

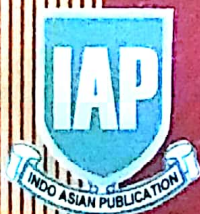
# INDO WESTERN RESEARCHERS

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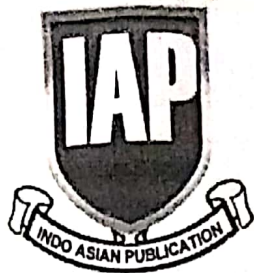
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E-mail :

visiongroup1994@gmail.com

interlinkresearch@rediffmail.com

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## INDEX

Sr. No	Title for Research Paper	Page No
1	Tehsil Development Index: A Study of Nashik District <b>Dr. Sudhakar K. Pagar</b>	1
2	Export Performance of SEZ and its Economic Contribution in India <b>Dr. Arati W. Khadatkar</b>	6
3	Hardy's philosophy of life with reference to 'Tess of the d'Urbervilles' <b>G. B. Mane</b>	15
4	The Role of Physical Fitness and Yogic Exercises on Reduction of Cholestrol <b>Maleka Shaheen Abdul Gaffar</b>	18
5	कबुतर खाना महानगरीय जीवन का यथार्थ डॉ. शिवाजी वैद्य	29
6	इक्कीसवी सदी के उपन्यासों में सामाजिक चेतना डॉ. संतोषकुमार गाजले	32
7	दिनेशनंदिनी डालमिया के उपन्यासों में नारी के विविध रूप डॉ. सतोंष विजय येरावार	38
8	ब्रिटीशकालीन भारतीय अर्थव्यवस्था तथा डॉ. बाबासाहेब आंबेडकर की आर्थिक विचारधारा डॉ. राजेंद्र एम. तातेड	43
9	विदेशी प्रत्यक्ष गुंतवणुकीच्या संबंधात सरकारची भूमिका अमोल राऊत	49
10	डॉ. बाबासाहेब आंबेडकर : भारतीय अर्थव्यवस्थेचे मार्गदर्शक महादेव तुळशिराम मस्के	53



## The Role of Physical Fitness and Yogic Exercises on Reduction of Cholesterol

**Maleka Shaheen Abdul Gaffar**  
*Head, Dept. of Home Science,  
Millia College,  
Beed Dist. Beed*

Physical fitness is a general state of health & well being or specifically the ability to perform aspects of physical exercise. It is generally achieved through keen yoga, exercise, correct nutrition, hygienic conditions and rest. It is a set of attributes or characteristics that people have or achieved that relates to the ability to perform physical activity.

The president's council on physical fitness & yoga - a study groups sponsored by the government of the United States - declines to offer a simple definition of physical fitness instead developed the following chart.

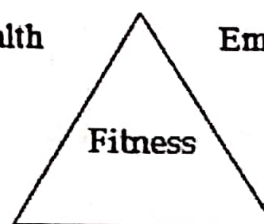
Physiological	Health related	Skill related	Sports
Metabolism	Body	Agility	Teams
Morphological	Composition	Balance	Sports
Bone integrity	Cardiovascular fitness	Coordination power	Individual sports
Others	Flexibility, Muscular endurance, Muscles strength	Speed Reaction time	Life time Others

Physical fitness are inter related with the 3 main angles of the triangle Mental, Social emotional health.

### MENTAL HEALTH

Social Health

Emotional Health



Physical fitness can also prevent or treat many chronic diseases brought on by unhealthy life style or ageing. The US centre for disease control & prevention encourages the adult public ages 18 to 64 to engage each week atleast one & a quarter hours of vigorous intensity of aerobic activity, yoga or two & half hour of moderate intensity aerobic activity, that time can be met in any increments.

Developing research has demonstrated that any of the benefits of practicing physical activity are mediated to the role of skeletal muscles as an endocrine organ, i.e., contracting muscles, release multiple substances known as myokines which promotes the growth of new tissue, tissue repair, various anti inflammatory functions which intense reduce the risk of developing various inflammatory diseases.

Physical fitness goes hand in hand with yogic exercises. It work as a boon in ruling out anomalies of olden age to recent times.

Cardio, aerobics are some of the buzz words, perhaps the most exciting evergreen era is of yogic era. Since the immemorable time the legacy of the yogic exercises are the one therapy of several diseases & disorders of all age groups. Yoga makes use of exercises an asanas (poses) to help relax & tone of the muscles and to the massage the internal organs. The breathing techniques (pranayamas) help to regulate the bodies energy level while meditations helps calm down the mind finally the relaxation position helps to reduce vast stress, tension, anxiety, restlessness & depressions.

In asthetic term yoga can be describe as a body smoothing, mind cooling therapy.

### **YOGA: ALTERNATIVE MEDICINAL SYSTEM**

**Yoga is the king of well being & goodness.**

It seems to be alternative for acupuncture anthroposophic medicine, boven technique chiropractic, homeopathy naturopathic medicine osteopathy etc.

Yoga as a exercise or alternative medicine primarily involves hatha yoga, which focuses on physical fitness postures. Modified versions of th physical exercises in hatha yoga have becom popular as a kind of lower impact. Physical exercises are used for therapeutic purpose. Hence, yoga in common parlance refers primarily to the asanas but less in commonly to pranayama. Aspects of medications are some times include

Both the meditative & exercises of yog show promise for non specific health benefit. According to an article in the Journal of Alternati & complementary medicine, the system of hatha yoga beliefs that prana or healing "Life Energy" absorb into the body through the breath and c treat a wide variety of illness & complaints.

Yoga has been studies as an interventi for many conditions, including back pain stress depression. A survey released in December 20 by the US national centre for complementary alternative medicine from that yoga was the most commonly used alternative therapy in united states during 2007 with 6.1% of population participating.

Swami Vivekananda was the first teach

to actively advocate & disseminate aspects of yoga to the strength population. During 1980's "Yoga Boom" inspired with Swami Satishdharma, M.D. a medical research paved way in connecting yoga health health. Legitimizing yoga as a purely physical system of health exercises outside of easternism circles & unconnected to a religious determination.

## YOGA-SUPPLEMENTARY THERAPY

For diverse conditions such as cancer, diabetes, asthma & AIDS. The scope of medicinal issues the yoga is used as complementary therapy continues growth. Recent researches show the healing power of yoga & related to positive psychology. Apart from conscious mass ones body and its capabilities, satisfaction from challenging one self physically, increased energy & mental clarity & concentration. It also showed great contribution in the breakdown of bad cholesterol in the body, which seems to be the key of fatal possibilities in human body.

Yoga is a coin holding two faces of exercises & meditations. It facilitates to act as catalyst in connecting fit body and peace mind in coordination.

## OBJECTIVES

The following are the objectives:

- 1) To study the effect of physical exercise and yoga
- 2) To access the influence of physical fitness on lipid profile
- 3) To study the effect of yoga and physical exercises on cholesterol, HDL, VLDL, triglyceride on

two sub groups serum samples

- 4) To compare the LDL values before and after performing physical activities and aerobic exercise
- 5) To examine the difference in reduction of bad cholesterol level as a result of quick metabolism in fitness trainees.

## HYPOTHESIS

The following are the hypothesis of the study

- 1) There would be significant influence of physical exercise and yoga on the serum cholesterol level in general education teacher and physical education teachers.
- 2) There would be significant difference in lipid profile between serum samples of pre test and post test.
- 3) There would effect of yogic exercises on the serum samples belonging to different levels of performers.
- 4) There is a persistent change in cholesterol level (LDL, HDL triglycerides & VLDL) in the person's ongoing physical fitness activities and yogic exercise.
- 5) HDL estimation is carried out with phosphotungstic acid method, dynamic extended study CHOD-PAP METHOD (AWITH LCF).
- 6) The change in LDL value evidences the necessity of physical fitness and yoga then in a normal layman.
- 7) There is a notable ongoing active physiological change in actively involved individual which causes to burn the bad cholesterol via various cascade of

metabolic path way for cholesterol breakdown.

- 8) Since No reduction in non-active individuals in LDL level itself states the yoga turned up the triglycerides LDL level to down during physical movement
- 9) Fifty samples of each high school general education and physical education teachers both male and female would be selected randomly from Gulbarga division.
- 10) Generation of Heat and energy during physical activity, Yoga showed the way of reduction of extra pound
- 11) Individuals with high blood pressure, glucose level showed variations after ongoing physical activity and yoga.
- 12) Reduction of LDL lowers hypercholestramia, hyperglycemia etc is observed.

**STATEMENT OF THE PROBLEM**

The present study focus on the role of Yoga and Physical Exercise in reduction of Cholesterol and bad cholesterol (LDL).

- " The pre test and the post test of lipid profile gives the picture of reduction levels in cholesterol and LDL.
- " Physical exercise and yoga plays an important role in metabolic pathway in cholesterol reduction in drastic manner.
- " Even the reduction level is varies in gender and in terms of activities
- " Reduction of cholesterol, LDL, triglyceride and increase in VLDL

depends on the individuals activity performed. Metabolism varies from male to female.

- " Yoga asanas provoke lipid metabolism for prescribed time duration.

**SERUM SAMPLES**

The selected samples would be classified into two equal and homogeneous groups. Keeping in view the objective of the study and appropriate research designs is adopted in present investigation. The sample of the study consist of fifty each serum samples (both male and female) represents general and physical education teachers of Gulbarga. Each set of 50 male and 50 female samples analysis before to making them to perform physical activity or yoga for a period of 6 weeks, with each day 3 - 4 hours and at an interval of 6 week the same persons serum samples of those 50 male and female were collected.

Three groups - physical education teacher, general education teacher and control sample.

Two sets of Serum sample from male and female

Male Female

Before Yoga

50 50

Two sets of Serum sample from male and female

Male Female

After Yoga

50 50

Two sets of serum sample from male and female

Male Female Before Physical Exercise

50 50

Two sets of serum sample from male and female

Male 50    Female 50  
 After Physical Exercise

**LIPID PROFILE VALUES**

Lipid profile is a blood examination that can determine the level of triglycerides and cholesterol in the blood a good lipid profile should indicate a total cholesterol value of less than 200 mg/dl.

HDL, LDL triglycerides, VLDL, are the important parameter of the study, physical fitness yoga are variables which performs persistent to bring the changes in normal values from an abnormal range.

**The sample distribution**

	Physical Education Teacher				General Education Teacher				Total
	Pre Test		Post Test		Pre Test		Post Test		
	M	F	M	F	M	F	M	F	
Before	50	50	50	50	50	50	50	50	400
After	50	50	50	50	50	50	50	50	400
<b>Total</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>800</b>

**ANALYSIS AND INTERPRETATION**

Physical fitness is believe to an alternative therapy for ruling out various anamolies that occur during the life time, yoga influence on all parts of the body along with maintaining the bio chemical equilibrium in appropriate process. The physical fitness offers both prevention as well as prophylaxis of lethargic diseases. In terms of physical fitness, physical activity in yoga increases and individual life expectancy, as one the great philosopher cum scientist of evolution time narrated the principles

of use and disuse that an organs are not in use they gradually disappears. Thus, then they are in constant use them to develop and reproduce.

Yogic exercises are useful in integrating mind and body. Yoga poses and yoga postures can also be used as a preventive treatment against various disorders.

The present study attempts to explore the role of physical fitness of yoga in lowering of bad cholesterol LDL. To analysis these a set of trials with two groups along with control are made from

The blood samples were collected under aseptic techniques and in a very sterilized, hygienic atmosphere under the guidance of renowned medical practioners and para medical staff.

The samples were collected in a closed vials in two batch each of male and female sportive age group before yoga performance and after yoga performance.

The same method is carried for second set of blood samples but variable was physical fitness the overall motive was to scream the parameters of the cholesterol LDL, HDL.



high school, teachers of physical education and general education provided the blood sample. It was divided into male, female and control in case of LDL levels before physical activity. Same variables were considered for yogic exercise. In this present study before and after design was adopted keeping physical education and yoga as an intervention.

The assessment of first set of blood sample with LDL values holding 50 male, 50 female, 50 control group in case of before performance of physical activity. The same process is repeated with same individual but the yoga was the another variable rest all individual numbers and gender with control group are same. Thus the sample of sub group on each independent variable was also measured in physical fitness. This

is done because physical activity, yoga has there own reduction values. The best comparison between before and after performance could be analysis preciously.

**LDL in samples of groups**

Attempts are made in this section to access the LDL values along with triglycerides of sportive individual in the category of independent variables. The levels of LDL of sample was obtained in both before and after physical activity, yoga sessions. This would indicate the amount of increased HDL and decreased LDL as a result of physical activity or yoga intervention. Thus, the mean, standard deviation, 't' values are collected for pre and post physical activity to examine the effect of yoga, session to examine the effect of physical activity on the reduction of bad cholesterol in the blood.

**Influence of independent variables on - test (ANOVA) F - ratios (N = 50)**

Main effects	DF	SOS	MS	F
Activity	1	1649.76	1649.76	4.381*
Gender	1	585.65	585.65	4.135*
Physical activity	1	1560.01	1560.01	4.361*
Yoga	1	1838.70	1838.70	4.425*
<b>Interactions</b>				
Activity & gender	1	1728.391	1728.391	4.399*
Activity & Physical activity	1	1719.010	1719.010	1.397*
Activity & Yoga	1	1601.97	1601.97	4.370*
Gender & Physical activity	1	1814.954	1814.954	4.420*
Physical activity & yoga	1	1499.395	1499.395	4.346*

Influence of independent variables on - test (ANOVA) F-ratios (N = 30)

Main effects	DF	SS	MS	F
Activity	1	341.329	341.329	7.208**
Gender	1	585.65	585.65	28.446**
Cholesterol	1	214.183	214.183	12.014**
LDL	1	111.049	111.049	0.920**
HDL	1	149.200	149.200	0.991**
VLDL	1	761.21	761.21	180.603
Triglycerides	1	862.43	862.43	431.215
<b>Interactions</b>				
Activity & Gender	1	26.014	26.014	4.500*
Activity & cholesterol	1	24.486	24.486	5.402*
Activity & LDL	1	22.179	22.179	4.181*
Activity & HDL	1	21.419	21.419	4.117*
Activity & VLDL	1	24.000	24.000	4.332
Activity & triglycerides	1	25.031	25.031	4.62
Gender & cholesterol	1	21.20	21.20	4.61*
Gender & LDL	1	19.43	19.43	4.97*
Gender & HDL	1	18.23	18.23	4.81*
Gender & triglycerides	1	20.909	20.909	4.900*

After comparing the samples sub groups of physical activity, attempts are made to access influence of independent variable on lipid profile of serum. Physical exercise and yogic exercise are independent variables in the study. The two group of teachers, physical education teacher and general education teachers are independent variables effecting the physical activity. For the purpose ANOVA is completed for physical exercise and yogic exercise.

Table 1 gives 'f' ratios of physical fitness. The independent variable of study is include level

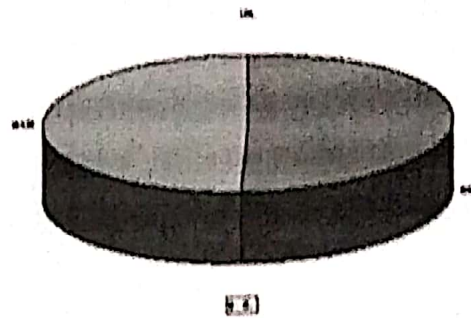
of player, gender, physical activity, yoga. The 'f' ratio for the activity on main effect is - which is significant beyond - value. This indicate that physical fitness has a significant impact on the physical performance of samples including parameters. Therefore, the level of activity makes a difference in the ability to achieve higher results. The higher the activity level that is physical activity found in physical education have influence the sports persons in the samples and thus pronouncing its significance.

**Example:**

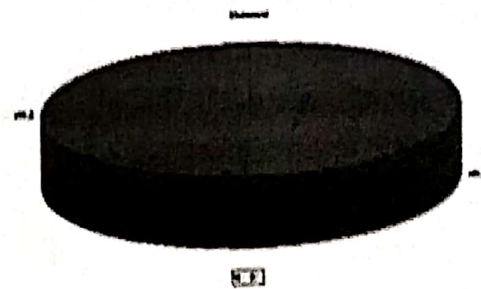
Thus, increase level of HDL circulates along the blood to the whole body to cut off odd levels of HDL. In any parts of the body. Physical fitness is mandatorily governed by the values of HDL and LDL. Thus, weight management or cholesterol management is formed and framed, based on the calibrated values or levels of normal, average HDL, cholesterol, triglycerides etc.

The 'f' ratio and interaction of independent variables clearly reveal that most of the interactions are having significant 'f' ratio. Thus, the cholesterol reduction level is significantly influenced by the level of physical activity, yoga, gender, aerobic, an aerobic workout, LDL, HDL, triglyceride levels.

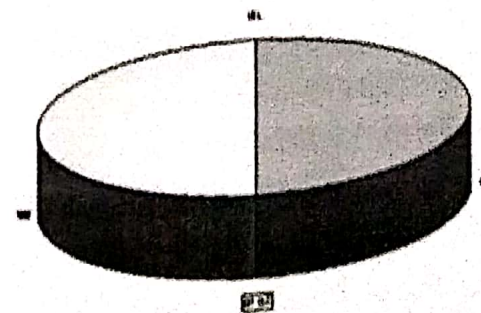
**Pre-Test of Yoga and Physical Excise in Male With Respect to LDL and Cholesterol**



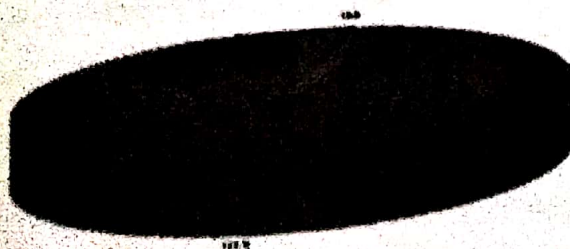
**Post-Test of Yoga and Physical Excise in Male With Respect to LDL and Cholesterol**



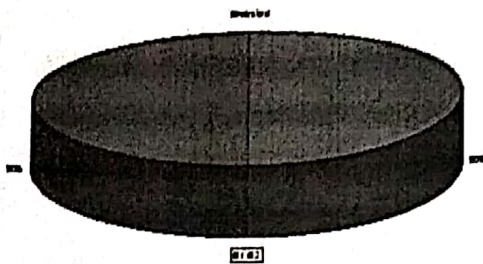
**Pre-Test of Yoga and Physical Excise in Female With Respect to LDL and Cholesterol**



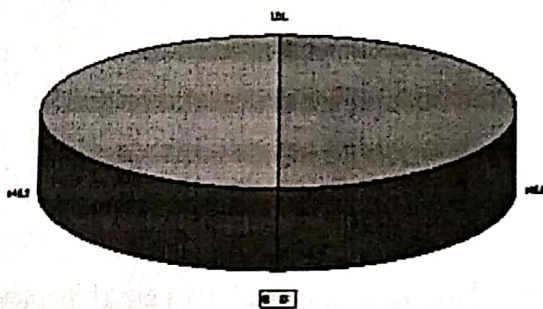
**Post-Test of Yoga and Physical Excise in Male With Respect to LDL and Cholesterol**



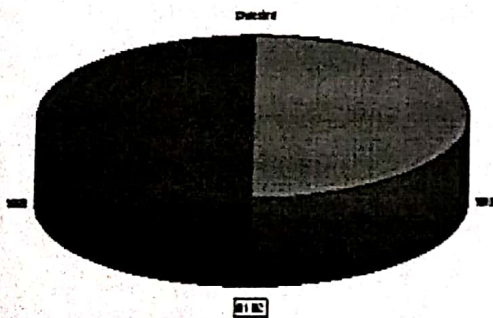
**Post-Test of Yoga and Physical Excise in Female With Respect to LDL and Cholesterol**



**Pre-Test of Yoga and Physical Excise in Female With Respect to LDL and Cholesterol**



**Post-Test of Yoga and Physical Excise in Female With Respect to LDL and Cholesterol**



**SUMMARY, CONCLUSION AND RECOMMENDATIONS**

Physical fitness has continued to be a state of well being of body and soul which seem to be accomplished by the performance of physical activity and yogic exercise.

Since from memorable time, it is quoted that, healthy mind and soul persist in healthy body. The body which is supposed to be free from overall ailments and illness.

Physical fitness acts as protective envelope around human body any of a lethargic diseases and disorder the direct evidences of increased cholesterol levels before undergoing any sort of physical exercise or yoga shows drastic variations. Finally within a period of six month cholesterol level will be mobbed in a reduced and a normal state.

The various physical exercise and yoga have their own way of impacting stimulating effect which enhanced the cholesterol breakdown and making blood free from hazardous condition.

There are several factors which influence the sports performance of the players besides regular physical exercise the individual factors play a dominant role in increasing physical active performance. The strength, stamina during physical exercise are boosted up with proper warmup before and after work out, which seems to be the stage of anabolism, catabolism of HDL, LDL. Physical exercise offers individual with increased power of confidence to rule out the body and its physiology.

LDL (Bad cholesterol) becomes susceptible individual to its regular practitioners, physically fit. His own metabolic pathway is designed to its own body to choose the level of equilibrium in case of LDL, HDL, VLDL & triglycerides.

Thus, every individual of either gender of any age group must develop a tendency to keep physically fit by performing a various activity, yoga, aerobic and anaerobic etc. since these seems to be an alternative medicine for reduction of cholesterol. Thus "PREVENTION IS BETTER THAN CURE". There are other significant factors which determine higher physical activity. They are aerobic, asanas, pranayama.

The results clearly revealed that physical exercise yoga are significant powering influencing the physical fitness of body by excreting a positive impact on serum cholesterol results also revealed gender difference in physical activity in yoga.

#### **CONCLUSION:**

The following are the major conclusions of the study.

1. There is significance difference in LDL (bad cholesterol) levels of serum cholesterol between general education teachers and physical education teachers. The physical education teachers of high school tends to show significantly higher reduction in cholesterol (LDL) rather than in general education teacher.
2. The players of both general education and physical education have exhibited significantly higher LDL reduction after training session than the before training.

3. There is a significant difference in the LDL level between pre and post performance condition in both male and female sub groups.
4. The respondents performing physical activity and yoga both have exhibited significantly higher LDL reduction level after ongoing physical activity than before.
5. The physical activity performers tend to show more easily breakdown fat rather than yogic exercise. As physical exercise adds additional strength, agility on body and blood via cardiac activity rather than yoga.

#### **RECOMMENDATIONS:**

The following are the suggestions and limitations of the present study.

1. In the present study the sample would have been divided into experimental and control group in order to examine precisely the effect of physical exercise, yoga, in bad cholesterol reduction. This is done because it was assume that there could be variations in the extent of LDL level in the samples sub group which may prompt the highest physical activity performance.
2. The training was given in the selected areas of yoga and attempted to examine the effect of yoga in improving extent of LDL reduction and performance. This is carried out because the package of yoga was considered as equivalent to breakdown of bad cholesterol, physical activity or

- yoga which is chosen such as yoga asanas and pranayamas were believed to have healing effect.
3. The result of the present study can be used for promoting the better avenues of health care by utilizing knowledge and practice of physical education.
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