INTRODUCTION

It is a popular belief that the four hundred or so adivasi communities of India, representing about 7% of the population, are some sort of primitive remnant of early Homo Sapiens. The term Adivasi means Adi = beginning or earliest time, vasi = resident of. The idea is that the adivasi’s were the original inhabitant of India. This term entered in sue after the independence of India only. They are also called ‘Tribals’. The adivasi’s have remained relatively free during the pre-colonial time from the control of outside status. This process was changed by an influx of traders, money lenders and landlords who established themselves under the protection of the colonial authority and took advantage of the new judicial system to deprive the adivasi’s of large tracts of their land in this way, outsider who had dealt previously with the adivasi’s on terms of relative equity become their exploiters and masters.. There are doubts, however, that the adivasis are the original inhabitants of India. There have been many migrations in and out of this region in the past centuries and the present ADIVASI’S almost certainly displaced other groups at some earlier stage of history.

These tribal groups differ from each other in various aspects. They differ in the language they speak, in their cultural pattern and socio economic categories. As the majority of these tribal living in the remote forest areas and remain isolated, untouched by civilization, they are largely unaffected by the developmental processes going on in the rest of State. Therefore, these groups remain backward, particularly in health, education and socio-economic aspect.

Generally, being above without any disease or illness is called Health. But According to Ayurveda when all the systems of the body are works satisfactory and soul, organs and mind are in pleasant condition, it is known as health. Therefore, there is no need to tell that some kind of physical fitness that also contributes to health is essential for every person.

Parents want to develop their child on the basis of their capacity, which differs from person to person.

Generally, we have seen that rich and middle class children get better facility and opportunities i.e., proper education, food, exercise and guidance etc. But the Adivasi (Tribal) belonging to tribal areas is always lacking these facilities for the development of their child. The details of the Adivasi areas in Maharashtra are as follows:
Every Child has its own potentialities for growth, development and efficiency but due to facility and opportunities, Adivasi children are notable to develop themselves. Since Yoga helps to develop overall personality, it is assumed that all these Adivasi children will be benefited on overall health related fitness through yoga.

**Statement of the Problem**

The children living in Adivasi (Tribal) areas are mostly suffering from malnutrition and they also have poor health due to the lack of knowledge, insufficient facilities, bad habits or improper lifestyle, poor social development and poverty.

Moreover, India has a tribal population of over 84 million which constitutes 8.2% of its total population, according to the Census of India, 2001. Several research studies on various tribal populations living in different parts of India have found them to be socially and economically disadvantaged (Singh and Rajyalkshmi; 1993 and Basu; 1999) and their diets to be nutritionally deficient (Singh et al., 1987). Such a situation ay bring down their over all level of health related fitness. In fact, in India, no information is available so far in this direction.

Therefore, it is necessary that for all-round development of the Adivasi (Tribal) students—the basic components of health, fitness and concentration development be stressed upon. As yoga supports for improving health related fitness of civilized children, its similar role for Adivasi children is assumed to be possible. Thus, the present study entitled, "**Effect of Selected Yoga Practices and Physical Exercises on Health Related Fitness And Concentration of Adivasi School Students of Nanded District**" has an imminent need and hence undertaken.

**PROBLEM AND ITS RELEVANCE**

In many parts of the world the majority of the populations are the descendants of immigrants who arrived there within the last few hundred years. Living alongside of them, and in a minority, are the so-called indigenous (or aboriginal or Adivasi) people who are the descendants of people who lived there in more ancient times. It is estimated that there are 300 million indigenous people worldwide of such kind. They are frequently marginalized from the rest of the population, their human rights are often abused, and there are serious concerns about
their health and welfare. The state of health of the indigenous people of developed countries such as the US and Australia has often been studied, and we have a fairly clear idea of the kinds of problems these people face. Most indigenous people, however, live in developing countries, and less is known about their health.

India is the second-most populous country in the world, with an estimated 1.1 billion inhabitants. An estimated 90 million indigenous people live in India, where they are often referred to as “scheduled tribes” or Adivasi’s. The live in many parts of the country but are much more numerous in some Indian states than in others.

It has been seen that there is widespread poverty, illiteracy, malnutrition, absence of safe drinking water and sanitary living conditions, poor maternal and child health services and ineffective coverage of national health and nutritional services (Basu 2000).

With this review, the investigator sought to determine the effect of yoga practices and physical exercises on Health related fitness and concentration of Adivasi School students. As to date, a large number of publications are available, studying various aspects of yoga in health and disease. This makes a strong base that yoga may be of immense use to rehabilitate in promoting the positive health at physical, mental, social and spiritual levels among the adivasi school students.

**Delimitation of the Study**

Since the study has large scope for different age groups. It is, therefore, decided to delimit the study as follows:

1. This study was delimited for male students of the age group of 11 to 14 years from Nanded District Adivasi area school.
2. The subjects participated in this study were from low-income category, i.e. below poverty level, which affects their standard of living and general health standard.
3. The concentration measured by Dr. Bera’s General Test for Concentration test.

**Limitations of the Study**

While conducting the experiment, the present investigator has recorded some drawbacks/limitations as follows:

- The subjects for the study will randomly select from Adivasi Ashram School Nanded District (Maharashtra State), age ranged from 11 to 14 years. Factors such as
geographical locations, nutrition and diet, recreational activities and other such factors that might influence subjects variedly and affect this experimental study, could not be controlled by the research scholar.

- The research scholar could not control other psychological factors influencing the mind expect concentration of the subject during the conduct of study.
- With paucity of time and limited financial resources, the researcher has to conduct this research. Therefore, collection of large sample was not possible. This might have affected the accuracy of the results.

**Objectives of the Study**

The research work has been carried out with the following objectives in perspective:

- To assess health related physical fitness of the *Adivasi* school children.
- To assess Concentration level of the *Adivasi* school children
- To develop appropriate programmes of Yoga and Physical exercises, keeping in view the attributes of co-ordination between health and related fitness.
- To study the effect of selected yoga practices and physical exercises on health related fitness.
- To study the effect of selected yoga practices and physical exercises on concentration improvement of *Adivasi* students.
- To suggest the usefulness of yoga practices especially for the children of Adivasi of *Adivasi* area (Tribal area).

**Hypothesis:**

After reviewing the literature and related research studies, it has been hypothesized that-

**HO₁:** The status of health and health related fitness of *Adivasi* area school students might be poor than other students.
**HO₂:** Yoga intervention may significantly improve the health and fitness of the school students belonging to the *Adivasi* (Tribal) areas.
**HO₃:** Yoga intervention may significantly improve the concentration
level of the school students belonging to the Adivasi (Tribal) areas.

**Scope of the Study**

The study has a very wide scope because it has been designed in such a way that it will help other researcher, scholars, sports scientist, physical education teacher and government to carry out various health related education programmes for the development of Adivasi students.

**Operational Definitions of the Term used**

**Yoga**

Yoga means union of individual self with the universal Self. This is an applied science and a systematic lifestyle for human. It’s aim is to develop whole some personality. According to Maharshi Patanjali, yoga has eight limbs viz., yama, niyama, asana, pranayama, pratyahara, dharana, dhyana and Samadhi. However, Hatha yoga defines yoga with asana, pranayama, kriya and mudra.

**Physical Exercise**

Physical exercise is defined are any physical as well muscular activity or body movement done systematically, scientifically with regularly in involving one’s mild, with a purpose to improve, maintain or to preserve and protect health, physical as well as motor fitness of the body.

**Health Related Fitness**

According to AAHPERD, health related physical fitness can be viewed as physical fitness having a multifaceted continuum extending from optimal abilities in all aspect of life, to severely limiting disease and dysfunction.

**Components of Health Related Physical Fitness**

1) **Abdominal Muscle Strength**

   Ability of exerting pressure in one pull; it is the ability of muscle or ‘group to maintain a sub maximal contraction over a period of time related to abdominal muscles.

2) **Cardiovascular Endurance**
It is also referred to as cardio respiratory endurance, which is a kind of physiological fitness demonstrated through an adjustment of the heart and lungs to prolonged physical exertion.

3) **Flexibility**

It is the range of movement of body parts, ligaments and joint and spinal column.

4) **Body Fat**

Fat is essential for a body and when depleted it produces maximal energy for muscular function. However, excessive deposition of fat in the body is harmful. The amount of body fat (adipose tissue) that is stored is determined by two factors:

1) The number of fat storing or adiposities and
2) The size or capacity of the adiposities.

5) **Concentration**

1) Concentration exercises sharpen the mind and improve the ability to concentrate.

2) Concentration and memory work together but does not led to the others to concentrate is to divert towards a particular activity, subject or problems.

3) Concentration means paying attention to what you are doing. It means doing something, and at the same time focusing your attention on it, and not thing of other things. It doesn’t mean doing only one thing all the time, every day. This is not possible and unpractical. But it means what you do, you do with focus and attention.

**Adivasi**

The term Adivasi means: Adi = beginning or earliest time, vasi = resident of. The idea is that the adivasi’s are the original inhabitant of India. This term entered in use after the independence of India only. They are also called “Tribal’s’. The adivasi’s have remained relatively free during the pre-colonial time from the control of outside status. This process was changed by an influx of traders, money lenders and landlords who established themselves under the protection of the colonial authority and took advantage of the new judicial system to deprive the adivasi’s of large tracts of their land. In this way, outsiders who had dealt previously with the adivasi’s on terms relative equity become their exploiters and masters.
There are doubts, however, that the adivasi’s are the original inhabitants of India. There have been many migrations in and out of this region in the past centuries and the present adivasi’s almost certainly displaced other groups at some earlier stage of history.

**Significance of the Study**

Adivasi students are always deprived of health and education programmes. It is assumed that they have low level of health related Physical fitness the result of this study may be of immense use in considering the following benefits:

- This study my be helpful or the promotion of health as well as concentration level of Adivasi area school students.
- Physical education teacher will be getting readymade materials and strategy to develop the fitness programme useful for the students of Adivasi area.
- This study may suggest the schedules of Yoga practices and physical exercise by which the students of Adivasi areas will be benefited.