

**IMPACT OF YOGA TRAINING ON PHYSICAL AND
PHYSIOLOGICAL PARAMETERS OF FEMALE
TEACHER TRAINEES: A STUDY**

A DISSERTATION

Submitted to

BARKATULLAH VISHWAVIDYALAYA, BHOPAL
in Partial fulfillment of the Requirement of
the Degree of M. Ed. (Ele. Edu.)

2006-2007

By

Rashmi Sahu

Guide

Dr. K.K. Khare
Reader in Education

Co-Guide

Ms. Yashodhara Gupta
Lecturer in Education (Adhoc)



REGIONAL INSTITUTE OF EDUCATION (N.C.E.R.T.)
Shyamia Hills, Bhopal (M.P.)

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एन सी ई आर टी
NCERT

REGIONAL INSTITUTE OF EDUCATION (N.C.E.R.T.)
Shyamla Hills, Bhopal (M.P.)

DECLARATION

I do hereby declare that the dissertation entitled "Impact Of Yoga Training On Physical And Physiological Parameter Of Female Teacher Trainees: A Study" has been carried out by me during the academic year 2006-07 in partial fulfillment of the requirement for the degree of Master of Education of Barkatullah University, Bhopal.

This study has been conducted under the guidance and supervision of Dr. K.K. Khare, Reader, in Education, RIE Bhopal and Ms. Yashodhara Gupta, Lecturer in Education (Adhoc), in RIE, Bhopal.

I also declare that the reaches work done by me is original and natural. This dissertation has not been submitted before, either by me or by any other, for the award of any other degree or diploma in any university.

Place : Bhopal

Date : 13th April 07


RASHMI SAHU

CERTIFICATE

This is to certify that Miss Rashmi Sahu, student of Master of Education (Elementary Education) Course of Regional Institute of Education Bhopal in the year 2006-07 has conducted the research work entitled "Impact of Yoga training on physical and physiological parameters of female teacher trainees : A Study" under my guidance.

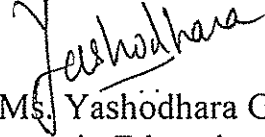
This work done by her is original and worthy of presentation in partial fulfillment of Degree of Master of Education (Elementary Education) of Barkatullah University, Bhopal (M.P.). The present study is an outcome of her sincere efforts.

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