CHAPTER II
REVIEW OF THE RELATED LITERATURE

"The orientation provided by survey of related literature is helpful in making a straightforward statement of need for investigation and avoiding two extremes of apologetic attitudes and exaggerated claims."

C.V. Good.

The survey of related literature is very important and crucial aspect for a research project. Through the survey of related literature we have to locate, read and evaluate the past as well as current literature of research concerned with the planned investigation. The Review of related literature serves to avoid unnecessary work out problems and helps to make progress towards solution of a new one.

"The research for reference materials." Best observes," is a time-consuming but fruitful phase of investigation. A familiarity with the literature on any problem is a help to the student discover what is already known, what others have attempt to find out, what methods have been promising or disappointing and what problems remained to be solved." In other words, the related literature is worthwhile for an effective piece of research.

According to Good, Barr and Scates. Survey of literature serves the following serves the following purposes.
1. To show whether the evidence already available solve the problems adequately without further investigation and thus to avoid the risk of duplication.

2. To suggest methods of research appropriate to the problem;

3. To provide ideal theories, explanation or hypothesis is valuable in formulating the problem;

4. To locate comparative data useful in interpretation of results;

5. To contribute to the general scholarship of the investigator.

For the sake of convenience the studies meant of review have been classified the following categories:-

1. Study related to Yoga & Physical Fitness

2. Study related to Psychological/Mental Fitness.

**Study related to the Yoga & Physical Fitness:**

According to Honey (1950) tendencies oriented towards the achievement of maximum security is considered a neurotic trend.


Fleishman has done considerable research in the area
of physical fitness and he recommended nine physical fitness components, such as, extent flexibility, dynamic flexibility, explosive strength, static strength, dynamic, strength, trunk strength, gross body co-ordination, gross body equilibrium and cardiovascular endurance.

Fleishman further grouped these factor in a numbers of are as after the factor analysis. The most important among these areas were strength, flexibility and endurance, which have bee investigated for further research purposes by a number of researchers (Hettenger and Mutter, 1953, Mathews and Krauzl 1957, Venderhoof 1961, Berger 1962, Burham 1966, Shvartz 1966, Bhole 1972, Ganguli 1974 and Gharote 1976).

Vinekar (1957) has made a study "Asanas in every day life". Asana could be done as exercise and as posture. Through the practice of both types of asana, one can achieve organic and functional promotion of health and fitness, as some postures they worked on postural substrate and muscles tone and thus helped to develop body awareness through proprioception and vestibular senses. Sensation of pleasant pain felt by the individual.

Herbert de Vries (1961) evaluated the static stretching procedure of Hatha Yoga (technically called Asanas) for improvement of flexibility. Comparing the effects of static stretching for seven periods of 30 minutes each, he found both the methods improved flexibility.

Gharote (1973) conducted a study on "Effect of yogic training on physical fitness". The purpose of this study
was to collect objective evidence about the effectiveness of the short term practice of the selected yoga exercises in their contribution of physical fitness measured through the Fleishman Battery of Basic Fitness Test. Seventeen male and twelve female students of summer camp certificate course in the year 1973 were tested. Result showed that the mean increase of 7.74 in fitness index of the males and 11.75 in the case of females was found statistically significant. Various schools of yoga claim to make the mind tranquil and stable through its practices. It is expected that the normal resting functions of various sensory or motor organs may be at a lower level immediately after yoga practices in comparison of exercises.

Cocher (1973-74) made a study "Effect of shavasana on the extent on Knee-jerk". He finds it out that reflex activity in patellar tendon decreased after performing shavasana for two minutes.

Ganguly and Gharate (1974) conducted a study to know the effect of yogic training on cardio-vascular efficiency before and after yogic training. In the maintenance of proper health, physical fitness and motor fitness, cardiovascular capacity. Harward step test was used to measure the earlier vascular fitness. The test was administrated to eleven male students of G.G.S. College of yoga and cultural synthesis, Kaivalyananda, Lonavala, before the yogic training started in order to determine their level of cardio vascular efficiency. The subjects were
given yoga training daily except on Sunday and few holidays for sixty minutes in the morning for a period of eight months.

On the completion of training, the subjects were again administered the Harward step test and comparisons were made between the pre-training data and post training data. The result of this study indicated that a daily one hour programme of yogic practices significantly improved cardio vascular efficiency of the subjects.

Motor fitness and physical fitness are supposed to depend upon the Cardio-Vascular efficiency of an individual to maintain strenuous activity of the whole body for prolonged period. And the man, who has good Cardio-Vascular efficiency, has good endurance to do any type of activities including sports activities.

Kocher (1974) made a study "same appraised of steadiness and two hand co-ordination as a result of yogic practices." Significant improvement in two hand co-ordination and increase in hand co-ordination and increase in hand steadiness were observed in 13 subject at the end of nine month training in yoga and 24 subjects at the end of one month training in yogic physical culture.

Ganguly and Gharote (1974) observed in another study, that a long term yogic training influences the Cardio-Vascular efficiency favourably,. These results were obtained on the male students, who underwent yogic training for nine months, during this period, they did not
engage in any other vigorous physical activity except yogic routine.

Bucher (1975) has given his opinion in this direction that fitness is the ability of a person to live a full and balanced existence for such existence, health is of supreme importance. Most of the authorities on fitness agree that physical fitness is not equivalent to health. However, some relationship does exist between health and physical fitness.

Patel (1975) studied yoga and biofeedback in the management of hypertension. The therapy was effective in reducing Blood Pressure on a long-term basis. Stress test (exercise and cold pressure test) showed a statistical significant reduction in all parameters in the tested group except a symbolic rise after exercise which may be explained as a rise in cardiac output in proportion to the metabolic demand during exercise. It was concluded that an important relationship between environmental stress and Blood Pressure elevation existed.

Bud Getchell (1976) included strength, muscular endurance, and flexibility and Cardio respiratory endurance as the basic components of physical fitness.

Gharote, Ganguly and Moorthy (1976) conducted a study on 'Effect of yogic Training on Minimum fitness'. The purpose of the study was to see the effect of yogic training on minimum muscular fitness. They selected 430 school boys in the age group of 6 to 20 years. Minimum muscular fitness test were taken before starting the
training program. Three weeks yoga training was given to all the selected school boys. After completing the three weeks training programme, test of the muscular fitness were taken again and an improvement of 36.8 percent in comparison to 20 percent improvement in minimum muscular fitness obtained through repetition of K.W. test, was found.

Gharote (1976) made a study "physical fitness in relation to the practice of selected yogic exercise". Physical fitness index of 44 school children's increased after three weeks training in yogic physical culture as studied by Fleishman Battery of Basic fitness test which was mainly contributed and showed improvement in leg lifts, shuttle run and balance, extent flexibility, dynamic flexibility, soft wall throw, cable jump, 1600 yd. run and pullups did not show any improvement. The gain in physical fitness index was lost during determining period of three weeks while extent flexibility improved, when compared to the result obtained for control group.

Gharote (1976) conducted a study on 40 residential students of a high school. They were randomly selected and divided into experimental and control groups, and were matched on the basis of physical fitness index derived from Fleishman Battery and Basic Fitness test. The experimental group was given training in selected yogic exercises for a period of three weeks. The training session was of 30 minutes duration. After the experimental period both the groups were again tested on
the same Fleishman Batter of fitness test. Fitness indicates along with the scores on individual test items of both the groups were compared statistically. The results revealed that the experimental group showed significant achievement in physical fitness. Among the individual test items significant achievement in scores was observed in leg lifts, shuttle run and balance.

Gharote (1976) have been shown that practice of yoga asanas had improved various components of fitness, such as flexibility, strength, endurance, speed, and balance and cardiovascular fitness. It is however, questionable whether muscular strength could be improved by asanas alone.

From the beneficial effect of yoga and isometric. It appears that each one of them has effects on the physical fitness and body composition in different ways. Probably a combination of both right bring about better change in physical fitness and body composition.

Mukherjee et al. (1977) conducted a research study namely "Impact of yogic Exercises on the Indian Hockey Team-Winner of the Third World Cup 1975." The study showed reduction of tension and stress and the players exhibited a relaxed state, which steadily improved their performance through yogic exercises and contributed towards the decrease of pulse rate, resting metabolism and certain long parameters.

Debnath, Parimal (1978) conducted a study on "Effect of selected asanas and weight training exercises
for ankle of kicking ability of football". The purpose of the study was to compare to effect of selected asanas and weight training exercises for ankle on kicking ability. Sixteen students of Bachelor of Physical Education of first year class of the Lakshmibai National College of Physical Education Gwalior were selected at randomly to serve as subject in each group. The data collected on football kicking distance, right ankle and left ankle total flexibility for each of the groups at the commencement of the experimental period, as well as at its conclusion were analyzed for significance of difference by student's test. The difference in mean gain in each of the criterion measure between the two groups was also analyzed by student's test for the significance of differences in the group gain of two experimental groups. The level of confidence was set at 0.5. The asanas group practiced padmasana, vajarasana, parsvakanasana and paschimutanasana on each working day with specific progression in number of repetitions and holding time of each posture. The weight training group practiced half equate and heel raise, with specific load and progression in number of repetitions and bent in the course of the experimental period.

In case of asana, a man gain in 1.69 meter was found football kicking distance, 0.14 Cm. in right ankle flexibility and 0.20 Cm. in left ankle flexibility. Name of them proved significant at .05 level of confidence. The weight training group made a mean gain of 1.42 meter of
foot kicking distance, 0.13 Cm. in right ankle flexibility and 0.19 Cm. in left ankle flexibility. None of them proved significant at .05 level of confidence. There was no significant difference in the effect of asanas and weight training on the criterion measure.

Mall, Chaudhary and Giri (1978) conducted a study entitled, "Effect of yogic relaxo-concentration training on two psycho-motor tasks after submaximal exercises". to evaluate the effects of yogic relaxo concentration training on two psycho-motor tasks after submaximal exercises. The results of the study revealed that yogic relaxo-concentration training could be used as an effective method to hasten the psychic and physical restoration progresses after submaximal exercises.

Ghildiyal (1980) conducted a study entitled "Comparative Effect of selected Asanas and General Gymnastic Exercises of Reaction Time, Agility and Flexibility". The main objective of the study was to compare the effects of selected asanas and general gymnastic exercises on reaction time, agility and flexibility. The sample consisted of forty randomly selected girls’ students of Class X of Central School, Gwalior, before conducting the experiment; the subjects were tested on reaction time, agility and flexibility. The subjects were randomly divided into two groups Group A and Group B having 20 students in each group. These groups were again allotted two different methods of training programmes at random. Group A was given
training in selected asanas and Group B in selected
general gymnastic exercises. The training continued for
six weeks. While group A was given training on Monday,
Wednesdays and Fridays, Group B was given training on
Tuesdays, Thursdays and Saturdays, and both the groups
were allowed daily routine work, rest and environmental
conditions. The reaction time, agility and flexibility were
measured before and after experiment. It was found that
reaction time, agility and flexibility were improved both by
selected asanas and by selected general gymnastic
exercise. So far as the reaction time and flexibility were
concerned, neither selected asanas nor selected general
gymnastic exercises were superior to each other. How
ever, the training on selected gymnastic were more
effective than training on selected asanas in term of
improvement in agility.

All the above mentioned researches explain the effect
of yogic exercises in one way or the other way. Some of
the researches have should that asanas improve physical
fitness component, other have tried to prove that asanas
also improve physiological components. But nobody has
shown the effect of asanas on physical and psychological
components both. But the present study emphasizes on
the same and the researcher has tried to find out the
effect of Asanas on physical fitness components such as
strength, agility, speed, endurance, flexibility and on
psychological components viz anxiety (state-train),
security, emotionality and hand steadiness.)
The result of the significance of mean difference between Experimental well as comparison between control and Experimental group (post-post) These findings are in tune with a number of earlier researches in this field e.g., Gharte, 1971, 1979, Karmbelkar, 1972, Dhanraj, 1975; Bandoradhayaya 1979, and Mall, 1991.

Bondaradhya (1979) observed that Halasana significantly increases the effectiveness of abdominal curls in developing abdominal strength. Similarly Mall (1991) concluded that trunk strength can be enhanced by the asanas involving forward, sideward and backward bending of the trunk.

As was expected regular practice of yoga asanas has improved the agility as measured by shuttle Run test. Experimental group took lesser time in post-test condition as compared to pre test condition. Some trend of results was observed in case of the comparison between control and Experimental groups. Experimental group scored significant lower on shuttle Run test as compared to control group lower scores indicates lesser time taken by the players in completing the assigned task.

This way, the practice of yoga asana demonstrates facilitative effect on physical fitness component of agility. These findings suggest concluding that yogic exercises improve the ability control even at high level of players. Regular practice of yoga asana improves performance in Basketball significantly which depends predominantly the ability of agility.
Another physical fitness component for sports performance that has substantially been influenced by the regular practice of yoga asanas is flexibility. The physical fitness component of flexibility was measured through Band & Reach test. With three months practice of yoga asanas, the joints flexibility improved a lot that is beyond .001 probability levels. The comparison of control and Experimental group also indicate about same extent of improvement in flexibility. Since the selective yoga asanas involve stretching and twisting of the legs, arms and trunk muscles, the range of movement of the joints was affected favourably. This finding can well be substantiated by a number of earlier study e.g. de varies 1961; Ryon, 191; Dhanraj 1974, Mall 1991; Lohan 1999, It may be also noted that among all the component of physical fitness flexibility has recorded maximum improvement with a difference of about five standard deviation units.

However, regular practice of yoga asana did not show considerable improvement in speed and endurance component of physical fitness. Though in post condition, Experimental group has shown some improvement in speed as well as endurance, it could not reach the desired level of significance. These results are well understandable in the light of the basic nature of exercises tapped by yoga asanas. The yoga asanas are not speed oriented rather oriented to maintain a posture with greater degree of stability. As pioneer expert on yoga,
Patanjali has started it, Sidhum Sukham Asanam" (Patanjali yoga sutra, 1932). The component of endurance was also not affected by yoga asanas one of.

The possible reasons of this may be the stationary nature of yoga exercises which do not in value much dynamic activity that leads to improvement in speed and endurance. These results are in consistency with some of the earlier researches regarding the effect of yoga asanas on speed and endurance Mall, 1991 and Lohan 1999).

**Study related to Yoga & Psychological Fitness:**

Patanjali believes that as long as a person's behavior is subject to environmental forces, he is prone to abnormality. On the other hand, if this personality is guided by motivational forces, which control human activity from with optimum benefits, will be gained, and the environmental forces will not disturb the functioning of the individual and his personality. Yoga and Psychoanalysis were found in supplement and not supplant one other. However, while Psycho-analysis is a therapeutic weapon, while yoga is a discipline for promoting positive mental health.

Yoga is an integral part of life; moreover, it can ensure good health, disease control and psycho-physical balance in modern civilization. A scientific approach to Psycho-Physical fitness and its building up a healthy society and healthy Nation is antidote toward all Psycho-Physical hazards.
It needs no scientific proof as Dr. Salk, Nobel-Prize Winner says- "Medicine is science of disease, yoga is the science of health. How can then modern medicine examine the claims of yoga"? Though, it is generally believed that yoga practice contribute to a feeling of well being.

Yoga was also looked as a great cultural heritage of India and attempts were made of revive the age old discipline of yoga and bring at its importance in the present day society in the light of modern scientific advancements. It is now being realized that yoga is not only for better development of mind socio-control, spiritual moral, sharp mind, well study habits or improved study habits but for physical development also and many attempts have been made by the scholars to explain the effects of yoga exercises on physical and (mental) psychological fitness.

Ohlson, ET. al. (1975) Studied effects of physical fitness on mental performance after physical work. Two groups with different levels of physical fitness performed a serious mental task immediately after physical work of five different degrees of difficulty. The task included high information load, placing great demands on continuous concentrations, switching off attention and sensory (short term) memory. The physically more fit group performed significantly better (committed markedly less errors) than the less fit.

Kocher (1979) Studied mental fatigue, immediate memory and knee jerk, and found out that practice of
yogic asanas significantly improved performance of mental work and memory. The reflex-activity to patellar tendon or knee jerk extent was reduced indicating a sign of general relaxation.

Cattell and Scheier (1963) have stated. "It is what closest to being the common element in all forms of mental disorders; the lack of anxiety (low scores on scale) thus becomes an excellent operational definition of mental health". The above statement of confirmed by the results of sub-factors of anxiety in the present investigation. The subjects have shown non-anxiety (low scores) and have tried to integrate their behavior, the capacity to control and express frustrative tensions in a suitable way, lack of depression and guilt as a result of ego pressure. All these signs indicate stability security and mental health and subjects have shown the social-emotional adjustment. The results of covert and overt anxiety shows that the subjects were more conscious about their anxiousness and the low score on total anxiety confirms that they have trait to control their anxiety after yoga practice.

Karambelkar et.al. (1968) have demonstrated that yoga exercises could reduce the uric-pepsin secretion and thus induce relaxation in the body.

Johanson and Spielberger (1968) found that relaxation training significantly reduced anxiety state.

Kuvalayananda and Vinekar (1963) have rightly pointed out that the yogic practices along with particularly asanas, are supposed to reduce the high
activation level and psycho-physiological disequilibrium and also contribute to steadiness, psychomotor coordination and emotional stability. Other investigators (Duffy, 1957; Eysenck 1960) pointed out that the conditions of high activation level and psycho-physiological disequilibrium, emotional instability seems to increase the disorganization of motor responses and the tremors a form of disorganization have been separated to be related to the severity of conflicts and to neuroticism.

There was significant increase in steadiness in normal subject after yogic practices (training) as compared with their initial steadiness measured in terms of hand steadiness scores. The 'relaxed' subjects, as compared with relatively 'tense' subjects, were found to show greater steadiness. Since yogic practices seem to reduce tremors and increase steadiness. It may be suggested (Pratap 1968) that these practices will be helpful in resolving conflicts and also in reducing neuroticism and consequently contributory to emotional stability. This study was conducted to verify one of the yogic claims that a person achieves greater steadiness after yogic practices, and to compare steadiness of normal subjects under tense and relatively relaxed conditions. Results suggest that the increase in steadiness was due to yogic practices. Since yogic practices seem to reduce tremors and increase steadiness, it may be suggested that these practices will be helpful in resolving conflicts and
also in reduction neuroticism and consequently contributory to emotional stability.

Prezyna (1967) studied religious attitude and personality traits analyzed on the basis of the supplied by cattells 16 factor questionnaire. Results reveal the high positive religious intensity group to possess on the average more emotional maturity, more super ego control, greater self-control, higher sensitivity and contact with environment. The lower intensity group was characterized by the opposite features.

Partap (1968) made a study "Steadiness in normals before and after yogic practices". Significant increase in hand steadiness was observed in 26 male and 8 female at the end of the one month training in yoga, 'Relax Subject' showed better steadiness as compared with "tense subjects". Karambelkar (1969) et al. made a study "Muscles activity in some asanas." They found that electrical activity in muscles was reduced during maintenance of selected asanas.

Therrien (1969) and Dhanaraj (1974) also confirmed the result about the improvement in flexibility through yogic exercises.

Romanowski (1971) and Pasek (1971) have done considerable scientific research on psycho-physiological aspect of yoga. The study showed that yoga exercises influence the para-sympathetic system and helped mental calmness and normal emotional reactivity certain exercises in yoga facilitate psychic concentration and
relaxation through conscious control of the meditative system.

According to Ryan (1971) yogic exercises have proved to be helpful for flexibility and relieving tension.

Kocher and Pratap (1972) conducted a study to explore the possibility of favourable influences of yogic practices on psychomotor co-ordination. All the subjects were tested for physical fitness individually before the training or yogic practices, and then after three weeks yoga training programmes on the same subjects were again tested in the same controlled conditions. Yoga practices are claimed to have reduced the Psychophysiological disequilibrium and stabilize the mechanism in the face of external and internal stimuli. The results obtained in the study seemed taking in favour of the claims made for the effect of yogic practices.

In another study, Kocher (1972) used mirror tracing test as a measure of steadiness among yoga practitioners. Yogic practices were performed by the subjects one hour daily for about eight months. Results showed a significant improvement in hand steadiness among yoga practitioners after the yogic practices as compared with control group in terms of errors or mirror tracing test.

Certain investigators (Patel 1973) have reported one yogic exercise which has already established itself as a physical and mental relaxant i.e. "Shavasana" (dead pose). Among the observed changes brought about by this asana are dropped in blood pressure, metabolic rate, slowing
down of respiration and the heart rate as well as increase in the skin temperature.

Gharote (1976) conducted a study on forty residential students of a high school. They were randomly selected and divided into experimental and control groups, and were matched on the basis of the physical fitness index derived from Fleisman Battery of basic fitness tests. The experimental group was given training in selected yogic exercises for a period of three weeks. The training session was of thirty minutes duration. After the experimental period both the groups were again tested on the same Fleishman Battery of fitness lest. Fitness indices along with the scores on individual test items of both the group were compared statistically. The results revealed that the experimental group showed significant achievement in physical fitness. Among the individual test items significant achievement in scores was observed in leg lifts, shuttle run and balance.

Hopkins and Hopkins (1976) studied yoga in psychomotor training and recommended the use of suitably modified yoga exercises in the psychomotor training of children. It was also pointed out that yoga was not a strenuous activity. Its emphasis on slow controlled (yogic exercises) had a markedly calming effect, reducing tension and promoting relaxation in children who were over stimulated by physical activity. It was emphasized the exercises for adults might be modified for the use of children.
In another study (Kocher 1976) forty subjects of age range between 15 to 60 years, were administered. The anxiety scale Questionnaire and Hostility Direction and Hostility Questionnaire were given to the whole group initially and after yoga training Results of this study showed that the scores on general hostility decreased and this reduction in scores indicated that the subjects were less extra punitive or less hostile after yogic practices. The results of anxiety in the present study and previous studies (Kocher and Pratap, 1971, 1972) have shown the favourable results on total anxiety and free anxiety scores regarding the yogic practice.

Uduna (1976) in a study administered certain psychological tests to find out the effects of yoga asanas practiced for over six month. The results of this study indicated: i) A lowered neuroticism index, ii) Increased feeling of well being, iii) Decreased rate of mental fatigue, even after stress, iv) Increased memory. These psychological components have been a very purposeful area of experimental investigations due to its educational value in the school and social settings.

Uduna compiled a scientific treatise on "Disorder of stress and their Management by yoga" in 1978. The following psychological and physiological conclusions were drawn from various studies.

(i) Yoga Asanas and Pranayam improved memory and intelligence quotient. The practice brought about homeostasis in psycho-physiological functions.
(ii) Pulse rate and blood pressure decreased. Biochemically, there was reduction in the circulating acetylcholine, serum cholesterol and blood sugar levels. There was an increase by serum proteins and an improved thyroid functions.

(iii) Shavasana and meditative asanas improved relaxation, reduced blood pressure and enhanced the micro-circulation to the vital organs of the body. Plasma catecholamine was reduced induction of the activity of the sympathetic nervous system.

The studies show that yogic exercises are helpful in improving physical fitness. But these studies investigate the effect of yogic asanas on only a few physical fitness components. Therefore, further studies are required to investigate the effect of yogic asanas on physical index in order to arrive at generalization.

Gharote (1978) defined yoga as practices consisting of asanas, pranayams, bandhas and mudras, and kriyas. Asanas are special pattern of postures, involving static stretching, leading to stability of body and mind. Pranayams control an automatic process of respiration. Bandhas and Mudras control the semi-voluntary muscles of the body, kriyas and cleaning processes controlling and reflex mechanisms.

Kocher studied (1978, 1979, and 1979), on mental fatigue, immediate memory and knee jerk, have pointed out that practice of yogic asanas significantly improved performance of mental work and memory. The reflex
activity in petellev tendon or knee jerk extent was reduced indicating a sign of general relaxation. In the study conducted by Khodesbar (1988) on breath control, 50 male kabaddi player of age group 18-25 year of local physical Education training college were divided into two groups equally that is experimental group and control group. The yogic training programme was given to experimental group for 6 weeks for 45 minutes daily except Sunday. Both the group was being involved in the Common Physical Education Programme of the college in addition to the experimental stimulus. The result show that the training based on some simple yogic exercises does have positive effect on increasing the cardio-respiratory endurance. Post training values indicate improvement in cant ability, vital capacity, breath-holding time and the physical fitness index.

Vishal (1985) conducted a test on "A study of the effect of yogic practices on certain psycho & Physiological Parameters". The purpose of this study was to determine the effect of yogic practices on certain psychological parameters. The data for this was collected by administering certain psychological test and psychological questionnaire. Pre-testing was done on such subjects who had no previous training of yogic practices. These subjects were given a regular training of yogic practice for a period of six months. Post testing was done after six months on the some subjects and the results was found the yogic exercises had favourable effect on certain
psychological parameters (Anxiety, Hand Steadiness)

**OVERALL VIEW:**

After the study of all those above related literatures, the investigator find that some researchers explained the effect of yogic exercises/ training in one way or the other way improve the physical fitness components and others have tried to prove that asanas also improve psychological components. But nobody has shown the effect of asanas on physical and psychological components both. In the present study, the investigator has tried to find out the effect of yogic asanas on physical fitness components as well as psychological components viz. memory and study habits.