CHAPTER-1

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INTRODUCTION

1. PREAMBLE:-

"Health is the best base of virtue, prosperity, pleasure & salvation.
Diseases are destroyer of health, of high-quality life, & even of life itself."

-Charak

The twentieth century was the most rapidly changing century of all times. Rapidity of changes created unusual demands on individuals and on systems of education. Today education must not only include the body and knowledge but also help individuals to develop inquiring mind that will enable them to comprehend and accept what is to come tomorrow.

Health is perceived as multidimensional process involving the well-being of the whole person in the context of the environment. Health confine to physic-psycho-socio-fields (dimensions) is incomplete and inadequate. Health is an integral concept which comprehends the totality of our being. True health must include not only physical fitness but also the psychological and spiritual well-being. In a broader perspective, the physical body of the human being is not important as emotional, intellectual and spiritual aspects. Mind draws its power from the spirit and transmits it to all the body organs and ensure their rhythmic and coordinated functions. Qualitative (spiritual) values of life like non-attachment, celibacy etc. do not possess health enduring capacity in eliminating symptoms of mental and physical stress and strain (Mallapa and Shanker, 2006). Today despair, stress, nervousness & strain have become so to a great extent pervasive in each civilization that even the school kids, youth, and college-students not spared. In relation to high anxiety created due to stress factors, the experts remark that the raised anxiety levels are average in young people of general and last year school understudies (Cairrans, Mc-Whirter, Barey and Dueffy, 1991). In the 21st century, importance of mental health is an essential pre-requisite for improving educational performance of the students and prevention of neuroticism and psychosis. In recent times, there is an increase in adjustment problems of
adolescents, which psychologists emphasize, are due to poor mental health. Estimates of the prevalence of mild to severe depressive syndromes in adolescents typically range between 20-32% (United States. Dept. of Health & Human Services, 1996). Mental health problems and related issues especially concerning adolescents have been a major preoccupation among medical specialist, social scientists and educationists.

Unemployment, populace blast, industrialization, urbanization and modernization of life have been seriously influencing the people both physiologically and mentally. The emotional problems and other mental health problems like increased anxiety, depression, etc. among adolescents may lead to serious common problems as those of anxiety disorder, acrimony, and antisocial behavior, etc. When emotions are less violent, they do not immediately show any serious disturbances, but surely have injurious effect upon the different systems of the human organism. There are particular emotions like hope, confidence, joy, happiness which exercise a healthy influence upon the nervous system (Swami Kuvalayananda, 1993).

Anxiety, stress, and mental health problems in young generation are a result of cut-throat competitions. These problems are affecting the present generation at a very high speed. Time to time educationists, psychologists and mental health professionals are called by the government for finding out the remedy. At the present juncture, it looks that one has to confine oneself to pressing problems of students. Pressure of competitive life, insufficient knowledge of the academic courses, wrong choices and parental pressure, male/female relationship in school crises situations like new schools, new medium of instruction and failure in examination have their cascading effect. The teacher, his problems, the qualities of the teacher, the staff-students relationship, causes of student indiscipline, changing pattern of the society and its impact on parent/child relationship, influence of mass media of communication and the aspect of cultural shock add to the already troubled child (Quaker Oatmeal, 2001).
Emotional and behavioural problems caused due to direct or severe forms of psychological treatment may manifest in the form of learning disorder in childhood (e.g. lying, depression, aggression) and psychological distress in adulthood (Biederman, Faraone, & Burakback, 2001). The concept of two brains, the analytic left hemisphere and the intuitive right hemisphere is established now. Many discoveries in every field involve an inspiration, which is a right brain activity. It is very plausible that alternate nostril breathing, as practiced in Pranayama may stimulate through the olfactory nerve endings in the nose, right or left brain activity. This is of great significance in philosophical, spiritual and educational fields (Roger Sperry, 1984).

Healthy citizens having higher level of physical fitness are the assets of the country. Any country wishing to be well established will have to make efforts for developing the capabilities of its citizens in discipline, education, character unparalleled physical and mental efficiency. The future of any country whose people lack all these things cannot be prosperous. So every nation responsibly should make adequate efforts in order to develop physical fitness of own citizens. The person who is well equipped with health can do his own regular jobs very easily and can utilize his additional inners potentials for the welfare of the society and nation. Men and women having physical fitness can become role model for the other people in the society. Therefore every nation should start a campaign for the awareness of health promotion.¹

Educators, Social workers, leaders, Sports officials, Physical Education Teachers and Professors etc. believe that physical wellness is a fundamental thing for the growth of a Nation that is why they solicit to develop them. If the nation is strong, it is easy to preserve national security. There are many misconceptions to judge the Physical wellness that are famous in the society. Like a person with a fat body, someone who eats more food, or can stones or bend rods to win a battle or to win a running race or to lift higher weight etc. The Right and original beauty of the body means brightness of health, tightness of organs, smooth agility. Of course
blond and shapely attractive face is an important part of beauty but it comes second because if it is blond, nose-eye is fine but absence of brightness of health in the eyes and skin, fatigue on the face, boredom and bright less sickliness are seen on the face, then it is not fascinating even though it is shapely. That skin is not enchanting. That person doesn’t seem beautiful in spite of having the capital of beauty.

Thus, Physical health and tight energetic organs are the most valuable human capital and most expensive natural gift. But Nature is not responsible to maintain the shape, healthiness, and tightness in proper proportionate in the human body at different ages. The Nature has carried out his job by giving the body to the Human. If it is maintained and taken care of, adequately and in correct way, then, it can also remain Healthy and fit until the old age.2

The goal of everyone should be to get the highest level Physical health. All the exercises given here are not only useful for this but also useful to keep the body in condition which means to develop strength in person, explosive power, tolerance, flexibility, agility as well as balanced power.3

Regular and enthusiastic physical activities reduce the risks of inability and diseases to decrease risks of death. The Exercise and physical readiness makes one feel young even in the old age if acquired by the standards. In the inception stage, the habits developed for effective exercise build the base of Physical wellness. Those who are not involved in physical fitness activities or are involved in bad habits harm their routine life.4

Remember that the advantages of Physical wellness can be achieved for lifetime through regular exercise schedule. Exercise is not like the deposited money in the bank. Exercising for 4-5 hours on Saturday cannot supplement rest of
the days of a week and cannot be beneficial in any way. It is unsafe for the persons without training to just practice for one day in a week. If the world’s greatest athlete stops exercising, he becomes a victim of the same problems as the person without exercise falls with. Positive physical and mental changes come only with the implementation of a long time Physical wellness schedule.⁵

Without good health, Higher Intellectual achievements are tough. The health is necessary for every type of activities whether it is physical or intellectual and it depends on the physical education. The Physical Education keeps students healthy physically and Physical Health is essential part of Intellectual development which implies Sound Mind in Sound Body which clarifies that Physical Education and Intellectuality are not opposite but supplementary to each other.⁶

Physical Fitness means the engagement in any work for long time enthusiastically, thoughtfully, passionately, logically, and stably. The World Health Organization (WHO) had also put a target of educating every citizen to become health conscious by the Year 2000 and it was a good tool for getting strength. The International Olympics Committee (I.O.C.) has signed an agreement with The World Health Organization (WHO) for the health of everyone. In order to achieve this target, scientific programs and standards for every citizen of any age should be constituted.⁷

Thus Physical healthiness and tight energetic organs are the most valuable human capital and most expensive natural gift. But Nature is not responsible to maintain the shape, healthiness, and tightness in proper proportionate in the human body at the different ages. The Nature has carried out his job by giving the body to the Human. If it is maintained and taken care of adequately in correct way, then, it can also remain Healthy and fit until the Old age.⁸
To maintain the Health, regular exercise is needed. Life means to preserve Kriyashilataby Kriyashilata exercise. Exercise enhances the efficiency of muscles, joints, mind and nerves; it also fills new consciousness in ages. Some important thoughts related with Physical wellness;

- Physical wellness is equal to honey in the flower in form of Life.
- A Person with low Physical fitness can see the Soul.
- A person having fitness has optimism and optimist person has everything.

The above mentioned thoughts clearly show the important contribution of Physical wellness in life. The Person having good fitness can be supported in every walk of life in roving the world in form of ocean. He moves further enthusiastically on the path of life. He can easily face any challenge. The dull fitness possessed person is not able to face the common challenges and always keep retreating. On the contrary, a fit person constantly keeps moving further.\(^9\)

Present day age, doubtlessly is huge for fracture of human identity at a few levels. Thus man is confronted with gigantic ascent of internal and external strengths, making him baffled, restless, disturbed, irate and stressed because of non-satisfaction of his longing and. desires. Normally this outcomes in mental and passionate irregularity and adolescence, bringing on disharmony in his life and making him helpless to different psychosomatic, mental and anxious infirmities of utilitarian and unending sort.

The most prominent type of yoga in our nation is called hatha yoga, which utilize a progression of physical activity. Each player regardless of game or control can possibly upgrade their capacity by receiving a reliable yoga hone. Today's top players have an one of a kind capacity to reliably perform at their most astounding competitors are fundamentally the same in physical capacities, so how are a few
players ready to reliably overwhelm their rivalries. The most imperative advantage of yoga is physical & psychological treatment. The maturing procedure which is to a great extent a fake condition, created principally via autointoxication i.e. self harming, can be eased off by practing yoga, by keeping the clean, adaptable and very much greased up. Yoga activities can diminish stress, which is imperative for player. Intermittently, a player will get to be overpowered an up and coming amusement and this can truly bring about a ton of anxiety for them, which will block diversion execution.

It is surely understood that individuals of cutting edge age experience the ill effects of anxiety issue. Indeed, they are the real reasons for bleakness and mortality everywhere throughout the world. Indeed, even now infective issue take an extraordinary toll of lives in creating nations however the issue of Stress and wounds are in charge of countless tragedies in created nations. A large portion of the inadvertent wounds are referred to be happening as a consequence of overabundance stretch and strain in life. Yogic practices not just help in turning around the procedure of anxiety issue and psychosomatic issues additionally enhance the resistance of the body at the psychophysical level. Yoga is extremely useful to keep up and add to the level of wellness. Further individuals experiencing a lot of anxiety and strain are more obligated to be influenced by diverse sorts of contaminations than other as a result of poor immunological reaction.\textsuperscript{11}

Treatment is not a field of yoga in its legitimate sense. Indeed, even along these lines, yoga has fundamentally to do with wellbeing exercises. As a procedure of coordination, it has fundamentally to discover ways and intends to check the impacts that are prone to add to any kind of deterioration. Sick soundness of body and brain is one such.\textsuperscript{12}

Concept of Yoga:

\textit{“Yogen Cittasya Padena Vacama Malam Sarirasya ca Vaidyakena, Yopakarottam Pravaram Muninam”}
Pata njalim Pranjalirana'to'smi.”
- Karambelkar, 2006

Yoga is recognized as one of the most important and valuable heritage of India. Today, whole world is looking towards yoga for answering various problems. In spite of this, no field is so grossly misunderstood as yoga, even in India. If one take a cross section of the society and take a general survey of the public opinion about yoga, one shall find that there are many misbelieve. However, yoga is respected by the Indian schools of philosophy and other philosophers because of its practical aspect containing various psycho-physiological practices rather than its philosophy:

"Restrainment of all other activities of the mind already riveted upon me"
- Shiv Purana

Patanjali has attempted to define clearly the sense of the term in the "Yoga Sutra":

\[
\text{Yogaschittavrittinirodha} \quad || \quad 2 \quad ||
\]
- Patanjali Yogpradeep (Samadhi Padah/2, p.146)

Yoga brings to complete cessation of the functional modifications of citta. Here 'nirdha' has modifications which means that yoga is the restrain of psychological fluctuation’s and been employed in the sense of a verb, in the sense of purposeful action undertaken in order to achieve a specific end. This sutra in a way defines the meaning of the word yoga as a practical method or means.

\[
\text{Tapah Svadhyayeshvarpranidhanani Kriyayogah} \quad 11/11
\]
- Patanjali Yogpradeep (Sadhana Padah/1, p.275)

Austerities, reading of chosen chapter (section of writing) and worship (pujana) offered to isvara comprise Kriyayoga. Patanjali has defined yoga as action (Kriya) and pointing to what is central in the activity that is 'yoga'.
According to Sampoornanand, yoga word is originated from 'Yuj Dhatu', which means integration. Yoga is that organized activity in which there is a mating of human soul and super soul. The point of yoga itself is reconciliation of identity in its all perspectives. To help the advancement of such combination different systems are utilized:

"Balancing of mind is called yoga"
- Gita

Yoga is firmly partnered to nature. Nature has declared, notwithstanding astoundingly grievous cases, that the elements of the body and brain are legitimately adjusted and commonly related. The theory of yoga expect that man, in his characteristic, unpolluted state of body and brain, works as a piece of the grandiose mood in which both the procedures of development and wantonness are ordinary and smooth streaming.

"Yama Niyamasana Pranayama Pratyahara Dharana Dhyana Samadhyo astaongani" | 129 |
- Patanjali Yogpradeep (Sadhana Padah/29, p.355)

Yama, Niyama, Dharana, Pranayama, Pratyahara, Asana, Dhyanaaand Samadhi are the eight limbs (Ashtang) of the systematic discipline of yoga as presented here by Patanjali. The practice of Yama and Niyama promotes social health, the practice of Asana promotes bodily health, the practice of Pranayama promotes social health, the practice of Pratyahara promotes healthy mind and practice of Dharana and Dhyana promotes health in knowledge (dispositional) part of the mind.

Before analyzing what Yogasana is, it is ideal to recognize what it is definitely not. Yogasana is neither a gymnastic nor it is excitement, intended to interest a crowd of people. Moreover, it doesn't look to grow just the constitution. It doesn't require any outer apparatuses for its practice. A few individuals have the
feeling that Yogasana is supernatural contemplation; however it can be preparatory activity for it. Sadhna is an otherworldly attempt and its point is to empower the Sadhaka to actuate what may be known as the awesome fire' inside of him by consistent practice under master direction. Yogasana is consequently not simple to develop unless there is an individual direction of a qualified individual.

"Sthiram Sukham Asanam" | 46 |
- Patanjali Yogpradeep (Sadhana Padah/46, p.420)

Asana (yogic posture) is stable and comfortable. According to this characterization any posture of body, which will be comfortable and as a consequence of this, which could be maintained steadily for adequately long time, can be the Asana desirable for Patanjali's yoga system. According to Patanjali, 'Yoga' implies the experience of unity of solidarity with one's internal being. "Asana' implies the state or stance in which one can stay relentless, smooth, calm, and agreeable, both physically and rationally

"Prayatna Shaithilyananta Samaptibh Yama" | 47 |
- Patanjali Yogpradeep (Sadhana Padah/47, p.439)

The performance of Asana should be with the two namely total relaxation of effort and merger of mind with something ananta i. e. infinite. That means only by a complete physical peaceful state and surrender of mental process to the outer cosmos which is infinite state of true Asanas can be achieved. Consequently, by experience it now light that by delicately extending the muscles, rubbing the interior organs and conditioning the nerves all through the body, the soundness of the expert can be impressively enhanced and numerous infections can be avoided and cured.

Before pondering over the subject matter of the thesis, it is desirable to discuss about the meaning and the definition and importance of yoga as perceived by the philosophers yoga is recognized as one of the most important and valuable
heritages of India. Today whole world is looking towards yoga for the answer of various problems. Yoga has proved to be useful for all persons and for the good of humanity.

The fundamental issue of human enduring, including good, religious, physical and psychological issues has been followed to one extreme reason, to mind, self-irritation, estrangement from presence, loss of contact with being. Alienation from existence makes him outwardly oriented to the point of restlessness. He forgets that the cure of his crisis lies within himself, in the buried discrepancies of his own nature. Yoga calls attention to this crucial fact. It aims at that vital existential experience which re-unites man with the innermost centre of his on being. Yoga is trained activity to accomplish and achieve last liberation. Iyengar, (1983).

Yoga points to the truth beyond the Gods of different races, nations and parochial religions. It affirms the reality of the Self (Atman Purusa) as the one beacon light in the enveloping darkness of conflicting creeds and ideologies. Yoga is existential appropriation of truth. On the basis of balanced union with the ultimate ground of existence, Yoga aims at the reconstruction of life and society into a growing image of the truth. It stresses at the need for creative action in harmony with the cosmic purpose of existence.

If the extinction of human race is to be avoided, an ascent to a higher consciousness and a divine conversion and transfiguration of the whole being of man by the power of divine is the only means. Yoga is a pivotal concept in Indian culture. It has been the source of all significant philosophical thinking. Depending on requirement of one's need for physical and mental fitness, capacity of the body Yoga is divided into following types…

- Japa Yoga:- To focus one's brain on celestial name or heavenly syllable mantra exc. Like OM, Ram, Allah, God, Vahe Guru and so on rehashed recitation or recognition.
Karma Yoga:- Teaches us to perform all activity without having any longing for their organic product. In this sadhana a Yogi considers his obligation as celestial activity, perform it with entire hearted devotion yet evades far from all yearnings.

Gyana Yoga:- Teaches us to separate between the self and non-self and to gain the information of one's otherworldly substance through the investigation of sacred writings, organization of Saints and routine of contemplation.

Bhakti Yoga:- Bhakti Yoga is arrangement of extraordinary commitment with accentuation on complete surrender to awesome will. The genuine adherent of Bhakti Yoga is free from pride, modest and unaffected by the dualities of the world.

Raja Yoga:- Raja Yoga famously knoen as "Ashtanga Yoga" is for all-round advancement of human identity. These are Yama, Dhyana, Pratyahare, Niyama, Asana, Dharana, and Samadhi.

Yoga is now-a-day looked upon as a system of medicine and a complete cure of all diseases is attributed to it. Yoga is not a panacea for all ills. Though some of the yogic practices are used therapeutically, they have certain limitations. Moreover, therapeutically aspect is one of the aspects of yoga. Yoga cannot be equated with the therapeutics. Yoga gives one of the best methods for self-change and accomplishing one's maximum capacity. In the propelled phases of yoga, super cognizant states are achieved which bring about an inclination of happiness, profound peace and development of psychic forces.

Yoga can be the most effective and economical therapeutic approach to deal with such problems. Yoga was created and idealized over the course of the hundreds of years by logicians and spiritualists in India. It is essentially a system
by which one expands the body's supply of vitality and uproots any obstruction to the transmission of vitality all through the body. Yoga is one of most seasoned types of recuperating treatment which has been rehearsing for over 5000 years.

"Yoga" signifies "union". Yoga is a type of activity in light of the conviction that the body and breath are personally associated with the psyche. By controlling the breath and holding the body in relentless stances or "Asanas" yoga makes concordance.

It has been reported that the physical fitness of players of various games got improved by yoga training. It was given to Indian Hockey team in 1982 before Asiad Competition and the result was found to be quite positive.

Yoga practice comprises of five key components:-Proper breathing, fitting activity legitimate unwinding, legitimate eating regimen and positive intuition and reflection. The activities or Asanas are intended to facilitate tensed muscles, to tone up the inner organs, and to enhance the adaptability of the body's joints and ligaments.

Yoga is a systematic discipline for self-realization. However, now a day's Yoga uniquely Hathayoga embodies diverse Yogic activities viz., asana (body stances), pranayama (controlled regulation of breath), bandha (physiological bolts or holds of semi-willful muscles), kriyas (purifying procedure), and mudras (demeanor which suddenly excites contemplation). Yogic exercises are becoming popular in the area of games and sports and also in the curriculum of Indian schools, colleges and universities.

In fact, Yoga works at the conscious level for awakening awareness which, in turn, claims to improve concentration. The step-wise process in Yoga, viz., yama, dhyana asana, pranayama and samadhi, develops awareness as well as concentration to the fullest extent to achieve success. The principles of these practices, in fact, work on the psycho-physio-neurological level that jeopardizes the unequilibrium state and provide a state of balance or homeostasis. Once an
athlete reaches this state of homeostasis, he can concentrate perfectly on his task of shooting performance and becomes successful.

Yoga is a science of complete health and is more than physical. It is mental and spiritual as well. It may help population to become Satchitanand, where Sat means "existence" chit means "knowledge" and ananda means "bliss." Thus, Yoga seems to be relevant for population. This investigation would bring real evidence of benefits of Yoga especially for teaching professionals.

The secrets of human soul in India have been studied since time immemorial. Many sages devoted their whole lives and concentrated all their thoughts on finding the answer to the question 'What am I? They saw the inevitable suffering and various disappointments of human existence. They realized that every individual has some hidden potential which when developed allows him to attain permanent bliss, inner place and the ultimate goal of existence supreme enlightenment. They have shown use the way to achieve this.

According to the Rishis, The mans superiority docs not reside so much in his physical growth as in his mental and spiritual development to live in full possession of physical and mental facilities, one, therefore, has to develop the mind and body simultaneously. This is not the case of highly intelligent man who has a weak, frail body, or athletes whose intellectual abilities are limited. To be able to develop physically, mentally and spiritually, one must avoid consists agitation and prevent the mind from becoming depressed. Thus, with the gradual unfolding and growth of a man experiences the fact that the motionless straight of the body is absolutely necessary to develop the concentration.

After years of researchers and experiences, it was revealed to ancient Sages of India that through introspection and concentration during the meditation, man can attain the ultimate reality Union with the divine.
Patanjali has attempted to define clearly to sense of the term is his yoga sutra', "yogaschitlavrtti nirodah". Here Nirodha' has been employed in the sense of a verb, in the sense of doing acting. Yoga' therefore, carries the sense of purposeful action, of action undertaken in order to achieve a specific end. Elsewhere Patanjali makes this sense quite explicit, "Tapah Swadhyay eshwara pranidhan anikriya yogah'. Here appears to be defining yoga as action (Kriya); she is pointing to what is spiritual in the activity that is yoga.

From the perspective of their definitive noteworthiness all the Hindu sacred writings, in fact the sacred texts of all religions, may be said to be treatises of yoga. The point of all religions is to carry man towards union with, or reintegration into the Supreme Being Religious practices or good trains are just preparatory stages in this procedure.

As has been called attention to by Danielou L0 is the greater part of the Hindu sacred writings, Such as the Eternal shrewdness (Veda), the "Compleitive Scriptures" (Puranas), the Epics (Ithihasas) the ethical codes (Dharam Shastras), the standards of Terrestrial learning (Tantas), and so forth, are discovered numerous essential references to the diverse methods of yoga. A particular number of obsolete Sanskrit treatises in any case, deal singularly with the guidelines, the procedures and the various structures of yoga.

The primary treatises which from the essential sacred writings of yoga are the followings:-

- The yoga upanishads1 which are a piece of the Vedic' writing and which manage all the parts of yoga.

- The Yoga Darshana' of Patanjali and its discourses which frame the fundamental treatise of Raja Yoga'.
The specialized treatises of Hatha Yoga, for example, the Hatha Yoga Pradipika, Gherand Sanhita, Shiv Sanhita and so forth. It may be clearly understood and always remembered that yoga has never been identified with any religion or seat as such as India. It has remained and continues to remain an autonomous order which could be embraced by any one, regardless of religion, ideology, rank, sex, or age with no impediment. Yoga goes for the coordinated and amicable improvement of the considerable number of possibilities of man. As indicated by Kavalyananda and Vinekar yoga lays incredible weight on three perspectives.

**These three basic steps are:-**

1. Cultivation of right mental mentality,
2. Reconditioning of the neuromuscular and neuro glandular systems, in fact the whole body to enable it to withstand more prominent stretch and strain in the meantime.
3. Laying incredible accentuation on wellbeing giving eating regimen and empowering the regular procedure of end, at whatever point it is vital.

Yoga is very ancient, certainly much older than the archaeological record, which is the only reliable cultural resource of human even today. The archaeological records indicate a well-established system of yoga practice which must have existed long before the figurines and seals that have been found were fashioned.

The discipline of Yoga got well established with the emergence of Yoga as 'Eight-fold Path' of Patanjali Yoga Sutras which is the oldest somewhere between 500 B.C. to 900 A.D.

Yoga, in fact, is one of the six customary frameworks of Indian rationality, where mind, intellect, and self are under control that makes one free from restless
desire, so that one can rest in the spirit within and becomes a yukta - one in communion with God. Yoga has likewise been depicted as shrewdness in work or skilful living amongst exercises, amicability and control.

The German philosopher Schopenhouer was so astonished in reading the Upanishads for the first time, that he exclaimed, "Compared to these ancient rishis, we philosophers in the West are still in the Kindergarten." First lecture on Yoga was delivered in Scotland in 1814.

At the time of great spiritual awakening, between 600 and 400 B.C., Yoga went to China and Japan along with Buddhism but became more distinctive as Chan in China and Zen sects in Japan. Since Yoga never had any formal organization such as the major religions have, the history will be in form of picking up pieces here and there. Yoga has also left traces in travelogues and anecdotes which have been the subject of the popular stories for hundreds of years.

**Yoga in Upanishads (Vedas);**

The nation of cause of yoga is without a doubt India, where for many years, it has been a part of man's exercises coordinated towards higher otherworldly accomplishments, yet when we want to find a clear definition or a general description of yoga, the Indian texts do not help us directly to describe yoga, even in Indian terms, requires research into its past history and present situation.

As has been rightly, the historical origin of yoga in India belongs to the distant past, when and how it began cannot be established. It is not really proper to speak about a historical origin of yoga. What is perhaps possible is to try to trace historical sources of information about the occurrence of yogis and yoga practice in the past in India.

The very earliest indication—Though not a proof, strictly speaking of the presence of some type of yoga practice in India originates from the prevedic Harappen society which can be dated in any event as far back as 2700 B.C.
Various exhumed seals show photos of a figure situated in a yoga act that has been utilized by the Indian yogis for contemplation till the present day. The stance of the figures is important. Many seals were found in Mohenjo-daro and Harppa picture scenes from religious life and mythological events which obviously where of great significance to the people of that time. The seated deity and other figures, undoubtedly absorbed in meditation, indicate that mental yoga activities were known and have impact in the religious or can perhaps be even say philosophical outlook of the (epochs). Archaeological discoveries allow us therefore to speculate with some justification that a wide range of yoga activities was already known to the ancient people of pre-Aryan India.

The situation is a little less difficult in Vedic India, but it is by no means easy to draw a picture of the position of yoga perform and awareness of that time. Even when we accept sympathetically the view that the Vedic literature which is the sole source of our knowledge originated with inspired or edified diviners, the structure in which it has been saved bears unmistakable indications of much lesser personalities who were grinding away when the songs were masterminded into accumulations of four Vedas, namely Rig, Yajur, Sama and Atharva yoga is the most ancient system of development of mankind. Our ancestors used to yogic activities with remarkable success to maintain sound mind and sound body. Yoga is a psycho-physical system of exercise based upon the knowledge of the relation between the body and the mind.

Yoga According to Patanjali:–

According to Patanjali (300 E.C.)^ Both the Body and Soul (Spirit) play vital role in the transformation of the finite into the infinite. It shows the way how men can conquer suffering, disease and death and it teaches to stretch life span and enjoy a better living that can realize through asanas, rhythmic breathing concentration and meditation. Yoga is source of sound health. It gives internal peace of mind. The medical science has also reached the conclusion that without taking into account the mind it
is not possible to cure the body. Yoga is described as an instrument for reaching the other shore of the stream of sorrow (yoga Vashestha)

In the Patanjali Yoga Sutra and Yoga Sutra eight limbs/ tools are prescribed, we can say that limbs or steps of yoga that called eight limbs because the course of yoga practice is often alluded to as a (Marge) or path or way. It must be noted that yoga practice is one, but it consists of eight limbs or path.

The Eight Limbs of Yoga.

(1) Yame
(2) Niyam
(3) Asan
(4) Paranayam
(5) Pratyahar
(6) Dharana
(7) Dhyan
(8) Smadhi

These eight limbs are known as Astang Yog of these the first five are external observation and the last three mental disciplines.

According to Sri Aurobindo (1960) if education takes into account the divine nature of man and his divine destiny, social, moral and spiritual values as mentioned in the context of the practice of yoga of Patanjali. It must be given their due place in any scheme of social, moral and spiritual reconstruction in India. The practical steps involved in integral yoga for successful transformation of the individual to a state of perfect tranquility viz. Dhyana, concentration, inspiration, transcending of all ego-demands and finally 'complete surrender' to the divine. The objectives of Yogasanas are to develop the physical, mental, emotional and spiritual aspects of the personality. Yogasanas are performed gradually with unwinding and focus. The apprehensive system, endocrine organs and inward organs and also the muscles are urged to capacity legitimately. Hence, Asanas have
both physical and psychometric impact. The significant contrast in the middle of gymnastic and Yogasana is that the previous is suitable just to sound and outstandingly solid individuals, the later is implied for all, notwithstanding for persons experiencing certain sicknesses. In the previous, heart and respiratory framework need to buckle down bringing about fatigue of key vitality and the possibility of solidness and ailment once more. It is no doubt understood actuality that one's psychological wellness/passionate wellbeing are firmly identified with solid body and the best possible working of the sensory system. It is the point of yoga to advance incorporated advancement of the body and brain and help one to achieve balance through a coordination of the working of the physical, imperative and mental strengths.Yoga promotes physical and mental health, rather than being curative medicine or seeking physical well-being alone (Singh, 1986).

**Yoga in Ancient Time:-**

To many, yoga is known as a system of philosophy dealing with metaphysical theories of Reality or the universe. However, yoga is respected by the Indian Schools of Philosophy and other philosophers because of its practical aspects containing various psychophysiological practices rather than its philosophy. It has rightly proposed that the four essential and associated ideas, four active thoughts' convey us straightforwardly to the center of Indian most profound sense of being. They are 'karma', maya', "nirvana" and yoga'.

(i) The law of widespread loss, which joins man with the universe and sentences him to, transmigrates inconclusively. “This is the act of karma”.

(ii) The strange procedure that induces and keeps up the universe and in this manner, makes conceivable the interminable return' of presence. This is maya', infinite deception, continued by man the length of he is blinded by obliviousness avidya'.

(iii) Absolute reality, arranged', some place past the vast hallucination woven by maya' and past human experience as molded by karma'
unadulterated being, without a doubt the, by anything name it might be known as the identity (atman), "brahman", the uncondition, the extraordinary, the undying, the durable, nirvana' and so on.

(iv) The method for achieving being, the solid strategies for picking up freedom. This corpus of means constitutes yoga' legitimately talking.

In spite of the fact that the word yoga' has numerous intentions etymologically it implies coordination'. The term samatva1 of Bhagwad Gita passes on the same significance. Certain different terms like homeostasis, harmony, parity, agreeable advancement and so forth. Pretty much propose the similar thing. The point of yoga it'self is combination of identity in it is all perspectives. To assist the advancement of such combination different methods are utilized. Those methods or practice urged in yogic writing & passed on in distinctive conventions additionally go under the name of yoga.

At the heart of the traditional Indian philosophy of yoga lies the concept of the union of the soul with God and the consequent attainment of liberation achieved through yogic practices and the yogic' way of living'. With the advent of materialism, commentator sought a compromise by calling it a way of improving mental capacity. Today, with its increasing popularity all over the world, the term has become a misnomer; people mostly take to yoga' looking for help in physical ailments. For the common man, yoga' has become primarily a matter of physical exercises only.

A single term can be found to have a spectrum of meaning. Same is applicable for the term 'yoga1. The word yoga' accrues in the Rig Veda in different sense, for example, yoking or tackling accomplishing the unachieved, associating the dissimilar to. The word yoga' is the feeling of yoke is utilized as a part of numerous spots in the RigVeda & the Brahmana and this expression with its subordinate yugya' (bearer of the oppression, the creature is truly commonplace in the presently old word of Aryan stock which can be traced in such words as the
German joch, Anglo. Saxen geoe, iuc, ioc, latin in gum. In yajurveda, the word yoga' is used in the sense of mixture, a compound, a formula.

**Yoga in Modern World:-**

Today lots of institutions are working in this field of Yoga. There is a constant addition to such institutions due to a great demand from yoga enthusiastic. But there are inadequate supply of trained. Lot of Indian state governments are coming forward to sponsor yoga educational programme in school colleges and even competition purposes also.

Now there are approximately seventy institutions in India which are engaged in popularizing yoga by teaching and practical training. There are much more institutions outside India. About forty institutions are engaged in the thereby work in India. There are about 100 Ashramas which are engaged in conducting various religious and cultural activities related to yoga. Every institution which is working for yoga has significant role to play. Some specialized in teaching Psycho-physical practices along with practical.

In other aspects, the yoga education is also related to the cure and prevention of diseases. Such types of yogic institutions are now also known as yogic Health Centers and yogic hospitals. An indicated above institutions exist at present and also working in this field with scientific way. Training aspect of yoga is not the only aspect of yoga in which any yogic institution can specialize as it is seen from the various area of specialization in yoga. Apart from training, some institutions are specialized in the research or treatment as mentioned earlier. But yogic institutions specialized in research are very less in India but those number are going to be increased day by day.

**Yoga and Health:-**
The Education Commission (1964-66) which is considered as the Bible to Education has realized that health of the students was not given priority in our country. In its own worlds, "Health services for students are generally neglected." (The Education commission (1964-66).

Yoga likewise demands the essential need of normal great wellbeing which is to be accomplished through its own arrangement of physical Education, which advances good and mental control. The parity of human nature and its mind has to be achieved through good health of the body. In the recent past yoga education has became inevitable for the maintenance of good health which is one of its important objectives.

**Yoga Asanas and Physical Fitness:**

Yoga Asanas are the physical exercises enabling a person to be physically fitness and mentally alert. Their immediate aim is to gain good health and happiness. Yoga asanas and meditation makes a man physically strong and mentality sound.

Broadly, Asanas are classified in two major groups:-Cultural and Meditative i.e. Shirhasan, sarvangasan, etc. from the cultural group while padmasana, sidhasana, etc. from the meditative group. Physical scientist seeks physiological advantage with spiritual process through meditative activities of yoga. Both the physical and spiritual scientist are unanimous in practicing Asanas with a view of maintaining the nervous and endocrinal system for excellency conditions because of health of entire human organism.

**Yoga and Physical Culture:**

Considerable avoidity has been shown recently by research workers in yoga physical culture and its contribution towards physical fitness. H.de varies (1961) Ryan (1971) Ramananowski (1969), Bhole and Karambelkar (1971), Dhanraj
(1974) Gangaly and Ghorate (1976) have shown the practicality of yoga asanas and this had improved the various components of physical fitness for example speed, flexibility, strength agility, endurance & cardiovascular strength. Yoga is also looked upon as the system of exercises and it has become very popular throughout the world.

However, a few studies have been conducted regarding yoga exercises. The first pioneering attempt along the scientific line to study the physiological effect was made by Swami Kaivalyananda (1964), His study occupies a very important and unique position among the scientific approach work in yoga done so far in this field.

Benefits of Yoga:-

The advantages of yoga are various. It has both preventive and helpful advantages. What's more, the most essential advantages of yoga are physical and mental advantages to the body and the psyche. The medical advantages of yoga with a standard routine of yoga stances, breathing activities, and reflection are:-

Yoga today helps in fighting diseases, and there are some solid explores demonstrating that yoga helps in controlling certain ailments, for example, migraines, joint pain, stress, tension, circulatory strain, asthma and some more.

Yoga today likewise helps in lessening the anxiety and pressures. In the wake of escaping from an occupied day, your muscles are tensed and may feel that your self-regard will increment with a general yoga rehearses. This sort of certainty boosting is exceptionally crucial as it helps individuals as a method for lessening the anxiety in their routine occupied lives. Yoga today likewise serves to enhance muscle tone and expands your vitality, stamina, quality and adaptability. It additionally helps those individuals who learn about themselves as of shape by a normal routine of yoga. Rehearsing yoga can consume your body's abundance fat and gives you a quite enhanced body shape or figure. Yoga today likewise helps individuals to enhance their focus and upgrades a man's creativities especially when they are in a need of unwinding and quit pondering the distressing impacts in
life, for example, self-obligations. Thus, rehearsing yoga frequently makes yoga experts to feel that it is simpler to think all the more decidedly and there will be a much fresher point of view. A feeling of serenity and prosperity can be gotten through honing yoga. The yoga activities can enhance the blood course in the body. By yoga rehearses, the insusceptible frameworks can be animated to help keep us from maladies. A decent insusceptible framework will help us to abstain from getting infection and sicknesses. Numerous individuals are honing yoga today keeping in mind the end goal to be dynamic. A few individuals consider that yoga helps in bringing their soul and keep them calmed. A large portion of the individuals consider yoga as a practice just for otherworldly individuals. On the other hand, it is not genuine. Yoga today can be rehearsed by all gatherings of individuals unimportant to their position, age or sex. These are only a couple of things that the yoga practices and yoga today can give. Its possibilities are interminable. In this present day world our surroundings is battling for survival and we people experience the ill effects of more physical and mental anxiety, we can't generally control them however can figure out how to face them and to this end Yoga is as great a development it has ever been. The point of yoga is accomplishment of physical, mental and profound wellbeing. The primary credit of systematize yoga goes to Patanjai who composed the "yogasutra" 2 thousand years prior. He has prescribed 8 phases of yoga control. Yoga has increased gigantic prominence in the most recent couple of years; it is the most quickly developing wellbeing development regardless of it was created a huge number of years prior. Age, religion, standing; sex is no bar with breathing and reflection methods. There are numerous sorts of yoga and it might be hard for the apprentices which yoga sort he or she needs to do. The most imperative advantage of yoga is the physical and mental treatment, the very substance of yoga lies in achieving mental peace, enhanced fixation force and a casual condition of living.

Yoga is timeless and ageless. It is an ancient science of well-being and suitable for everyone to practice irrespective of their ages. The term yoga is founded on a Sanskrit expression “YUJ” which mean to connect. Generally the word is used for the union of our will with the will of god. It has been said in
Upanishad that the life breath to the immortal wind of spirit and the body ends in ashes.

Yoga is a natural remedy for joint inflammation, headache migraines, back agony and menstrual issues and so forth. The vast majority of the yoga stances helps in mitigating push, pressure and muscle soreness. Normal yoga practice reinforces the resistant framework, forestalls disease, and enhances adaptability. Thus yoga is rehearsed not for protection treatment but rather likewise for advancing the general wellbeing and prosperity.
The lung capacity will increase due to regular yoga practice and it stabilizes breathing. Deep breathing makes the body more alkaline and less acidic. High acidity in body causes bone and tissue damage, arthritis, fatigue, stress and headache.

Most of the yoga postures aim at improving and maintaining proper blood circulation the end the body. Increased blood circulation removes the body impurities and eliminates toxins. Regular yoga practice keeps the blood pressure and pulse rate down.

The most vital range of reinforcing happened in the cervical region of my spine. My stance is turning out to be more adjusted my head appeared to be much lighter, making a true blue feeling of take joy in my life. Degree of improvement augmentations with every class and this progression is the essential way that joints are maintained. This is generous for the spinal partition too. The plates that go about as insurances between the vertebrae comparatively oblige headway to be overseen. Yoga asanas give change in all headings to the spine, hereafter making supplement dispersal more uniform.

The endocrine framework is staggeringly overhauled with Yoga hone. Regardless, normal practice can chop down the anxiety hormone, cortisol. On the off chance that high cortisol levels are left unchecked, it may trade off the resistant structure, reduce memory, add to miserable, and create the rate of osteoporosis, and reason weight get. Reversals especially can help change any hormonal issues in this manner empowering wretchedness, and quieting the mental conditions of disappointment, wavering, stun, trepidation and abundance wishes.

Kriyas or the purifying practices of yoga in like way have a fast impact on the pros' wellbeing and ought to be done just with assistance from a capable yoga instructor. The major is Dahuti (flush) fuses gulping and disgorging a fine bit of muslin fabric to remove mucous from the upper gastro-intestinal tract. The second is Basti or another sort of an entrail purify. It consolidates pulling in water to the
lower digestive tract by technique for the butt and after that emptying it. This will rinse the lower bit of the colon. The third practice is Neti which scours the nostrils and sinus openings and is needed for fitting routine of pranayama. The fourth practice purges and strengthens the eyes and associations and is called Tratak the eyes are concentrated regularly on fairly test or the fire of the light in a dull room, without squinting, until they water. The fifth is called Nauli and washes and invigorates the whole stomach region, nerve plexus, lymph focus focuses and osmosis tracts. It consolidates moving and flipping the stomach divider muscles to perform this practice. The 6th kriya will clean out the whole GI tract and is called Shanka-prakshalan. After glass of tepid salt water is gobbled up four particular activities are finished. By then you drink one more glass of the water and from there on do the activities once more. This is rehashed until you feel the inclination to void. The objective is to scour the whole gastro-intestinal tract. The seventh kriya washes the respiratory tract and is moreover a pranayama exercise. It is called Kapalbhati and is a genuine breath method in which the lungs work like the cries of a smithy. The body is kept in unmistakable positions for diverse impacts.

Practicing yoga regularly improves in the strength of musculoskeletal system and increases flexibility. The body joints will become stronger, stable and the range of motion increases. It also increases the stamina and endurance. Even osteoporosis is prevented by doing certain yogasanas.

Yoga practice regulates body metabolism and helps in losing weight. Balance the hormonal system and also beneficial for menopausal and pre-menopausal women. It improves digestion and prevents constipation.

Physical benefits:-
There are numerous medical advantages from yoga, studies have demonstrated that yoga can calm numerous basic and life undermining disease, for example, joint pain, ceaseless weakness, diabetics, AIDS, asthma hypertension ,back agony
weight decrease, heftiness, normal cool, obstruction, epilepsy, skin issues, and breath issues. Yoga likewise helps in recovery of new and old wounds.

**Psychological benefits:**

Consistent yoga practice makes mental clarity and serenity, build body mindfulness, remembers anxiety designs, unwinds the psyches and hones fixation. Yoga gives devices through which one can adapt which the torment and helps counter with the inclination of weakness and sorrow. Yogic breathing and extending activities have been seen to result in better mental and physical vitality and enhanced mind-set. The mental execution likewise increments with yoga and specialists recommend that yoga can improve psychological execution.

**Spiritual benefits:**

When you accomplish that yogic spirit you can start knowing yourself settled. On the off chance that one succeeds in accomplishing abilities which give wellbeing and fearlessness, one can fairly raise his self regard just by watching himself living the enhanced result as an accomplished actuality. Yogic treatment prompts expand self info.

**Yoga for world peace:**

World peace is a great challenge being faced by the people. Our intolerance, non-sympathetic attitude, disrespects for fellow beings other cultures or religions, selfishness, materialistic outlook jealousy, hated etc. are the courses that have threatened the world peace. We have forgotten the message of live and Let live.’ All the great religious masks Mahavir, Buddha, Christ, Mohammed etc. have never thought to disrespect and religion, We usually try to prove our religion better than other religions. Actually speaking no religion is better or worse. Every religion is equally good. We should understand the essential unity among all religion.
"Yoga", though a gift of Indian Culture, provides a good platform to the given the message of unity in diversity. “Charity beings at home” Considering this maximum, it is necessary to promote the message of yoga among those who are so called literate, who are living in villagers, who are intolerant and non sympathetic.

Upto give the message of yoga to prove that all religious teachers have touched us to live in the world with a feeling of universal brotherhood. Yoga is a secular in nature, has nothing to do with any particular religion and it can easily assimilated with any religion. Message of yoga can undoubtly help in bringing peace of the world.

The malfunctioning of the body causes imbalance in the body and so one get sick. The yoga techniques actually are concerned with changing one's personality as a whole, by brining about a revolution in one's attitudes, tendencies, emotions as well as the physiological processes underlying these. The yoga techniques has great significance for corrective and restorative proposes because of its special character is to bring about changes in external pressure.

Yoga has shown and has always been in one form or another, an integral part of Indian civilization. There were times when it was very much in the forefront, such as during the sixth and fifth centuries B.C., and there were other times when quite different phenomena dominated the scene of Indian History, such as during the eighteenth century, when the Mughal Empire was crumbling and the British were starting to step in, to become eventually the new rulers of the country. But though out the ages the living traditions of yoga as an individual path and people experience of the transcendent has been handed down from generation to generation till today.

During all these centuries many outstanding yogis appeared on the scan. Some of them become famous in their own locality; some become renowned
through out India. Others were known only to their contemporaries and survived only by a faint memory, and many were forgotten altogether.

Ramakrishna and Vivekananada belonged to the last century, in spite of the fact that their impact can be cleared out. Advanced by the asking of Ramkrishna and aided by chronicled circumstance of India, which was in charge of the English Education, Vivekananda began a pattern for prominence of yoga, which, with inescapable ups and down has stayed with us from that point onward.

Two other great yogis of India who lived mainly and was active as yogis solely in this century become world famous, they were Ramana maharishi of Arunachal and Aurobindo Ghosh. Raman did not bring any new teaching of philosophy and he might be described as fitting with in the tradition of 'Advaita Vedanta' and his method was also old. His directions, particularly the two books "Self Inquiry" and "Who am I?" can be classify as following the path of Jnana yoga'. But they are formulated so as to be easily understood today. They offer a method of self enquiry that is basically analytical and proceeds, first discursively and then meditatively, to eliminate the meditator's identification with insubstantial constituents of his personality which is his body, his feelings and his thought in order to enable him to penetrate to the experience of his hidden essence or "real self".

Aurobindo Ghosh represents an entirely different type of yogi from Raman. His philosophy is one of spiritual evolution. Aurobindo appreciates the evolution one can see in the world (as expressed in western sciences particularly after Darwin), but he sees behind it the divine mind at work. When however, evolution producer man it does not automatically continue further. Which otherwise would not work for his progress. By his efforts man becomes a collaborator with the Divine Mind in the work of spiritualizing universe. The individual way to such collaboration with the Divine Mind is integral yoga.

Whoever has studied yoga literature, whether ancient or modern or both cannot be impressed by the extraordinary vitality of yoga, the variety of its forms,
its undeniable achievements, and the multitude of possible way and levels of approach to its goal. Behind all this variety the final aim of yoga appears always to be one, namely a state of final liberation or salvation and enumeration. However, variably defined, which is in turn, it is sometimes claimed, identical with the goal of all higher religions despite their differing ideas or conceptions of it. The most conspicuous impact of yoga in the west is its appeal to a vast number of people who take up some moderate form of yoga practice and introduce it into their daily lives, because they feel that it fills a gap in the pattern of their existence.

The technique of yoga is being put in the language of science in modern times, by many eminent yogis. The well personalities are Maharishi Mahesh yogi, Shri Yogendra, Swami Dhirender Brahmachari, Shri Kuvalyanandji and Swami Shri Ram Dev Ji. They are using new tools of science in order to make the technique more acceptable and to create new confidence of mankind in it. Significant successes have already been won in this direction.

It is proved that yoga practices influence the physical and mental health of an individual has persisted from very early times. It is only the last fifty years or so that modern scientist has sought to confirm these claims of yogis by impartial observation, experimentation and verification. Of course, they had problems there, since yoga embraces a wide range of methodologies.

The use of technique of specific type of physical, mental, social and spiritual development discipline. There is several school of yoga and each has its own approach. Yet, in general, the practice of all these types has been believed to influence the physiological mechanism of the body.

Yoga enhances the course of all liquids in the body. A progression of postures can get the flow of the blood to build and builds the heart rate amid yoga and with proceeded with practice, may bring down the resting heart rate. Curving stances wring out venous blood from the major inner organs and permit more oxygenated blood to stream in. Reversals are likewise essential for the venous
return and can help diminish irritation in legs because of heart or kidney issues. Any solid development enhances lymphatic streams in the body too. The lymphatic framework is vital angle to the insusceptible framework on the grounds that it helps discard poisonous waste items, builds capacity of the white platelets to battle off diseases and malignancy cells. Individuals with hypertension discovered a more noteworthy drop in both systolic and diastolic circulatory strain.

The essence of yoga is to make the procedure of life as effective and pleasant as could be expected under the circumstances. At the outset it is fundamental that we learn what the extends are, as well as how to extend, how to unwind and how to inhale and so on. At that point we will be prepared to work out securely, yoga does not bring ceaselessly the characteristics of truly, wholesomeness, empathy, but instead imparts them inside of us. It shows us that adoration mends the supplier in any event as much as it does the beneficiary. Moreover in that stays the sacrosanct force of group, union, agreement, yoga and free and reasonable civilisation. It is our bequest to have admittance to this data. It is an indication of our insight on the off chance that we utilize it, our edification in the event that we share it. We can do yoga, as superbly as could be expected under the circumstances with an unobtrusive measure of consideration and tolerance, yoga triggers our body's characteristic versatile and restoring forces. Unless we utilize it we will lose it and in the event that we begin utilizing it again we can get a large portion of it back. A few individuals even declare that yoga give them additional essentialness than they constantly had in their lives. Indeed, even the individuals who started sometime down the road moreover benefited from its practice.

In the present study yoga is mainly associated with the motor fitness. The need of yoga in present time is to build a healthy and mentally alert citizen, a strong nation by developing general fitness of citizens with the help of yoga activities like yoga Asanas and Pranayams.

2. STATEMENT OF THE PROBLEM:-
In the present study researcher has determined the following Statement of the problem. “The consequences of preferred Yogic Practices on Physiological & Lipid Profile Variable’s of athletes”

3. OBJECTIVES OF THE STUDY:

1. To develop appropriate programmes of Yogic practices for Asanas and Meditation.
2. To conduct post test on selected physiological variables of the athletic players
3. To conduct post test on selected parameters of Lipid profile level of the athletic players.
4. To assess the effect of selected Asanas on physiological variables of the athletic players.
5. To assess the effect of selected Meditation on selected Lipid profile variables of the athletic players.

4. HYPOTHESIS:

In the present study researcher has determined the following Hypothesis.

1. There would be no major variation during attain of pre-test and post test of Control, Meditation Asana group in Systolic Blood Pressure.
2. There would be no major variation during attain of pretest and post test of Control, Meditation Asana group in Vital Capacity.
3. There would be no major variation during attain of pretest & posttest of Control, Meditation Asana group in Resting Heart Rate.
4. There would be no major variation during attain of pretest & posttest of Control, Meditation Asana group in LDL Cholesterol.
5. There would be no major variation during attain of pretest & posttest of Control, Meditation Asana group in HDL Cholesterol.
5. VARIABLES:

In the present study researcher has determined the following Variables.

1. Systolic Blood Pressure
2. Vital Capacity
3. Resting Heart Rate
4. LDL Cholesterol
5. HDL Cholesterol

6. DEFINITIONS OF THE TERMS:

Yoga:-

The term yoga is utilized to demonstrate both the end and also implies. In the feeling of the end the word yoga implies coordination at its most elevated amount. All the implies that subscribe to help achieve this objective additionally constitute yoga, in this feeling of. Yukti, the methods or method. (kuvalyanand,1963)

Yogic practices:

Some physical, mental and psychosomatic practices mentioned in various traditional yoga text, namely Hathayoga Pradipica, Gherand Samhita, Shiv Samhita and Patanjali Yoga Sutra. These yogic practices include asana, pranayama, kriya, bandha, mudra, dhyana etc.

Asana:

Asana literally means sitting position or posture. Asana is a psychophysical state in which a man becomes physically and mentally steady and enjoys a sense of well being.(swami rama, 1979)
Pranayama:

Pranayama is the science of gradually lengthening and controlling of physical breath in order to gain control over the movements of prana through the subtle body in higher stages of yogic practices. It is the fourth of the eight step of yoga described by sage Patanjali.(kuvalyanand,1983)

Prana is the vital force, which pervades the whole cosmos, and yama means' control'. Pranayama is the group of technique that aims at stimulating or balancing the vital energy. It purifies the pranic body and removes blocks, allowing energy to flow freely.(swami sankaranand, 1998)

Systolic Blood Pressure-:-

The strength which makes the blood circulates in the presser of blood flow is called circulatory strain. In the event that the circulatory strain level is over 120 than it called systolic pulse.

Vital Capacity:

Vital Capacity is the greatest measure of air that can be breathed in or breathed out from the lung. It is one of the estimations taken amid spirometry or pneumonic capacity testing. (http://dictionary.reference.com, 25th October, 2013.)

Resting Heart Rate:

The quantity of heart thumps per unit time, normally every moment. The heart rate is in light of the quantity of compressions of the ventricles (the lower councils of the heart). The heart rate may be too quick (tachycardia) or too moderate (bradycardia). The beat is lump of a supply route from the rush of blood coursing through the vein as an aftereffect of the heart beat. The beat is frequently taken at the wrist to gauge the heart rate.
Cholesterol:-

Cholesterol is a overweight like material create in creature tissue and present just in sustenances from creature sources, for example, entire milk dairy items, meat, fish, poultry, creature fats and egg yolk. (American heart affiliation, 1999)

HDL:-

HDL is a high-thickness lipoprotein. It is a fat, circle like molecule delivered fundamentally in the liver and digestive system and discharged into the circulation system. HDL grabs the cholesterol and takes it back to the liver for reprocessing or discharge. It might likewise expel overabundance cholesterol from fat-satisfied cells, even those in course dividers.

Since HDL gets cholesterol out of the framework and abnormal state of it are connected with a diminished danger of coronary illness, HDL is frequently called "great" cholesterol.

7. DELIMITATIONS:

In the present study researcher has determined the following delimitations.

1. The study was bordered to 45 male athletes of Ahmedabad city, Gujarat, India.
2. The study was surrounded to the age set of 18 to 25 years.
3. The learn was further delimited to selected yogic practices independent variables:
   (A) Asana
   (B) Pranayama
4. The study was delimited to following dependent physiological variables:
   (A) Systolic Blood Pressure
   (B) Vital Capacity
   (C) Resting Heart rate.

5. The study was delimited to following dependent Hematological variables
   (A) LDL Cholesterol
   (B) HDL cholesterol

6. Yoga training period was delimited to twelve weeks.

7. Total 45 subjects were separated in two experimenter’s & one control cluster, 15 subjects in each group. I.e. group A was Asana, group B was Meditation and group C was Control group.

8. LIMITATIONS:
   In the present study researcher has determined the following limitations.

   1. As the subjects select for the study will be male athletes of Ahmadabad city only, certain issue similar to diet, every day routine, lifestyle, habits etc., which might have an effect on the results of the study could not be controlled after the best efforts and hence in use as a restriction of the learn.

   2. The effect of climate, heredity and medication was limitations of this study.

9. SIGNIFICANCE OF THE STUDY:

   Huge measure of work has as of now been done as of late in the field of hypertension, particularly as to its etiology, pathology and administration. The number one killer in the world is heart disease and one of the main reasons of heart’s disease is hypertension. Unfortunately the exact cause of hypertension is
not yet known. As a result of which no preventive measure could be undertaken. Most of the medical scientists believe that stress plays an important role to cause hypertension. There are many antihypertensive drugs available in the market but search for an idea! Drug that would reduce blood pressure effectively without any side effects still continue. Most of the tranquilizing agents have been discovered and marketed; all of them have certain toxic and habit forming properties. In this context management of hypertension by means of other than drug is necessary and important. Yoga can play a very important role in this matter.

Yoga believes that good health is not just the nonappearance of disease, but it’s virtually the state when all the body organs and systems work in harmony and concord, and when there is full development of physical, mental, moral and spiritual powers and faculties in man. Illness virtually comes when our ego and mind are enfeebled. Although it affects the entire human body in one way or other, it generally manifest only in the part which has been weakened by irregular flow of vital energy (prana) due to accumulation of toxic and metabolic waste matter in nerves, blood vessels and organs. Heart is well connected with hypothalamus through the sympathetic and parasympathetic nerves, so that all emotional and psychic changes are soon followed by change in the function of heart and similarly if there is any change in heart; say with regard to its blood supply, it is soon transmitted through center of the brain.

Yoga is a jewel in the desert of hypertension because the techniques of yoga have a definite place in the treatment of hypertension. They are used to fill in the gaps left by modern science. Medicine reduces blood pressure in the acute situation and yoga removes it in the long run.

For the reason stated above, the result of the study may be of vital importance in the following ways:-
1. The study will help the doctors, health advisors and the health counselor by informing about the effectiveness of yogic training in controlling blood pressure.

2. The outcomes of the study will make known the effectiveness of yogic preparation in reducing the blood cholesterol level and also the HDL Cholesterol.

3. The study will help the people to gain a new idea and way to recover from elevated blood pressure.

4. The study will also help the people; those has high cholesterol level in blood and high ratio of cholesterol/HDL, but not has elevated blood pressure.

5. The study will help the common people to know more about the effectiveness of yoga therapy and they can use it as a basis to prevent cardiac disease and to sustain health.