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Effect of Yoga Practices on Body Mass Index for Advanced Teacher Training International Students.

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The purpose of the study was to investigate the effect of Yoga practices on body mass index for Advanced Teacher Training International Students. The subject was 100 International students stayed in Kerala, South India. The age of the subject ranged from 20-25 years. The subjects were selected randomly from Advanced teacher training course students. Before started Yoga practice body mass index was measured with help of digital height and weight machine for measuring body mass index(BMI). After Thirty days Advanced Yoga Training: Starting prayer, Pranayama, Meditation, Suriya namaskar, and Asanas. Again same measurement was taken. The data was Analyzed by applying paired t-test and descriptive statistical technique and product movement correlation was employed to observed the mean (M), Standard deviation (SD) and other parameters. The analysis of data was worked out by using the IBM-SPSS version 20. The level of significant was set at 0.05. The findings of the present study have indicated that yoga practices gave significant reduction on body mass index for advanced teacher training for international students.

Keywords: Body Mass Index, Yoga Practices, Asanas, Pranayama, Meditation