

APPENDICES

APPENDIX I

COOPER'S 8 MINUTE RUN/WALK TEST

Observation table for measuring "Cardiovascular Endurance" (in meter) of female teacher trainees -

S.No.	No. of students	Pretest (in meter)			Post test (in meter)		
		I	II	II	I	II	III

APPENDIX II

VERTICAL JUMP

Observation table for measuring "Explosive power" (in Meter) of female teacher trainees -

S.No.	No. of students	Pretest (in meter)			Post test (in meter)		
		Standing position	Vertical jump	Difference of explosive power	Standing position	Vertical jump	Difference of explosive power



APPENDIX III

KRAUS WEBER FLOOR TOUCH TEST

Observation table for measuring "flexibility" (in cm) of female teacher trainees -

S.No.	No. of students	Pretest (in cm) from ground level			Post test (in cm) from ground level		
		I	II	III	I	II	III

PPENDIX IV

BREATH HOLDING TIME

Observation table for measuring "Breath Holding Time" (in sec.) of female teacher trainees -

S.No.	No. of students	Pretest (in sec.)			Post test (in sec.)		
		I	II	III	I	II	III

APPENDIX V

PULSE RATE

Observation table for measuring "Pulse Rate" (per 30 sec.) of female teacher trainees -

S.No.	No. of students	Pretest (per 30 sec.)			Post test (per 30 sec.)		
		I	II	III	I	II	III

APPENDIX VI

SCHEDULE

Following will be schedule for first week of yoga training.

I Sukshma Vyayama

It involves activities that initiate the body and the mind for vigorous "Asanas" & "Pranayama". This involves movement of the eyes, neck, wrist and other body joints and muscles.

1. EYE MOVEMENT	Repetition	Duration for each movement (in sec.)	Total time taken (in seconds)
Pupil Movement			
Up and down	8	5	40
left and right	8	5	40
diagonal up and down	8	5	40
clockwise	8	5	40
Anticlockwise	8	5	40
		Total	3 Min 20 Sec.
2. NECK ROTATION			
Clockwise	8	7	56
Anticlockwise	8	7	56
		Total	1 Min 52 sec.

3.SHOULDER ROTATION			
Clockwise	8	6	48
Anticlockwise	8	6	48
		Total	1 Min 36 sec.
4. WRIST ROTATION			
Clockwise	8	5	40
Anticlockwise	8	5	40
		Total	1 Min 20 sec.
5. WAIST ROTATION			
Clockwise	8	6	48
Anticlockwise	8	6	48
		Total	1 Min 36 sec.
6.KNEE ROTATION			
Clockwise	8	7	56
Anticlockwise	8	7	56
		Total	1 Min 52 sec.
7. ANKLE ROTATION			
Clockwise	8	5	40
Anticlockwise	8	5	40
		Total	1 Min 20 sec.

8. BUTTERFLY EXCERCISE			
Butterfly exercise	25	3	1 Min 15 Sec.
		Grand Total	14 Min. 18 Sec.

II ASANAS

This involves practice of physical postures for correcting any deformities or physical ailment.

1. Gomukhasana	2	35	1 Min 10 sec.
2. Pascimottanasana	2	30	1 Min 00 sec.
3. Bhoo-Naman Asana	2	35	1 Min 10 sec.
4. Ushtrasna	2	25	0 Min 50 sec.
5. Halasana	2	40	1 Min 20 sec.
6. Bhujangasna	2	35	1 Min 10 sec.
7. Dhanurasna	2	35	1 Min 10 sec.
8. Vraksasna	2	30	1 Min 00 sec.
9. Trikonasna	2	30	1 Min 00 sec.
10. Tadasana	2	30	2 Min 00 sec.
		Total	11 Min. 50 sec.

III PRANAYAMA

It is the method of rhythmic regulation of breath. It produces stability in body and equanimity in the mind of the individual.

1) Anulom - vilom	12	25	3 Min 00 sec.
2) Kapalbhanti	-	-	3 Min 00 sec.
		Grand Total	6 Min. 00 Sec.

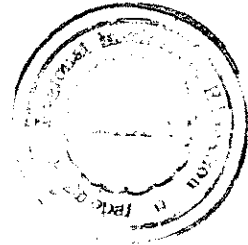
IV SHAVASNA

-

-

5 Min.

TOTAL TIME TAKEN PER DAY FOR THE COMPLETE PRACTICE
SESSION 43 min.



APPENDIX VII

SCHEDULE

Following will be schedule for Second week to eight week of Yoga Training.

I Sukshma Vyayama

It involves activities that initiate the body and the mind for vigorous "Asanas" & "Pranayama". This involves moveemnt of the eyes, neck, wrist and other body joints and muscles.

1. EYE MOVEMENT	Repetition	Duration for each movement (in sec.)	Total time taken (in seconds)
Pupil Movement			
Up and down	10	5	50
left and right	10	5	50
diagonal up and down	10	5	50
clockwise	10	5	50
Anticlockwise	10	5	50
		Total	4 Min 10 Sec.
2. NECK ROTATION			
Clockwise	10	7	70
Anticlockwise	10	7	70
		Total	2 Min 20 sec.

3. SHOULDER ROTATION			
Clockwise	10	6	60
Anticlockwise	10	6	60
		Total	2 Min 00 sec.
4. WRIST ROTATION			
Clockwise	10	5	50
Anticlockwise	10	5	50
		Total	1 Min 40 sec.
5. WAIST ROTATION			
Clockwise	10	6	60
Anticlockwise	10	6	60
		Total	2 Min 00 sec.
6.KNEE ROTATION			
Clockwise	10	7	70
Anticlockwise	10	7	70
		Total	2 Min 20 sec.
7. ANKLE ROTATION			
Clockwise	10	5	40
Anticlockwise	10	5	40
		Total	1 Min 40 sec.

8. BUTTERFLY EXCERCISE			
Butterfly exercise	30	3	90
			1 Min 30 Sec.
		Grand Total	17 Min. 40Sec.

II ASANAS

This involves practice of physical postures for correcting any deformities or physical ailment.

1. Gomukhasana	4	35	2 Min 20 sec.
2. Pascimottanasana	4	30	2 Min 00 sec.
3. Bhoo-Naman Asana	4	35	2 Min 20 sec.
4. Ushtrasna	4	25	1 Min 40 sec.
5. Halasana	4	40	2 Min 40 sec.
6. Bhujangasna	4	35	2 Min 20 sec.
7. Dhanurasna	4	35	2 Min 20 sec.
8. Vraksasna	4	30	2 Min 00 sec.
9. Trikonasana	4	30	2 Min 00 sec.
10. Tadasana	8	30	4 Min 00 sec.
		Total	23 Min. 40 sec.

III PRANAYAMA

It is the method of rhythmic regulation of breath. It produces stability in body and equanimity in the mind of the individual.

1. Anulom - vilom	12	25	5 Min 00 sec.
2. Kapalbhanti	-	-	5 Min 00 sec.
		Grand Total	10 Min. 00 Sec.

IV SHAVASNA

-

-

7 Min.

TOTAL TIME TAKEN PER DAY FOR THE COMPLETE PRACTICE
SESSION 57 min.