

exercise on psycho-physiological parameters in young female medical students.

Materials and Methods

Study design

Present study is a non-randomized control trial. Prior permission was taken from the institutional ethical committee. Lady Hardinge medical college, New Delhi, India offers MBBS course only for girl candidates, hence, only female subjects in the age group of 18-20 years were selected for the present study. After meeting inclusion and exclusion criteria of the study, consecutive, 90 first year MBBS female student volunteers were selected and enrolled into the study after getting written informed consent. Based on their preference for yogic training or physical exercises, students were divided into two groups as follows:

t4USFUDIJOHFYFSDJFTINJOWFT

t4USFUDIJOHFYFSDJFTINJOWFT

o “Om” chanting

o Rajyog

Physical exercises

Group 2 subjects were administered exercises as follows using computerized bicycle ergometer (ergoline 900 supplied by Jaeger, Germany)

t4USFUDIJOHFYFSDJFTINJOWFT

t8BSN QYFSDJFTPO CJDZMF GPS NJOWFBU UIF JOJUJBM MPBE PG KUUCPMMPE CZYFSDJHOHBU PG NBYJNM IFBSUSBUF calculated by formula $HR_{max} = 220 - \text{Age (years)}$ for 20 minutes. Cool EPXIFYFSDJTGPSNJOWFTCEBMMJOHBUKUUT

t4USFUDIJOHFYFSDJFTINJOWFT

All the subjects (n=90) were asked to be present on the day of assessment between 9 AM to 11 AM at least 2 hours after taking light breakfast. All the subjects were then assessed on following tests:

Physiological parameters

RESULTS

various aspects of subjective well-being including the ability to develop persons' potential; work productivity and creativity; build strong and positive relationships with others; and contribute to the community. Optimal score is <40.

Statistical analyses

RESULTS

For each variable group, mean and standard deviation of the mean scores were calculated according to accepted statistical methods. The normality of the continuous data was tested by using Kolmogorov-Smirnov test. Intergroup mean differences in the parameters were compared using Mann-Whitney U test. P < 0.05 was considered as statistically significant.

Results

RESULTS

Comparison of physiological and psychological parameters between subjects of three groups is shown in Table 1. It is demonstrated that at baseline, Group 1 subjects were having significantly higher anxiety and lesser feeling of well-being as compared to Group 2 subjects.

improvement in Handgrip endurance (HGE) time in both groups Group 2 subjects. Increase in HGE represents better physical strength and fitness of the individuals. Our results are similar to previous study which concluded that yoga interventions are equal to or superior to exercise in nearly every outcome measured except those involving physical fitness [3]. There was no significant change in control subjects (Group 3) in all tested parameters.

at stressor 2 in Group 1 subjects whereas no significant change was seen in Group 2 subjects. There was a trend towards non-significant

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