

TABLE OF CONTENTS

CONTENTS		Page No.
Title		i
Certificate by the Supervisor		ii
Declaration by the Scholar		iii
Curriculum vita		iv
Dedication		ix
Acknowledgements		x
Table of Contents		xii
List of Tables		xx
List of Illustrations		xxiii
List of Appendices		xvii
CHAPTER I	INTRODUCTION	Page No.
1.1	Obesity	1
1.2	Prevalence of Obesity	2
1.3	Research on Obesity in India	4
1.4	Prevalence of Coronary Heart Disease	4
1.5	Role of Media	5
1.6	Assessment of Obesity- Body Mass Index	5
1.7	Body mass index calculation	5
1.8	Classification of Obesity	6
1.9	Causes of Obesity	6
1.10	Signs and Symptoms of Obesity	7
1.11	Reasons for Obesity	8
1.12	Complications of Obesity	9
1.13	Concept of Obesity	10
1.14	Life style diseases	10
1.15	Major Changes associated with Obesity	11
1.15.1	Physiological Changes in Obesity	11

CHAPTER I	INTRODUCTION	Page No.
1.15.1.1	Cardiovascular diseases	11
1.15.1.2	Coronary artery disease	11
1.15.1.3	Hypertension	11
1.15.1.4	Arrhythmias	12
1.15.1.5	Respiratory functions	13
1.15.1.6	Obstructive sleep apnea	13
1.15.1.7	Asthma	13
1.15.1.8	Pulmonary hypertension	14
1.15.1.9	Liver disease	14
1.15.2	Biochemical Changes in Obesity	14
1.15.3	Psychological Changes in Obesity	15
1.16	The Clinical History of Obesity	16
1.17	Age of onset and Family History	16
1.18	Eating history	16
1.19	Obesity on Brain	17
1.20	Signals from Adipose Tissue	18
1.20.1	Leptin and Appetite Control	18
1.20.2	Leptin and the Regulation of Body Weight in Mammals	18
1.20.3	Leptin associated genes	19
1.21	Prevention of Obesity	19
1.22	Yoga	20
1.22.1	Principles of Yoga	20
1.22.1.1	Proper exercises	20
1.22.1.2	Proper breathing	21
1.22.1.3	Proper relaxation	21
1.22.1.4	Proper diet	21
1.22.1.5	Positive Thinking and Meditation	21
1.22.2	Philosophy of Yoga	22
1.22.3	History of Yoga	23
1.22.3.1	Vedic yoga	23
1.22.3.2	Pre classical yoga	23

CHAPTER I	INTRODUCTION	Page No.
1.22.3.3	Classical yoga	24
1.22.3.4	Post classical yoga	25
1.22.4	Paths of Yoga	26
1.22.5	Yoga and Mind	27
1.22.6	Yogic View of Mental Health and Mental Illness	27
1.22.7	Yogic Concept of Pancha kosha	28
1.22.8	Yogic Concept of Pancha Mahabhutas	30
1.22.9	Yoga on Obesity	30
1.22.10	Effects of Yoga	31
1.22.10.1	Physiological Benefits of Yoga	33
1.22.10.2	Biochemical Benefits of Yoga	34
1.22.10.3	Psychological Benefits of Yoga	35
1.23	Physical activity	36
1.23.1	Obesity and Physical Activity- Quick Facts	37
1.23.1.1	Obesity on Inactivity and Health	37
1.23.1.2	Economic consequences	37
1.23.2	Moderate physical activities	38
1.23.2.1	Moderate Physical Activity for Weight Management	39
1.23.2.2	Amount of Activity	39
1.23.2.3	Moderate Physical Activity for Weight Management	39
1.23.2.3.1	Energy expenditure	40
1.23.2.4	Moderate Physical Exercises and other Behaviours	
	Related to Weight Loss	40
1.23.3	Benefits of Physical Activity	40
1.24	Need of the Study	41
1.25	Reasons for the Selection of Topic and Variables	42
1.26	Objectives of the study	42
1.27	Statement of the Problem	43
1.28	Hypotheses	43
1.29	Significance of the study	43
1.30	Delimitations	44

CHAPTER I	INTRODUCTION	Page No.
1.31	Limitations	45
1.32	Meaning and Definition of the Terms	45
1.32.1	Yoga	45
1.32.2	Obesity	45
1.32.3	Moderate physical activities	46
1.32.4	Blood pressure	46
1.32.5	Systolic blood pressure	46
1.32.6	Diastolic blood pressure	46
1.32.7	Body mass index	46
1.32.8	Low density lipoprotein	47
1.32.9	High density lipoprotein	47
1.32.10	Total cholesterol	47
1.32.11	Anxiety	47
1.32.12	Job satisfaction	47
1.32.13	Self confidence	47
CHAPTER II	REVIEW OF RELATED LITERATURE	Page No.
2.1	Review of Related Literature	48
2.2	Studies Related to Yogic Practices with Dependent Variables	48
2.3	Studies Related to moderate physical activities with dependent variables	62
2.4	Studies Related to Obesity with dependent variables	87
2.5	Summary of Related Literature	114

CHAPTER III	METHODOLOGY	Page No.
3.1	Selection of Subjects	115
3.2	Selection of Variables	116
3.2.1	Independent Variables	116
3.2.2	Dependent Variables	116
3.3	Experimental Design	117
3.4	Pilot Study	117
3.5	Criterion Measures	118
3.6	Reliability of Data	119
3.7	Reliability of Instruments	121
3.8	Tester's Reliability	121
3.9	Subjects' Reliability	122
3.10	Orientation to the Subjects	122
3.11	Training Procedure on yogic practices	122
3.11.1	Starting Prayer	123
3.11.1.1	Meaning of Starting Prayer	123
3.11.2	Loosening Exercises	124
3.11.2.1	Pawanmukti Asaa Series-1	124
3.11.2.2	Pawanmuktasana Series-2	146
3.11.2.3	Pawanmuktasana Series-3	159
3.11.3	Suryanamaskar	173
3.11.4	Asanas	186
3.11.4.1	Parivardha Trikonasana	186
3.11.4.2	Padahastasana	187
3.11.4.3	Sarvangasana	189
3.11.4.4	Matsyasana	192
3.11.4.5	Shalabhasana	193
3.11.4.6	Bhujangasana	195
3.11.4.7	Shalabhasana	197
3.11.4.8	Dhanurasana	199
3.11.4.9	Ushtrasana	201

CHAPTER III	METHODOLOGY	Page No.
3.11.4.10	Navasana	203
3.11.4.11	Ardha Matsyendrasana	204
3.11.4.12	Paschimottanasana	207
3.11.4.13	Shavasana	209
3.11.5	Pranayamas	210
3.11.5.1	Bhastrika Pranayama	210
3.11.5.2	Kapalabhati	213
3.11.5.3	Surya Bheda Pranayama	215
3.11.5.4	Nadi Shodhana	217
3.11.6	Meditation	219
3.11.6.1	Yoga Nidra	219
3.11.7	End Prayer	224
3.11.7.1	Meaning of End Prayer	224
3.12	Training Procedure on Moderate Physical Activities	225
3.12.1	Warming Up	225
3.12.2	Normal Walking	225
3.12.3	Slow Jogging	227
3.12.4	Physical Exercises	228
3.12.5	Warm Down	234
3.13	Training Schedules	234
3.14	Test Administration	244
3.14.1	Physiological Variables	244
3.14.1.1	Systolic Blood Pressure	244
3.14.1.2	Diastolic Blood Pressure	244
3.14.1.3	Body Mass Index	244
3.14.2	Bio-chemical Variables	246
3.14.2.1	Low Density Lipoprotein	246
3.14.2.2	High Density Lipoprotein	246
3.14.2.3	Total Cholesterol	247
3.14.3	Psychological Variables	247
3.14.3.1	Anxiety	247

CHAPTER III	METHODOLOGY	Page No.
3.14.3.2	Job Satisfaction	248
3.14.3.3	Self Confidence	249
3.15	Collection of Data	250
3.16	Statistical Techniques	250

CHAPTER IV	RESULTS AND DISCUSSIONS	Page No.
4.1	Overview	255
4.2	Test of Significance	256
4.3	Level of significance	256
4.4	Computation of Analysis of Covariance and Scheffe's Post Hoc Test	256
4.5	Results on Systolic Blood Pressure	256
4.5.1	Discussion on the findings of Systolic Blood Pressure	259
4.6	Results on Diastolic Blood Pressure	260
4.6.1	Discussion on the findings of Diastolic Blood Pressure	262
4.7	Results on Body Mass Index	263
4.7.1	Discussion on the findings of Body Mass Index	265
4.8	Results on Low Density Lipoprotein	267
4.8.1	Discussion on the findings of Low Density Lipoprotein	269
4.9	Results on High Density Lipoprotein	270
4.9.1	Discussion on the findings of High Density Lipoprotein	273
4.10	Results on Total Cholesterol	274
4.10.1	Discussion on the findings of Total Cholesterol	276
4.11	Results on Anxiety	277
4.11.1	Discussion on the findings of Anxiety	279
4.12	Results on Self Confidence	280
4.12.1	Discussion on the findings of Self Confidence	282
4.13	Results on Job Satisfaction	284

CHAPTER IV	RESULTS AND DISCUSSIONS	Page No.
4.13.1	Discussion on the findings of Job Satisfaction	286
4.14	Discussion on Hypothesis	287

**CHAPTER V SUMMARY CONCLUSIONS
AND RECOMMENDATIONS**

		Page No.
5.1	Summary	289
5.2	Conclusions	290
5.3	Recommendations	291
	Bibliography	292
	Books	292
	Journals	295
	Websites	311
	Appendices	312
	Research Articles in Journals	328