

ACKNOWLEDGEMENT

*Sincere thanks to **Dr.A.M.Moorthy**, Vice Chancellor, Tamil Nadu Physical Education and Sports University, Chennai, Tamilnadu for her support in the successful completion of this research work.*

*Sincere thanks to **Dr.T.Radhakrishnan**, Registrar, Tamil Nadu Physical Education and Sports University, Chennai, Tamilnadu for their support in the successful completion of this research work.*

*Sincere thanks to **Dr.C.Arumugam**, the Controller of Examinations, Tamil Nadu Physical Education and Sports University, Chennai, Tamilnadu for their support in the successful completion of this research work.*

*I would like to express my cordial sincere gratitude to my supervisor **Dr. A Shenbagavalli**, Deal, Professor(Rtd), Karaikudi, Tamilnadu, India for his scholarly guidance, constant encouragement, continuous support and patience throughout the completion of this work. Without her valuable guidance this work would not be a successful one.*

*The research scholar expresses her heartfelt thanks to her friends **Dr.M.Rajkumar**, Associate Professor, Department of Physical Education, Bharathiar University, Coimbatore, **Dr.Sam Christados**, Physical Director, DM&R High School, Madurai for their appreciable support and valuable advice to complete this research work.*

The research scholar expresses her heartfelt thanks to the family members, for their appreciable support and valuable advice to complete this research work.

My sincere thanks and heartfelt sense of gratitude to my dear students, who have involved themselves as subjects for the present study and also render their intense collaborative efforts.

Rakhi Ramakrishnan

Table of Contents

Certificate by the Supervisor	- ii
Declaration by the Scholar	- iii
Dedication	-iv
Acknowledgements	- v
List of Contents	- vii
List of Tables	- ix
List of Figures	- xi
Abstract	- xii

Chapter I

Introduction	Page
	1-32
1.1 Fitness	
1.2 Physical Fitness	
1.3 Yoga	
1.4 Meaning of Yoga	
1.5 Physiological views of Yogasanas	
1.6 Benefits of Yoga	
1.7 Aerobic Exercises	
1.8 Aerobic Dance	
1.9 Physical Benefits of Aerobics	
1.10 Physiological Changes on Aerobics	
1.11 Yoga and Aerobic Exercises	
1.12 Suryanamaskar	
1.13 Benefits of Suryanamaskar for Children	
1.14 Method of Suryanamaskar : 12 Poses	
1.14.1 Step 1 Namaskarasan or Pranaamasan (Prayer Pose)	
1.14.2 Step 2 Ardha chandrasan or Hasta-Utthanasan (Raised Arms Pose)	

- 1.14.3 Step 3 Padahastasana (Hand to Foot Pose)
- 1.14.4 Step 4 Ashwa Sanchalanasana or Anjaneyasan (Equestrian Posture)
- 1.14.5 Step 5 Parkratasana (Mountain Posture)
- 1.14.6 Step 6 Ashtanga Namaskara (Salutation with Eight Limbs)
- 1.14.7 Step 7 Bhujangasana (Cobra Posture)
- 1.14.8 Step 8 Parvatasana (Mountain Pose)
- 1.14.9 Step 9 Ashwa Sanchalanasana (Equestrian Pose)
- 1.14.10 Step 10 Padahastasana (Hand to Foot Pose)
- 1.14.11 Step 11 Ardha chandrasan or Hasta-Utthanasan (Raised Arms Pose)
- 1.14.12 Step 12 Pranamasana (Salutation Posture)
- 1.15 General Benefits of Suryanamaskar
- 1.16 Purpose of this study
- 1.17 Statement of the Problem
- 1.18 Significance of the Study
- 1.19 Hypotheses
- 1.20 Delimitations
- 1.21 Limitations
- 1.22 Definition of Terms
 - 1.22.1 Aerobic Dance
 - 1.22.2 Suryanamaskar
 - 1.22.3 Body Weight
 - 1.22.4 Strength
 - 1.22.5 Endurance
 - 1.22.6 Flexibility
 - 1.22.7 Cardio Vascular Endurance
 - 1.22.8 Blood Pressure
 - 1.22.9 Systolic Blood Pressure
 - 1.22.10 Diastolic Blood Pressure
 - 1.22.11 Resting Heart Rate