by using GDV (Gas Discharge Visualisation) device.

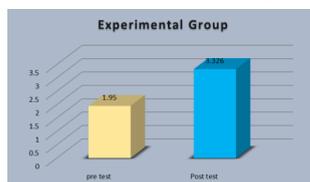
**INDEPENDENT VARIABLES:**

- SKY Yoga

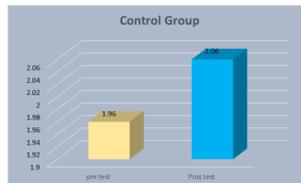
**RESULTS OF THE STUDY:**

The data gathered before and after the SKY yoga training was measured by using the GDV device and the results are taken under normal measuring condition. The comparative results on the impact of SKY yoga on immune system among college students is presented in figure I and II below.

**Figure -I The Mean Score Of The Experimental Group**



**Figure -ii The Mean Score Of The Control Group**



**CONCLUSIONS**

Within the limitation set for the study, the following conclusion were drawn. For the purpose of this study it was hypothesized that the SKY yoga (Experimental Group), will improve the selected Physiological variables of immune system.

The Physiological Variable of immune was significantly improved due to 12 weeks of SKY yoga (Experimental Group) and Control group among college students. It could be concluded that SKY yoga has impact on the immune system of the body.

### SUGGESTION FOR FURTHER RESEARCH

1. For the other age groups this study could be taken.
2. The study could be taken for the other profession.
3. This study can be conducted with other variables and problem.

### REFERENCES

1. Brain Trust (2004), "Value Education for Health and Happiness and Harmony", Vethathiri Publications, Erode, India: Vethathiri Publications, p.60.
2. Dr. Kasibhatta Satyamurty (2013), "Simplified Kundalini yoga", Vethathiri centre for Brahmajnana publication, Peddakakani, Page:21.
3. Simard AA, Henry M (2009), conducted the Study on Impact of a short yoga intervention on medical students Indian Journal of Medical Research pp 103,15-19.
4. Thakur K & Bandopadhyay K. (2012), "Effects of Yogasanas on Selected Physical and Psychological Parameters of School Boys" Yoga Mimamsa Vol. XLIII No. 4:285-296.