# CONTENTS

<table>
<thead>
<tr>
<th>CHAPTER</th>
<th>TITLES</th>
<th>PAGE NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHAPTER – I</td>
<td>INTRODUCTION</td>
<td>1-4</td>
</tr>
<tr>
<td>(A) YOGA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I.</td>
<td>Meaning and Concept of Yoga</td>
<td>4-7</td>
</tr>
<tr>
<td>II.</td>
<td>Origin of Yoga</td>
<td>8-9</td>
</tr>
<tr>
<td>a)</td>
<td>Yoga in six major ancient philosophical systems of Indian origin</td>
<td>9-17</td>
</tr>
<tr>
<td>b)</td>
<td>Description of Yoga in Upanishada and Vedanta</td>
<td>17-24</td>
</tr>
<tr>
<td>c)</td>
<td>Contemporary Yoga Systems and Institutes in Modern India</td>
<td>25-30</td>
</tr>
<tr>
<td>III.</td>
<td>Different Aspects of Yoga</td>
<td></td>
</tr>
<tr>
<td>a)</td>
<td>Remedial Aspects</td>
<td>31-34</td>
</tr>
<tr>
<td>b)</td>
<td>Educational Aspect of Yoga</td>
<td>34-42</td>
</tr>
<tr>
<td>c)</td>
<td>Importance of Yoga in Sports</td>
<td>42-46</td>
</tr>
<tr>
<td>d)</td>
<td>Aspect of Yogasanas, Pranayama and Shatkarmas.</td>
<td>46-51</td>
</tr>
<tr>
<td>(B) ISOMETRIC EXERCISES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>i)</td>
<td>Meaning and Concept</td>
<td>52-55</td>
</tr>
<tr>
<td>ii)</td>
<td>Forms of Isometric Training</td>
<td>55-57</td>
</tr>
<tr>
<td>(C) MOTOR FITNESS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Components of Motor Fitness</td>
<td>61-65</td>
<td></td>
</tr>
<tr>
<td>Statement of the Problem</td>
<td>67</td>
<td></td>
</tr>
<tr>
<td>Objectives of The Study</td>
<td>67</td>
<td></td>
</tr>
<tr>
<td>Hypotheses of the study</td>
<td>68</td>
<td></td>
</tr>
<tr>
<td>Limitations of the study</td>
<td>68-69</td>
<td></td>
</tr>
</tbody>
</table>
CHAPTER – II

REVIEW OF RELATED LITERATURE 75-76

1. Studies related to motor fitness variables. 77-82
2. Studies related to Yoga and motor fitness variables. 83-95
3. Studies related to Yoga and psychological variables. 95-104
4. Studies related to Isometric exercises and motor fitness variables. 105-122
5. Studies related to Isometric and Isotonic exercises and motor fitness variables. 122-134

CHAPTER – III

PLAN AND PROCEDURE 135

DESIGN OF STUDY

i) Population Selected 136
ii) Sample Drawn 136
iii) Group Formation 137
iv) Group Matching 137-138

THE TESTS SELECTED

i) Effect and Measurement Criterion 140
ii) Test Battery 141
iii) Criterion for the Selection of the Tests. 142-143
iv) Administration of the Tests 144-150

TRAINING PROGRAMME 150-151

Training Schedule 152

a) Practice Session for Yoga Experimental Group 152
b) Practice Session for Isometric Experimental Group 152

**SELECTED YOGIC ACTIVITIES FOR**

**EXPERIMENTAL YOGIC GROUP** 152-154

**SELECTED EXERCISES FOR**

**EXPERIMENTAL ISOMETRIC GROUP** 154-158

**ADMINISTRATION OF EXERCISES**

Administration of Yogic Activities for

Experimental Yogic Group 160-192

Administration of Isometric Exercises

for Experimental Isometric Group 193-200

**DATA COLLECTION** 200-201

**CHAPTER-IV**

**ANALYSIS AND INTERPRETATION OF DATA**

Pre-Yoga Experimental v/s Post- Yoga Experimental 202-211

Post-Yoga Experimental v/s Post Control 211-219

Post-Yoga Experimental v/s Post- Isometric

Experimental 220-228

Pre-Isometric Experimental v/s Post-Isometric

Experimental 229-237

Post-Isometric Experimental v/s Post Control 238-246

Pre-Control v/s Post Control 247-254
CHAPTER - V

FINDINGS, RECOMMENDATIONS, EDUCATIONAL IMPLICATIONS SUGGESTIONS AND SUMMARY

(i) Findings

Pre- Yoga Experimental v/s Post- Yoga Experimental 255-256
Post-Yoga Experimental v/s Post Control 257-258
Post-Yoga Experimental v/s Post- Isometric Experimental 259-260
Pre-Isometric Experimental v/s Post-Isometric Experimental 261-262
Post-Isometric Experimental v/s Post Control 263-264
Pre-Control v/s Post Control 264-265

(ii) Recommendations 266-268

(iii) Educational Implications 268-271

(iv) Suggestions for further research 271-273

SUMMARY 274-294

BIBLIOGRAPHY 295-310

APPENDICES