TABLE OF CONTENTS

		Page
Certificate by the Supervisor		i
Declaration by the Scholar		ii
Dedication		111
Acknowledgement		iv
List of Tables List of Illustrations		1X
		xii
List of A	Appendices	xiii
СНАРТ	TER I INTRODUCTION	1-41
1.1	Obesity	2
1.2	Need For Burning Out Fat	3
1.3	Yoga	4
1.4	Asanas	6
1.5	Pranayama	6
1.6	Systems of Yoga	7
1.6.1	Bhakti Yoga	7
1.6.2	Hatha Yoga	8
1.6.3	Jnana Yoga	8
1.6.4	Karma Yoga	8
1.6.5	Kundalini Yoga	9
1.6.6	Mantra Yoga	9
1.6.7	Purna Yoga	9
1.6.8	Raj Yoga	10
1.7	Benefits of Yoga	10
1.7.1	Physiological Benefits of Yoga	10
1.7.2	Psychological Benefits of Yoga	12
1.8	Nutritional Supplementation	13
1.9	Yogic Diet	13
1.9.1	Composition of Yogic Food	15
1.9.2	Types of Yogic Food	18
1.9.3	Benefits of Yogic Diet	20
1.10	Education	23
1.10.1	Obese Women Engineering College Students	24
1.11	Physiology	26
1.11.1	Importance of Physiological Variables	27
1.12	Psychology	29
1.12.1	Importance of Psychology For Managing Obesity	29
1.13	Reasons For Selection of Topic	31
1.14	Reasons For Selection of Variables	32
1.15.	Statement of The Problem	33
1.16	Hypotheses	33

TABLE OF CONTENTS

		PAGE
1.17	Significance of The Study	34
1.19	Limitations	37
1.20	Definition of Terms Used	38
СНАРТ	ER II REVIEW OF RELATED LITERATURE	42-89
2.1	Effects of Yogic Practices on Physiological Variables	43
2.2	Effects of Yogasanas on Psychological Variables	59
2.3	Studies on Yoga Diet	79
2.4	Summary of Related Studies	89
СНАРТ	ER III METHODOLOGY	90-121
3.1.	Selection of Subjects	90
3.2	Selection of Variables	91
3.2.1	Dependent Variables	91
3.2.2	Independent Variables	92
3.3	Experimental Design	92
3.4	Pilot Study	93
3.5	Criterion Measures	94
3.6	Reliability of Data	95
3.6.1	Instrument Reliability	95
3.6.2	Tester's Competency	96
3.6.3	Subjects Reliability	97
3.7	Collection of Data	97
3.8	Experimental Treatment	98
3.8.1	Yogic Practices	98
3.8.2	Yogic Diet	107
3.8.3	Combined Group	110
3.9	Test Administration	110
3.9.1	VO ₂ Max	110
3.9.2	Breath Holding Time	111
3.9.3	Resting Pulse Rate	112
3.9.4	Vital Capacity	113
3.9.5	Mean Arterial Blood Pressure	114
3.10.	Measurement of Psychological Variables	115
3.10	Measurement of Self Confidence, Stress Management and	
	Inter Personal Relationship	115
3.10.2	Achievement Motivation	118
3.10.3	Self Concept	119
3.11	Statistical Analysis	120

TABLE OF CONTENTS

	PAGE
CHAPTER IV RESULTS AND DISCUSSIONS	122-189
4.1 Overview	122
4.2 Test of Significance	123
4.2.1 Level of Significance	124
4.3.1.1 Results on Vo ₂ Max	124
4.3.1.2 Discussions on Vo ₂ Max	129
4.3.2.1 Results on Breath Holding Time	131
4.3.2.2 Discussions on Breath Holding Time	134
4.3.3.1 Results on Resting Pulse Rate	136
4.3.3.2 Discussions on Resting Pulse Rate	140
4.3.4.1 Results on Vital Capacity	142
4.3.4.2 Discussions on Vital Capacity	147
4.3.5.1 Results on Mean Arterial Blood Pressure	149
4.3.5.2 Discussions on Mean Arterial Blood Pressure	153
4.3.6 Results on Self Confidence	155
4.3.6.2 Discussions on Self Confidence	159
4.3.7.1 Results on Stress Management	162
4.3.7.2 Discussions on Stress Management	166
4.3.8.1 Results on Inter Personal Relationship	168
4.3.8.2 Discussions on Inter Personal Relationship	172
4.3.9 Results on Achievement Motivation	174
4.3.9.2 Discussions on Achievement Motivation	178
4.3.10.1 Results on Self Concept	180
4.3.10.2 Discussions on Self Concept	184
4.4 Discussions on Hypotheses	186
CHAPTER V SUMMARY CONCLUSIONS AND	
RECOMMENDATIONS	190-198
5.1 Summary	190
5.2 Conclusions	193
5.3 Recommendations	196
5.4 Suggestions For Future Researches	197
BIBLIOGRAPHY	199
Books	199
Journals And Periodicals	201
Unpublished Thesis	206
Websites Visited	207