CHAPTER-IV

RELEVANT LITERATURE REVIEW

The research scholar has gone through related literature available which are relevant to the study. The relevant studies found through some various sources, which the researcher had come across, are enumerated below.

Beth and Larkin (2006) have studied the child physical fitness fitness the difficulties. The children with learning difficulties (MLD) is generally less than a physically active and coordinated between peers there is a strong likelihood that less than the physical fitness. The MLD 52 years children 5-8 years, the women over 52 years and different children identified by health and fitness related variable. The variance analysis revealed significantly lower scores of the cardiology tests the MLD abdominal breathing and flexibility, deterrent force. MLD group is much larger body mass index (BMI) .findings have implications for the teachers, and the allied health professionals working in this age. Teach children programs should be implemented tasks in the transport difficulties and the fitness and physical fitness.

Broer (1958) studied the fundamental knowledge of the general efficiency curriculum junior high school girls. The seventh grade class, selected at random from two basic training pilot. Stressed: the problem solving, and before getting to know the students simple mechanical training volleyball, basketball and softball. The experimental result is that a general education curriculum is a knowledge for understanding the problem solution can lead to more effective usability approach the problem separately simplified mechanical physical education.

Chhidda Giri (1965) examined an evaluation and examination of the effects of short-term yogic exercises the general physical fitness pubescent student (boys) the athletics pentathlon. In practice, the performance was the asanas chosen High School boys athletic events. He concluded that asanas do not contribute to improvement of performance and thereby a widespread in India, and in particular, it is recommended that all of the cost. As the results of research in general, the importance of asanas, the physical fitness of individual factors and asanas will be more effective the engine's
capabilities, but the fitness, relaxation and the asanas we thought not by aiding. The study, it appears that the asanas are not necessarily fitness basketball.

Deasi (1979) studied the asanas of basketball skill development. Two groups of 20 students have been selected a randomly selected 11 students. 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 of a lesson for the basketball. Group B was tough basketball only, and on the same day, the boys a basketball AAPHER at beginning and end of the trial period. Deasi established that, when you select the appropriate technique asanas the skill development of practical learning dribbling'recording skills and abilities the basketball, however, this does not affect.

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

Impact on Gharote examined yogic practices (1970) has his muscles strength and durability. The 12 selected power and durability, and prior to measuring the power of yogic training training program three weeks was the 12. The training program has been 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 from the high school was randomly selected and divided by the experimental group from the physical fitness index Fleishman fitness test battery. The experimental group was training the selected yogic edge during the three weeks. The training period was 30 minutes after the experimental period was for each group the Fleishman battery usability testing. Fitness index, the score, as well as the individual elements were compared statistically the group. The results showed that the experimental group showed significant results of physical fitness. Inter alia, to the test number is not the feet have experienced significant results is raised, shuttle and balance of payments.
Hey (1972) studied the basketball training. Primary purpose was to learn about and make a note of the weight-training and short made by long distances after the basketball. The secondary purpose was to examine the training the arm strength. Accuracy of the initial tests and the 12 - 18 feet away from it. The score was 50, in the baskets. Four weeks later, the experimental period are classified into four groups. By 100 days in the theme week jump shot. All four of the group deals with: (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 weight-training. The trained weights training group three weeks. Significant growth on the jump shot accuracy the distance distance caused by the practice is. This was the training is not a significant effect on accuracy by hand stretching or twisting also increased significantly.

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

The Singh (2010) it was found that it was because in our case the physical practice yogic asana optimize tonicity and combined exercise the muscles, tendons and joints. The muscle tension will increase or decrease, if the exact due to complex power does not work on the certified by freemen (1965) during the development of performance-Raise was asana practical fact that passive stretching or twisting in asana and twisting 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 tranquilizes the also that the event may be, the hypothalamus and cerebellum functional shaft postural the asana practice. The parasympathetic activity and activity will be reset. Now the body starts the bearing in mind the different sensations, movement, and balance the body interceptors for example, the muscles and tendons, spindle. In practice the Asana detected the proprioceptors and are integrated into the lower center hub and a higher middle cortex could not help them.

Gore (1984), when the yogic asanas are so simple and other muscles, tendons and are stretched smooth and pleasant. This static stretching or twisting and twisting
and stretching or twisting and passive relaxation of the tense muscles and tendons pass through the is not the natural limits, and therefore, there is not a strong reduction of the volume of the opposite muscles, the muscles that is easy to give the passive stretching or twisting and such, 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 will be the muscle tone and emotional or psychological condition. When the muscle tone is reduced due to the passive stretching or twisting and twisting the joints and muscles, soothing a response or the nerves. There is not a internal disturbances (Vikshepas), or clashes (Dvandvas), an unstable (AnagamejaYatava) in the body and mind. The inner consciousness this quiet and stable posture tranquillizes is not only the mind, but the conditions also postural reflux cerebellum-hypothalamus functional shaft. The parasympathetic activity and the restore activity. And now it begins the body to make the bearing in mind the different feelings, the proprioceptors of the smaller centers and the Synchronized Accessible involuntarily. That is why it is the long-term impact of such a performance is the behavioral pattern is displayed on the zeros and all ones.

Kocher (1974) studied the power of each evaluation coordination and yogic practice. Significant improvement the two hands will increase coordination and steadiness of 13 subjects observed nine months training, and 24 subjects the players using a one-month training yogic physical culture.

(1976) studied the mental Kocher yogic practice. He felt that he was, it was not a significant improvement of intellectual work 32 after 3 week training yogic physical culture themes.

Kanwande (1981) this study a man sixty seven and eight students. The subjects 12 years. The anxiety level and the mental fatigue, the test. Before and after the test six weeks before the experiment. Cattel a questionnaire in the anxiety. The five factor measurement. Mental fatigue test written by S. P. Kappor. He concluded that

1. Anxiety level should be reduced or the selected asanas or The physical exercises.
2. Mental fatigue can be up to the selected training asanas or
   The physical practices in education.

3. Excellent Physical practices asanas selected variables of education, despite the fact
   that the difference was not statistically significant.

   Khodaskar (1977) this test 75 male kabaddi players age 18-25 years a local
   physical education training. And subjects can be separated into three groups: (a)
   experimental yogic exercises (Group B) not yogic and (c) group. Yogic yogic
   training program and the Group A and Group B six weeks 30 minutes each day
   except Sunday. Both the three group is also involved in the common physical
   education program shall be exercised regularly, the College of the experiment. The
   results showed that the positive effect of training more yogic compared to non-
   yogic exercises the physiological parameters chosen.

   Kennison and James (1979) tested accuracy on the one hand to press the
   basketball and the speed and accuracy. S five weeks training 100 male college
   students. They divided the groups and give them practical in different groups.
   Basketball practice one of the group; the other group of the ball and isometric
   exercise. The third group the ball twice and the fourth group of the ball weight
   isometric exercises. The accuracy of the ball into the two groups improved
   significantly. That is, the difference is rather due to the isometric exercise ball.
   There is no significance of successful experience. The ball and the isometric
   exercises, and an increase in mass visible ball is in motion.

   Moorthy (1982) the 6-11 annual general school students have been selected
   and the minimum muscular fitness was measured. Yogic asanas training program has
   been issued for all selected themes the yogic training program. Six weeks was yogic
   training is complete, the training program to the smallest muscle fitness was measured.
   As a result, the is not a positive change for the school children.

   Nandi, Adhikari (1999) studied the selected yogic practices cardio-boys
   school operated by inhalation. The test selected yogic cardio exercises the school
   boy-breathing life. The students carried out an investigation of twenty people
   Rajagram S. Raha institution B Bankura cardio-respiratory endurance was
   measured in 12 minutes, the cooper's run/walk. During the experimental period
was the initiatives through eight weeks of yogic exercises. The final test was the eight weeks. The data showed significant improvements in yogic practice fitness test.

Nielson, based on Gerald (1964) studied the mass education of basketball shooting accuracy. With the result that the accuracy of the one-hand shooting basketball, the progressive weight training program. The belief that weight training will be harmful basketball shooting ability should not be taken into account.

(1968) studied the strength using Pratab normal practice of the players before and after. Significant differences are observed the woman was the first 26 male and female 8 month intensive training-yoga I teach. "Relax" better than a "spare time " topics.

gleam reddy brown (1970) studied the program of training back to the physical pain. He was the program of training students 19-2324 man Lakshmibai National Institute of Gwalior, physical education. The group was not divided into first and the experimental group program for physical movement, and the trunk. Manual, muscle test method was the muscular. After the experimental group improved, the muscle and the pain, if the student does not improve the muscle.

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 yogic practice. He felt that it was not a significant improvement, the intellectual work 32 3 weeks training yogic physical culture themes.

Kanwande (1981) this study a man sixty seven and eight students. The subjects 12 years. The anxiety level and the mental fatigue, the test. Before and after the test six weeks before the experiment. Cattel a questionnaire to the anxiety. The five factor measurement. Mental fatigue test written by S. P. Kappor. He concluded that
4. Anxiety level should be reduced or the selected asanas or
The physical exercises.

5. Mental fatigue can be up to the selected training asanas or
The physical practices in education.

6. Excellent Physical practices asanas selected variables of education, despite the fact
that the difference was not statistically significant.

Khodaskar (1977) this test 75 male kabaddi players age 18-25 years, the local
physical education training. And objects can be separated into three groups: (a)
experimental yogic exercises (Group B) not yogic and (c) group. Yogic yogic training
program and the Group A and Group B on Sunday six weeks each day except for 30
minutes. Both the three group is also involved in the common physical education
program, regularly exercised an experiment. The results showed that the positive effect on
the education more yogic compared to non-yogic exercises the physiological parameters
chosen.

Kennison and James (1979) tested accuracy on the one hand to press the
basketball and the speed and accuracy. S five weeks training 100 male college
students. Having gone through the groups and practical different groups. Basketball
practice one of the group; the other group of the ball and isometric exercise. The
third group the ball twice and the fourth group of the ball weight isometric
exercises. The two groups the ball substantially improved. This means that the
difference is rather due to the isometric exercise. There is no significance of
successful experience. The ball and the isometric exercises, and an increase in mass
visible ball is in motion.

Moorthy (1982) the 6-11 annual elementary school students have been
selected, the smallest muscle fitness was measured. Yogic asanas training program
has been issued for the subjects selected the yogic training program. Six weeks
was yogic training is complete, the training program to the smallest muscle fitness was
measured. As a result, the is not a positive change in the to school children.

Nandi, Adhikari (1999) studied the selected yogic practices cardio-boys
school operated by inhalation. The yogic cardio exercises selected the school boy
vent. The students carried out an investigation of twenty people Rajagram S. Raha institution B Bankura cardio-respiratory Endurance was measured for 12 minutes, the cooper's run/walk. During the experimental period was the initiatives through eight weeks yogic exercises. The final test was the eight weeks. The data showed significant improvements in yogic practice fitness test.

Nielsen, based on Gerald (1964) studied the mass education of basketball shooting accuracy. With the result that the accuracy on the one-hand shooting basketball the progressive weight training program. The belief that weight training will be harmful basketball shooting ability should not be taken into account.

(1968) the strength of the studied Pratab practice before and after the players. Significant differences were observed in the woman was the first 26 men's and women's 8 month intensive training-yoga I teach. "Relax" better than a "spare time " topic.

gleam reddy brown (1970) studied the training program for physical pain. He was the program of training students from 19-2324 people Lakshmibai National Institute and to the physical education Gwalior. The first group was not divided into program and the experimental group the physical movement, and the trunk. Manual, muscle test method was the muscular. After the experimental group improved, the muscles and the pain, if the student does not improve the muscle.

Sahu, Bhole (1983) studied the yogic psychomotor three weeks training program. This completion of the test of the age group for men (25 to 45 years) undergoing teacher training certificate training course 3 weeks intensive-yoga I teach education, training, course, lecture the sharp Omkar this study. The Bhatia intelligence test part of the program the students regularly test the battery. Psychomotor the topic began to study the possibility that the points of the paper by means of MC dought Schuster to participate in, in three days, education, and the highest possible accuracy. This conclusion was, that the yogic study performance training programs speed and accuracy.

Singh (2010) found that the task more efficient yogic asana, but if the two groups were compared on the combined group asana practice and significant difference. Now the appropriate internal automatically developed. In this section of
the sensory signals proprioceptors or experience. Give the tower space brain centers of desire the good balance and balance tendon, joint and vestibular apparatus the internal ear.

Singh (2010) studied the yogic asanas and physical balance exercises. Healthy adults eighty is divided into four parts. Experimental group "A", "B", "C", and "D" all 20 subjects were compared in the study. This study does not examine the answer certain asanas workout and the balance is measured to STRICK bass" (across). Johnson and Nelson (1988) .analysis of the data, it was discovered that the experimental group three specially trained, asanas and combined exercise and asanas, significant improvements (P>10,05 ), but the balance sheet of the combined practice yogic asanas and average profit was higher than the other group.

(2001) studied hatha Tranetah gamers practical health point of view, the physical fitness. The 10 healthy untrained volunteers (9 female and 1 male 18-27 years of age) players learned hatha practice also in terms of health the physical fitness muscular strength, flexibility and Cardio fitness life pulmonary function structure of an organization . Topics may also be involved in at least seven players the class the two eight week. The players the pranayamas 10 min, 50 min, 15 min and 10 min after the warm-dynamic asanas savasana. The themes also before and after the 8 week training program. The isokinetic muscular strength and tense or, elbow, knee and the 31 % and 19 % and 28 % (P<0.05 ), whereas isometric stretching or twisting the knee, muscle increased life 57 %( P<0.01 ) .ankle flexibility and stretching or twisting the body body shoulder height can be increased 13% to the (P<0.01 ), the 155 % (P<0.001 ), no 188 % of the (P<0.001 ) and 14% (P<0.05 ) increase in absolute and relative 7% maximum oxygen uptake and 6% (P<0.01 ) and the test results indicate that regular hatha the players in practice, the health aspects of physical fitness.

Telles (1993) studied the static engine performance following yogic training at the school. 45 Between the two groups, the child's age and all 9 have been assessed at the age of 13 for strength and again with a 10 day period of time during which the group training allows the other team players. For the strength and the second metal pen 15 without decreasing the size hole in the plate. They were counting the errors. The 10 day time limit a group of players who are training in the physical postures, breathing, the silence, the voluntary and the visual sharpness, and the important, the
memory game. Another group of the usual routine. After 10 days the players showed significant reduction in faulty, the group showed no change.

T. L., Chen et al. (2009), have completed their research, the players of health-related physical fitness College-Age asthmatic children". The study of the following. It is the aim of this test was to examine the performance of the players in practice, the health-related physical fitness of College-age children asthmatic. A study of a quasi-experimental research design of which 31 voluntary children (practice group 16 years follow-up Group15), 7 years 12 purposively public elementary school in Taipei County. I teach an intensive workout-yoga was used by the practice three times a week 7 consecutive weeks. The 60-10 minute intensive-yoga I teach link minutes add the warm and breathing exercises, 40 minutes intensive-yoga postures, teach, and let cool 10 minutes. Results fitness practice have been evaluated (baseline) and the seventh and ninth weekly intervention is complete. A total of 30 subjects 16 group (practice; control group 14) completed. Results: 1. Within the population, than the children learning subjects (n = 30) to 50 percentile of all five full. physical fitness. There was no significant difference between the two groups (e.g. The practice of starting forward) and the five positions. 2. The area of research and practice positive connection to the college between the strength and durable asthmatic children. 3. The inspection group of the group, that the practice shows that the favorable results in the flexible, muscular. It is obvious that a favorable result, even if the age, the disease and the steroidal also is spread unequally distributed between the two groups. 4. There was a trend over time each element in the today, the ability to use the task. Thank you for the analysis showed that it was indeed the players the BMI, flexible, and muscular. After 2 weeks the player's own practice at home, BMI, the flexible, muscular, strong gas and fitness.

Lohan and Rajesh (2002) studied the asanas and pranayamas physical and physiological the boy between age group 12-16 years. The topics are divided into a hundred pranayama, asana, combined and controlled. The education program through ten weeks was taking into account the abdominal strength, speed, speed, and the lifelong AAPHER using youth fitness test the battery and blood pressure, pulse rate, Vital capacity and the pulse. The pre and post test results were analyzed using ANACOVA. It is concluded that physical and physiological characteristics that have
already been selected yogic education practice. The aggregate group showed significant improvements asanas, pranayama physical and physiological competence.

Rajakumar J (2010), ready to research "the Yogic practices and physical practices physical variables of the Inter-Collegiate football players select" . The study will analyze the physical practices yogic practices and the physical variables intercollegiate football player selection. In order to achieve this goal, sixty (60) men's intercollegiate football player selected at random from Chennai. The selected subjects were divided into three equal groups, yogic 20 practices (the Group), physical exercises (Group B), and the group (group), the experimental group 12 weeks. The control group (group C) will continue to be daily routine activities and the special training. The three theme on the group of the standardized tests and procedures before and after the selected physical variables during the training period the following items: 50 meters. Check the speed, the shuttle valve operation fast, flexible, and available. The Yogic practice group showed significant improvements. The physical exercises showed significant improvements in speed, agility, and then the other two group 12 weeks training. Key words: the physical variables, the experimental group, the group, the speed, agility, flexibility, the 50 meters, I sit here and achieved.

Tran M. D. et al. (2001), is ready to research its effects - Hatha Health-Related practical aspects of the physical fitness of the players the following study. Ten healthy, untrained volunteers (nine man, and man, between 18-27 years, the playful learning is a hatha practice in the physical fitness aspects, including the health system and the durable, flexible, and to this end, the cardiac function, body composition, and pulmonary function. Topics may also be involved in a minimum of two players per week the class 8 full weeks. At each session a player the 10-minute pranayamas (breathing exercises), 15 minutes dynamic warm-up exercises 50 minutes intensive-yoga asanas (postures), and I teach 10 minute savasana (corpse) .before and after the themes of education evaluation of 8 weeks. Isokinetic muscular strength, elbow, knee and elbow stretching or twisting and expansion, 31 % and 19 % and 28 % (P<0.05 ), or to the knee, whereas isometric muscle-life 57 % (P<0.01 ) .ankle flexibility, shoulder height, trunk, and the larger luggage compartment-stretching or twisting and 13% (P<0.01 ), the 155 % (P<0.001 ), 188 % of the (P<0.001 ), and 14% (P<0.05 ),
and. Absolute and relative increase in 7% maximum oxygen uptake and the 6% and the (\(P<0.01\)) . These are the findings show that in the regular players in practice hatha health considerations for physical fitness. (C) 2001 CHF, Inc.

Madanmohan Mahadevan, S. K. et al. (2008), is ready for you to research the six-week intensive course I teach-yoga weight loss the next step, breathing pressure, grip durable and of the young people healthy" . The study of the following. The current study the training period the players at least six weeks they were recycled answer to the dynamic movement and breathing improves grip strength, durability and. The 46 (30 men and 16 male, 17-20 years), it is 23 subjects (15 men and 8 man) training and the other 23 players. Next Step will follow (Harvard University index of sweat), the maximum inspiratory pressure, the maximum positive end-expiratory pressure, the 40 mm grip durable, strong and six weeks before and after life of learning. I teach, the intensive-yoga weight loss test step was the Harvard 64 +/- 30 g the players at training 161 +/- 133 g before the training, the difference was significant at a men (n = 15, \(P<0.0001\)) . In contrast, weight loss following step test was not significantly different from that end of the test period. Allows the training increases the airway pressure and durability test 40 mm Hg and the man and the man each comparison (\(P<0.05\)) . A summary, the present study describes the study the training intensive sweating-yoga I teach. Further significant improvements, the training of players within a short time during the six weeks the muscle strength and durability.

Ross, Thomas a. s. (2010), ready to research health care - the players and the exercise: the comparative tests" . The study of the following. Objectives: the correct physical and emotional health improve and maintain. The players are becoming more and more and more evidence is available, that is the belief that the physical and mental health the Pituitary, hypothalamic hormones and analogues and pituitaryadrenal (hpa) axis and the sympathetic nervous system (SNS). For purposes of this article to research, the scientific test of the bibliographical studies of the actors and the variety of health outcomes and health conditions. Methods: the Search PubMed for (R), and the "me-yoga and a comprehensive research, the scientific and research literature fund studies yielded 81 nursing notes. These tests, neutral (N = 30), wait list (n = 16), or comparison (n = 35) . The most common comparison (n = 10) exercise. These tests are already included this review. Results: the studies were
reviewed, it was found that almost every player one or more tasks, as a consequence of physical fitness can be measured. Conclusions: during the course of the tests, as well as an intensive-yoga and to teach, it can be concluded that the the practice and the healthy and sick, it allows the efficient than that of many health-related behavior. Further clinical studies are needed to comply with the practice that can distinguish between between actors and between the two, in particular with regard to the different SNS/HPA-axis. The strict methodology for further studies are needed to comply with the various health the players.

Clay C. C. et al. (2005), is ready to research costs - the metabolic Hatha-yoga I teach". The intensive study should include the following. The metabolic and the heart rate (HR) answers to the 26 players the hatha, women (19-40 years) a 30 minute hatha, the players and the landscape, and there he sat, and permanent asanas (e.g. Awkward postures) and then the videotaped by the hatha asanas themes. Physiological responses were compared on the physiological responses to chair, and a multifunction, 93,86 m MIN(-1) (3.5 km/h (mph), and the 30 minute intensive-yoga, hatha means absolute oxygen consumption (Vo(2)), relative Vo(2), maximum oxygen consumption (Vo(2) % R), and the metabolic equivalents (METs), the ratio of energy costs, HR, and the maximum heart rate), 0.45 % min L(-1), 7,59 ml.kg(-1) .MIN(-1), 14.50 % METs, 2,23 kcal.min. 2.17 (-1), 105,29 b. MIN(-1), and 56,89 %. If compared with the other one of the chairs, the hatha-yoga I teach 114 % higher than intensive O(2) (l) min(-1), 111 % more than O(2) (ml.kg(-1) .MIN(-1), 4,294 % higher % Vo(2)R, 111% METs, 108 % kcal.MIN(-1), more than 24% of the heart, and 24% greater than % MHR monitoring. If compared with the min 93,86 m(-1), the players hatha 54 % less than O(2) (l) min(-1), 53% lower than O(2) (ml.kg(-1) .MIN(-1), 68% less than % OF Vo(2)R, 53% lower, 53% lower than METs kcal.MIN(-1), less than 21 % of the and of the 21% lower HR the MHR captures same heart rate. The following regular players below 14.50 % according to the study of the hatha the Vo2R, which is very easy and significantly easier than 44,8 % by weight of the Vo2) R, a 93,86 m min (-1) (3.5 ) Miles. /H) the players using the hatha may be too low cardiovascular fitness remedial training stimulus. And the previous research, it was suggested that the players use the method of hatha is acceptable in order to increase the physical activity fitness, flexibility, and muscular, hatha the data shows that the gamers, if, cardiovascular diseases.
Hagins M, W, Moore and Rundle (2007), but the research of gamers - hatha is not correct-intensity physical activity improves and updates, and cardiovascular fitness" in the study. Background: little more in the metabolic and the heart rate response using typical hatha the players the relationship. This was the time of the study 1) in order to establish that the gamers a typical different awkward postures, and the current recommendations, in order to increase the physical activity and cardiovascular health and fitness; 2) the costs for the operators; 3) the metabolic processes in comparing a 54-practice allows the players. Methods: the observation study, 20 medium-level players, $31.4 +/- 8.3$ annual routine task a human bomb bomb bomb calorimeter (indirect) while wearing heart rate monitors. The job is sent to the normal 30-minute, 56-minute hatha will start in the video players, and 10 minutes walk, the multi-function, 3.2 and 4.8 km/h. Measures: oxygen consumption (VO2), Heart Rate (HR), percentage predicted maximum heart rate), metabolic equivalent % METs ( ), and of the energy (kcal). the seven theme protocol reliable, repetitive measurements, and thus could not be determined. Results: the complete workflow of average gamers VO2, HR, % MHR, METs, and energy/min approximately 0.6 L/kg/min; b/min, 49.4 % 93.2 ; 2.5 ; and 3.2 kcal/min; ICC (2.1 ) players use the complete workflow of kcal, METs, 0.979 and 0.973 of 0.865 maternal and, or. Conclusion: the metabolic costs represent average players full seat low physical activity, are similar to multi-walk the 3.2 km/h, and do not meet the physical activity improves the cardiovascular or health and fitness. I teach-yoga intensive, daily practice of more and more and more than 10 minutes in the smallest scratch may contribute to gait some intensive enough physical activity improves cardiorespiratory or is unsuitable for persons are not too mobile. The players is also very reliable.

B Sinha et al. (2004), the research "energy and cardiorespiratory changes in practice, the Surya Namaskar" the study of the following. Surya Namaskar (SN), practice Yogic attitude twelve players trained physicians. The present study was undertaken to examine critically the energy costs and the various changes in practice, the heart, the SN components. Twenty-one years old man volunteers to make the selected Indian Army practiced Yogic edge for six days during the three weeks. In the Hatha Yogic Yogic Asanas (28 minutes), Pranayama (10.5 minutes), and meditation 1 (5 minutes). In the Yogic practice of the Kapala Bhati (respiratory maneuvers) 2 minutes and then I teach intensive-yoga mudra (postural yogic practice) 2 minutes,
and oxygen consumption and heart rate (HR) was the other. After carrying out subjects SN 3 minutes 40 seconds. After three months of training begins with the fourth month schedule for subjects carried out full Yogic practice, laboratory experiments carried out in practice and education. The wedge, the carbon dioxide, oxygen consumption, HR, cardiac function and the actual practice parameters measured oxygen consumption the eighth (1.22 + /- 1 minutes within tolerances within the tolerance within tolerances 0.073 (-1), and the lowest in the first approach (0.35 + /-0.02 1 min (-1). The in practice, in the average energy costs 13,91 kcal 3,79 kcal/min was and SN in practice the maximum HR was 101+ /-13.5 mm fixed. SN the aerobic exercise, as it includes both the static stretching or twisting and twisting and slowly, and is also ideal for the practice dynamic component optimum stress heart.

Danucalov M. et al. (2008), is ready to "research the heart activity and metabolic changes: the players and the breathing practices meditation practices" .the study the following. The novelty was that the study investigating the heart activity and the metabolic in practice because the pranayama (breathing practices) and the player with the hatha-yoga. Also the method are recommended in the hatha-yoga. The instructors and the participants nine allows five men and four men, average age 44+ / , but not to the analysis of the gases after -11,6 after 30 minutes, three different time periods, breathing exercises, and meditative practice. Open the computer the metabolic system (VO2000, medium graphics - USA) .The oxygen uptake (VO (paragraph 2) and the carbon dioxide (VCO/synthesizer/mixer/also/ (2) statistically (P<0.05 ) and the pranayama = meditation practice. It is important also reduces the resting heart rate was compared to the meditation. There was a small proportion of the metabolized compared with the lipid meditation practice. The results suggest that meditation reduces the metabolic whereas the pranayama techniques will increase the study compares the rest of it.

Hayes and chase S. (2010), "prescribing ready gamers research", the study of a following. More than 15.8 million people in the United States of America and now practice some form of gamers with nearly half, and the players began improving the current medical practice. More broadly in the modern environment will allow players the principles and procedures to promote health and prosperity for the ground integration, took a deep breath, and bearing in mind. This article describes the history
and players, there are many forms of asana-based intensive-yoga I teach, that the United States is also popular. Results of research using the therapy the players different health problems. I teach an intensive-yoga offers the teacher, as the number of books and internet sources of further information.

Rathore B. S. et al. (2009), complete the "critical analysis of and the cardiovascular fitness engine's capabilities players higher education institutions. The study of the following. It is the aim of this test was that the cardiovascular and fitness profile (capabilities) the University of Rajasthan university. There is a small difference is in the players' individual and group play the game (t value is less than the value given in the table, the "t" is the 0.05 level was significant 1.9606 test is not 118 degrees) be observed in the cardiovascular, strength, and muscular arms, and explosive strength and durability and the shoulders and the entire J. C. R. . Key words: cardiovascular profile, fitness, individual and group play game players players.

Chen K. M. et al. (2010), ready to research "silver gamers weak physical fitness right-hand edge of the transitional "Ancient Ones" .The study following. Background: the fragile old fox (e.g. , Provisional therapeutic-based intensive-yoga I teach lab) is essential to the health expenditure caused by reducing chronic health problems. Purpose: the purpose of this test was to determine that the 24 weeks the players the efficiency of silver leading personalized workout (SY) transition is fragile. Methods: the convenient sample 69 elders have been designated, the sy ways of living the supported group (n = 38) or the a-group (n = 31) to the institution, where they lived, and 55 quasi-experimental pretest exams and posttest study. The work three times a week, 70 minutes, 24 weeks. Physical fitness (body composition cardiovascular, respiratory, muscle features, flexibility, power and life, performance) has examined the baseline, 12 weeks, and the end of the week 24. Results: the test of physical fitness, the participants of group improved significantly, and it would have been the good physical fitness than the control group (P value <.05) .discussion: it was proposed that the supported by the sy's ways of living the physical fitness transitional is fragile.

Madanmohan Udupa, K. et al. (2005), ready to research "the low-speed and a quick response and Pranayams cardiorespiratory variables" .The study of the
following. We planned a comparative study, the short-term (three week) training in the savitri (slow breathing) and bhastraika (fast breathing airway pressure pranayams) and durable, the response time, blood pressure, Pulse, and a double rate pressure. Thirty student volunteers are divided into two groups of fifteen years. The savitri pranayam is also slow, rhythmic group training, and breathed deeply. Group II training bhastraika pranayam accordion-type, fast, and deep breathing. Measurement of parameters three weeks before and after training. The Savitri Pranayam significantly increases the airway pressure and the respiratory durable. The groups is not statistically significant, but the reaction time. Heart Rate, decreased product rate pressure savitri bhastraika pranayam and the double, but increased significantly in the group. It is concluded that different types of pranayams young volunteers under normal physiological reactions.

Udupa K. et al. (2003), ready to research "the normal heart activity training for young volunteers Pranayam" . the time of the study include the following: Systolic Time Ratio (STI) by non-invasive and sensitive tests to measure of performance. In practice, this means that the heart is controlled by vegetative pranayam and improves the cardiovascular system is working. In view of all this, the present study is not to establish that the training all measured beats pranayam OSA and the autonomous functions test (back) . the college twenty-four randomly divided into two groups the children. Pranayam group were training group, nadishuddhi mukh bhastraika and pranayams, pranav and savitri and trained 20 minutes/day 3 months. (II) group (control group) did not participate in the training pranayam. STI (QS2, LVET and pep) and rear (RRIV and the QT/QS2 and the beginning of this group and again at the end three months learning. The Pranayam RRIV education increase and decrease the QT/QS2 means that a larger parasympathetic activity, and it is an integral part. QS2, pep, a pep/LVET increased substantially, whereas the LVET pranayam group decreased significantly. And on the contrary, the changes much less STI and the control group. The study shows that the three-month training pranayam ventricular-controlled power increase and decrease sympathetic parasympathetic. Further studies of the higher the underlying mechanism(s) this change.

Thombre, Madanmohan D. P. et al. (1992), is ready to research - Training - The-yoga and the response time, breathing difficulty and muscle power" . The study of
the following. There is no evidence that the normal practice of players' physical and mental performance. The present investigation was carried out on the players using the visual and training response (RTS), the maximum positive end-expiratory pressure (MEP), the maximum inspiratory pressure (MIP), 40 Mmhg, breath.exp (BHT), breath inhalation (Waiting time BHTinsp), and the lever (HGS). A total of 12 twenty-seven student volunteers was a player. Significant (P<0.001) reduced the visual RT (270.0 +/- 6.20 (SE), 224.81 +/- 5.76 ms) and the acoustic RT (194.18 +/- +/- is from 6.00 to 157.33 ms). MEP 92.61 increased 4.85 +/- 9.04 -10.75 126.46 +/- Mmhg, while the MIP 72.23 -90.92 +/- 6.45 6.03 mmhg, and the changes are statistically significant (P < 0.05), 40 Mmhg and HGS increased significantly (P<0.001) 36.57 -53.36 2.04 m +/- +/- 3.95 s, and 13.78 -16.67 0.58 +/- +/- 0.49 kg. Increased BHTexp 32.15 -44.53 1.41 +/- +/- 3.78s (P < 0.01) and the increased BHTinsp 63.69 +/- 5.38 +/- 9.61 -89.07 s (P < 0.05), the results show that the 12 weeks practice significantly players RTS and a significant visual and sound and breath, breathing pressure HGS.

Pratima M. et al. (2008), ready to research "the Suryanamaskar practice in the cardio-respiratory fitness parameters: the experimental study" to study the following. In recent times, the players using medical association and attracts them to each other. Suryanamaskar part of yogic practice, if it considers that the whole exercise. The present study of the efficacy of regular practice, the suryanamaskar" cardio-respiratory fitness. The present study has been made, 78 (48 man and 30 man) .it was observed that 6-month practice suryanamaskar resting heart rate and blood pressure is reduced. At the same time increases the efficiency and cardio-respiratory bicycle ergometer, assess the lung function, and the individual man, as well as the themes, and the man. The study has found that the patients improve the suryanamaskar practice effective cardio-respiratory and healthy individuals.

Ramesh Subramaniam Sakthignanavel V. D. and P. K. (2010), the paper made an attempt to the test of the Yogasanas pranayama the selected physiological variables, and the college boy. The selected variables for systolic and diastolic blood pressure, pulse and respiration. In order to achieve this objective in the study, thirty years later, the boys 12-15 years Jawaharlal Navodaya Vidyalaya secondary. These are random topics shall be divided equally between the two groups, and the group and
the experimental group. Training for the experimental groups of yogasanas and pranayama for twelve weeks both morning and evening, five days of the week. Pranayama should not be involved in the yogasana and training program. The collected data for statistical analysis of covariance (ANCOVA) analysis of experimental group had significant improvement of selected physiological factors, such as the control group. Also confirmed the hypothesis. Key words: systolic and diastolic blood pressure, pulse and respiration.

Kewal Krishan Kumar Sharma, Sudhir (2009), is ready to research the "have an effect on the Yogic, Callisthenic exercises are the secondary and college boy variable pulse". The study following. The aim was that the yogic exercises are the practices, and the resting heart rate variables callisthenic college of Hamirpur district boy yogic state of Uttar Pradesh secondary objects a total of 120 pediatric group practice (40,40 and 40 group calisthenics calisthenics exercises the yogic practices already 120 tasks and exams, six weeks of training yogic practices and the group calisthenics. The six-week training. As for the comparison compare the four groups, the heart rate response post-hoc Scheffe test, and respect. The results of that study, show that the yogic practice of the group resting heart rate was better than the other two groups. Keyword: callisthenic & rest.

Dhungel Upadhyay K. et al. (2008), ready to research "the other nostril breathing practice in the cardiorespiratory works". The study. Pranayama (breathing exercises), yogic techniques in healthy individuals different physiological responses. The answers with the other nostril breathing (ANB) Nadisudhi Pranayama the cardio-respiratory functions were examined in healthy young adults. The ANB practice topics (15 minutes each day during week four in the morning. Cardio-respiratory parameters 4-weeks before and after. The significant increase in peak expiratory flow (PEFR L/min) and pulse pressure (PP) have been identified. Although systolic blood pressure (SBP) gray decreased, which reduces the heart rate (PR), respiratory rate (RR) and Diastolic Blood Pressure (DBP) significant. The results indicate that regular practice Nadisudhi ANB (parasympathetic) increases.

Satendra Anurodh Sisodia the Singh and Singh Tomar (2009), ready to research "the Anuloma Viloma Pranayama the respiratory variables". The study of the following. During the test, the selected respiratory variables, 30 college students a
man, 15 student ( &) experimental anuloma viloma pranayama test of the tidal parameters. The selected respiratory capacity is crucial variables, peak flow positive took a breath, and negative waiting time the waiting time. In anuloma viloma pranayama breathing variables, analysis of covariance (ANCOVA) was significant 0.05 , based on the results the following conclusions: it is important that the Vital capacity (189,37 ), maximum flow (13,44 ) & breath negative waiting time (47,17 ) .have not had a significant impact on the student positive man breath (1,042 .keyword: Pranayama, Vital capacity, peak-rate.

The H. et al. (2010), ready to research the "women of the heart rate variability on the Meditation technique" .the study the following. After a certain time the frequency range, and the non-linear measure of Heart Rate Variability teaches the women meditative cyclic meditation practice. The entropy linear measure the sample. This sample The meditative entropy than the control group. Measure the PNNX domain name can be shown, that may be useful for the meditative state and a normal status

Penk C K. et al. (2004) research on the heart rate during dynamic meditation" "three forms. The study of the following. Purpose: this study was designed to quantify and compare the instantaneous heart rate dynamics and interactions during the meditation three consecutive protocol, and the different breathing exercises. Background: must be analyzed to determine the heart rate (HR) in the continuous breathing (beat signals experienced meditators 10 (4 male, 6 male, age 42 years, 29-55 years), in the three traditional interventions: a sedative - profiled took a breath, and breathe. Results: pulse and respiration rhythm is generally similar to that of the relaxation response and segmented. "He said large amplitude, low frequency (approximately 0.05 - 0.1 Hz vibration in the sinus arrhythmia), and the relaxation response and the segmented, the significantly (P<0.05 ) higher than the two original heart rate and respiration. The third method, and the fire, and the different patterns, the response is significantly increased the average heart rate baseline (P<0.01 ), and significant reduction in heart rate, and respiration (P<0.05 ) .conclusions: The results suggest that different meditative/respiratory protocol can evoke common heart, and the answers. The "meditation paradox - as a number instead of relaxation, meditative techniques active heart rate as well as the related and low frequency vibration or
frequency increases the resting heart rate. These findings also points out that conventional frequency range heart rate variability are critically evaluate the parameters in the students the vegetative conversion slow breath.

Telles, gleam reddy brown Nagendra S. K. H. R. et al. (2000), ready to research the following two "parallel measurements of gamers and by using relaxation techniques". The study include the following. This study is not the text of the gamers indicates that "the good old", the "persuader" measures in particular may be a useful spiritual balance. The players two practices, the "relaxation and meditation massage" (cyclic) and the other, "reassuring" technique (shavasan), were compared. The oxygen consumption, took a deep breath, volunteers and tidal volume 40 people (group: +/- 27.0 FT, +/- 5.7 years) have been assessed before and after meditation (cm) and before and after meetings of shavasan (SH). The 2 cm (SH) was 1 day difference. The players and the cyclic meditation practice. While there he lay the sh the whole practice. There was a significant decrease in oxygen, and the respiratory rate and tidal volume, and the two types of (2-factor ANOVA paired t-test). If, and, on the other hand, was the greater and the 3cm measures: (1) oxygen consumption decreased by 32.1 % were found % OF 10.1 % of; 2 cm SH % decreased (a) 18.0 % and 15.2 % rate on the air, and a 3cm (SH) from 28.8 % The following an increase in tidal volume CM and 15.9 % SH. These are the results the thought that the combination of players of the postures and relaxation relaxation more than does not in itself.

C-on. Dandona Singh Sodhi, S. and K. O. (2009), is ready to "study the research the educational operators the pulmonary functions of the patient's bronchial asthma". The study of the following. The players using breathing exercises and the bronchial asthma, is well known. You are looking for the asthmatic patient randomized can be divided into two groups, the group (group) and the players training group (control group). sixty patient. Pulmonary Valve function testing may be performed for all patients of this cap, after 4 weeks, then 8 weeks later. The topics of most of the two group of patients, is already a slight disease (34 group, 32 group). An increasing trend of a statistically significant (P < 0.01 ) % expected the peak expiratory flow (PEFR), forced Expiratory volume (FEV1 the first), forced Vital capacity (FVC Connector Location Overview), forced expiratory flow to the central 0.25 - 0.75 seconds 25-75) and the FEV1/FVC Connector Location Overview % ratio
in the 4 week and 8 week (B, breathing practices used adjunctively with players of traditional pharmacological treatment significantly improves the patients pulmonary functions of the bronchial asthma.

Raghuraj P, Telles S. (2008), ready to research the "Immediate nostril breathing exercises the players using the vegetative and the respiratory variables" contains the following.in the study. The right-hand and the left-hand side nostril breathing allows the players an alternative (e.g. RNYB, LNYB and ANYB) were compared in the awareness (BAW) and the normal respiration (CTL) .In the vegetative and the respiratory variables tested 21 volunteers to man age: 18 and 45, and allows the players experience the breathing exercises 3 and 48 months. Five separate the experimental subjects have been evaluated. The random sequences and series. For each connection 40 minutes; 30 minutes for the breathing exercises before and after 5 minutes there was silence. Heart Rate Variability test, where the skin conductivity, Plethysmogram amplitude, took a deep breath, and blood pressure. Following RNYB was not substantial increase systolic, diastolic and mean. In contrast, the systolic and diastolic pressure dropped and the systolic blood pressure, and even the ANYB LNYB. Therefore, the unilateral nostril breathing exercises the players using different way will affect the blood pressure. These therapeutic effects.

Ray American et al. (2001), ready to research the "aerobic capacity - he could see the exertion practice Hatha Yogic edge" .The study must include the following. Background +: a report to the yogic exercises aerobic capacity. Yogic exercises are the medical literature he saw the use (PE) maximum practice. This study Hatha yogic practice practice of training maximum aerobic capacity, and the PE has not been observed. Methods: forty the Indian Army (19-23 years) the largest bicycle ergometer graded practice. The oxygen consumption, carbon dioxide emissions, the ventilation, respiratory rate, heart rate (HR), etc. , it is immediately to the maximum score and the PE. The topics and shall be divided into two equal parts. Twelve subjects dropped out. One group (n = 17), Hatha yogic every morning the players 1 hour (6 days) in the week six months. The other group (PT, n = 11), the traditional physical exercise training during the same period. Both groups took part in different games 1 hours this afternoon. The 7TH month, the maximum oxygen consumption (VO2max) and PE was both group. Results: absolute value of Vo2Max increased significantly (P<0.05
the group of players 6 month training. Maximum number of points the PE exercise significantly decreased (P<0.001) within 6 months of players, but do not show the PT group. Conclusion: the practice and the life is the Hatha yogic will contribute to the game of traditional aerobic capacity practices (PT) together. As a result, the players, rather than instead of the full practice, PT group PE.

Prasad K. V. et al. (1997), ready to research, training intensive has an effect on the physiological changes the players 6 adult women: THE’. The study shall include the following. The short-term effects on the 4 week intensive for physiological reaction the operators six healthy adult male volunteers was measured the maximum practice multi-function. The everyday in practice, the players may also be involved in the 90 minutes in the morning and evening. The pre- and post-yoga exercise performance were compared. Maximum power (Wmax) increased in the group, 21% oxygen uptake and decreased, to a significant extent, but this is not the fundamental change in the pulse rate. The training intensive-yoga intensive I teach, 154W min(-1) (Wmax-yoga practice the maximum), the participants could comfortably exercise, is substantially lower Pulse rate (p < 0.05), reduced minute ventilation (p < 0.05), and less oxygen uptake (p < 0.05), and substantially less than the Respiratory quotient (P < 0.05). The gamers cardiorespiratory efficiency, and it suggests that the gamers a few clear quantifiable other practices in different physiological effects.

Danucalov M. et al. (2008), is ready to "research the heart activity and metabolic changes: the players and the breathing practices meditation practices". The study the following. The novelty was that the study investigating the cardiac function caused by intensity and metabolic practice pranayamas (breathing) and meditation practices of hatha-yoga the players. Also the method are recommended in the hatha-yoga. The instructors and the participants nine allows five men and four men, average age 44+/, but not to the analysis of the gases after -11,6 after 30 minutes, three different time periods, breathing exercises, and meditative practice. Open the computer the metabolic system (VO2000, medium graphics - USA). The oxygen uptake (VO2) and carbon dioxide emissions (VCO/synthesizer/mixer/is/ (2) statistically (P<0.05) and = pranayama meditation practices, such as the others. It is important also reduces the resting heart rate was compared to the meditation. There was a small proportion of the metabolized compared with the lipid meditation
practice. The results suggest that meditation reduces the metabolic whereas the pranayama techniques will increase the study compares the rest of it.

Rajakumar J, (2010), the study quoted and analyze the impact of the physical practices yogic practices selected physiological variables between the intercollegiate football players. In order to achieve this goal, sixty (60) men's intercollegiate football players the different colleges, Chennai has been selected at random. This was from 17-22 years of age. The selected subjects were divided into three equal groups, yogic 20 practices (the Group), physical exercises (Group B), and the group (group), the experimental group, i.e. 12 weeks in the training in the yogic practices, and the physical exercises, while the control group (group C) will continue to be daily routine activities and the special training. The themes for the three groups were tested by using the standardized tests and procedures out before and after the training the training period the physiological variables are: the resting heart rate, respiration, the stethoscope the digital stopwatch, peak-peak Wright. The collected data were analyzed using statistical analysis of CO-variance (ANACOVA) and Schiff's post hoc test to find the pre and post-alarm training subject-matter of comparison, the significant difference is that the final and the right-hand side. Yogic practice group have made significant improvements for 12 weeks training at the resting heart rate, respiratory wait time and peak and the physical practice. The greater number of generic training physiological variables, and to improve the quality, the vocational training, the group yogic practice better than the other two groups.

Kasundra P.M. , Thumar, P. B and Mungra J.D. (2010) , it was the purpose of the test to determine that the assess the effects of selected training Pranayama on the blood. It is also hypothesized that is, they do not have a significant impact on the Pranayama training the selected items. The object of the present study bachelor of arts students Mahadev Desai Gram for Seva", , ", Mahavidyalaya. That's the test 30 randomly selected groups of randomly selected students, and shall be divided into two equal parts 15 all experimental subjects (the Group) and the control group (Group B) the group was Pranayama group. Experimental group training Pranayama eight weeks. The variables, and the items you have selected this examination, as well as the cholesterol, glucose, hemoglobin, WBC may to that (RBC, and platelets. If the t-test, the significant difference is that the pre and post test test. This is, however, a
significant difference in the experimental group showed the test pre- and post-test of
the selected items (cholesterol, glucose, hemoglobin, WBC may that, RBC, and
platelets. Pranayama this means that the training effect on the blood.

Talukdar B, Verma, Jain S. C and Majumdar M. (1996), is ready to research
and the training of players using plasma lipid profile R. . Membrane lipid
Peroxidation and Na+K+ ATPase activity from the patients essential high blood
pressure" .The study of the following. What is going on in the test of the selected
number of players and the 50 cases, in practice, it is important that the high blood
pressure and a healthy (not hypertensive) controls. Free radical damage to cells of the
common biological factor essential hypertension. It is therefore examined whether
lipid profile lipid peroxidation and Na+K+ ATPase activity from the plasma
membrane essential high blood pressure. It has been found that, in the hypertensive
subjects increased lipid peroxidation and Na+K+ ATPase activity normotensive
decreased the plasma membrane of healthy controls, players use the special education
protocol, which helped me not only to the blood pressure is caused by free radicals.

Chohan I. S. et al. (1984), known gamers the beneficial effects of
physiological, biochemical and mental functions. The effects on the blood clotting are
not known. The seven previous unqualified man adults who very yogic practices a
combination of both, one hour per day, more than four months. Estimates of the
coagulation parameters before and after the training intensive-yoga I teach. The
following changes are observed: Fibrinolytic activity increased significantly in the
decrease in fibrinogen; active partial thromboplastin and platelet count aggregation;
blood and platelets showed up; and both the haemoglobin and haematocrit increased
after the training. These findings suggest that intensive blood hypercoagulability
induces a-yoga and to teach. The effect of cardiovascular diseases and the intensive-
yoga I teach the thrombotic thrombocytopenic purpura aberrations is obvious. . .

Colwell J. A. (1986) studied the platelet count function and fibrinolysis and
physical conditioning can reduce the subsequent serious cardiovascular events
thrombotic thrombocytopenic purpura . . . It is important that the effect is the blood
clotting system. The book provides an overview of the physical movement, and the
operation of the air conditioning system, and the clotting fibrinolytic activity, platelet
count. The hypothetical system have been developed, which increases the blood
pressure and platelet count active fibrinolytic coagulability of prostacyclin in balance, and endothelial cells. Some may be a determining factor for vascular disease.

Wang (2006), practice J. Thrombogenesis S. and exercise habits, such as the significant events, serious vascular thrombotic thrombocytopenic purpura . . . The risk of missing cardiac arrest the primary a faintly had increased, whereas powerful practice regular moderate-intensity exercise overall risk for the cardiovascular diseases. Paradoxically these mechanisms great practice practice training comparison . The thrombotic thrombocytopenic purpura.? For the analysis was based on research and education, as well as the acute they live, and platelets and fibrinolysis and the used cars. Evidence suggests that (i) light, sharp practice, ≤ 49 % VO(2 max) do not affect platelet count increases reactivity and coagulation and fibrinolytic activity; (ii) a moderately serious, acute (about 50 - 74 % of the VO(max) and platelet count fibrinolysis 2 reactivity and improves, the blood clotting system remains the same, and (iii) all acute, > or = 75% VO(max), improves the platelet count 2 reactivity and fibrinolytic activity, however, the support. Therefore, the moderate, it is likely that the safe and effective practice feeding reduces the cardiovascular diseases beneficial risk inducing carriers carrier carriers thrombotic thrombocytopenic purpura . . . In fact, moderate-intensity exercise training increases the reactivity and fibrinolysis, platelet count increased platelet count hyperfibrinolytic reactivity and also in the exercise of strenuous activity. However, the positive effects the training in the thrombotic thrombocytopenic purpura after change. . The training / used cars. These findings may also report on the practice of accident early thrombotic thrombocytopenic purpura .and further impediment to the cardiovascular disease.

Ubatuba F. B., Harvey E. A. and Ferreira S. H. (1975), ready to research - and platelets is an important inflammatory" .The study must include the following. The participation in the platelets of acute inflammatory complaints three different years of traumas, and rats and anti-platelet count ... normal, and edema response of the carrageenan.platelet count, serum and passive cutaneous anaphylaxis.

Vij, D. et al. (1984), ready to research the count to the WBC may that intra-peritoneal test to test, lavage" .The study includes the following: the on patients who are already ten consecutive continuous penetrating and blunt abdominal trauma was the hospital stable vital signs. There is no clinical evidence intra-peritoneal test within
the test group was to study. The patient the intra-peritoneal test lavage them, and the surgical exploration was 100,000 /cu. The intra-peritoneal test test Test nine ten significant patient injury. Intra-peritoneal test Test recommended further refine the lavage, the RBC count, the WBC may that the sewage-number should be measured and if it finds that more than 500 mm, surgical exploration /cu has been carried out.

Grimm's about right Jr, Neaton JD, Ludwig W (1985), but the research now prognostic importance of despairing ones have now come into "it's now the number of white blood cell the coronary, cancer, and All-Cause mortality study of the following. The connection to the white blood cell (WBC may that (a) the deadly disease and Nonfatal coronary heart disease mortality (CHD) and evaluated by the participants and a part of it is the multiple risk factor intervention trial (MRFIT) .The center group 6,222 elderly people, and the WBC may that the count was a strong, significant risk self-CHD, smoking. Change that the WBC may before that the bar for the annual inspection shall be distributed as follows the CHD risk was significant predictor and independent. The WBC may that each number to the 1,000 /cu mm decreased by 14 % of the fatal CHD, which the baseline WBC may (that, and other CHD risk factors (smoking, cholesterol level, the diastolic blood pressure) .The WBC may count that was associated with cross-sectional view of the smoking of cigarettes smoking and serum thiocyanate solution concentration. An average of 7,750 smokers the WBC may that that /cu cu mm 6,080 mm (compared to nonsmokers. The WBC may that that smoking related cancer also significant independent and thiocyanate was death.

Ikarugi H. et al. (1999), the research ready the Norepinephrine, Epinephrine and not a "reactivity and platelet count, after the workout improves the men" .The study of the following. The exercise and the platelet count catecholamine reactivity or coagulation and fibrinolysis appear to be. This may be in part to the methods employed in earlier studies. The present study, it was investigated whether the acute aerobic exercise and thrombotic thrombocytopenic purpura . . catecholamine new in vitro method, and shear-induced hemostatic plug (hemostatometry), nonanticoagulated (native) blood. The aerobic exercise (60 % of maximum O2 consumption) for men 20 minutes was healthy volunteers, and the platelet count hemostatometry reactivity and evaluated directly before and after your workout. Exercise the increased stress reactivity, catecholamine. The platelet count was
examined in vitro effect of catecholamine, that the blood clotting catecholamine reactivity and the collection is in sleep state. Main findings in the study, orbit the earth and the norepinephrine-practice causes platelet count hyper reactivity and the platelet count-mediated enhanced coagulation. This mechanism of aerobic exercise in thrombotic thrombocytopenic purpura . . .

Grimm's about JR, Neaton JD, Ludwig W (1985), he studied the number of white blood cell (WBC may that (e) in the coronary heart disease and death Nonfatal (CHD) and each cause, cancer was evaluated the Participants a part of it is the more risk factor intervention trial (MRFIT) . The center group of 6,222 elderly people, and the WBC may that that a strong, significant risk self-CHD, smoking. Change that the WBC may before that the bar for the annual inspection shall be distributed as follows the CHD risk was significant predictor and independent. The WBC may that each number to the 1,000 /cu mm decreased by 14 % of the fatal CHD, which the baseline WBC may (that, and other CHD risk factors (smoking, cholesterol level, the diastolic blood pressure) . The WBC may count that was associated with cross-sectional view of the smoking of cigarettes smoking and serum thiocyanate solution concentration. An average of 7,750 smokers the WBC may that that /cu cu mm 6,080 mm (compared to nonsmokers. The WBC may that that smoking related cancer also significant independent and thiocyanate was death.

Merhi et al. (1997), after the research is a Neutrophil adhesion and platelets deep thought and damage caused by the patient's carotid artery Angioplasty a pig" . The study must include the following. In previous tests show that the neutrophil and platelets and neutrophils in vitro arterial vessel wall contribute to the appropriate regulation after damage in vivo. This study examined whether adhesion and platelets, what is the neutrophil and the vasomotor response in vivo arterial injury. 111THE neutrophil adhesion and the Angiographic to quantify the patient after deep thought caused by carotid balloon Angioplasty normal (N = 8), (n = 7), and aspirin treated (2 mg/kg IV, n = 7) pigs. The antiplatelet thrombocytopenia polyclonal serum has been prepared by the platelet count, which exhausted neutrophil number 84 %. The animals, neutrophil (x 10 (4) /cm2) in a place where the arterial damage deep on average 26.8 + /- 4.0 , and significantly reduced in the more than 11.5 + /- 2.3 and 11.2 + /- 2.4 and the patient groups ... also significantly decreased, 55.5 + /- 3.8 % in
the control group 31.4 +/- 6.2 % decreased, the platelet count, and 23.6 +/- 4.5 % will be. Neutrophil adhesion intact adjacent arterial segments each group was not damaged and does not affect the serum antiplatelet or. For the in vitro neutrophil adhesion super fusion, damaged arterial segments increased in the concentration and blood platelet-dependent, and there is no affect on the antiplatelet. This study demonstrates that the neutrophil adhesion and platelets the artery wall becomes both the post-Angioplasty iron structure: in vivo.

Samraj et al. (2009), proposed the present investigation the replacement effects on the parameters selected Hematological response of the medium altitude, exposure as Cornelius fifteen man fanatic is very easy to it may be that the age group 20 to 25. The Annamalai University, selected objects for competing products, the dependent variable is the selected, such as the red blood cells hemoglobin, hematocrit and evaluated by the procedures and tools, as well as the scientific and platelets, a medium altitude, the altitude above sea level, the acute exposure "t" was. An analysis of the data revealed that the o significant increase RBC, HB, HCT, if it was, the medium-height, whereas platelet count was't" ratio of 9.00 -13.28,91 .12.7.68 and greater than the table value. The average height above sea level and the yes 10,14 %, 85 60335 the RBC, HB, HCT. It is a sad and platelets 13,715 . These results suggest that the medium altitude induces an acute hematological the extensive and therefore, activated sludge after acclimatization with synthetic sewage = acclimation periods may need should be = =.

Ramaraj Yogaraj Elangovan P, P, R, (2010), the aim is to ensure that the selected variables between Yogic practice physical exercises Bio-Chemical female college students. The female students was 20 for the Queen Mary's College, Chennai, Tamil Nadu had been chosen. The two group of selected subjects. The yogic teaching practice (I) and (ii) group the physical exercises. BETWEEN THE 18-23 years of age. These are the themes selected at random for female students at college. Within the framework of study was not post experimental plan and preliminary. The Yogic practice significant improvements in cholesterol and triglycerides and LDL. Key words: Yogic practices, physical exercises, cholesterol, high-density.

Saravanan, J. et al. (2010), ready to research "the Yogasana Pranayama practices and the selected biochemical and physiological variables" .The study of the
following. Sixty students B-P. Ed. The physical education and sports Sciences selected at random, the Annamalai University and between 25-28 years of age. They were divided the four fifteen. The (I) (ii) (III) group, the Asana, Pranayama (Yogasana group Asana, Pranayama) . Yogasana practice, taking into account all of the selected topics only the three-month (4 weeks) biochemical and physiological variables were analyzed before and after the treatment reduces the lipid and blood pressure and other groups. The study also shows that the Asana and Pranayama combined concentration significantly increases or decreases the blood pressure, cholesterol, triglycerides, the JDL group. Key words: Asana, Pranayama (high-density lipoprotein, low density lipoprotein and the "Group JDL. ), ), is very low-density lipoprotein (VLDL), blood pressure.

Yogaraj Selvalakshmi S and P (2009), the aim was to study the in practice, in the yogic cited the obese women with the blood sugar and hemoglobin. The purpose of this test was 45 obese women behavior shall be divided into three groups of Asanas, Pranayama, Asanas and meditation group, BMI group, group, the third group is also measured the selected themes for the hemoglobin the blood sugar. The study intervention programs for the six weeks. Analysis of covariance (ANCOVA) the differences were significant. This is the test results proved that it was not a large step forward the hemoglobin the blood sugar and Asana Pranayama and meditation.

Ramaraj Yogaraj Elangovan P, P, R, (2010), the study is to examine the "asanas the serum cholesterol and the adrenal cortical gland the college women, in order, in order to achieve that objective 20 university students were women selected at random from Queen Mary's College, Chennai, Tamilnadu, themes. These are divided into two groups. A week later, the experimental group Asana practice and training at all group was not. The serum cholesterol and the adrenal cortical--gland was selected as the variables. The dependent variable is the before and after training period 8 weeks. Analysis of covariance was used to distinguish it from the post-treated. The investigation showed that the serum cholesterol and the adrenal cortical gland significantly improved as a result the selected Asana practice. Key words: 1. Asana, 2. Serum cholesterol, 3. Adrenal cortical--gland, 4. Analysis of covariance.

V. Malhotra et al. (2002), ready to research "the brave little Asanas while driving, the type 2 diabetes" .the study. 2. Twenty between the diabetic subjects 30-60
age group, the players learned about the 40-day driving nerve asanas. Diabetes, if the varied between the 0-10 year. If the heart, the kidney, and proliferative retinal complications arising from the players, the Tadasana Suryanamaskar, asanas, Pranayama Padmasan Konasan, Paschimottanasana, Ardhmatsyendrasan, Shavasan, Pavamukthasan, Sarpasan and Shavasan. The topics and the laboratory cardiorespratory morning. I teach lab intensive-yoga each day 30 - 40 minutes for the above order 40. The objects only in certain medicines and diet. Slice slice location of the basal Ganglia at the level of blood glucose, nerve nerve driving was the median is measured and must be repeated in the Yogic after 40 days. Another group of the type 2 diabetes subjects was similar in age 20, and the so-called market, is a simple physical exercises. Slice slice location of the basal Ganglia at the level 40 days + post comparing parameters. Right-hand and left-hand traffic-control center 52,81 + /- 1.1 m/s 53.87 + /- 1.1 m/sec to 52,46 -54,75 + /- 1.0 + /- 1/m/s parameters for nerve function deteriorated in the period of study, which indicates that the diabetes the slowly gradually. The Asanas the players a favorable effect of nerve function improves glycemic control and the mild to moderate type 2 diabetes the sub-clinical neuropathy.

Bijlani RL. et al. (2005), ready to research the "short, but comprehensive lifestyle program in the area of education, what-yoga and reduces the cardiovascular diseases and diabetes risk factors) .The study following. Objectives: The aim of this test was that the short-term effect is based on a short intervention gamers biochemical indicators of cardiovascular diseases and diabetes risk. Design: The variables measured were the top (1) and (10) days before the operation. Setting: the result of the test are an integral part of the research the health clinic - .This possibility, which keeps the heat from the 8-day lifestyle programs players using the chronic disease prevention and management. Every second week begins a new year. Topics: the basis of the data collected in 98 subjects (67 men, 31 men), age: 20-74 years, who participated in the programs. The theme on the heterogeneous group of patients had a high blood pressure, coronary artery disease, diabetes, and many more. Intervention: the intervention served with asanas (postures), pranayama (breathing exercises), relaxation techniques, group, personalized advice, lectures, films and the players players everyday life, meditation, nutrition, stress, and disease, with the relevant knowledge. Result: the outcome measures are not fasting plasma glucose and serum
lipoprotein profile. These variables were determined the blood, the first and the last day. Results: fasting plasma glucose, serum total cholesterol, low-density lipoprotein) cholesterol, the of the JDL. (The cholesterol, the ratio of the the of the JDL. - the total cholesterol and high-density lipoprotein) cholesterol and triglyceride (because of all the substantially lower the cholesterol, and the much larger, and the last day, during the first day. Yet the changes the Hyperglycemia or hypercholesterolemia is not affected. Conclusions: The results show that the changing patterns of consumption and stress management education program leads favorable metabolic effects 9.

Yadav R. K. et al. (2005), ready to research the "players' a comprehensive lifestyle program that the lipid Peroxidation" the study must include the following. Oxidative stress contributes to the aging process, as well as many chronic degenerative diseases. There are indications that psychological stress increases oxidative stress, a sedative. We have measured the con is the TBARS entration thiobarbituric reactive substances) In the light, the blood, the oxidative stress and the operators complete lifestyle change (YLMP) .The data were collected for 104 subjects (59 men, 45 male), 19-71 years ( + /- 14.6 FT, 41.2 years) .In the nine days the patient YLMP theoretical and practical education and intensive-yoga I teach, the daily one-hour practice in the physical postures (asanas) and breathing exercises (pranayama), the lecture and film player, stress management and nutrition, and the meditation practice shavasana (relaxation technique), and custom. Venous Blood samples were collected the first and the last. The serum concentration of TBARS decreased significantly from 1.72 + /- Approximately 0.72 nmoles/ml daily around 1 - 1.57 + /- Approximately 0.72 nmoles/ml daily around 10 (P<0.05 ) the study recommends that the low cost-based lifestyle intervention gamers oxidative stress reduces.

Yang K (007), the research "the player's four of the risk factors for chronic diseases" .in the study of the following. I teach an intensive-yoga, the physical activity, quickly becoming increasingly popular and many health benefits. Health care providers is not yet able to the slow allows the players, and the conditions of health interventions in order to improve a few have been developed to be fully exploited. For purposes of this Article with the studies and programs the players of the common risk factors of chronic diseases (players overweight, high blood pressure, high cholesterol
levels, high blood sugar). Normal search in the 1980s, 2007. The tests, it was found that the gamers' body weight, blood pressure, blood sugar level and high cholesterol, but only a few studies examined long-term. It is not enough for different populations and the diabetes risk high, if the most common health problems.

Telles, et al. (2010) studied the diet and to the gamers, emphasizing, however, and breathing techniques, obese. The method used to study group was the only 47 was tested with the first and the last day, the players, the program 6 days diet and intervention studies. Evaluation: body mass index (BMI), aist and hip, the middle lever, body composition and serum lipid profile, and postural stability, serum leptin fasting. Using 5 hour practice the players and each day the participants already low-fat, high fiber, the vegetarian diet. The first and the last day on the t-test were compared with the paired. A study of a 6-day residential program, the participants showed a decrease in BMI (1.6 percent), the good production area, the fat-free mass, the hip hop and the total cholesterol (7.7 % decrease), high-density lipoprotein) cholesterol - (~8.7 % decrease), fasting serum leptin level (44.2 % decrease) and the growth-adhesion postural stability and solidity (P<0.05, the comparison). The yoga intensive 6-day diet and decrease the BMI and the non-fat weight. The total cholesterol level decreased. It was proposed that intensive program is threatened with certain risks of gamers. I saw that it decreases postural stability is reduced and grip strength and the serum leptin level.

Mahajan A.S. et al. (1999) studied the yogic lifestyle the lipid" patients so I walk on the coronary artery disease risk factors and the normal subjects. The parameters are the body weight, serum cholesterol, triglycerides, the JDL, and the cholesterol. The baseline, and I walk and then the patients and the risk factors are the random (n = 41) and the intervention (intensive-yoga I teach) group (n = 52), lifestyle advice. The integrated education, training the players at home after four days of practice. Serial evaluation occurred both in the group four, 10 and 14 weeks. Dyslipidemia constant. Is not the appropriate model of the group (n = 18) and the risk factor subjects (n = 23). Regular practice for all players except for a decline in the lipid parameters HDL. And then the four weeks and 14 weeks. This was the day after completion of the test, the yogic lifestyle risk factors can be modified are inherited in
the explanation may be beneficial for the preventive and therapeutic be observed in the coronary artery disease.

Malhotra V, et al. (In 2005), the investigation of the players using remedial effect of indiabetes", he was the twenty NIDDM is involved in the investigation (mild to moderate diabetics) in the 30-60 age group the clinic. T. B. hospital. The 40-day intensive-yoga asana I teach under the supervision of expert system the players. The special 13 asanas of gamers type 2 diabetes. Surya Namaskar, Trikonasana, Tadasana, Sukhasana, Padmasana, Bhastrika Pranayama, Paschimottanasana, Ardha Matsyendrasana, Pawanmuktasana, Bhujangasana, Vajrasana, Dhanurasana and Shvasana is not beneficial for diabetes. Blood plasma, and serum insulin postprandial brandy in front of a one-hour fasting blood glucose and anthropometric measurement of parameters using asanas before and after the players. The study shows that significant was the fasting glucose level slice slice location of the basal Ganglia at the level 208.3 + /- + /- 19.5 -171,7 20.0 mg/dl blood postprandial brandy in front and one hour the 295.3 + /- + /- 19.9 -269,7 22.0 mg/dl. The exact mechanism, pregnant women and the kinetic energy the respiratory somatic endocrine mechanism was the effect of insulin. The significant reduction of the worthy-hip ratio, and insulin levels are also suggests that, as if the test is positive effects on the glucose redistribution of asanas and NIDDM gamers. Players using the Asanas, the drug and the Food and Nutrition for type 2 diabetes.

Sharma SB, et al. (2002), "the players use the asanas NIDDM patients pulmonary function", the study four IDDM patients 30-60 years of age, metabolism and clinical improvement in glycemic control and the pulmonary functions. The middle-aged subjects were Type II diabetics the anti-hyper glycemic and dietary regimen. FASTING AND postprandial brandy in front of the blood glucose and glycosylated HB through monitored the pulmonary function. The patient in the proper training, and the asanas trousers players 30 to 40 minutes/day 40 days. The already well-known there was a constant 13 asanas in the series. After 40 days the asanas the operators and the parameters. The results with the test fasting blood glucose level is also significantly reduced. The glycosylated hemoglobin decreased blood also showed a decrease postprandial brandy in front. The FEV1, FVC Connector Location Overview, PEFR - MVV increased significantly. FEV1/FVC Connector Location
Overview% improved. The proposal of the right study glycemic control and the pulmonary functions obtained NIDDM asanas and pranayama the players. The exact mechanism, the posture and the somato-interaction with breathing For neuroendocrine metabolic and pulmonary functions structure should continue to be processed.

Yurtkuran M. et al. (2007), ready to research - Yoga-Based ), as amended by this workout Hemodialysis patients: A randomized controlled trial" .the study of the following. Objective: the effects of using this workout players of pain, fatigue, sleep disturbance, and the biochemical markers Hemodialysis. Materials and methods: a randomized controlled trial in 2004, the Department of Nephrology Hemodialysis Uludag university faculties. Clinically stable Hemodialysis patients (n = 37) were included, and then the are divided into two groups: the amended the players to solve the task (n = 19) and the control group (n = 18) of players 30 minutes daily practice groups within 3 months twice a week. The patient is in the intensive-yoga I teach and the active range of motion control, exercise 10 minutes at home. The intensity of pain visual analog scale, iron), fatigue (IRON), sleep disturbance (IRON), and the grip strength (Mmhz); the biochemical variables, and nine, calcium, phosphorus, alkaline phosphatase, cholesterol and cholesterol, triglycerides, erythrocyte, hematocrit, assessment. Results: a significant improvement over 12 weeks work has been observed that the variables: pain, 37 % than -55 dbm, %, fatigue and sleep disturbances, 25% urea, grip strength + 15 %, - 29% - 14% create nine, alkaline phosphatase (- 15 %, - 15 %, v/v) cholesterol and the hematocrit value +11 +13 %, %, and the side-effects. The variable-based workout the players was a high-quality, all variables to a calcium, phosphorus, cholesterol and triglycerides. Conclusion: the simplified the player-based rehabilitation program, safe and effective clinical treatment modality the patient kidney diseases", the final stage.

Nakhjavani M, et al. (2008), the study of the JDL. oxidised the serum was related to diabetes, if the group independent of the JDL. The cholesterol level. Oxidized low-density lipoprotein (the JDL.) the key role in the development of atherosclerosis and the complications of diabetes. The aim was that this study the oxen and the diabetes the JDL, and in the second, the serum level is the JDL diaetes ox patients long-term and it is desirable that the JDL group. -Cholesterol level. In total
36 type-2 diabetic patients diabetes duration up to 5 years, 36 newly diagnosed diabetic patients, and 36 age-, and healthy participants also BMI matched absorbed. The healthy participants and of the newly-diagnosed patients not receiving treatment. Each patient in the long-term diabetes, it is desirable that the JDL group. -Cholesterol level ( <100 mg/dl), the adult care-III guidelines. While the Group JDL. The cholesterol was significantly lower in patients with diabetes 5 years, the newly-diagnosed patients (P<0.01 ), OX-a JDL significantly higher than the long-term diabetes patients (P < 0.001 ) .The OX-a group JDL. The JDL ratio significantly higher than the 5 year period for the newly diagnosed patients diabetes, if the patients and healthy participants > in the (P <0.001 ) .OX the JDL significantly from the diabetes (r = 0.519 , P = 0.001 ) .IN THE multivariate analysis, this association remained significant (beta = 0.501 , P = 0.003 ) after adjustment for possible confounders have. The study has shown that the serum level of JDL ox rises above the diabetes, and even then, if the patients group of JDL. -Cholesterol level is the desirable level. The findings emphasize that may be, that more attention should be given to the diabetic patients lipids oxidative stress.

Vyas R, et al. (2008), the purpose of this test was to evaluate the impact of the Brahmakumaris rajah players is very simple meditation practice, the serum lipids in normal Indian women. Methods and results of the study 49 normal male volunteers. Next" them, menopausal urinary (n = 23) and the post-" , menopausal urinary (n = 26) groups. They also further divided into the meditators (who never under any meditation), short-term meditators (say 6 months and 5 years), and the long-term meditators (more than 5 year) lipid profile was assessed using the reagent kits. Serum cholesterol, triglycerides and low-density lipoprotein-cholesterol is not significantly greater post-meditators, women against women, menopausal urinary, pre-menopausal urinary. Serum cholesterol and low-density lipoprotein-cholesterol significantly reduced both the short and long-term, compared to non-meditators meditators -women" menopausal urinary. There is no significant difference was observed in pre-menopausal urinary lipid profile. The rajah of gamers meditation lowerd the study serum cholesterol and low-density lipoprotein cholesterol in history history of the history of postmenopausal breast cancer in mother and this is increasing the risk of coronary artery disease.
Cavin (2001) the study of the personality characteristics, and you can view the juvenile delinquents, and compare them to the general public, and that there is no significant difference in measured, the Myers-Briggs type indicator (MBTI) personality characteristics, juvenile delinquents, and by the public. Procedure juvenile delinquents, the youth commission are adjudicated for Texas Instruments' north of the Texas Instruments. The males who between 14 years of age from 186 years in the 20 years of age. Statistical analysis has been carried out in the individual research results. There are many juvenile delinquents are significant differences are the MBTI dichotomous scales, a part of the general public, for some temperaments the function pairs, and type. Conclusions on the basis of the results of investigation the following conclusions. All the models represented in the juvenile delinquent. Also the MBTI may be useful in the education and rehabilitation needs of juvenile delinquents. The personality-caregivers juvenile delinquents. Personality type may be, the better to understand the knowledge of juvenile delinquents can also lead to behavior. The Discovery could lead to adjudicated adolescents, who are preventive measures, early detection and early intervention of the juvenile criminals, and to the students.

Dietrich et al (2001) has examined the pre-birth and after recording a Pb (Pb serial blood definition) and he has antisocial aggressions.' And criminal behaviors (Reports) to the own and the parental controls one of the possible 195 longitudinal birth cohort urban, downtown (older adolescents: 15 to 17 year) .prenatal PB is only increases the frequency of covariate adjustment he has antisocial aggressions.' and the parent reported delinquent behavior, and the Prenatal and postnatal Pb significantly increases the frequency the covariate own death and the reported he has antisocial aggressions.' behaviors, such as the trout trout than Trout like marijuana. The trout, the trout and the strong he has antisocial aggressions.' as trout like marijuana." blessed be. "A prospective longitudinal investigation confirmed previous clinical observations and retrospective studies link Pb exposure he has antisocial aggressions.' " The children and adolescents. Before and after the time of birth is the Pb he has antisocial aggressions.' and measurable has a key role to play in the behavioral problems epigenesist independent of the other social and biomedical cofactors shall evaluate the test. And it was brown and shiny Ravikumar (2001) conducted a study and the yogasanas the aerobic dance and fitness girl was selected. The speed, the shut-off valve - skipping down, and sit down, and do not touch the flexibility, and the
RUN/walk 9 minutes cardio respiratory long-lasting, yogasana and aerobic dance groups. The 12 weeks of training each group theme 10. In the analysis of the data the "t" is the CO-variance analysis, and post-hoc Scheffes test also. It is concluded that the Yogasana practice substantially improved the speed, agility, flexibility, and cardio-respiratory, while the aerobic exercise has improved between the dance there was no difference that factors the yogasanas and aerobic workout - dance group - The speed, agility, flexibility, and cardio-respiratory.

Maity and Samanta (2001) the yogasanas calisthenics fitness and the fifth the girls in the class. The pre and post test results the Oregon engine calisthenics fitness test group and yogasana group were analyzed, the "t" 12 weeks training. It is concluded that (i) the motor repair, evaluation of the Oregon fitness fitness test engine treatment 12 weeks, the fact that the programs the calisthenics yogasana and effectively the fifth class, the girls. (II) The yogasanas calisthenics workout was that in order to ensure that in order to increase the performance for each test item except for the Oregon fitness test engine weapon - cookies.

Cluj-festival is also a famous cross-connects et al. (2001) has examined the impact of factors determining delinquency interactive criminogenic china and Hong Kong young people. During the post-test 63 man youth (12-18 years) and resident in Guangzhou, China, Hong Kong 32 were convicted criminals. Parking distance control system the parent objects, and interviews, the parental reaction monitoring and of the scientific power, and how about his classmates and his teachers were of the teaching practice and the amount of time spent, reactions, the sport, youth club, the system of religious activity. The results show that 65% of Hong Kong, the criminals, the Guangzhou and the 40% of delinquent broken down by subjects. Almost all of the sinful things it was reported that they are kept to her parents and rarely understand. Larger objects criminals College dropout, which its own behavioral problems, difficulties university teacher-student relations, or bad. Related topics are not delinquent with friends in the college; In contrast, the wicked, arcades, playgrounds or in the corner with the close contact with the neighborhood and the gangs.

Gibson, At’ Ann (2001) The quality effort toward understanding the relationship between the student-teacher relationship delinquency, the registration for an African American. The message in particular, it is important that the students do
not receive the teachers. These messages may be direct and verbal or non-verbal and fine. Some message college and/or delinquency. The registration, a African American man with a study of the growing emphasis on criminals. 12.7% OF THE population of the United States census (1998 African-Americans for young people and even represented by the sun a African American records, approximately 43 percent penalty (Roscoe & Morton, 1994),16 the criminals were the main themes, and eight non-criminals at age 15-18 a day (daily, in particular, the 9 and 10 motor graders) and the teachers. The topics the two big Bronx cheer-with, New York. One side was a comprehensive public high college, the other is an alternative, the large house. The students must be kept in class at least two-thirds during the semester. They interviewed the teachers and university staff was the socializing effect of the thorough picture of the College of positive or negative in his life. Numerical results have been analyzed unstructured data indexing (al-lap cover admiringly) search: software.

Sizer (2001) examined the ecological point of view, the juvenile delinquency. They were the participants study referred to in the Lexington county juvenile department after he was arrested, the first nonviolent acts. Data were collected for three, and the pre- and post, and the follow-up. This study only the data. Eighty-seven, was included in the 11-17 are years of age. Bi-variate correlations and structural equation modeling of the data. Two closely related currency analysis, it was found that family conflict, both positive and negative interactions with peer-peer can significantly affect the juvenile delinquency. Applications for the aid of the quality, ecological relations significantly only stressful juvenile delinquency. Social support type was the only Community delinquency. If the community groups, and relational, occupational and human, professional support significantly associated relational and juvenile delinquency. There are many other variables, which are also significant support indirect ways to juvenile delinquency. Modeling, structural equation modeling and inspect the family, peer, and the community influence and juvenile delinquency, fit the data. It would be best juvenile delinquency can be explained by the fact that more than one fault and the Community. The implications for the operation, practice, and policy.

Rapadas (2001) noticed that of the juvenile delinquency research theme the United States and in Europe. There was relatively little examination of Pacific islands
the juvenile delinquency. The present investigation studied the juvenile delinquency, the Pacific island of Guam, the significant social, economic and cultural changes. Juvenile Delinquent the exported data the past 10 to 13 years, the island's youth correctional institution samples used by similarities and differences between, changes, demographic, clinical and offense. In addition, the small sample of the guilty and not guilty was the young people interviewed life experience a deeper understanding. During the course of the investigation results, it is found that the juvenile delinquent Chamoru population, all young men, male, if compared with the large study population. This is the best the alcohol and the drug use more actively suicidal, more comprehensive, the criminal recidivists, and shall report to the more common. The Chuukese man over Guam DYA criminals represent the general public the general public the present Guam. This was the general introduction of the last five years, and the follow-up, the emergency and the early. Recidivism rate has remained stable about 50 - 60% despite a fall have been closed. The criminals are between 12-17 years of age. More than half a year 15-17. The Guam-criminals behavior. Assault and property The most common crime committed by juvenile delinquents all criminal offenses, but the majority are not. In the analysis of clinical diagnoses, juvenile delinquents, it is found that "oppositional defiant behavior", "disorder disorder", and the "material" disorders in the three most common diagnoses. Other, less frequent abuse of medicine, you are a victim of "The child", "borderline", "setup extravagant IQ", "dysthymia", "learning disabilities" and "PTSD" in a conversation, it was found that many people not guilty, the criminals have long been stable nuclear family in the teen and often make use of the parents. These are the criminals they spent their lives great men are not the natural parents. Delinquent teenagers they asked this study a former college and, in general the quality that do not fit in the group. Many evil report is not many close friends in contrast, the criminals are not many close friends. It appeared that the criminals more involvement in the University clubs, athletic and community activities. Finally, recommendations for the improved from the past, the department of youth affairs General introduction of the DYA are discussed. This includes the system, and the power, a focus group, the media, the culture and the knowledge that the indigenous peoples Chamoru Guam.

Ham (2001) spoke openly before the MMPI-a man subscales criminals validity and must be demonstrated. This study was the first step in the MMPI-a man
in the criminals. The rates, the reaction, and the mouth, the criminals at age 225 years older kids ages 13-17 children children (mean = 16 years, SD = 10.6 months), as the men the MMPI-a delinquent standardization. Results indicate that the MMPI-A balance between criminals makes the difference, and not the criminals between subscales. Previous research also allows the results of research and of the MMPI, MMPI the criminals the man the population-specific construct. It should also be reviewed to the MMPI-A useful sub-group of the criminals began to enthusiastic man, the post-hoc k-means cluster analysis The MMPI-a balance. Five sub-positions. External correlates, such as the history, the spiritual and the material properties, family, history, education, history, and the current psychiatric treatment, suicidal ideation and behavior, and patiently he examined the difference between five groups. Additional support the validity of and MMPI-a, whereas significant differences the criminals were the external correlates with the subgroups have agreed, in the MMPI-a uses interpretive. This study was the first step in the MMPI-a man in the criminals. Results indicate that this appliance is the tool useful clinical mental health professionals working the correction the criminals. The most effective punishment and rehabilitation treatment advance shared resources accurately assessed needs. However, if further tests are necessary before the MMPI-a man criminals will be enough. The current research results, and then regularly check the external and MMPI-A subscales correlate closely with.

Schiller (2001), while the latter years of the juvenile delinquency man sexual promiscuity and the greater social inequity of incarceration were a man, a man juvenile delinquents regardless of whether crime juvenile delinquents. The man "juvenile delinquency, the greater the social problem. Very few people, however, juvenile delinquent, or in the contract documents. The juvenile delinquency as a more comprehensive overview, literature, as far as the middle ages, in the more complex theories and empirical studies of the middle of 19 century. Unfortunately, there is a small man juvenile delinquent, and the paucity of empirical studies. This study describes the qualitative and quantitative study of the e-mail address, and the "juvenile delinquency was typical empirical support for the alliance with the sinful man. These characteristics the binding, and the negative commitment to the body, neutralization (normalization), the crime, self-evaluation, the accused, and the limited opportunities, ethnicity, age, class A, the scientific divisions, the site, the former, the
substance and the smoking of the typology, patiently, he was a man who hypothesized. This test allows the cross-sectional view, has suspended the discover these characteristics and 286 girls closed, in 2000 the southern part of Florida. The multivariate statistics, the typology the juvenile delinquent. Although the can be separated into three groups, the hypothesis is only partially supported. The original sub-groups, Conformist and famous the Risk-Taker does not preclude the other. The remarkable and the sub-groups are grouped by area, it remained a Risk-Taker, the Conformists and the third group the "or." In spite of the fact that the test is only the man, if you are already began to shut the Florida offenders analysis of the data found that 95% of the girls, it classified the be classified into three groups. The results of these findings is important the man juvenile delinquent, characteristics, effects on the environment, and further research. Further research may be: replicating this study, and the national level, the group, and the other variables.

Extinct lemur et al. (2001) notes that the criminals, and the games against perpetrators of protection mechanisms, in order to avoid the responsibility and liability, as well as the behavior and accountability. The author provides examples of these games, 20 new impetus dispute negative attitudes and behavior of the criminals, and we can recommend what you can do to ensure that responsibility for.

Pommier light et al. (1995) identified by the self, behavioral and family work (FF) of the body 39 offenders with the pubescent, the family education (fins) .the program data were collected; 4 record function in WKS after you activate the activation switch on the program 4 months after starting, and recomposition. Eight independent, and basis of the assessment, the global Self-Worth Self-Perception profile for each Harter and the adolescents (SPPA) .family cohesion and adaptability, and the adolescents' behavior and intensity is the Heyn Olsen ... there were problems ... the family cohesion and assessment scale-II and of the Eyberg child behavior. The ANCOVA, 2 X 2 again the covariate interaction before the test the SPPA and FF variables. The repeated measures ANCOVA and the pre-test in the covariate the differences in brightness, and the problem. The results showed that the test group in the within 4 weeks after treatment significantly higher than the variables were compared. The SPPA differences between the variables, and the several dozen FF, the B-pillar and the 2.
(1995) has examined the young offenders reported in India in the game that require an interactive computer game 2 has the same capabilities, which, however, the aggression, the different levels, and the successful design. The self-evaluation questionnaire and the young offenders within the day began to patiently he daily between 15-18 years for a period 72 days. In these matters must be in balance, the record was 40 of violent offending. Subjects' responses were compared with control group 30 young man was not. Subjects were asked to play 2 short computer games, and can demonstrate. The results show that a computer game, to achieve success, it was reported that more than the "destruction" objects. In addition, there is a difference in the group, and the game.

Hoshino (1995) the juvenile delinquents and student attitudes toward delinquency Community programs. Human subjects: 933 normal man, and man, the Japanese adolescents (junior and Senior high college students 6 prefectures) a man 854 Japanese adolescents (juvenile criminals that have been seized by the police 21 prefectures) 1,024 normal Japanese adults (teachers, volunteers, government officials, police and the prefectures and the Community activity after the criminals) students 1.5 years has been 5 day survey on the Community College system has been introduced. The question is, to take part in the organized recreation programs, education programs, regular sports, work, training programs, city beautification and social services

Fisher et al. (1995) does not respond to the M. et al Abbott methodological task S. the Fisher's study the pubescent and young, and video game. It was claimed that there are considerable differences in the game, during the course of the investigation the pathological gambling and the extent to which the typical sample comparison would seriously, and the findings. On analysis, the author highlights the constructive criticism about the restrictions, as well as the higher education efforts this important area.

annual video game players (152 men, 31 men) was the arcades for fun 4 the answer to the computerized questionnaire. Results of the analysis are confirmed, with the pubescent Fisher, the crop. If, however, the most important variables and the multiple regression analysis showed that the money spent, and in reverse time is reduced, and the only significant predictor of delinquency 1. Results indicate that the prisoner was more disposable income for recreational activities. Video games, and possibly fruit, it appears that, independently of each other gambling related delinquency, transmitted the video games is not the association.

Suzuki's (1994) 1.5 the annual follow-up the weekend college seven life reduces the 6 days and 5 days of once a month for the secondary schools. The 1. After the introduction of the new system is already 3 months old. Human subjects: 933 normal man, and man, the Japanese adolescents and adults (junior and Senior high college students) .a man 854 Japanese adolescents and adults (the police) juvenile delinquents (junior and Senior high college students) conducted a survey questionnaire. The positive effects in the free time, family relationships, and the corresponding impact on the development (e.g. And, as well as increased time spent in the game room) were compared with the criminals, and not the criminals. This the results of that test were compared in the 3-mo.

Hoshino (1993) studied the awareness and participation in the entertainment, sports, Community programs and educational purpose of the juvenile delinquency. This was the usual 1,301 junior high and Senior High School students, and 1,289 juvenile delinquent High School junior and Senior high students, who police records. The questionnaire 3 months, 5 days a week has been introduced. This was a positive relationship with the police of desire both group.

Sherer (1994) describes the development and application of computer simulation game for the moral or young resocializing. The game shall be determined in such a way that the moral development moral development. For the moral development of the 13-the research group (mean age 15.3 years) and 14 (mean age 15.21 years) was measured before and after exposure to a therapeutic game. The 16 subjects weekly 1 hour computer game, about 1 hour. A total of 5 index of moral development. Two such, moral level and the punishment, which have a positive effect
on the participants. The report also indicated that the men had a computer game experience. If it was young and it is presentation of situations was the target. Short, less difficult situations, to achieve the best results.

The first chapter presents the research and the study theoretical and logical hypothesis and the related factors, such as the yogic training program for the athletes and the stress. The second chapter of literature will help you determine whether the research for the research.

He was the scientist's research the different available studies in the college the Agashe Chandrasekhar, physical education, Pune Lonavale gamers kaivalyadhaa Institute and other libraries. Related studies should be listed in the research scholar.

It is trying to get the research, that the other available researchers insight into whether the research method, the measurement, subjects, etc. , This study. Some related studies problem causes are as follows:

Kirsnoff, M.T. (1987) assessed the social support and the track and field. Purpose of this study was to determine whether life call the athletic and social support predictive method. Life of athletic Exp (passer, 1983) and of the social functions (pines, configured by Elliot Aronson in and kafry, 1981) admin 170, M, F, the University and the athlete. The sample with the athletes is also 7 sports: volleyball, gymnastics, football, hockey, cross - country. And wrestling. The study suggests that, the predictable life. Also that the emotional Suffest social support functions "buffer" the stress in your life.

Harries. B. S. (1980) studies in the stress relaxation training for the female athletes. The women's athletes 3 spring 29, 1979, NMSU intercollegiate women's groups SS. The 3 groups (control, progressive relaxation and autogenic training), underwent 6 weeks of training. SS' typical statistical and competitive level of study must be determined 1) digital skin temperature. 2) The evaluation 3) anxiety anxiety condition (a) and (4) tight. There was no significant difference (P7.05), inter alia, the following relationship info anxiety for measures to be taken group 3 (P<0.05 ) was greater anxiety, but not limited to the assessment.
Cornelius, A. E. (1992) a study of the sources of stress of sportsmen and sportswomen. The fund for additional factors must be examined, and the load (psi) development anal confirmatory factor. The PSI balance means that the sources of stress period before the athletic competition the environmental and performance effects of stressors. The period of validity can also repeat the PSI and the reliability has been tested and further tests are to be carried out on the PSI and various Ss sport, gender and the friendship. The SS was the 153 PSI 2 different times. After several modifications, the final model of the PSI. This model 9 x 2 the 888,8099 , DF = 558 (0.001 ) and the p' God, and the P = 0,8044 ) = 0,6500 .

The PSI indicates to the stress, the final model for a valid and reliable sources in the evaluation of validated psychometric sport and the researchers and doctors of the psi test utility stressors competition sport environment.

Papenfuss, L. A. (1986) the stress management program has been evaluated by eight grade students. In this group (n = 119) the stress management program 3 eighth grade seven and eight 115 SS. R, the self-reports of stress (SRS) - reports of trust (SRC), and she is the spiel the Beger public records - anxiety for children. Although the E-group HR was not significant (P>0.05 ) .there is no significant (P>0.05 ) or the SRS, SRC or.

Speck, m. (1988) examined the effect of the stress level and at the anxiety treatment program free throw a moderately trained, women's basketball player. This study 12 women's high school basketball players and the moderate groups were able to split into 2 areas a random password. The experimental group (n = 6) and the general practice is that stress management (5mp), the deep breathing, progressive relaxation, recordings and the mental practice is, that in 12 weeks. Through the 12 weeks. The control group (n = 6) is only 12 weeks should be discarded. The names of these groups two times during the experiment.

Kumar, K. (2004) studied the nidra players high blood pressure and other psychological co-relates. The purpose of the test the nidra players high blood pressure and other psychological co-relates. The test for Seva", , " Sansthan patiliputra some consecrated paten city, Patna. Practice time was 30 minutes and within fifteen days. Forty men suffered a mild hypertension (30 males and 10 females), the testing, where
the male and female, but a good man. The result shows that there is a significant change occurred in the players the nidra is highly reduced the blood pressure (systolic and diastolic) and pulse rate, respiration rate, stress, anger and fear, there is no substantial change in the depression.

Kendrick Shrama, P, K, Daniel, R. (2009) assessed the Hatha players on stress and the women's collegiate assessor athlete: the acute effect of intense participation in the Hatha-yoga to teach stress and the collegiate assessor female athlete (cross, football, volleyball), .MEHOD: twenty-five healthy female athletes can be divided into two groups randomly, the pilot (intensive-yoga I teach, Y; n=14, AGA = 19.3 years), and the control (+1.3 players a, c, n = 11, age = 19.7 + 3.6 -year), .Hatha gamers four consecutive days 30 and 40 hours, and the breathing exercises, mediation, asanas/postures, sun, and reassuring. Continuous training in the participants' own team. The recovery-stress questionnaire for the athletes (RESTQ-Sport) 2 days before and one day four consecutive days of gamers (Y) or not I teach-yoga and (C) result: there was a significant decrease (p = 0.08) global stress supporter (2.8 + 2.01 + 68) Y, but not (C (2.60 +55) and C (2.95 + 70 61 p = 527) did not change the situation. Conclusion: the player's practice Hatha the ridge, it appears that the collegiate assessor female athlete. Thus, the installation is correct training program overtraining can reduce the negative effects.

Michalsen, A. , Grossman, P. , Acil, A. , Langhorst, J. , Ludtke, R. , Esch, T. , Stefano G. B. - drummer KEYLESS VEHICLE INSTRUMENT PANEL Internal Antenna (2005), the studies of the test women fast stress reducing and anxiolysis sad intensive three-month intensive intensive-yoga I teach, I teach. Method: the future is not randomized controlled study has been carried out 24 separate female subjects who themselves emotionally. Of course, and the two weeks the players, 90 minutes, and allow the players. Significant developments in the proven stress, anxiety and the common trait is located, vigor, fatigue and depression. Physical well-being also increased, and the subjects suffering from headache or pain reported pain. The salivary gland cortisol significantly reduced in the participation in an intensive-yoga I teach.

Papenfuss, L. A. (1986) studied the stress management program effectiveness can be relaxed the eight grade students.
In this group \((n = 119)\) the stress management program 3 eighth grade seven and eight 115 SS. HR, self-reports of stress (SRS), self-reports of conflict (SRC), and the state is the Spielberger state inventory because of the children. Although the E group HR was sig \((p>.05)\). \((P>50)\) to the SRS, SRC-.

Kulkarni, D. D. (2007) a study of the stress and the peripheral vastradhauti the immune response. This is the self-regulatory-experimental study five men health students S. G. The intensive-yoga I teach, Kaivalyadhama, Lonavale (+4.69) the team average age 22.5 .a test of the leather and bright skin voltage (mV) answer Vastradhauti and the differential and the cumulative effect of the hemoglobin percentage without the great team Vastradhauti players. The result has shown that it is not that the heat sink, a few old age a few ancient Paris Paris Paris some Decres mV responses show that the small electrical voltage and significantly increased the isolation response count [ ---adjusted polymorphs, \((t=3.36)\), 0.01 and lymphocytes \((t = 2.75\) ), 0.05 the central control during and after. The result is improved immune response. This establishes that stress free set up Vastadhauti gastro-technique improves peripheral immune response.

Santosh, K, Kohli, T. and Batani, D. (2005) has examined the yogic shatkriyas pranayamas on stress and the driver for high school students. A sample of the 60 secondary school students the great university. The pre and post test experimental and control group. Two attempts and the management. One of the group of the training and other Pranayamas shatkriyas. The group was not. Both reduced Shatkriyas Pranayamas and the student learning stress-TH equal efficiency academy wait for Pranayamas shtkriyas ore decreased in relation to.

The basis of this test good players received a holistic philosophy, the whole, the whole organization. The method is based on the fact that the effect of. Several studies examined the various psychological variables yogic practice beneficial effects. These larger catharsis or expressiveness and emotional complexes are decreased (Kochar, 1976 and 1971, the 1971 b, Pratap Sahu and Bhole, 1983), the direct memory, mental fatigue and anxiety decreased and the greater and hostile 10mm Hg increases blood pressure and pulse 20 b/min Kapalbhati lived 10 minutes. Already the positive impact the first three minutes. (1991) studied the Pranayamas Khodeskar he
held his breath, and reported a significant increase in Vital capacity and air, the heart and the heart rate and decrease in Vital capacity and heart beat.

Prior to the test, the test subjects randomized experimental plan for the control group of the present study. These are random selected topics in the experimental and control groups. Shatkriyas and Pranayamas were independent variable and academic stress was the dependent variable.

The pubescent age 60 a sample of the students High School 14-16 gauge) model-46 annual driver D, Chandhigarh Govt. the sector, and the average intelligence, and academic stress. This test also means Bisht Rani battery voltage expandable (1987), Raven standard progressive Matices (1988), Shatkriyas, Pranayamas and statistical analysis. The final drive and the descriptive statistics and test the research hypotheses.

There is no evidence that the practice of players using spiritual. The present investigation Plasane, m. N. (1998) have studied the psychological benefits of gamers have undertaken 12.

In Europe, the past four hundred years, the political freedom, economic development, intellectual development and the social reform, but also that the slow decline of traditional religious morality and social order. Although the "other direction" cultivated religion and philosophy he was lost in the thousands or hundreds of years, or less. The advantages include the psychological to the players (1) impulse control, the normal practice of detachment, the excitation and the precipitate, thereby maintaining neurophysiologic balance; (2) clarify objectives useful meditation and internal conflicts. At one time motivating and Yamas and Niyamas attitudinal jets stress, the most trouble the situation, (3) the player for rational and empirical and living system.

Everything that the players may be causing disturbances should be examined, (4) the similar participation in intensive-yoga I teach modern psychothereapies deemphasizing the "me" is the many abnormal ego, and emphasizes (5) - the house of bondage" filing all registered players and the attributes and the feeling of freedom and knowledge continuously.
Kulkarni, D. D. (2006) has examined the skin mill voltage measure the voltage at the intensive-yoga-yoga does not teach. This test allows the players to practice the two separate mixed genders. The group I consists of a sequence of the gamers entrants (n = 136) than 20-40 years of age, of course, and the various players within a period of 45 days, (ii) the professionals players group (n = 16) in the 40-60 years age, with at least five years in the intensive-yoga I teach, whereas the B group of professional players, the teachers (n = 6) for at least the players and of the training the ten group of the group (n = 12) is not included in the 25 - 50 years of age, were examined in the four winds. The skin mill voltage (mV) response of the skin four loads (electrical) for example, 10.R, 100R, 1K, 10K was the mine. The results were not significant reduction in the b indicates that the reduction in load the stress response. If, however, the wise, the sensitivity of skin allows the players mV expert guide, and the players more than the players right relaxation response groups and operators, we believe. This study only the skin mV sensitivity to stress response. But the answer is no for the skin mV the stress response. I thought, well, that I found it, and therefore this study with a view to the sensitivity of skin stress reactions, the mV, and the stress response is the players practice the efficiency. It is also useful if the workers stress reactions. The random sampling technique to the players and it was the common sex the doctors two paired devices in a and b three different abilities, and the researchers, students, office Kaivaldhama S. M. Y. Saamiti, Pune, Lonavala. The can be separated into two groups.

The age groups are divided into two groups, while the other two groups teach intensive-yoga-yoga themes is not identical. The group I included here are not the students (n = 15) a player the 40-60 age group at least five years. The teachers in group III The players the man (n = 6) 25- 50 age group, S. M. Y. M. The Samiti, Kaivalyadhama Lonavala the gamers, and more than five years. The group (n = 12). The members of the group is also the man only administrative and intellectual property, both in the the women's 25 - 50 age group.

The topics were not gamers, asanas and Pranayamas Kaivaldhama meditation tradition. The skin mV data were collected the subject matter. THE was instructed to the chair was not a quiet, comfortable place for the perceptron data was collected. Before you start the data collection should be checked in the meter of empty, zero mV
reading. An analysis of the data between the groups. The skin mV data must be analyzed to determine the stress load response for all age group the two "t" test.

The results have not been significantly reduced and the age groups a and B, this is, however, other than the skin implitude burden decreased, with the exception of the non-significantly increased on the leather mV (+1.27 (P<0.01) the mutual relationship with the body resistance. But the voltage is not significantly decreased issued by mill-response of the skin in order to fulfill recommends that the parties concerned. This is because of the vague idea of yogic yogic exposed environments.

Patri, V. R. (1997) studied the stress stress management strategies and to the sport. In practice, the players with slowing certain features, and the almost exponential. They also commended the classical behavioral practice progressive relaxation and emotional images, in order to cope with the resources and the sport psychosomatic' ?" ?"? The optional. Great emphasis should be put on, the power, the beauty and harmony, rhythm, balance and the sport. The author opines that challenges, then the sport it's more fun that the baby.

The most elementary form, of any physical, social and emotional stimuli, state information. Stressful events are generally not too strong a man threatening difficulties and the consciousness.

Live water rivers and Folkman (1984) Enter the stress situation in which the person concerned 1) somehow, I don't see the situation that the main purpose is, and 2) may not be a) the risks and needs.

Competition in the high stress. This means that, if the individual is not able to recover it, and the normal operation, it is not should be serious and harmful consequences. The possible new emphasis on this point, the process of adaptation to a much more difficult. The sport and the sportsmen and sportswomen sport continuous load high and short life. Competitive sport man classic behavior techniques not only to the "Burn out", but mentally preparing them for newer results. Some of these progressive relaxation and emotional images. The "yogic" discipline and the concentration in the regularly on the OFN (fiber-optic fiber optical methods for the thought process. This could reduce the edge of the cut civious competition. Yet the sport more enjoyable, healthy, and to the wider participation.
Oak-J. Bhogal, R. S. (2004) studied the psychology of gamers the therapeutic tool in stress management. Patanjala surtras allows the player to the tiring the social stress response: (i) stress prevention Astanga-yoga intensive I teach, (ii) the player anageent kriya & iii) the vairagya, Abhyasa gamers. The authors suggest that the "Ananta Iyengar with greenborder Technologies for reporting samaapatti (technologies", "pratipaksha bhavanam", "cittaprasadanam" barrier useful antidote. "The body the pain awareness parts/pain", " the movements are some passive way', is not reactive behavior", and other functional disorders may also be used for experiential marketing, the history, the paper.

If, however, the common man, who turns on the players, usually with a health problem. Everyone wants to see the stress related, muscular, and muscular, and a happy life to live. The kriya Patanjali the players it has proposed to the common person, he lives in the secular ones. The kriya gamers main emphasis is given to TAPAS (austerity), Swadhyaya (self) and Ishwarapranidhana (surrender and God) .This practice is recommended for Citta-Shuddhi .

Based on the above, it can be concluded that the stress is everywhere, and faster growth in the underdeveloped countries. It is very individualistic styles. I teach the Kriya-yoga intensive practices may also be used to prevent, Ashtang intensive-yoga abhyasa and VAiragya I teach, by adopting and players can be replaced. After the stress management for everyone, and the higher the players use the winding-up proceedings.

Khare, K. C. (2003) the gamers geriatric problems caused by the stress. This visibly lurched into motion to the stress increases the patient's health problems. This document describes the different types of physical stress caused by physiological mechanisms is not suggesting that patients and geriatric diseases-pharmacological. The author, like a doctor, finds that the old-age and nutrition plays a key role in proper care and the players have played a role in the stress problems caused by the direct role in the geriatric in order to minimise.

In today's extremely stressful, geriatric patient's health and performance depends on what high pressure, and to the other. The stress, it will occur if the separator is life. The family now live the cellular (mobile) family, as opposed to the
previous family, where they lived. The stress and the day to day life. The thetas negative stress lead to ever increasing demand.

Repeated stress can trigger complex physiological reaction, and this may be more than 1,500 different chemical changes the brain and the body. It leads to the mental and physical energies and a weak immune system.

The older population of the developed countries will expand to 146 million and 232 million the year 2020. It is now known that the lifestyle change, proposed by Dean Ornish of coronary artery disease, geriatric at that age. During the six-month investigation 50 geriatric patients, it was also revealed that the company backbend practice asanas pranayamas and the cross-sectional pranayamas mudras also together with significant improvement is the meditation stress level in the day to day life.

Whereas, in the little information available with the literature of gamers, and that that scattered the geriatric research.

Vicente, A.D. (1987) therapy has been evaluated by using the role of the players with anxiety and depression, or neurosis. Because of the lack of any fat the previous education, and the positive motivation, the 214, only 73 patients, has decided that the depression or anxiety, or neurosis with yogic therapy during regular medical treatment of experimental study during the eight years, the physical therapy, the Seville, Spain.

The intensive therapy-yoga for 2 weeks in 3 hours should be taught, the Ministry of Justice, or the clinical assistant. A year after the 42% of the patients (31/37) was very good, the 52% of the patients (38/73) 6% correct response (4/73) the patient does not appear on the change. It turned out that although the anxiety one very useful Shavasanas the depressive phase, the treatment.

Bhongal R. S. (1998) has examined the psychology the players. The stress and the anxiety and emotional disorders. The reason the players, however, to understand that the psychological, and tried to the players of our lives and of intellectual life. Players use the most effective device is the human personality is desirable. The first series, anxiety and emotional disorders.
The common man is the esoteric players unresolved mysteries with your arms, supernormal experiences and adventures. For more information, see the urban man with this in mind, the harmonic-body integration and the positive correction by the personal and interpersonal level. In spite of the fact that the two changes in the players. The facts and of the far is forthrightly and so had to be rejected. If, however, the second, is an integral part of the spiritual, the intensive-yoga I teach. If I noticed the old literature and the available living tradition.

Kumar, K. (2004) literature, and has also found that the study of stress and anxiety are Yogindra. The purpose of the present study gamers Nidra stress effects on the college students. The Dev Sanskrit Vishwavidhyalaya the players. Practice time was 30 minutes and the 6 month period. The student is 80. O. G. classes allows an observer to the players, and 30. The result shows that this was a substantial change in the practice of the gamers Nidra strongly reduces the stress and the anxiety of both male and female subjects.

Emphasize the medical term for wide strong external stimuli both physiological and psychological, physiological impact: "nature". It is also to be understood as the mental or emotional strain-dependent or.

This study, 80 students (40 male, 40 female) went to the 20 to 30 annual Sanskriti Vishwavidyalaya P. G. the classes in the gamers Nidra experimental group of players. The 30 students (15 men and 15 women), the same age and of the same group.

The experimental and control group, P. G. I teach an intensive-yoga Asanas, Pranayamas, and thus, the Shatkarmas and regularly (except on the Sunday and on public holidays) in the experimental group was the only difference is, that after a half hour each day the players the Nidra (except on Sunday and on public holidays), before Nidra in practice and went in the the group of players a few psychological tests.

In practice, this showed the players Nidra flat-lying position, the players and the hardener shavasanas. The solution is to practice, awareness-raising, public awareness as well as the display.
The parameters are the stress and anxiety the Nidra the players. The stress and the anxiety level, developed by 1973 eight member state questionnaire, Cattell and Kapoor, India, that is, the reprinted edition and the psycho-history, a new j new j-Delhi, had been applied. The six-month period, and again the 0.01 the data significant.

Average and standard deviation, "Don't worry about the experimental and control groups in the men, care should be taken that the positive change in the worry for the groups. The T value is significant for the stress level 0.01 and a significant change in the "t" value is 2.2.

This illustration shows the study relevant change occurred in the practice of players using Nidra positively reduces the stress and the anxiety of both male and female subjects.


A one-month long operators/aerobic training and 6 months the observed beneficial effects of residential group and intensive aerobic-yoga I teach. This may be a good constant and regular practice will not, dietary and complete faith the players. These groups obsess the Indian is not the patients or neurosis.

In general, the hereditary tendency, obesity, sedentary life style, behavior, insomnia and a new addiction to alcohol, tobacco.

The Shenbagavalli Vallimurugan V. (2009) The practice of the 21 selected yogic intellectual knowledge and training in the selected physical physiological and high-level psychomotor variables to the participants.

This study appeared in the forty-five intercollegiate players level 18-24 years, the early College physical education services center in Coimbatore Maruthi, randomly selected, the theme and three equal groups, i.e. psychological professional education, and practice of the yogic and.

Progressive Muscle relaxation of psychological knowledge and images selected yogic participant training and the practical training training group does not.
The selected variables, such as somatic anxiety cognitive anxiety, self-confidence, heart rate, systolic blood pressure, Diastolic Blood pressure and body temperature the physical and physiological variables reaction time and hand eye coordination with the psychomotor variables. The study was not random groups, it is true, the pre and post test test. They were the subjects (n = 45) three equal groups at random fifteen men. Assigned groups psychological skills training (PST), yogic practice (TI) and the control group (CG) the same way. The Yogic exercise psychological knowledge training group and the group was involved in twelve weeks and post-tests have been carried out. The program of training the regular i am 6,30 - 7,30 three days a week in the psychological knowledge, and of the training group yogic exercises.

The results show significant difference in cognitive, Somatic anxiety, self-confidence, heart, hand-eye coordination and reaction time whereas Diastolic Blood Pressure systolic blood pressure and body temperature was not significant difference.

Kumar K. (2004) found that the literature, and Nidra gamers for high blood pressure and other psychological co-relates. This test is designed to allow in order to determine whether the players the Nidra hepertension and other psychological co-relates. This study is an important high blood pressure patients suffering from forty (male=30, women between 30-60 years = 10) the same profession was selected as the sampling technique. For men and women for the businessmen house it was. The working party in the control group was not post-heating, and the bi-directional hypothesis. During the test, the Patliputra for Seva", , "Sansthan, Patna city Patana. Test duration was 15 days, the practice 30 minutes.

In practice, this study is Nidra for gamers the easiest method of relaxation shavasanas also known flat-lying position, the players and the oral instructions, as well as the school's training. The players Nidra with masking tape. In practice, the body, the consciousness, the awareness and practice.

The use of instruments, the blood pressure blood pressure a stop-watch the pulse rate and respiration rate and the general questionnaire guide Mangalteertham swami from Palermo, Sicily, Sicily" Sicily, is the project work, Saraswati, the Bharti converts the text forward, the other psychological correlates with the players.
The result shows that significant changes to the Nidra strongly reducing the blood pressure and pulse rate players, respiration rate, stress, anger and fear. Since there was no significant change in the depression.

Chahal et al. (2012) studied the "great basketball: anthropometric, physiological properties of Elite Indian female gamers talent identification, selection, training and development (TISTI) programs was scanty the team sports in particular take into account the Indian women's basketball. This study of the "hypothesis that high junior Indian women's basketball players in relation to anthropometric, physiological variables, and is useful, if the team other levels. The regression analysis and forecasting the factorial. During the test measured anthropometric (height, weight, length, Palm, leg length and the barn the upper arm, wrist, thigh and lower leg) and physiological variables (anaerobic performance, maximum speed, Vital capacity and four skin folds the body fat percentage) ninety six women's competitive gamers the junior National Basketball Championship. The collection was based on the selected variables for each hour during rest one by one all the scientific instruments and methods. Significant was the connection to the palm-length (0.32 ), (0.29 ), upper arm circumference (0.24 ), anaerobic power (0.30 ), the maximum flow rate (0.69 ), Vital capacity (0.22 ) and body fat percentage (0.37 ) .In the junior women's basketball player selected to anthropometrical followed by forecasting and physiological variables. Four factor analysis data high factor. The findings also demonstrate the program more useful and effective TISTI correct chronological order optimize play and competitive age (power).

Mohamed (2012) studied the anthropometry measurements that the sport and the organization's basic dimensions, volleyball and handball teams - the daily Egyptian juniors 15-18 years of age, such that each of the diversity and represented the anthropometric the original accessory for the study, and a few common factors are the study of a search in all SPORT anthropometry some number and the Finder - included in the analysis, the smaller the number of saturated fatty acids depends on whether or not the joint analysis of the researchers and teachers, and the time and effort, these measurements are the juniors anthropometry anthropometric factors and the sport volleyball and extravagant fanatic like Cornelius might very easily, it must be a very simple, and of the specific name, and these factors are the factorial analysis
Forty-four years of research building the anthropometric measurements, as well as the most important factors and the standard anthropometric volleyball and avant garde styling fanatic like Cornelius might very easily may be very easy-to-a very easy-to-use, and the statistical difference is the most important measurements anthropometric volleyball fanatic like Cornelius might very easily, as easily as it could be the volleyball and kept it. The descriptive research the appropriate way, according to surveys the method at the applied research, a research approach that factorial analysis of the image description. The research sample, divided by the 25 61 juniors handball teams 36 volleyball and cries. The research sample was randomly selected sample, the sample, and the juniors volleyball and avant garde styling fanatic like Cornelius might very easily, it must be a very easy-to-it may be that some Egyptian sports federations were the two sport in Egypt. The 44 variables with the research is a pilot anthropometry study were the juniors 30 junior and the juniors 15 essential and the volleyball, the juniors handball teams and 15 shall be credited to the validity and reliability, high stability the anthropometric 1-0.934 and statistically significant 0.01 level, which means that the stability. The recycling factorial is perpendicular to the class volleyball has shown the five main factors i movies with expatriates three factors in the factorial is perpendicular to the handball teams showed that the three most important factor, five factors which the factorial is perpendicular to the volleyball revealed the five most important factors: the lower limb, and a long and a bit in the neighborhood, in the upper limb, obesity, and the lower limb and the top three movies with expatriates i also factor the recovery factorial is perpendicular to the handball teams showed that the three most important factors, obesity, and the district and the other five factor is clear, there are considerable differences in the two abstract level volleyball and handball teams teams 0.01 anthropometric measurements, based on the results of the "t" has developed A -0.77 -22,17 , the research objectives, and based on a sample of the results and the conclusions, the research recommends that the anthropometric measurements, the current study, the most important funds must take account of the selected players volleyball and avant garde fanatic Cornelius quite easily.

Perissinotto et al. (2002) 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 12 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 on Intervarsity 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 ¼ 13), walk + EMS n ¼ 14), or (n ¼ 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 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. The 1. The EIS section, a committee of experts (n = 9). even the A-E, that the life 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.