"Health is Wealth" so goes the adage which has become the general awareness of the modern age.

Physical fitness has become quite popular-almost faddish. The public particularly the school going children know the importance of physical fitness - more so than ever before in the history of physical education. The Physical fitness movement renders golden opportunity for physical educators to see how well their professional resources can be utilized in improving the fitness of the nation.

Yoga is the forerunner of all the physical activities. Indeed it is a science of personality and also a science of Consciousness. It provides wisdom, tranquility and infinite joy. Yoga thus has become an international topic and almost the need of the hour.

The reasons mentioned above kindled the interest and anxiety of the investigator to pick and choose the topic related to physical fitness, chiefly yoga.

The Dissertation consists of Five chapters: It deals with
1) General Introductory remarks,
2) Review of Related Literature,
3) Methods and Materials,
4) Results and Findings
5) Gist and Recommendations.

Well, enough talk. This dissertation is about activity. Come and join to strive and seek a Journey toward better health, higher wellness and an improved quality of life in a new heaven where our country awakens as Rabindranath Tagore proclaimed.

RAMACHANDRAN ELANGO VAN