

IMPACT OF SWIMMING AND MEDITATION PRACTICES ON HAEMOGLOBIN

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Received: 29 Dec 2020

Accepted: 02 Jan 2021

Published: 07 Jan 2021

ABSTRACT

The point of the examination was intended to decide the Effect of six week Swimming and Meditation Practices on Haemoglobin. To accomplish the reason, Forty Five (N=45) Pre University understudies considering different Colleges in and around Belagavi, Karnataka State, India during the scholarly year 2019-2020 were chosen haphazardly as subjects. Their age went from 17 to 19 years.

The subjects were allocated indiscriminately into three Disciplines of fifteen each (n=15). Order I went through Swimming Practice (n=15), Discipline - II went through Meditation Practices (n=15) and Discipline-III went about as Control. The needy variable chose for this examination was Haemoglobin and it was evaluated by K.M. Samuel technique for blood testing.

All the subjects were tried preceding and following the preparation for the chose variable. Information was gathered and factually dissected utilizing ANCOVA. Scheffe's post hoc test was applied to decide the huge distinction between the matched methods. In all the cases 0.05 degree of essentialness was fixed. The aftereffects of the investigation indicated that there was a huge distinction among all the Experimental gathering's to be specific Swimming Practices and Meditation Practices. Further the consequences of the investigation indicated that there was no critical contrast between Swimming Practices gathering and Meditation Practices gathering.

The above information likewise uncover that Meditation Practices bunch had demonstrated preferred execution over Swimming Practices gathering and Control in Haemoglobin

KEYWORDS: *Swimming, Meditation, Haemoglobin*