Unpublished Thesis


Jayaveera Pandian, V. "A study on outcome between physical exercises and yogic exercises on selected physical and physiological variables during off-season among the sports participants", *Unpublished Ph.D thesis*, Bharathidasan University, 2001.
Response is as follows towards the comments made by the examiner in No.1 that why the two groups were chosen and what way they were differ on physical and physiological aspects to yogic training?

The present study was aimed at to test the yogic training whether it is so specific to literates since it underlies the degree of perceiveness on each step though it is a form of physical exercises. Basically the individual who wants to undergo the yogic training or any type of training, they have to understand its importance on human health aspects. Further the students continuing their study and discontinued their study are differed in their physical activities that are relating to day to day life. As for these above said aspects concerned, the investigator felt that the literates would have high as compared to the dropouts. Having these aspects, to test how far the literacy helps the individual during the course of yogic training on developing the physical and physiological aspects, as subjects students continue their study (literates) and students discontinued their study(dropouts) were selected for the present study.

**Response is as follows towards the comments made by the examiner in No.2 that are the dropouts supposed to be illiterate and why?**

In the present study the dropouts are not assumed as illiterate since they were the students who discontinued their study in certain period.

**Response is as follows towards the comments made by the examiner in No.3 that two groups were said to have selected randomly which were the populations from which the two groups were sampled? What steps taken to ensure the randomness of choice?**

Samples for the present study have been taken form the higher secondary school at Tiruppanandal. They were the students of aging 14 to 17, studying in 10 to 12th standards (n=30) and the students of the same age group who were also the students of same school but discontinued while they were studied at 6th standard (n=30). In order to ensure the effectiveness and randomness of sample
in selection of samples for two groups namely literates and dropouts, it was
carried to the year in which they were enrolled in 1st standard at same school.

Response is as follows towards the comments made by the examiner in
No.5 that why not the investigator described the remaining steps of yoga
instead of two only that asana and pranayama?

In the present study, the yogic training was designed using the asana and
pranayama which were the steps of yoga. Hence the investigator had described
these two only in the introductory chapter along with the reference.

Response is as follows towards the comments made by the examiner in
No.6 that the hypotheses of the study are not in clear cut fashion.

As for as hypotheses of the present study were concerned, which underlies the
positive approach of the investigator on the efficacy of yogic training and
literacy towards the physical and physiological systems of an individual.
Hence as the examiner commented, the hypotheses were corrected and given
the thesis.

Response is as follows towards the comments made by the examiner in
No.8 that the participants were said to be medically fit on page 84, if so,
how does one know that? And was there any evaluation of the fitness of
the participants?

Since the present study was an experimental one, initially the samples totally
90 were selected and they were examined by a qualified physician. Of them, 60
were selected as samples for the present study that were certified as medically
fit and acquaint voluntarily to serve as subjects of the present study. Thus the
selected subjects (n=60) were equally divided into two groups and named as
literates and dropouts.
Response towards the comments made by the examiner in No. 9 that the graphs provided distort the nature of the differences between the two groups in page 136 is as follows.

The scaling set by the investigator only in constructing the graph is a source for such distorting nature of the difference between the two groups.

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Adjusted post test means on speed of literates and dropouts

Adjusted

7.84

7.728

7.616

literate s
dropouts

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