# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>List of Tables</th>
<th>xi</th>
</tr>
</thead>
<tbody>
<tr>
<td>List of Figures</td>
<td>xiv</td>
</tr>
</tbody>
</table>

## CHAPTER – I INTRODUCTION

1-38

- General Introduction
- Diabetes Mellitus
- Diabetes and Exercises
- Diabetes and Obesity
- Fitness activities -Walking, Physical and Yogic Exercises
- Walking
- Walking as a form of exercise
- Benefits of walking
- Physical Exercises
- Benefits of Physical exercises
- Physical exercise is the key to health
- Yogasana
- Physiological views of yogasanas
- Benefits of yogasanas
- Aim and objectives of the study
- Walking and Diabetes
- Physical exercise and Diabetes
- Yogasanas and Diabetes
- Statement of the problem
- Hypothesis
- Delimitations
- Limitations
- Definition of the terms
- Significance of the study
II REVIEW OF RELATED LITERATURE 39-61

Studies on effect of walking on diabetes patients
Studies on effect of physical exercise on diabetes patients
Studies on effect of yogic exercises on diabetes patients
Summary of Literature

III METHODOLOGY 62-102

Sources and Selection of subjects
Selection of criterion variables and criterion measures
Reliability of data
Reliability of instruments
Subjects and tester competency
Orientation to the subjects
Experimental design
Pilot study
Training programme schedules
Walking programme
Physical exercise programme
Yogic practice programme
Description of yogasanas
Administration of Tests
Control group
Collection of data and statistical technique

IV ANALYSIS AND INTERPRETATION OF THE STUDY 103-146

Analysis of Data
Level of significance
Discussion on the Findings
Discussion on Hypothesis