INTRODUCTION

Any activity where the body has to work at a continuous steady pace for a long period of time will improve aerobic fitness. For effective improvement, aerobic training should be done three times a week, and should last for between 20 and 30 minutes. The heart rate should be raised to about 70% of its maximum for the whole of the session. For further improvement, longer sessions at a higher heart rate would be needed. (Maximum Heart Rate is given by subtracting a person’s age from 220).

Any type of movement your body makes require the use of energy. You don’t have to do aerobics to lose weight or maintain a desired weight. It has been determined that anaerobic exercise will burn more calories than aerobic exercise, on a ratio of 5 to 1 basis, and even as much as a 7 to 1 ratio. The aerobic exercise will burn 25% muscle and 75% fat, while anaerobic exercise will burn 100% fat.

Yoga

Yoga (Sanskrit Pali: yóga) is a Physical, Mental, and Spiritual discipline, originating in Modern India, whose goal is the attainment of a state of perfect spiritual insight and tranquility. The word is associated with meditative practices in Hinduism, Buddhism and Jainism.

The Sanskrit word yoga has the literal meaning of "yoke", from a root yuj. As a term for a system of abstract meditation or mental abstraction it was introduced by Patanjali in the 2nd century BC. The goals of yoga are varied and range from improving health to achieving Moksha. Within the Hindu Monist schools of Advaita Vedanta, Shaivism and Jainism, the goal of yoga takes the form of Moksha, which is liberation from all worldly suffering and the cycle of birth and death (Samsara), at which point there is a realization of identity with the Supreme Brahman.
The Sanskrit word yoga has the literal meaning of "yoke", or "the act of yoking or harnessing", from a root yuj. In Vedic Sanskrit, the term "yoga" besides its literal meaning, the yoking or harnessing of oxen or horses, already has a figurative sense, where it takes the general meaning of "employment, use, application, performance". A sense of "exertion, endeavour, zeal, diligence" is found in Epic Sanskrit.

Long-term yoga practitioners in the United States have reported musculoskeletal and mental health improvements, as well reduced symptoms of asthma in asthmatics. Regular yoga practice increases brain GABA levels and is shown to improve mood and anxiety more than other metabolically matched exercises, such as jogging or walking.

Housewife

Housewife is a term used to describe a married woman with household responsibilities who is not employed outside the home. Merriam Webster describes a housewife as a married woman who is in charge of her household.

Statement of the Problem

With a view of the above mentioned reasons the research scholar undertake the study entitled “EFFECTS OF SELECTED YOGIC EXERCISES FOR THE PROMOTION OF FITNESS COMPONENTS OF HOUSEWIVES OF MUMBAI DISTRICT”.

Delimitations

Since this piece of research considers very challenging in Indian atmosphere, the researcher has delimited this study as follows:

1. Housewives have been included in this study.
2. The study has been delimited to the basic Fitness.
3. Specific ‘training schedules’ of yogic exercises on the basis of the principles of training have been specifically designed.

4. The study has been delimited to the selected fitness components as specifically required for housewives.

5. The study has been conducted on a group of housewives of Mumbai western suburban aged 45 to 50 yrs.

6. The total duration of experimentation has been restricted to at least 4 months (including testing dates, Sundays & holidays) which include one experiment, and one – follow-UP programme of 6 weeks each.

**Limitations**

It has not been possible for the researcher to control overall aspects of this experiment. The researcher recorded some drawbacks remained and within which she has conducted this experiment. The limitations as noted down during experiment are:

1. It was not possible to control daily activities of the subjects since they lived in house with their parents.

2. The food habits of the groups could not be controlled as most of the students are from varied culture, social & environmental background.

3. The researcher had to depend upon various technical assistants while collecting data. Although testers’ reliability coefficient has been determined, still there is a chance of variability.
Objectives

1) To prepare separate “Training schedules” of yogic exercises on the basis of the principles of Yoga with a view to improve fitness among housewives.

2) To establish the effects of the said training interventions methods in improving fitness components of housewives.

Hypothesis

The logical interpretation, stated above, and available research literature help to hypothesize that the exercises of traditional Yogic exercises may be useful in improving the fitness components of housewives.

Definitions of the Terms

Fitness

Fitness is the ability to meet the demands of the environment.

Strength

It is the extent to which muscles can exert force by contracting against resistance (e.g. holding or restraining an object or person).

Power

It can be defined as the ability to exert maximum muscular contraction instantly in an explosive burst of movements. The two components of power are strength and speed. (e.g. jumping or a sprint start).
Agility

It is the ability to perform a series of explosive power movements in rapid succession in opposing directions (e.g. Zig Zag running or cutting movements).

Balance

Balance is the ability to control the body's position, either stationary (e.g. a handstand) or while moving (e.g. a gymnastics stunt).

Flexibility

Flexibility can be defined as the ability to achieve an extended range of motion without being impeded by excess tissue, i.e. fat or muscle (e.g. executing a leg split).

Muscle Endurance

It is a single muscle's ability to perform sustained work (e.g. rowing or cycling).

Cardiovascular Endurance

It is the heart's ability to deliver blood to working muscles and their ability to use it (e.g. running long distances).

Co-ordination

It is the ability to integrate the above listed components so that effective movements are achieved.

Significance of the Study
Yoga is a form of exercise which makes you fit, balanced, healthy, fresh, relaxed and at mental peace and ease. In today’s world all these things have become a challenge for man as well as for women. Women who generally live in house all the time or you can say housewife are advised to regular yoga since they do not go out a lot.. So for housewives, yoga becomes essential as well as crucial. With the help of yoga even a busy housewife can remain fit and healthier.

Many housewives complain that they find it hard to concentrate and a lot of negative thoughts come to their minds. With yoga, a housewife can relax, stay fit as well as increase their concentration, will power and get rid of negative thoughts. Apart from mental peace via Yoga, looking physically fit, slim and young are other aspirations of a housewife and Yoga indeed helps a housewife in becoming slim, smart and beautiful mentally as well as physically....