CHAPTER - II

ORGANIZATION

(Where work is carried out) (Optional) products, processes, profile)

Studied anthropometric measurement is the one of the most important element in the elderly nutritional surveys. Anthropometric standards, that may be due to the old people should not be the adult population of the composition of the body is changed. The unique anthropometric the elderly. This study examined the anthropometric characteristics, and the connection to the gender and age, for the cross-sectional sample randomly selected 3356 an elderly Italian population. For both sexes and significantly reduces the weight, and height and the knee height for age is not. The BMI is also much higher for women than men (27:6 SD 5:7 v 26:4 SD 3:7; P<0.001 ) and the was lower than the youngest and oldest subjects (P<0.05 ) the genders. The 75 annual was the turning point the BMI other anthropometric measurements. The BMI values, it was the less than 5% and the genders obesity prevalence was higher in women than men (28% v 16 %; P<0.001 ) and the hip ratio is higher than good; good was the youngest, the oldest man (P<0.05 ), while the hip ratio values were higher in the women's oldest woman, suggesting that Visceral Fat redistribution. As a result, the oldest, the elderly themes for the thinner frame both the genders of the youngest, and there was a stronger women fat redistribution.

All he knew about them (1998) the composition of the body according to the estimates, relations between physical activity and physical fitness was considered the Senegalese children 8.5 -13.5 mm fixed annual. Anthropometric dimensions (arm and calf, the walker, leather and oversized mass index), the four engine power (dash, standing long jump, throw, grip strength), respiratory (Cardio fitness), and the heart rate (HR) (physical activity) in the 140 children (66 boys and 74 girls) .age and not have a significant impact on the body composition and physical fitness. Height stunting is used is very good for the body chronic nutrient composition have only a limited effect on the physical fitness. Physical activity, represented by the time, the flex-HR (heart rate) %f does not change the sex, age, and nutritional status. If, however, a small-to-moderate correlation between %f HR and compositional characteristics, the organizations grip strength, and Cardio respiratory fitness. The
children of upper and lower quartiles %f HR has indicated that the composition of the body the boys better, and more cardio and fitness girls definitely higher level of physical activity.

Lefevre et al. (1993) studied relationship between anthropometric characteristics of the engine's performance is measured on the basis, for the various fitness tests, the sample is observed, 165 Flemish adult 30 years of age. In addition, the bivariate correlation analysis, canonical correlation analysis. More than 72 % was the difference between the first three canonical variables. The first canonical variable can be explained to the general size. Static and functional strength is clearly the function. The second the canonical variable-size may be interpreted as a shine. That is almost a U engine tests planned second compound, which indicates that the adult man, negatively charged and the skin physical fitness. The first two canonical variables together with biplot, and the engine performance. The first two function, it appears that all of the information.

Singh et al. (2009) studied the different people, who are university shots and in the long term. During the test, the 120 different sports, including, of the university and of the long-term. The Jamshedpur in the collection onIntervarsity Ranchi university 2003-04 the students. Height, weight, body mass index (BMI), and the individual Body Fat % and the standard tools and procedures for collecting the data and compare the statistical analysis (ANOVA, and one-way) to "F" the game, but significant differences between the rails. Post-hoc test is the "t" the significance of the differences between two samples, the values of variables "F" significant. Conclusion: the present study heavies thrower and is higher than the long-term.

Ali, and Sharma (2009) among other things, College Football players and other university man. The study made an attempt to twenty-one was not yet evaluated anthropometric measurements between university and university have made a great football player. The topics of College Football's football players, 85, and 80 university-level between players this research. Results show statistically significant differences in body weight 0.05 P' (t = 2.14 ), lower extremity-height (t = 2.54 ), and a very significant difference is that the femur biepicondylar diameter 0.01 P' (t = 3.71), inter alia, the smith, and, inter alia, substantial differences exist, the body weight 0.05 university football players' P' (t = 2.62 ), BMI (t = 2.21 ), chest circumference (t =
2.76), hip circumference (t = 2.70), p' 0.01 and a very significant difference is that the thigh circumference (t = 3.79), femur biepicondylar diameter (t = 3.88).

(2009) studied the anthropometric and body composition of Sandhu variable, menopausal urinary, before and after and the patients for whom the low height, weight, BMI, body fat deals with the pain and the bad ground mass menopausal urinary, pain, the before and after the slow yet Taran, Punjab, India 35 55 years. A total of 146 selected intentionally low" menopausal urinary, and 72 patients (74 women'menopausal urinary) the sample during the test. The results of that test the study shows that it is post-menopausal urinary women with the higher average values for the variables (height), the premenopausal counterparts, which is highly significant differences (P<0.001) on weight, body fat percentage and body weight. Body Fat percentage significantly positive correlations of weight and BMI and the negative correlation between low body weight and the pre-and post-menopausal urinary patients returned to little pain.

Anderson et al. (2006) examine the effects of the 8-week intensive program of regular walking, walking regularly on the basin electric muscle stimulation (EMS), and not in the hierarchical own perceptions, and the role and structure anthropometric party. Thirty-seven is not too agile healthy women (average age 38.1; FT ¼ ¼ 9.3) and participated in several written consent of anthropometric and body composition, and the hierarchical self-perception. Subsequently, the participants were randomly assigned a 8-week program the pedestrian (n = 13), walk + EMS n = 14), or (n = 10) is in good condition. 8 Week, anthropometric measures body composition and self-concept. The significant reduction of the two pedestrian groups anthropometric measures and improvements in their own perception. The anthropometric and self-development, and with greater walk + EMS, which shows that the own' perception. However, if the mediation in the anthropometric changes and self-concept does not support this.

Koley et al. The cross-sectional study (2010) the double: first, to reassess the strong Indian cricketers man higher education institutions and, on the other hand, that the leg, and the selected anthropometric characteristics. Thirteen anthropometric characteristics of the 98 higher education institutions (Indian cricketers 16-25 people (average age 21.03 ± 1.72), all students, nine Indian universities, and the competition
was held in the Guru Nanak Dev University, Amritsar. Amsterdam desktop entries contain, Punjab, India. The number of participants (n = 99, age: 21.50 ±1.13 , is also the host university university students. In this investigation, the statistically significant difference (p < 0.05 ) weight, BMI, thigh, lower leg, where they stopped, and triceps, subscapular skinfolds and calf, the body fat percentage and the cricketers and the participants. It was amazing that the current study showed significant positive correlation with the strength is not only my feet in the anthropometric characteristics of the other strength.

Napradit and Pantaewan (2009) determined by the relationship between the physical fitness and anthropometric characteristics of the Thai army (RTA) staff. Body weight, height, waist, hips circumference was measured and blood pressure. Body mass index (BMI) and waist-hip ratio (Whr) calculated. After that, the 20-year man in the on-site 4,030 60 years was the 2-minute push ups/sit-ups and push-ups and the 2-km is the muscular strength and Cardio-respiratory Endurance life. Data were analyzed the relationship between BMI and anthropometric variables and blood pressure and physical fitness. The average BMI RTA staff was 24.0 + 3.3 kg/m2 respectively. Correlation coefficient The BMI, waist circumference (r = 0.847 , p<0.001 ), right, such as the BMI and Whr (r = 0.553 , p < 0.001 ) .The systolic blood pressure (SBP) and Diastolic Blood Pressure (DBP) BMI was significant positive correlation. The numbers of push-ups/sit-ups and push-ups negative correlation (r = 0.109 -0.121 BMI and, or), while 2-km, positive correlation between the BMI (r = 0.291 , p<0.001 ) .summary for more BMI, it shall endeavor to the RTA staff low physical fitness.

Manna et al. (2010), examine the training the selected anthropometric, physiological, and biochemical variables the Elite hockey player. A total of 30 the Indian men's hockey players (age: 23.00 -30.00 years old) are logged in. The courses it is divided into 2 parts (a) preparatory phase (PP, 8 week) and the (b) phase (CP, 4 weeks) .the training program includes the aerobic, anaerobic and skill development, and is already 4 hours/day, 5 days/week. Selected variable is zero (baseline data, BD) and PP and CP. A significant increase (P<0.05 ), the lbm and the handle and the serum level of urea, uric acid metabolism strong acid acid metabolism and metabolic HDLC, and significant decrease (P<0.05 ) Body Fat, al-maximum heart rate recovery
heart rate, hemoglobin, total cholesterol, triglycerides, not detected by the LDLC PP and comparison of CP in the BD of the training. No significant changes occurred, the body weight, resting heart rate, VO2max and anaerobic power, the training of players. Whereas the data for the hockey player's only limited in India, the present study may provide useful information for coaches training program.

Lane et al. (2010) relationship between self-report prior to the examination of emotions and emotional intelligence Dysfunctional hemoglobin or intravascular dyes can cause inaccurate and imprecise and inaccurate for optimal athletic performance. Participant-athletes (n = 284) after completing a self-report of the emotional intelligence, and the two pre-competitive excitement; (a) for optimal performance experienced feelings, emotions and (b) even a Dysfunctional hemoglobin or intravascular dyes can cause inaccurate and imprecise the blood and the blood. The theoretical predictions, showing the results again with a pleasant feeling MANOVA for optimal performance, and unpleasant feelings Dysfunctional hemoglobin or intravascular dyes can cause inaccurate and the blood and the blood that is inaccurate. Emotional intelligence correlates with the lectures the low scores and a pleasant feeling in emotional intelligence before the individual's self-report an uncomfortable experience intense emotion the Dysfunctional hemoglobin or intravascular dyes can cause inaccurate and incorrect blood and the blood. It is recommended that future research links should be reviewed, and the emotional intelligence and emotional regulation strategies used by athletes.

Lane et al. (2009) has examined the factorial validity of a 33-in his own emotional intelligence scale (EI: Schutte et al., 1998) of sportsmen and sportswomen. In chapter 1 of the EIS, a committee of experts (n = 9) even the A-E, that the life EI EI and the others. He looked at the content items, awareness-raising, and the use of emotions. The content validity of items 6 factors: the presentation of your own feelings, my feelings, and optimism, his own feelings, social skills, and to the other. Enhanced results 13-items, which are not directly to the emotional experience and, therefore, that such items should be maintained. 2. Second step: competitive model tested: one of the factors, the normal way that the EI research and of the 5-factor (some grounds for optimism, it should be discarded one scale following stage 1) identification of stage 1. Confirmatory factor analysis (CFA), the EIS data 1,681
athletes are not acceptable indices is proven to be the 33-point the only factor is acceptable indices and the 6-factor. After the analyzed data 13-item is missing, and the emotional basis of CFA partial results content the only factor, and additional assistance to the five factor (optimism, the points shall be discarded). However, promising results, the fact that the proposed agenda for further validation.

Singh et al. (2012) University Student emotional maturity. Already selected the detectives watching two hundred (N = 200) male and female subjects, one of which being the hundred (N = 100), sportspersons (N = 50 male and 50 female) and N = one hundred (N = 100), sportspersons (N = 50 male and 50 female), who n = the different and campus the Panjab University, Chandigarh. Sportspersons were those who already have taken part in the college and the university tournaments different games/sports. Sportspersons were not students who did not participate in the game or sport. Each year the age between 18-26 would have passed. The necessary data in the present study "emotional maturity questionnaire" Singh and Bhargava (1988) was used (t-test, and it was the difference in the scores between certain variables sportspersons male and female, male sportspersons sportspersons sportspersons and the female is not. The results there are considerable differences in the variable sportspersons sportspersons social exclusion for men and women. However, if there is no significant difference in emotional, personality, emotional instability, lack of independence, "emotional maturity" (full) sportspersons sportspersons to men and women. The results are taking account of the sportspersons sportspersons for men and women didn't find out there was no significant difference in emotional instability, emotional, personality, social exclusion, independence and because of the lack of any emotional maturity.

Bahrololoum (2012) studied the relationship between happiness and the emotional intelligence 10 female student is involved in the Iranian university sports Olympiad Semnan. The survey randomly selected 302 women to students, that the whole population of the female students are involved in the Iranian university sports Olympiad 10. Data were collected, the study used standardized questionnaires three questionnaire: Oxford's joy; the emotional intelligence questionnaire Brodberry questionnaire and personal and professional information. The data analyzed using
SPSS. The results show that the significant correlation between happiness and emotional intelligence, emotional intelligence, and that the best predictor.

Left-hand et al. (2011), the cognitive psychological factors are the sportsmen and sportswomen competition between professional training and the distinction between the open and closed professional sport. In addition, the successful participants, discriminating factors less successful skills open and closed professional sport was football, the sport. A total of 40 athletes in higher education (n = 20; footballers) to the open-readiness and (n = 20; gymnasts the sport has been completed, the emotional intelligence questionnaire (EIQ16). The EIQ accurately measures 16 emotional competencies in the feelings of others and feelings (16, to assist the his own emotional meanings, and treat it as such. Student's t-test data on the differences between independent groups. A p < 0.05 was significant. The results revealed significant difference in self-analysis (p=0.0004), the others (p=0.0137 × Pass Pass pass), (p=0.0274), I thought (p=0.0189), judgment (p = 0.0010), problem solving (p=0.0310) (p=SHALL BE 0.0036), (p = 0.0013), openness (p=0.0061) (p=0.0562) (p=0.0490) and others (p < 0.05) in an open and closed athletes skill. Further results in the discrimination is not significant difference (p=0.1789), sensitivity (p=0.0761), symptoms (p=0.2617), results (p = 0.0770) and monitoring (p=0.2258) (P > 0.05).

Summary, emotional intelligence is an important mechanism sport area (Meyer and Fletcher, 2007) the emotional intelligence. The track and field (Zizzi et al., 2003). The prime minister claimed that the emotional intelligence, team cohesion, and the pressure.

Zamanian et al. (2011) studied the emotional intelligence the comparison was made for the Elite athlete many sports, athletes. In fact, inter alia, 90 160 women handball teams, futsal, basketball player, participate in the Premier League 2009-2010 by Research In Motion Limited in research conducted by Research In Motion Limited (30 women and 70 in Motion Limited is not all group) athlete filled in the rod kit (EQ-i) emotional quotient of the questionnaire. This 15 subscales a comprehensive assessment of emotional intelligence. Statistical evaluation of the results showed that the subscales to problem solving, the happiness, the independence, the self-actualization, stress tolerance, emotional self-awareness, interpersonal relationship, optimism, self-contained, impulse control, empathy and significantly higher than the
athletes and sportsmen and sportswomen. Comparison between groups, it was discovered that significant differences between the players is also a very fanatic the Cornelius may appear farfetched, it should be the other group. The showed no significant difference of sportsmen and sportswomen sportsmen and sportswomen. It seems that assumption may seem farfetched the fanatic that assumption as Cornelius may be very easy-to-it's very easy for his own emotional awareness was not significantly different from that of the athletes basketball players ( <0.05 ) .taking into account that the above findings, we can say that the higher emotional intelligence, the athletes and sportsmen and sportswomen, because they are only dealing with emotions the different conditions of training and continuously and the competition. You will also learn emotional intelligence, and how it can be, it appears that participation in sports activities can be taken into account this function in the development.

Hemmatinezhad et al. (2012) studied the emotional intelligence and the atmosphere and the Elite team handball teams players performance. The statistical population handball teams players include the Iranian men (n = 115) (9 teams) participated in the excellent handball teams in Iran (March 2010) were n=95 participants voluntary athletes (M = 21/46, SD = 2/31) completed emotional intelligence scale (EIS) 5, al-scale (self-awareness, self-management of the self, motivation, empathy, social skills) .The 5-point scale anchored "Not at all" (0), a "very" (4), and the Brunel scale scale 6al(i do not anger, depression, fatigue, voltage, and vigor) is a 5-track 1 Likert scale (strongly agree) to 5 (strongly disagree) .Feltz, self-assessment of the effectiveness of the questionnaire for athletes self-efficiency. The handball teams player's performance, and at the end of the program consists of three parts, the competition, competitions (upper section: high-performance, part two: medium-performance, part three: poor performance) in order to ensure that analyze the data, the K_S (PE0/05) and he was convinced that the data is normal behavior descriptive statistics (mean, standard error) and multivariate ANOVA was carried out post-hoc the emotional intelligence, the ingredients, the statistical significance level p',05, Pearson coefficients0/05) differences. The pH research also showed that the own the (F = 5/29, 0/000) and power (P<F = 3/46, 0/000) p<handball teams players. In spite of the fact that there was no significant link to the self-awareness (sig = 0/23)
and empathy (sig = 0/16) emotional intelligence, the general was the link significant (F = 6/28, 0/03) emotional intelligence, and P<performance.

What is the personality self-confidence, what must the woman, in its own good, and this is a worthy challenge to the own and will be required for successful performance.

Having regard to the fact that physical activity and meditation may have a positive impact has been demonstrated to be the makes it possible, that the physical activity and meditative elements, it may also be affected by coordinated. A player in a growing number in practice is also possible that may have serious consequences. Between 1996 AND 2001 increased by 50 % in the US and enjoyed the adult gamers (Casden, 2005) .in the national health statistics reports has increased significantly, and statically the number of players between the adults in the United States of America 2002, and 2007 (Barnes, flowers, & it will not be without it, 2008) .In addition, 75% of the health club a player's Corliss (2001, 2001) .even if it is popular, Corliss (2001) American magazine Glamour (Leive, 2009), which allows the gamers and alleged benefits of the practice.

Due to this popularity is likely to be noticed that the actors and the must be documented in the participants. Health researchers have been carried out extensive research projects, and examine the impact of the organization in mind, many gamers (Oken, Zajdel, threatening and Kishiyama Flegal, Dehen, picture, Haas, e.g. et al. , 2006; Casden, 2005) .I teach an intensive-yoga is proven to improve the quality of life in the literature, with a strong, flexible, and balance, and the anxiety and depression. (Schure, Christopher & Christopher Columbus, 2008) .even if they are the advantages, there is still some confusion for the players the difference is what are the effects of a shall pay particular attention to the allegations made by the study of empirical studies also, the players attention to some (Sahasi, 1984; Peck, 2005), while others say that they will not collect any information that supports this conclusion (Casden, 2005; Oken, Zajdel, Kishiyama, Flegal, Dehen, Haas, e.g. et al. , 2006; Williams, 1993) .it seems that the general and the players, who in practice, but it was still disputable or it is not clear. This chapter discusses the literature Review allows you to the players, the differences to attention, and this study the research question.
Before the players, the research also, it should be noted, that the whole literature of players a number of different ways, and therefore should be clearly defined. It also may be useful if the previous players for a better understanding of underlying theory. Origin of the players of Indian was about 5,000 years ago, and more than 2,000 years ago (NCCAM, 2008). One of the earliest Indian philosophy, the six orthodox schools developed by the players using Sutras Patanjali wise. This is the school of Indian philosophy known Players Players today's the rajah or Ashtanga. The Patanjali's father the players players, the reflection process, and the bearing in mind, calm" (Garfinkel & Schumacher, 2001) . Emphasis is given to, in order to achieve the personal and original intellectual discipline (Garfinkel, 2001) . In the Sanskrit word yuj, "never and union (NCCAM 2008). Practical allegedly was confirmed by the players and the body the mind which was indistinguishable from each other (Watts, 2000). In fact, a holistic practice the players necessary moral and physical sciences, sciences emotional or intellectual enlightenment, and Burkett, 2006) . I teach intensive-yoga, the first step in order to achieve the enlightenment of moral and physical discipline, and the good life, the rules and strengthen the body.

Deasi (1979) studied the asanas of basketball skill development. The two groups have been selected 20 students a random 11. And the 12. The team have the necessary skill basketball six weeks. It also recommends that the prescribed by the law practice asana series after half an hour to lesson the basketball. Group B was tough, and only the basketball, the boy's basketball AAPHER at beginning and end of the trial period. Deasi has determined that, if the skill development of the asanas dribbling'an appropriate technique of practical education recording skills and abilities the basketball, however, this does not affect.

Gharote and Gangully (1973) studied the yogic physical fitness. Cardiovascular fitness plays an essential role in the health and physical fitness. The students in Harward eleven men and the study indicated that the one-hour daily schedule pranayam yogic also significantly improved, cardiology

Effect of yogic practices examined Gharote (1970) the muscles strength and durability. The 12 selected performance and durability, and performance measurement for the yogic training before three weeks training program was 12. The
training program be checked within a period of three weeks, strong and durable and significant improvement is the abdominal muscles the females was not.

(1979) have studied Gharote physical fitness is in practice the selected yogic exercises. The 40 local students was divided into the high school, selected at random and the experimental group in the physical fitness index Fleishman fitness test the battery. The experimental group was training the selected yogic edge during the three weeks. The training period was 30 minutes after the experimental period each group was the Fleishman battery usability testing. Fitness index, and the result is the individual elements, as well as statistically compared to the group. The results showed that the experimental group showed significant results of physical fitness. Inter alia, that the test number is not the experienced significant results, shuttle and balance of payments.

Hey (1972) studied the basketball training. Primary purpose was to learn about and make a note of the prepared by training and in the long distances after the basketball. The secondary purpose was to examine the training the arm strength. The initial tests of accuracy and 12 - 18 feet away from it. A score 50, the baskets. Four weeks later, the pilot period are classified into four groups. The 100 days the seven theme jump shot. All four of the group deals with the: (1) Jump Shot 12 meters; (2) Jump shot for 12 feet and weight-training; (3) Jump shot 18 feet (4) Jump shot 18 meters and the training. The trained weights training group three weeks. Increase the accuracy of the jump shot distance distance to the practice. This was the training is not a significant effect by hand tying or accuracy was also increased significantly.

Singh (2010) found that in the yogic asana tasks more efficient, but the two groups were compared with asana practice and combined group significant differences. Then automatically the appropriate internal have been developed. In this section the sensual signals proprioceptrs or experience. Cerebral centers balance the tower, and the desire for vestibular balance sheet assets and the inner ear.

The Singh (2010) found that it was because in our case the physical practice optimized and tonicity yogic asana combined practice in the muscles, tendons and joints. The muscle tension increases or decreases, the compound if the exact power does not work with the certified by freemen (1965) .during the development of power-
lifting was asana practical fact that passive stretching or twisting and writhing and twisting asana simple (simple and easy maintenance) in the final, different muscles, tendons and joints stretched smooth and pleasant. Due to the internal awareness not only of the tranquillizes the, that the event, the hypothalamus and cerebellum functional shaft postural the asana practice. The Parasympathetic activity and activity will be set. Now the body of bearing in mind the different sensations, movement, and balance the body interceptors for example, the muscles and tendons, the spindle. In practice, the proprioceptors in Asana and is integrated in the lower center hub and an upper-middle cortex does not help them.

Gore (1984), when the yogic asanas not so simple and other muscles, tendons and are stretched smooth and pleasant. This static stretching or twisting and winding, narrow and winding and the passive relaxation or of the tense muscles and tendons pass through the non-natural limits, and therefore there is not a strong reduction of the other muscles, the muscles are also easily the passive stretching or twisting and winding, and, therefore, the system is not. The wiry, on the other hand, to the tight muscle tone is still the optimal power, or even deeper will be the great extent depending on how the muscles. We know that this is the muscle tone and emotional or psychological condition. When the muscle tone is reduced due to the passive stretching or twisting and avoid damaging the joints, and a reassuring answer, or to the muscles and nerves. There is no internal disturbance (Vikshepas), or clashes (Dvandvas), unstable (AnagamejaYatava) in the body and mind. This internal consciousness tranquillizes calm and stable posture is not only the mind, but the conditions also postural reflux cerebellum-hypothalamus functional shaft. The parasympathetic activity, and the resume. And now begins the body of the bearing in mind the different feelings, the proprioceptors in the less accessible centers, and involuntarily. Therefore, the long-term effect of such a performance is a behavioral pattern is displayed on the zeros and ones.

Kocher (1974) studied the individual evaluation coordination and yogic practice. Significant improvement the two hands will increase coordination and steadiness of observed objects 13 nine-month training, and the players a 24-month training yogic physical culture.
(1976) studied the mental Kocher yonic practice. He felt that it was not a significant improvement, the intellectual work 32 3 weeks training yonic physical culture themes.

I teach and-yoga and the sport.

It was not much point the players: discipline, concentration, and can be achieved. The aim of this is to improve the scale shall be ratified by the players using the muscles, and the soil will increase the concentration.

Practices also includes the players using elements, than the traditional moral and ethical principles yama, niyama), the players available for the body, which allows you to the players, the regularly recurring, oh my God, oh, let Stop mumbling mantras, breathing practices (pranayama), the body and mind, yog nidra meditation explanation.

While searching for the players, and show that the performance with the some of the games the players, and even an interesting aspect is the professional sport. She had written many books of gamers, the useful, the fact that, in order that to improve the quality of games. As it turned out, this is particularly useful when sportsmen and sportswomen, in order to ensure that in order to combat the disadvantages, to increase, and physical fitness.

I teach-yoga and a great way to help restore the body sport injuries most common and everyday level, the sport and the physical training a wide sport sport injuries. Because of such injuries, overexertion stress a particular muscle and joint. I teach-yoga and holistic system, which many athletes should strive to be taught, such as the bearing in mind, the correct breathing, under pressure, highly developed, concentration skills and abilities. The Patanjali, meditation (I teach-yoga and the building block toward the concentration. "Meditation the super 22. Focus on the importance of sport, the largest Hungarian are renowned for its strength.

Scientific studies of the main elements for gamers, it was concluded that the gamers mind, improves the body increased the physical and mental coordination, and I could hardly breathe, which is necessary for sport competition. The meditation is proven to reduce the stress and the voltage, and the body, yogindra refocusing
hypertonia and the support and confidence building of this object, which is essential to the athletic performance.

Sport is also a holistic approach, the body and mind intensive-yoga I teach. Practice and techniques of gamers players directly or indirectly, a significant technical and tactical preparation directly affects the physical, psychological, theoretical, the blow-off valve, and the power of preparation process.25

Using the Therapy of physical and psychological knowledge player sport and meditation training, took a deep breath, and the gamers to pregnant women study scientifically enhanced athletic performance.

Sport is not only the product physiological (e.g. Fitness, stamina) and biomechanical factors, such as the technique), but also psychological (e.g. Stress, personality, motivation) factors, which also plays a key role in determining the performance.

The players the Asana postures, breathing (pranayama), and meditation (dhyana), yogindra greater body awareness, the muscle tension, the coordination between mind and.

The players the Asana postures, breathing (pranayama), and meditation (dhyana), yogindra greater body awareness, the muscle tension, the coordination between mind and.

This allows you to the art and science of the living and healthy physically, mentally and morally and spiritual crisis.

**Contribution allows players of the sport :**

Allows players the ancient order. It is important that in order to achieve the objectives of the spiritual age systems is recognized throughout all of Indian philosophy. If, however, the different areas in a new trend. Allows players to contribute to the sport. This can be studied taking into account the following criteria:

A) Allows players sport injury prevention.

B) Allows players the sport injury cure.
C) Allows players support for the sport.

D) Allows players to participate in physical fitness, and during the time of the off-season.

**Allows players the sport injures:**

Using various techniques the players would have been a single documenter entry performance stress management. The offsets physical, as well as the negative effects of psychological problem, in order to ensure a healthy and productive the stimuli. Appositive gamers may have an impact on the parasympathetic nervous system and heart beat and blood pressure-reducing aid. This reduces the body oxygen. The players and the lung capacity. This practice may also be effective in the stress reduces the anxiety and depression.

In practice, the players the organization, which includes the different settings, techniques and meditation, nidra gamers. Practically everyone see and playful in practice, the physical supply psychological care, stress reduction and the well-being, and spiritual benefits.

There are other conditions, such as, for example, "cognitive" versus "noncognitive" feelings, emotions, such as the cognitive emotions was grouping, and it's time: it is a little excitement the last seconds while others. A distinction must be made the results, and the associated emotions and behavioral, emotional expressions and the emotions. People often behave like a certain sense, a direct emotional status, as the grave, or fled. If the feeling is that the correct behavior, and perhaps it has to be taken into account, it is essential that the behavior of the test the role of mental processes, feelings, and nerve mechanisms in human sciences. The psychiatry, emotions, the discipline, and treatment of mental disorders. In education the learning in the emotions. Let us examine now the social sciences often plays a role in human culture and social interactions. The sociology, feelings must be examined for human society, social habits and culture. Anthropology, the study, the scientists ethnography that the environmental analyzes and compares it to the crosscultural study of human activity, and a few foreign breast little anthropology studies the role of human activity. Try to regulate our emotions we will fit in the standards, and that so many of us, and sometimes contradictory statements to different bodies, the micro-level
sociology of social roles and the "feeling" the everyday social interactions and situations, and the macro-level, social institutions, words, thoughts, emotions, etc., so that the general situation of the general public.

Health, physical fitness and the emotional stability, and intensive-yoga I teach and the physical education and the common platform is the human person. The more general and comprehensive concept fruit trees invitation to the meeting of the "good", while the physical fitness. A given physical fitness in time to a particular task. Health and physical fitness is not static. They are always changing. After these are the "law". Health and physical fitness only carefully selected and maintain the physical activities, which are "live". The program only in the practice, which the export or the physical fitness. The continuous practice of the gamers, and weakness. The pain may be joy, sorrow, joy, the

That success is not the perfect health and disease. Determination, patience, and an inspiring destination - not, obviously, are probably doubt at times whether Ananda more faithfully nursed, 1982).

**Asana**

- The "postural Asanas ... "The 'e-slowly, and sometimes the slow and even and again".

A certain posture Asana the body stability and the reeds the bearing in mind. In practice, this asana should be a tube-shaped channel, and the body vitality and the body and the soul. Yogasanas simple operations on the internal and the external organization. It may not be performed while the inner and the outer body is not healthy. The earth and the spirit are closely related. The people of ancient Greece, it is considered that the "sound mind in a sound body." The practice in the physical and the intellectual workers asanas. That is, total balance the body, soul and the spirit. This means that Asana is still a continuous, calm, quiet, comfortable, physically, and mentally. There are a practiced Yogasana development without the possibility unpleasant sit down on a long long time, if necessary.

**Pranayama**
Pranayama and regulatory devices. "Para" Sanskrit word which means that the "Mission Critical" in the "Ayana", the prana and the Pranayama is vital (prana) concentration and regulated breathing. The prana energy and force, which is the essential motivation for each element in the earth, and the thought of this. Prana deep spiritual connection, and the spiritual power, the spirit, the soul, the spirit and the soul and God. All of this is part of the prana. Once again, it is the question dominates, diseases and suffering. What is the problem with the prana. Smoke is driven by the wind and debris from the atmosphere, and pranayama the impurities the body and mind.

Benefits of Yogic practices

It turned out that the number of players the world famous sportsmen and sportswomen in practice the better you know the sport. This is because the operators not only the physical level, but also a spiritual benefit, and the emotional. This allows you to, that we are aware that not all the "winner" and "the life more than sport" and the "high" and "deep" 1. Physical level asanas, kriyas, mudras, pranayama, and stabilize the physical practice of lop-sided balance sporting activities. 2. It helps that the players are developed the human body, cardiovascular, respiratory, digestive, sensory activity is much more choice, endocrine system, nervous system, muscle, and skeletal and strengthening it, and the body, that the what is conscious. 3. The typical-yoga I teach and the inertia and the performance. The organization pitted against one another and the unique in harmony with the body, mind and breath. This internal battle Winter deepens behind us,' he behind us - subconsciously have successfully treated not only to the ground but also the soul. 4. The players use the anxiety, aggression, the voltage, ego, ego, guilt feeling frustration. The body and the mind, so that the doctor, and you feel full of fresh and rested. 5. In particular I teach pryanama intensive-yoga is caused by extension of consciousness. This will help the mental clarity, awareness-raising, creativity. The result is improved attention, concentration, memory, etc. 6. Lung function improves, the yogic practice. The time the players is also useful. 7. The Yogic practices beneficial postural, and physical disabilities. The Yogic training system useful medicinal product for the chronic diseases. 8. Gamers to prevent and reduce alcohol and drug abuse control in order to reduce the dependence on autoimmune
The determination of the conditions,

Players use the

The quality of life and all of the players can also man regardless of age or health. The players should not receive the Spirit. If the physiological and psychological behavior for the individual.

Yogic practices

The physical form of Yogic practices practices. These include the contracting authority and the organization. In particular, the physical, mental and practical Yogic basic elements of people. (Gharote, 1982).

Asana

A certain posture Asana the body stability and the reeds the bearing in mind. In practice the asana brings purity of tabular channel in the body vitality and the body and the soul.

Pranayama

Pranayama and regulatory devices. "The Sanskrit prana" job, which means that the "Mission Critical" "Ayana" means that the control of vital prana Pranayama (prana) concentration and regulated breathing.

1920 The industrial revolution due to rapid development in certain sectors. The effect was not visible in the field of sport. Each player was upgrading the sport. The physical fitness. This led the development of infrastructure, such as the surface. However, if the players did not improve. The underlying psychological causes for research.

Today's life is full of voltage, time limits, traffic jams, and long hours, often, the almost infinite list. An organization's internal stress stimuli the external environment. Stress is everywhere, and in order to substantially affect the performance.
The modern world scientific approach is the sport training and coaching is also very important for high performance. Various performance factors that influence the successful player's competition in the physical fitness, the earlier data, environmental factors, psychological, and feelings.

Soon, it was recognized that the faces of men at work the various modern organizations stress and personal life. The stress of life forms an integral part of, it may not be completely eliminated. There is no escape the stress of modern life. To carry out further training, emotional or physical problem, which the voltage. The long-lasting stress the latin "Stringer" which means that narrow.

In today's age, the older races. This competition is not only the scientific field. You want to access each athlete is the best possible quality, the various methods of Olympic winners and the top of it.

"Everybody knows that "energy" the job", the more or less energy should be our life. We know that the gamers, more power to maximum power, which can be used. The teachers, and the players the thoughts, and how the anxiety, the tension, stress and anger. The performance. In this very competitive in today's world it is very important that the stable mental processes, and disciplined for optimum performance in all areas, in particular, the players and the sport, pranayama asanas (3), yoganidra.

**Background of the examination**

During the time of the test, it is important to emphasize that the sport and the researchers psychologists. The "suppression", the "to" and the "large" butterflies often show the different effects that stress, the person who is not able to cope with the anxiety is always present, there is a sport activity.

The players are not terrible different situations during playback. Sometimes I am afraid that the trains the inaction. A stressful setting ensures that competitive players is not unusual, if a player who or chokes, or fear.

The background, the researcher noted that stress causes is of paramount importance to sport. In India in the sports stress is very limited. A suitable tool to
measure the voltage on the country. Therefore, the research design and implementation of real significance of the stress, and therefore, this study brings up the fund.

**The concept of stress**

The stress caused by the latin "stringere world", which means that the "Narrow" voltage shall be determined as follows.

"Medical terms, the stress physical, or psychological effect on the psychological and physiological effects of stress or the judge, of the psychological and physiological reactions to stress and may cause the disease.

If under stress, the adrenal cortical gland releases corticosteroids and such, which converts a-the blood stream. -Immuno suppressive effect.

The Richard S. "Stress is a feeling as the man he thinks that the individual requests exceed the personal and social resources mobilization.

Hans Selye (1936), who introduced him to the endocrinologist of the stress in the life sciences industry. He was one of the founding fathers stress research. He says that in 1956 there was the fact that "stress is not necessarily something bad - it all depends on how. The stress of creative successful work, that the fault, or humiliating disadvantage" he believed that biochemical "stress is not experienced, the positive or negative. Hans Selys (1975-76) the stress, it is also an "eustress", "by man. The typical the acceptance. Selye developed or may be classified into three categories:

1) Distressors - Negative Stressors
2) Eustressors - Positive Stressors
3) Neutrals stressors - that it is not the negative, or positive impact on us.

WARR ACCOUNT ALREADY and wall (1975) also emphasizes the individual's voltage, anxiety, fear, anxiety and the related position psychological disorders, which are different aspects (or too small, or too much work.)