CHAPTER III
MATERIALS AND METHOD

3.1 Research Design

This is a literary research,\(^1\) where the Indian Traditional Scriptures and standard Yoga Texts were critically analyzed and evaluated in the context of the health and value education. The extracts of Scriptures and Classical Yoga Texts were deduced scientifically and the contribution of them towards human health, fitness and value education was established. The study was conducted in considering the following steps:

1) Systematic Review of Scriptures, Traditional Yogic Texts & Research Literature

The ancient as well as modern literature were reviewed systematically to identify the major dimensions of human health, health related fitness and values.

2) Preparation of Checklist

Based on the attributes of the major dimensions, common Checklist was prepared for human health, health related fitness and values. For this, standard procedure was followed (Guilford & Fruchter, 1973).\(^2\) The preliminary form of the checklist to assess the status of human health, health related fitness, and value education had 25 items respectively. These items (question / point) of each dependent variable had been sent to various experts of the field of medical science, physical education and education. After verification from the experts, checklist contained 17 items. Further, the checklist was given to five researchers who are directly involved in literary

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\(^1\) See details in Appendix-III.

research since last 20 years. Finally, the items were modified and amalgamated in such a way so that the checklist contained 12 items to identify the data on human health, health related fitness and value education (APPENDIX-I). This assures the objectivity and content validity of the Checklist.

3) Source of data & Data Collection

Each of the selected Yogic Texts (i.e., *Patanjala Yoga, Hathayoga* etc.), *Upanishads* and *modern research reports*, available in the Kaivalyadhama Library (Lonavla, India) were verified by using the Checklist as developed in this study and data related to the contribution of each of the literatures towards health, health related fitness and values were collected.

3.2 Variables

The dependent variables of this study were –

- Health;
- Fitness (i.e., Health related fitness);
- Value Education.

Similarly, the independent variables included were –

- Hathayoga; and
- *Patanjala Yoga*.

3.3 Procedure of Data Collection

Since this is a literary research, the investigator intended to collect information pertaining to this study from various libraries and websites. As per information from website, the researcher confirmed that no library in India has sufficient literature on yoga as compared to Kaivalyadhama, Lonavla (India). The researcher, therefore, fully concentrated on the literature as available in the Kaivalyadhama Library. However, prior to this, the researcher prepared a request letter and submitted to the Kaivalyadhama authority to seek permission to use its library for the purpose. After receiving the consent from the authority, the researcher conducted this literary research. A list of all the standard literature, traditional texts, *Upanishads*, manuscripts related to yoga – as available in the Library, was prepared carefully and
commentaries of many authors on Hatha Yoga and Patanjala Yoga have been reviewed in-depth. Further, related information (data) were collected as per the checklist.

3.4 Data Analysis

Although, detailed data analysis have been presented in Chapter-IV, the steps for the same are as follows:

- Important Yoga practices that claim to achieve human health, health-related-fitness and values, were identified, accumulated and categorized according different age groups.

- Data were organized through various tables and were interpreted logically with scientific reasoning. Graphical representations provide visual understanding of the logical interpretations.

- Different “Schedules of Yoga” were prepared as a curative (treatment) strategy for different psychosomatic disorders to promote proper health care.

- Different “Schedules of Yoga (Age-wise)” were prepared as a preventive strategy for retaining proper Health and Health-related fitness.

- Different “Syllabi of Yoga” for implementing Value Education were framed for the students of Pre-Primary to Secondary Education.