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Yoga, Ayurveda and Tantra are equally old and ancient Indian positive sciences practised in India from antiquity and are now under active phase of revival and development. Although, they are being developed independently, they are highly complementary to each other. I feel that there is a need to emphasise the feature of alliedness of these three sciences in order to encourage more and more collaboration and suitable utilisation in health and fitness care programme. The present research work is an attempt to study the classical and modern approaches to yoga with special reference to Health and Fitness.

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