

TABLE OF CONTENTS

	Page No
Certificate by the Supervisor	ii
Declaration by the Scholar	iii
Dedication	iv
Acknowledgement	v
List of Tables	vi
List of Illustrations	viii
List of Appendices	Xx
CHAPTER - I INTRODUCTION	1 – 49
1.1 Introduction	1
1.2 Yoga as diagnostic tool	3
1.3 Yoga for preventive care	4
1.4 Police	5
1.5 History of Police	5
1.6 Meaning of Police	7
1.7 Organization of Madras city Police	8
1.8 History of Tamil Nadu Traffic Police	8
1.9 Duties of traffic police	9
1.10 Objectives of traffic police	9
1.11 Dimension of health	10
1.12 Factors causing ill- health	10
1.13 Symptoms for ill- health	10
1.14 Scientific correlates of ill- health	11
1.15 A list of common diseases	11

1.16	factors for ill- health	13
1.17	Prevention of ill-l health	14
1.18	Alternative medical treatment	14
1.19	Yoga	16
1.20	Salient features of yoga	16
1.21	Types of Yoga	16
1.22	General characteristics of yogic practices	17
1.23	Ashtanga yoga	17
1.24	Koshas	19
1.25	Shariras	19
1.26	Mahabhootas	19
1.27	Chakras	20
1.28	Doshas	20
1.29	Gunas	21
1.30	Nadis	21
1.31	Pranas	21
1.32	Yogic diet	22
1.33	Shatkarma	22
1.34	Bandhas and Mudras	22
1.35	Yogic Practices	23
1.36	Schools of Yoga	23
1.36.1	Yogic practices (groupA)	24
1.36.1.1	B.K.S.Iyengar	24
1.36.1.2	Ramamani Iyengar Memorial Institute for Yoga	24
1.36.1.3	Iyengar Yoga	24
1.36.1.4	Effect of cultural asanas on various systems of the body	25
1.36.1.4.1	Sitting asanas	25

1.36.1.4.2	Sitting forward bends	26
1.36.1.4.3	Standing asanas	28
1.36.1.4.4	Inverted asanas	30
1.36.1.4.5	Twisting asanas	31
1.36.1.4.6	Back bending asanas	32
1.36.2	Yogic practices (group B)	33
1.36.2.1	Swami Satyananda Saraswati	33
1.36.2.2	Bihar school of yoga	34
1.36.2.3	Surya Namaskar Introduction	34
1.36.2.4	History Of Sun worship	35
1.36.2.5	Practice of Surya Namaskar	35
1.36.2.6	Asana chakras bija and surya mantra	36
1.36.2.7.	Mantras and meaning	37
1.36.2.8	Effect of Surya Namaskar on dependent variables	38
1.37	Pranayama	38
1.38	Objectives of the study	39
1.39	Reasons for the selection of the topic	40
1.40	Reasons for the selection of independent variables	40
1.41	Reasons for the selection of dependent variables	40
1.42	Statement of the problem	41
1.43	Hypothesis	41
1.44	Significance of the Study	41
1.45	Delimitations	42
1.46	Limitations	42
1.47	Meaning and Definition of the terms	43
1.47.1	Health	43
1.47.2	Physiological Variable	43

1.47.3	Pulse Rate	43
1.47.4	Vital Capacity	43
1.47.5	Blood pressure	43
1.47.6	Bio-chemical Variables	44
1.47.7	Total Cholesterol	44
1.47.8	Blood Sugar	45
1.47.9	Liver function	45
1.47.10	Psychological Variables	47
1.47.11	Job Involvement	48
1.47.12	Stress	48
1.47.13	Organizational Climate	49
1.47.14	Yoga	49
1.47.15	Asana	49
1.47.16	Suryanamaskar	49
1.47.17	Pranayama	49
CHAPTER II REVIEWS OF RELATED LITERATURE		50-109
2.1	Studies on Yoga and Police	51
2.2	Studies on physiological variables in Yoga	53
2.3	Studies on bio-chemical variables in Yoga	82
2.4	Studies on psychological variable in Yoga	99
2.5	Summary of the reviews	109
CHAPTER III METHODOLOGY		110-186
3.1	Selection of Subjects	110
3.2	Selection of Variables	111
3.2.1	Independent Variables	111
3.2.2	Dependent Variables	113
3.3	Experimental Design	114

3.4	Pilot Study	114
3.5	Criterion Measures	115
3.6	Reliability of data	116
3.7	Reliability of Instruments	116
3.8	Testers Reliability	117
3.9	Subjects Reliability	118
3.10	Orientation to the subjects	118
3.11	Training schedule	119
3.12	Training procedure	125
3.12.1	Yogic practices (groupA)	125
3.12.1.1	Prayer	125
3.12.1.2	Loosening asanas	126
3.12.1.3	Padmasan	127
3.12.1.4	Ardhapadmavajrabharadwajasana	128
3.12.1.5	Tadasana	129
3.12.1.6	Ardhakatichakrasana	130
3.12.1.7	Parivritatrikonasana	131
3.12.1.8	Uttanapadasana	132
3.12.1.9	Halasana	133
3.12.1.10	Sarvangasana	134
3.12.1.11	Baddhakonasana	135
3.12.1.12	Uppavishtakonasana	136
3.12.1.13	Bhujangasana	137
3.12.1.14	Ardhasalabhasana	138
3.12.1.15	Salabhasana	139
	Vakrasana	140

3.12.1.16	Ujjayi pranayama	141
3.12.1.17	Viloma 2 pranayama	142
3.12.1.18	Shavasana	143
3.12.2	Yogic practices (groupB)	144
3.12.2.1	Pranaamasana	144
3.12.2.2	Hastauttanasana	145
3.12.2.3	Padahastasana	146
3.12.2.4	Ashwasanchalasana	147
3.12.2.5	Parvatasana	148
3.12.2.6	Ashtangasana	149
3.12.2.7	Bhujangasana	150
3.12.2.8	Anuloma Viloma pranayama	151
3.12.2.9	Yoga nidra	152
3.13	Test Administration	153
3.13.1	Physiological variable	153
3.13.2	Bio-chemical variable	155
3.13.3	Psychological variable	160
3.14	Collection of data	162
3.15	Statistical Techniques	163
CHAPTER IV RESULTS AND DISCUSSIONS		187-231
4.1	Overview	187
4.2	Test of Significance	188
4.3	Level of Significance	188
4.4	Computation of Analysis of co variance and post HOC test	189
4.4.1	Results on Pulse rate	189

4.4.1.1	Discussion on the findings of Pulse rate	191
4.4.2	Results on Vital Capacity	192
4.4.2.1	Discussion on the findings of Vital Capacity	195
4.4.3	Results on Systolic Blood pressure	196
4.4.3.1	Discussion on the findings of Systolic Blood pressure	198
4.4.4	Results on Diastolic Blood pressure	199
4.4.4.1	Discussion on the findings of Diastolic Blood pressure	202
4.4.5	Results on Total Cholesterol	203
4.4.5.1	Discussion on the findings of Total Cholesterol	206
4.4.6	Results on Blood Sugar fasting	207
4.4.6.1	Discussion on the findings on Blood Sugar fasting	209
4.4.7	Results on Blood Sugar post-prandial	210
4.4.7.1	Discussion on the findings of Blood Sugar post-prandial	213
4.4.8	Results on Liver function test-Albumin	214
4.4.8.1	Discussion on the findings of Liver function testAlbumin	216
4.4.9	Results on Job involvement	217
4.4.9.1	Discussions on the findings of Job involvement	220
4.4.10	Results on Stress	221
4.4.10.1	Discussion on the findings of Stress	223
4.4.11	Results on Organizational climate	224
4.4.11.1	Discussion on the findings of Organizational climate	227
4.5	Discussion on Hypothesis	228

CHAPTER V	SUMMARY, CONCLUSION AND RECOMMENDATION	232-235
5.1	Summary	232
5.2	Conclusion	233
5.3	Recommendations for practitioners/government	234
5.4	Suggestions For Further Study	235
	BIBLIOGRAPHY	
	Books	236
	Journals	237
	Websites	246

Appendices

Journals publications