	TABLE OF CONTENTS	PAGE NO.
Certif	icate by the Supervisor	i
Declaration by the Scholar		ii
Dedication		iii
Acknowledgements		iv
List of Tables		х
List of Illustrations		XV
List of	f Appendices	xvi
CHA	PTER I - INTRODUCTION	1-24
1.1	Tai Chi Motions	3
1.2	The Physical Benefits of Tai Chi	3
1.3	Physical vs. Mental Benefits of Tai Chi	4
1.4	Health Benefits of Tai Chi	6
1.5	Tai Chi Training and Sports Performance	6
1.6	Yoga – A Brief Overview	7
1.7	Concept of Yoga	9
1.8	Yoga as a Science and Art	9
1.9	Health of body and mind	10
1.10	Asanas	11
1.11	Purpose of Yoga and Asanas	11
1.12	Physiological Importance of Yoga	12
1.13	Psychological Importance of Yoga	14
1.14	Biochemical Importance of Yoga	16
1.15	Yogic Exercise for Soccer Players	17
1.16	Yogic Practices at International Level	18
1.17	Objectives of the Study	19
1.18	Statement of the Problem	20

TABLE OF CONTENTS (Cont...)

		PAGE NO.
1.19	Hypotheses	20
1.20	Significance of the Study	20
1.21	Delimitations	20
1.22	Limitations	21
1.23	Meaning and Definition of the Operational Terms	21
1.23.1	Football	21
1.23.2	Yoga	21
1.23.3	Asana	22
1.23.4	Pranayama	22
1.23.5	Tai-Chi Training	22
1.23.6	Yogic Practices	22
1.23.7	Vital Capacity	22
1.23.8	Resting Pulse-Rate	22
1.23.9	Breath Holding Time	22
1.23.10	Blood Glucose	22
1.23.11	Total Cholesterol	23
1.23.12	Triglycerides	23
1.23.13	Anxiety	23
1.23.14	Self-Esteem	23
1.23.15	Achievement Motivation	23
1.23.16	Dribbling	24
1.23.17	Kicking	24
1.23.18	Shooting	24

TABLE OF CONTENTS (Cont...)

		PAGE NO.
CHAP	TER II – REVIEW OF RELATED LITERATURE	25-29
2.1	Studies Related to Yogic Practices on Physiological	25
	Variables	
2.2	Studies Related to Yogic Practices on Biochemical	34
	Variables	
2.3	Studies Related to Yogic Practices on Psychological	35
	Variables	
2.4	Studies related to Tai chi Training on Physiological	40
	Variables	
2.5	Studies related to Tai chi Training on Biochemical	47
	Variables	
2.6	Studies related to Tai chi Training on Psychological	49
	Variables	
2.7	Studies related to Yogic Practices and Football Players	56
2.8	Studies related to Yogic Practices and Tai chi training on	58
	selected Variables	
2.9	Summary of the Literature	58
СНАР	TER III – METHODOLOGY	60-114
3.1	Selection of Subjects	60
3.2	Selection of Variables	60
3.2.1	Dependent Variables	61
3.2.2	Independent Variables	61
3.3	Experimental Design	64
3.4	Pilot Study	65
3.5	Criterion Measures and Test	65
3.6	Reliability of Data	67
3.7	Reliability of Instrument	67

TABLE OF CONTENTS (Cont...)

		PAGE NO.
3.8	Testers Reliability	67
3.9	Subject Reliability	67
3.10	Orientation to the Subjects	68
3.11	Training Programme	68
3.11.1	Training Schedule	69
3.12	Description of Yogic Practices	71
3.12.1	Loosening Exercises	71
3.12.2	Surya Namaskar	80
3.12.3	Virkeshana	88
3.12.4	Trikonasana	89
3.12.5	Padmasana	90
3.12.6	Paschimottanasana	90
3.12.7	Ardha Matsyendrasana	91
3.12.8	Upavistha Konasana	91
3.12.9	Supta Virasana	92
3.12.10	Krounchasana	93
3.12.11	Dhanurasana	94
3.12.12	Matsyasana	94
3.12.13	Sarvangasana	95
3.12.14	Halasana	96
3.12.15	Shavasana	96
3.12.16	Bhastrika	97
3.12.17	Nadisodhana	97
3.13	Tai chi Exercises	98
3.14	Administration of Tests	100
3.14.1	Spirometer Test	100
3.14.2	Resting Pulse Rate	100