# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Table of Contents</th>
<th>P. No</th>
</tr>
</thead>
<tbody>
<tr>
<td>List of tables</td>
<td>ix</td>
</tr>
<tr>
<td>List of figures</td>
<td>xi</td>
</tr>
</tbody>
</table>

## Chapter INTRODUCTION 1-43

### 1 Yoga 3

1.1.1. History of Yoga 5
1.1.2. Meaning of Yoga 5
1.1.3. Aims and objectives of Yoga 6
1.1.4. Kinds of Yoga 6
1.1.5. Benefits of Yoga 7

### 1.2 Meditation 16

1.2.1. Types of Meditation 18

1.2.1.1. Concentration Meditation Techniques 19
1.2.1.2. Mindfulness Meditation Techniques 20
1.2.1.3. Reflective Meditation Techniques 20
1.2.1.4. Creative Meditation Techniques 21
1.2.1.5. Heart Centered Meditation Techniques 21
1.2.1.6. Mantra - Meditation 22

1.2.2. Benefits of Meditation 23

### 1.3 Human Brain 24

1.3.1. Difference between the brains of Men and Women 24

1.3.1.1. Brain Size 24
1.3.1.2. Brain Hemisphere 24
1.3.1.3. Relationships 25
1.3.1.4. Mathematical Skills 25
1.3.1.5. Stress 25
1.3.1.6. Language 25
1.3.1.7. Emotions 25
1.3.1.8. Spatial Abilities 26
1.3.2. Brain Fitness 26
1.3.3. Importance of Brain Fitness 28
1.3.4. Benefits of Brain Fitness Exercise 29
  1.3.4.1. Thinking Faster 29
  1.3.4.2. Improving Memory 29
  1.3.4.3. Getting things done 29
  1.3.4.4. Trying new things 30
  1.3.4.5. Finding words 30
  1.3.4.6. Sharper Listening Skill 30
  1.3.4.7. Eagle – Eye vision 31
  1.3.4.8. Quicker reaction time 31
  1.3.4.9. Self confidence 31
  1.3.4.10. Good mood 32

1.4 Tribals in Kerala 32
  1.4.1. Socio Economic Status 34
    1.4.1.1. Poverty and illiteracy 34
    1.4.1.2. Ownership of land and occupation 35
    1.4.1.3. Health and Hygiene 35
    1.4.1.4. Drop outs from the schools 36

1.5 Reasons for drop outs 37
1.6 Statement of the problem 39
1.7 Objective of the study 39
1.8 The Hypothesis 39
1.9 significances of the study 40
1.10 Delimitations 41
1.11 Limitations 41
1.12 Definitions of the operational terms 41
Chapter II
2.1 Introduction 44
2.2 Reviews on yoga 45
2.3 Reviews on meditation 64
2.4 Reviews on brain fitness 71
2.5 Summary of review literature 78

Chapter III
3.1 Selection of subjects 79
3.2 Selection of variables 79
3.3 Criterion measures 80
3.4 Research Flow Chart 81
3.5 Experimental design 82
3.6 Orientation of the subjects 82
3.7 Pilot study 82
3.8 Reliability of the data 83
3.9 Subject Reliability 83
3.10 Competency of the tester 83
3.11 Collection Data 84
3.12 Procedure for doing the Asanas in the training 89
3.13 Procedure for Mantra Meditation 103
3.14 Procedure for Brain Training exercises 108
3.15 Administration of the tests 110
   3.15.1 Career Decision Making scale 110
   3.15.2 Interpersonal relationships 111
   3.15.3 Critical thinking 113
   3.15.4 Visual Memory 114
   3.15.5 Social Intelligence 115
   3.15.6 Emotional Intelligence 116
3.16 Statistical Analysis 117
<table>
<thead>
<tr>
<th>Chapter</th>
<th>RESULT AND DISCUSSION</th>
<th>118 -157</th>
</tr>
</thead>
<tbody>
<tr>
<td>IV</td>
<td>4.1 Over View</td>
<td>118</td>
</tr>
<tr>
<td></td>
<td>4.2 List of significance</td>
<td>119</td>
</tr>
<tr>
<td></td>
<td>4.3 Level of significance</td>
<td>119</td>
</tr>
<tr>
<td></td>
<td>4.4 Computation of ‘t’ Test</td>
<td>119</td>
</tr>
<tr>
<td></td>
<td>4.5 Computation of analysis of Co –variance</td>
<td>125</td>
</tr>
<tr>
<td></td>
<td>4.6 Result of carrier decision making</td>
<td>127</td>
</tr>
<tr>
<td></td>
<td>4.6.1 Discussion on career decision making</td>
<td>129</td>
</tr>
<tr>
<td></td>
<td>4.7 Result of interpersonal relationship</td>
<td>132</td>
</tr>
<tr>
<td></td>
<td>4.7.1 Discussion on interpersonal relationship</td>
<td>134</td>
</tr>
<tr>
<td></td>
<td>4.8 Result of critical thinking</td>
<td>137</td>
</tr>
<tr>
<td></td>
<td>4.8.1 Discussion on critical thinking</td>
<td>139</td>
</tr>
<tr>
<td></td>
<td>4.9 Result of visual memory</td>
<td>142</td>
</tr>
<tr>
<td></td>
<td>4.9.1 Discussion on visual memory</td>
<td>144</td>
</tr>
<tr>
<td></td>
<td>4.10 Result of social intelligence</td>
<td>147</td>
</tr>
<tr>
<td></td>
<td>4.10.1 Discussion on social intelligence</td>
<td>149</td>
</tr>
<tr>
<td></td>
<td>4.11 Result on emotional intelligence</td>
<td>152</td>
</tr>
<tr>
<td></td>
<td>4.11.1 Discussion on emotional intelligence</td>
<td>154</td>
</tr>
<tr>
<td></td>
<td>4.12 Discussion on the Hypotheses</td>
<td>155</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chapter</th>
<th>SUMMERY,CONCLUSIONS AND RECOMMENDATIONS</th>
<th>157 -159</th>
</tr>
</thead>
<tbody>
<tr>
<td>V</td>
<td>5.1 Summery</td>
<td>157</td>
</tr>
<tr>
<td></td>
<td>5.2 Conclusions</td>
<td>158</td>
</tr>
<tr>
<td></td>
<td>5.3 Recommendations</td>
<td>159</td>
</tr>
<tr>
<td></td>
<td>5.3.1 Recommendations for implication</td>
<td>159</td>
</tr>
<tr>
<td></td>
<td>5.3.2 Recommendations for future research</td>
<td>159</td>
</tr>
</tbody>
</table>

BIBLIOGRAPHY

APPENDIX