CHAPTER I

INTRODUCTION

1. Background of the Study

India is a country with a rich historical tradition and culture. Though every culture has its own unique approach towards health, the best and the easiest way to keep oneself in fit form, is exercise. The most ancient Rishis and sages knew the secret of good health and practiced various techniques not only to keep them fit but also free from diseases. However, these ancient practices died a slow death and the only known form of exercise was working in the fields and doing household chores.

Modern life has removed man from nature’s benign and rhythmic influence. The internal rhythms, the inherent clock-work-like nature of the nervous and endocrine systems, have become imbalanced through the effect of stress and tension, resulting in feeling of discomfort and lack of well-being and leading to diseases. The brain waves of most normal people clearly indicate lack if integration between the part of the brain. This shows lack of concentrated harmony between parts.

Research has shown that being physically inactive increases the risk for disease, disability and even death. Most of the health problems are linked to being inactive. We want to live longer and even in old age we hope to maintain a high level of functional fitness. At the beginning of the twentieth century, hardly a small percentage of the population was doing activity and exercise for the development of functional fitness. Global warming and pollution cause hypo kinetic diseases and diseases related to bones. If functional fitness is well maintained, then we can say good bye to various diseases.
This also indicates that individuals can experience health benefits while changing from a sedentary lifestyle to an active lifestyle. It is important to identify any physical limitations (cardio-respiratory fitness, muscular strength and endurance, flexibility, and so on) that could place them at risk of bodily harm.

In today’s technologically advanced world, there are many kinds of professions. Every profession requires different abilities, skills, domain knowledge and attitude and so on. One’s profession has a great role to play in the lifestyle of an individual, basically because of the nature and kind of the job. Professions many a times dictate the routine of an individual.

Yogic practices getting popular are looked upon. It is systematic for the improvement of physical fitness of an individual. Yet, we lack in experimental evidence about the utility of physical and yogic exercises for promoting physical fitness.

Despite this fact, many people misunderstand yoga, even in India. If we were to take a cross-section of society and make a general survey of the public opinion about yoga, we would find many misconceptions about yoga. In order to bring yoga to life and to really gain profit by it, one must take it to heart in every sense of the word, and live it as an essential part of individual’s daily life.

We can now summarize the benefits of yoga as follows:

1. Yoga teaches one, how to develop one’s latent powers both mental and physical.

2. Yoga develops strong will power and through this, control of emotions, resistance to the temptations of passion, power and greed, resistance to all unworthy desires.

3. Yoga expands the intellect, develops spiritual consciousness by the development of discrimination and self-control and establishes one in serenity, peace and happiness.
4. Yoga promotes long life, happiness and unity.

MEANING OF YOGA

The word ‘Yoga’ is derived from the Sanskrit root verb ‘Yuj’ meaning - to find, join, unite, control etc. It is allied to English word ‘Yoke’, the German ‘Joch’ and the Latin ‘Jungo’ (to join). Yoga thus literary means union and control. It signifies the union of man with God or an individual with the universal reality, or each with the universal reality. It means union of mortal with eternal that is indeed, the aim of Yoga. But yoga also means control, that is to say, appropriate self-discipline. It is the mobilization of the inner resources of personality with a view to attain that self integration which leads to self realization and mystician calls immediate union with the infinite. In this sense, Yoga is the system, the programme of psycho-physical, moral and spiritual training by following which, one can fulfill the ultimate destiny of life. The word ‘Yoga’ thus implies both the goal of life and the path leading to that goal.

Maharshi Patanjali, the father of classical Yoga, defines Yoga as a practical method or means as well as a goal. According to him, Yoga is the complete cessation of the functional modification of ‘Citta’. The word ‘citta’ can be translated into the word, ‘mind’. In broad sense, ‘citta’ is active, right from gross body level, where sensation of sense organs is present, right up to the mind, inclusive of its sub-conscious and un-conscious levels, and even beyond mind to supra-conscious level.

Further, Yoga is explained as the objective or end, which means, “at the time the vrttis of citta (functional modification of citta) are brought to a complete stand still”. What is achieved in this condition is, return of the seer principle in its original pristine (suddha) state. The direct and actual realization of this purity of ‘Purusa’ (self) principle in its pristine state is the aim of Yoga.

The basic issue of human suffering, including moral, religious, physical and psychological problems has been traced to one ultimate cause, to wit, self-
estrangement, alienation from existence, 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 disciplined action to achieve and attain final emancipation, 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.

Types of Yoga

1. **Japa Yoga:** - To concentrate one’s mind on divine name or holy syllable mantra ect. Like OM, Ram, Allah, God, Vahe Guru etc. repeated recitation or remembrance.

2. **Karma Yoga:** - Teaches us to perform all action without having any desire for their fruit. In this sadhana a Yogi considers his duty as divine action, perform it with whole hearted dedication but shuns away from all desires.
3. **Gyana Yoga:** - Teaches us to discriminate between the self and non-self and to acquire the knowledge of one’s spiritual entity through the study of scriptures, company of Saints and practice of meditation.

4. **Bhakti Yoga:** - Bhakti Yoga is system of intense devotion with emphasis on complete surrender to divine will. The true follower of Bhakti Yoga is free from egoism, humble and unaffected by the dualities of the world.

5. **Raja Yoga:** - Raja Yoga popularly knoen as “Ashtanga Yoga” is for all-round development of human personality. These are Yama, Niyama, Asana, Pratyahare, Dharana, Dhyana and Samadhi.

**General Characteristics of Yogic Practices**

1. The Yogic system of health involves the exercise of skeletal as well as the deep-seated smooth muscles of the body.

2. The internal pressure change (e.g. the intrathoracic and intra-abdominal pressure) may be mentioned as special characteristics of the Yoga system of health.

3. Very little expenditure in terms of energy and money is involved in the hath yoga practices.

4. The rich as well as poor and men women of all ages can practice Yogic practices.

5. Every school of Yoga emphasized specific practices, but their aim always remained the same; the highest level of integration through the control of the modification of mind.

6. The nature of Yogic practices is psycho-neurophysical.
7. All Yogic practices are complementary to each other.

HISTORY OF YOGA

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 orthodox systems of Indian philosophy, 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 also been described as wisdom in work or skilful living amongst activities, harmony and moderation.

The German philosopher Schopenhouer (1788-1860) 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.
PHILOSOPHY OF YOGA

Yoga is a systematic discipline for self-realization. However, now a day’s Yoga specially Hathayoga comprises of different Yogic exercises viz., asana (body postures), pranayama (controlled regulation of breath), bandha (physiological locks or holds of semi-voluntary muscles), kriyas (cleansing process), and mudras (attitude which spontaneously arouses meditation). 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, niyama, asana, pranayama, dharana, dhyana 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.

YOGA AND FITNESS

Yogic practices are supposed to reduce the high activation level and psycho physiological disequilibrium and also contribute to steadiness; psychomotor coordination and emotional stability, Bhole, (1983), Digambarji & Kokaji, (1970), Karambelkar, (1981) Such condition of high activation level and psycho physiological imbalance along with emotional instability seem to increase the various disorganization of motor responses and tremors. Yoga practices are
intended to stabilize the psycho physiological mechanism so that there is less and less tendency towards an imbalance in the face of external and internal stimuli.

When we speak of health, we normally think of only the body. But the health of one’s mento-emotional, social along with spiritual aspects is important too. What we need is “Total” health. To achieve the above goal one should practice some sort of physical exercises, or yoga or any sports; of course it may vary from person to person depending upon one’s choice. The exercises prescribed to bestow a healthy, agile body and an alert mind, provided the laws of healthy living are respected in practice. These asans are useful, not only to revive the body, to strengthen the nervous system and regulate the glands, but also to cure physical and mental illness. Having spent few hours in the early morning doing yoga is the best prescription for a sound mind in a sound body. Thus, the scope of this piece of research is large.

STATES OF MIND

State of mind is a term meaning "mood" or "outlook". There are 7 bands with the name STATE OF MIND. One of the most impactful things is to master the control of state of mind. The premise behind what this is about is that your state of mind affects everything you do in life, either directly or indirectly. Your state of mind has a direct impact on many actions within the body and these are highly tied to your emotions, or how you feel. So if you are willing to learn to control those things that affect your state of mind, then you can have whatever states of mind you like which ultimately leads you to feeling however you like!

PRANAYAMA

Pranayama (Sanskrit: prāṇāyāma) is a Sanskrit word meaning "restraint of the prana or breath" or more accurately, "control of force". The word is composed of two Sanskrit words, Parana, life force, or vital energy, particularly, the breath, and "āyāma", to suspend or restrain. It is often translated as control of the life force
When used as a technical term in yoga, it is often translated more specifically as "breathe control".

These practices bring control over the respiratory impulses, which from one of the channels of the flow of autonomic nerve impulses. Holding of the breath for a prolonged and comfortable time is an essential technique of Pranayama. However, in the initial practice the breath holding phase is completely avoided and emphasis is put on the controlled inspiration and expiration with a time ratio of 1:2 between them. The expiratory phase is so controlled that the following inspiratory phase is not affected in its slow and controlled inspiration. The main purpose of Pranarama is to gain control over autonomic nervous system and through its influence the mental function is also controlled and regulated. It is useful in higher Yogic practices like meditation.

CHANTING OF OMKARA

“The Vedic sound vibration oàkära, the principal word in the Vedic literatures, is the basis of all Vedic vibrations. Therefore one should accept oàkära as the sound representation of the Supreme Personality of Godhead and the reservoir of the cosmic manifestation.

ASANAS FOR BODY

'Asanas' in Sanskrit means postures. There are around 84 asanas - each one has a special name, special form and a distinct way of performing. Asanas are designed to promote, a state of mental and physical well-being or good health. This may be defined as the condition that is experienced when all the organs function effectively under the intelligent control of the mind. Asanas have an extraordinary capacity to overhaul, rejuvenate and bring the entire system into a state of balance. Their aim is to establish proper system in the neuromuscular tonic impulses and improve the general muscle tone. Two basic principles governing the performance of Asanas are stability and comfort. This suggests that the nature of Asanas is psyco-nerophysical and not only physical. Every Asanas should be
performance effortlessly and maintained for a comfortable time. There should be no jerks and the performance of Asana should not lead to undue fatigue.

Asanas may be classified as: 1) Meditative 2) Cultural, and 3) Relaxative

1 **Meditative Asanas** are sitting postures, which maintain the body in a steady and comfortable condition. By various arrangements of the legs and hands different Meditative Asanas are performed. The characteristic feature of the Meditative Asanas is, however, keeping the head, neck and trunk erect.

2 **Cultural Asanas** involve static stretching which brings about proper tone of muscles. They contribute to the flexibility of the spine and render the back and spinal muscles stronger. They also stimulate proper working of the vital organs in the thoracic and abdominal cavities. There are innumerable varieties of Cultural Asanas, which are performed in sitting, lying and standing position.

3 **Relaxative Asanas** are few in numbers. They are performed in the laying position and are meant for giving rest to the body and mind.

**YOGA THERAPY**

Yoga therapy is the science of applying the various techniques of yoga in a variety of illnesses and conditions, to facilitate optimal health, healing and awakening. In the present view, Yoga is one of the most helpful and healthy forms of experience to manage the influence of thinking by turning psychological and physical force into spiritual energy. Yoga therapy eases oneself from the cramped tension. Concentration is enhanced by Yoga. Yoga therapy cures all diseases and controls the aging process.

**PRINCIPAL OF YOGIC PRACTICES**

1. Yogic practice is not exercise as understood. The word exercise is generally applied to vigorous physical movement. Since Yogic practices do not
involve vigorous movements, any kind of violent action should be avoided during Yoga practice.

2. The nature Yogic practices is varied and involves different mechanisms through which the results of particular Yogic practices are obtained.

3. Asana, one of the most important and best know of the Yogic practices is static stretching procedures. They should be performed slowly and smoothly in order to influence the tonic system rather that the physical one.

4. The position in a particular Asana should be comfortably maintained for some time with least effort. Effortless performance and relaxing as much as possible during the final position are the chief characteristics of the techniques of Asanas.

5. Pranayamnic practices are very different in purpose and technique from the “Breathing exercise”. They are supposed to increase oxygen uptake. However, they are considered of little value in the literature of physical education.

6. Yogic practices should not lead to undue fatigue. If there is fatigue, it should be overcome by the practice of relaxation in Shavasana.

7. All Yogic practices should be performed according to one’s own capacity and without competition with other.

8. All Yogic practices should lead to peace of mind.

9. Any Yogic routine should being with psycho-physical relation centering one’s attention as one would in prayer or actual recitation of some prayer.

10. It would be better to learn the Yogic practices while one is having normal health. An imprudent way of practicing the Yogic practices is sometime found to lead to impairment of the health of an individual instead of marking
healthier. Persons who are very weak, or those who have recovered from illness, should be careful in this respect. It is true that many ailments can be cured by nicely administering the Yoga techniques, but for that, one has to take the help of a Yoga Therapist.

11. Age and sex do not offer any bar the Yogic practices are concerned. This does not, of course, mean that every Yoga technique may suit every individual. Children may start practices the Yoga techniques at about eight years of age. There is no upper age limit as far the Yogic practices are concerned.

12. The place for practicing the Yogic practices should be well protected from the menace of animal, rodents and insects. If it is done indoors, it should be well ventilated and having sufficient light. The surroundings should not be noisy. The ground should plain and flat, not sloping in one direction.

13. Morning time is considered better from the point of view of regularity, while it is the experience of some people. Especially the beginners, that the Yogic practices can be done with ease and comfort in the evening as well.

14. Yogic practices should not be done with a loaded stomach. After a full meal, nearly five hours should be allowed to pass and nearly two hours after snack so that the exercise does not interfere in any way with the process of digestion and absorption of food.

15. Both men and women should, while practicing the Yoga techniques, wear as less number of clothes as permitted by the climate and their social customs. In sum, the dress should be clean, simple and least cumbersome.

**Football** is perhaps the most demanding of all sports. In the modern game (at any level) soccer, training conditioning is essential. Few sports are played on as large a playing field, lasting as long and without regular rest periods. Players cover 8-12km during a match, consisting of 24% walking, 36% jogging, 20%coursing, 11% sprinting, 7% moving backwards and 2% moving whilst in possession of the
Football (also known as association football or soccer) is a team sport played between two teams of 11 players each. It is widely considered to be the most popular sport in the world, a ball game. It is played on a rectangular grass field, or occasionally on artificial turf with a goal at each end of the field. The object of the game is to score by maneuvering the ball into the opposing goal. Only the goalkeepers may use their hands or arms to propel the ball in general play. The team that scores the most goals by the end of the match wins. If the score is tied at the end of the game, either a draw is declared or the game goes into extended time.

Games revolving around the kicking of a ball have been played in many countries throughout history. According to FIFA, the "very earliest form of the game for which there is scientific evidence was an exercise of precisely this skilful technique dating back to the 2nd and 3rd centuries B.C. in China." In addition, the Roman games Harpastum may be a distant ancestor of football. Various forms of football were played in medieval Europe, though rules varied greatly by both period and location. Whilst football has continued to be played in various forms throughout Britain. The English public schools (fee-paying schools) are widely credited with certain key achievements in the creation of modern football (association football and the rugby football games - rugby league and rugby union football). The evidence suggests that, during the sixteenth century, English public schools generally, and headmaster Richard Mulcaster in particular, were instrumental in taking football away from its violent "mob" form and turning it into an organized team sport that was beneficial to schoolboys. Therefore, the game became institutionalized, regulated, and part of a larger, more central tradition. Many early descriptions of football and references to it (e.g. poetry) were recorded by people who had studied at these schools, showing they were familiar with the game.

Finally, in the 19th century, teachers and former students were the first to write down formal rules of early modern football to enable matches to be played between schools. The rules of football as they are codified today are effectively based on the mid-19th-century efforts to standardize the widely varying forms of football played at the public schools of England. The first ever set of football rules were written at Eton College in 1815. The Cambridge Rules were a code of
football rules, first drawn up at Cambridge University in 1848, which have influenced the development of football Association (also known simply as "football", or soccer) and subsequent codes.

The Cambridge Rules were written at Trinity College, Cambridge in 1848, at a meeting attended by representatives from Eton, Harrow, Rugby, Winchester and Shrewsbury schools, but they were not universally adopted. During the 1850s, many clubs unconnected to schools or universities were formed throughout the English-speaking world to play various forms of football. Some came up with their own distinct codes of rules, most notably the Sheffield Football Club (formed by former pupils from Harrow) in 1857, which led to formation of a Sheffield FA in 1867. In 1862, John Charles Thring of Uppingham School also devised an influential set of rules. These ongoing efforts contributed to the formation of The Football Association (The FA) in 1863 which first met on the morning of 26 October 1863 at the Freemason's Tavern in Great Queen Street, London.

The only school to be represented on this occasion was Charterhouse. The Freemason's Tavern was the setting for five more meetings between October and December, which eventually produced the first comprehensive set of rules. At the final meeting, the first FA treasurer, the representative from Black heath, withdrew his club from the FA over the removal of two draft rules at the previous meeting, the first which allowed for the running with the ball in hand and the second, obstructing such a run by hacking (kicking an opponent in the shins), tripping and holding. Other English rugby clubs followed this lead and did not join the FA but instead in 1871 formed the Rugby Football Union. The eleven remaining clubs, under the charge of Ebenezer Cobb Morley, went on to ratify the original thirteen laws of the game.

The Sheffield FA played by its own rules until the 1870s. The laws of the game are currently determined by the International Football Association Board (IFAB). The Board was formed in 1886 after a meeting in Manchester of The Football Association, the Scottish Football Association, the Football Association of Wales, and the Irish Football Association. The world's oldest football competition is the FA Cup, which was founded by C. W. Alcock and has been contested by
English teams since 1872. The first official international football match took place in 1872 between Scotland and England in Glasgow, again at the instigation of C. W. Alcock.

England is home to the world's first football league, which was founded in 1888 by Aston Villa director William McGregor. The original format contained 12 clubs from the Midlands and the North of England. The Federation Internationale de Football Association (FIFA), the international football body, was formed in Paris in 1904 and declared that they would adhere to the Laws of the Game of the Football Association. The growing popularity of the international game, led to the admittance of FIFA representatives to the International Football Association Board in 1913. The board currently consists of four representatives from FIFA and one representative from each of the four British associations. Today, football is played at a professional level all over the world, and millions of people regularly go to football stadiums to follow their favorite team, while billions more watch the game on television. A very large number of people also play football at an amateur level. According to a survey conducted by FIFA and published in the spring of 2001, over 240 million people regularly play football in more than 200 countries in every part of the world.

2. STATEMENT OF THE PROBLEM

When we speak of fit health, we normally think of only the body. What we need is “Total” health. To achieve the above goal, one should practice some sort of physical exercises, or yoga or any sports; of course it may vary from person to person, depending upon one’s choice. Spending sometime in the early morning doing Suryanamaskar or Pranayam is the best prescription for a sound mind in a sound body. Thus, the scope of this piece of research is large.

The study of this status would further help in designing an exercise module which would easily not require much time, make it interesting, consume less time and thus would give the necessary result.
Pranayam, Suryanamaskar, and yoga exercises would be an ideal exercise module that could be used to improve the level of functional fitness.

It was considered appropriate by the research scholar to investigate effectiveness of selected yogic exercises on functional fitness components like agility, flexibility, balance, and strength.

Hence to achieve this purpose the research scholar has selected the present study entitled, “Effects of Selected Exercises in Yoga on Motor Fitness and Football Skills of Boys Aged 14 to 16 Years.”

3. OBJECTIVES

The present study aims to evaluate the impact of yogic exercise modules on motor fitness and playing skills of football players in Mumbai with the purpose to:

1. To evaluate the playing ability of football players with respect to the daily activities with a set of yogic exercises.

2. To design yogic exercise modules for improving motor fitness.

3. To measure motor fitness of football players with respect to flexibility, strength, and agility.

4. To evaluate efficiency of the module on selected Motor fitness factors through a controlled experiment.

4. DELIMITATIONS

The delimitations for this study are as follows:

* The study will be delimited to only eight weeks of training in yogic Exercise Module.
* The research will be delimited to male football players aged between 14 to 16 years playing at least up to Inter school level at Mumbai.

* The study will be delimited to the following motor fitness Variables which will be measured by the tests given below,

1. 50 YARDS DASH TEST FOR SPEED.
2. SIT AND RICH TEST FOR FLEXIBILITY.
3. 12 MINUTES RUN AND WALK TEST FOR ENDURANCE.
4. 30 METERS RUN WITH THE BALL TEST FOR BALL CONTROL.
5. KICKING ACCURSCY TEST FOR KICKING SKILL.
6. JUGGLING TEST FOR JUGGLING SKILL.

* The study is delimited to selected yogic exercises.

1. TAD-ASANA
2. TRIKONA-ASANA
3. PADMA-ASANA
4. VIRA-ASANA
5. PASCHIMOTTAN-ASANA
6. SARVANGA-ASANA
7. HALA-ASANA
8. BHUJANGA-ASANA
9. DHANUR-ASANA
10. SHAVA-ASANA

5. LIMITATIONS

Following are the limitations of this study:

* The researcher will have no control over food habits health and daily living style of the subjects involved in the study.
* The researcher will have no control on economic status of the subjects.
* There will be no control on psychological aspect of the subjects.

* The subjects’ knowledge of health literacy is another limitation of the study.

* The researcher will have no control on the daily schedule at home and also on their extra-curricular activities.

* The researcher will have no control over extraneous factors such as mental fatigue, weather condition and other external disturbances.

6. HYPOTHESES

On the basis of the literature available so far, it is hypothesized that.

H1: There would be significant difference in improving functional fitness through, selected yogic Exercise Module.

H2: There would be significant difference in improving football playing skill through yogic Exercise Module.

ASSUMPTIONS

The study assumes that-

* The subjects will honestly take part in the training.

* The subjects will take part whole heartedly.

* The subjects will perform the motor fitness test truly and with full ability.

* The institution will allow the researcher to execute the motor fitness test and football skill on the subjects.
* The subject will have minimum physical and mental fitness to undergo the test to be conducted by the researcher.

* The subjects will have basic knowledge of researcher’s training programme.

* The subjects will co-operate till the end.

7. OPERATIONAL DEFINITIONS

Yogic Exercises

The word 'Yoga' is normally taken into a narrow sense of 'Yoga sans' or yogic exercises which is but only the third of the eight stages of liberation Yama (Universal morality), Niyama (Personal observances), Asanas (Body postures), Pranayama (Breathing exercises), Pratyahara (Control of the senses), Dharana (Concentration and cultivating inner perceptual awareness), Dhyana (Devotion, Meditation on the Divine), Samadhi (Union with the Divine). There are four main paths to suit different kinds of temperament to attain the goal.

Motor Fitness

Motor Fitness refers to the ability of an athlete to perform successfully at their sport. The components of motor fitness are: Speed, Flexibility, Endurance, Agility, Balance, Co-ordination, Power, and Reaction Time.

The neuromuscular components of fitness, which enable a person to perform successfully at a particular motor skill, game, or activity. Specific motor fitness components include agility, balance, coordination, power, reaction time, and speed. Motor fitness is sometimes referred to as skill-related fitness.


**Speed**

In kinematics, speed of an object is the magnitude of its velocity (the rate of change of its position); it is thus a scalar quantity. The average speed of an object in an interval of time is the distance travelled by the object divided by the duration of the interval; the instantaneous speed is the limit of the average speed as the duration of the time interval approaches zero.

**Flexibility**

Refers to the absolute range of movement in a joint or series of joints, and length in muscles that cross the joints. Flexibility is variable between individuals, particularly in terms of differences in muscle length of multi-joint muscles. Flexibility in some joints can be increased to a certain degree by exercise, with stretching a common exercise component to maintain or improve flexibility.

**Endurance**

The ability for a human or animal to exert itself and remain active for a long period of time, as well as its ability to resist, withstand, recover from, and have immunity to trauma, wounds, or fatigue. In humans, it is usually used in aerobic or anaerobic exercise.

**Co-ordination**

Latin *coordination-, coordinatio*, from Latin *co- + ordination-, ordinatio* arrangement, from *ordinare* to arrange — more at ordain Co-ordination is the act of co-coordinating, making different people or things work together for a goal or effect.

**Football Players**

A player in the game of football. *(Soccer)*. Synonym: footballer.
8. SIGNIFICANCE AND JUSTIFICATION OF THE STUDY

For the purpose of this study significance and justification of the study are as follows:

* It would provide an easy, viable solution to the football community to achieve functional fitness in Mumbai which would be able to evaluate or assess difference in their daily activity.

* The football players could be more energetic and this would catalyze changes in their life style.

* Subject could be free from diseases.

* Mental peace, psychological relaxation will be achieved.

* Being drugless and non-costly technique; yogic exercises could be promoted to be used at mass and community levels for the promotion of functional fitness in promoting regular playing performance of football players. The knowledge evolved from this investigation may contribute to enrich the literature of Medical Sciences and Physical education.

* Through this research project, the football playing generation at large would experience happy playing hours with full energy. Society too would be amply benefitted by the immense experience and expertise of the players enhancing further their self-worth and self esteem, which in turn would make their twilight years happy, worthwhile and fulfilling.