Objectives of the Study

- To understand the principles of naturalism - a part of philosophy - that facilitates the process of yoga and physical education.

- To identify the components of naturalism those operate practically among the practitioners of yoga and physical education.

- To compare the role of yoga and physical education in human development in involving the ingredients of naturalism.

- To predict importance of yoga and physical education for human development considering the principles of naturalism.

Assumption

Logically, although aim of both the disciplines (viz., yoga and physical education) is different, generally they are practiced by the common people for achieving health and fitness. This helps to assume that the role of naturalism for both the disciplines might be similar.

Delimitation of the Study

- There are different schools and types of philosophy for human development. However, the present study is delimited to the naturalism only.

- This study has also been delimited to analyze the role of naturalism involve in the disciplines of yoga and physical education.

Significance of the Study

- This study may identify the components of naturalism that might help to facilitate the disciplines of yoga and physical education.
• The practitioners of yoga and physical education will get a clue for overall development in applying the principles of naturalism.

• The teachers of both the disciplines (yoga and physical education) will get a clear-cut knowledge about the role of naturalism that can be useful for human development.

• This study may provide a clue for human resource development by considering the principles of naturalistic philosophy.

**Operational Definitions of the Terms**

**Philosophy**

Philosophy is the study of general and fundamental problems, such as those connected with existence, knowledge, values, reason, mind, and language. Philosophy is distinguished from other ways of addressing such problems by its critical, generally systematic approach and its reliance on rational argument. The word "philosophy" comes from the Greek *(philosophia)*, which literally means "love of wisdom".

**Naturalism**

Naturalism commonly refers to the viewpoint that laws of nature (as opposed to supernatural ones) operate in the universe, and that nothing exists beyond the natural universe or, if it does, it does not affect the natural universe. Followers of naturalism (naturalists) assert that natural laws are the rules that govern the structure and behavior of the natural universe, that the universe is a product of these laws.

**Yoga**

The word ‘Yoga’ is derived from the roots of Sanskrit *Yuj* which means to join, to attach, to bind, and yoke, and to concentrate on one’s attention. It also
means union. Yoga is the true union of individual ‘self’ with the universal ‘Self’. In Indian culture or thought human beings or everyone on this earth is guided by the supreme universal spirit i.e. Paramatma or God of which the individual human spirit i.e. Jivatma is a part. Yoga is a way to secure liberation (Moksha) because it is the means by which the jivatma can be united to the paramatma. According to Kathopanishad, “when the senses are stilled, when the mind is at rest, when the intellect wavers not then, say the wise, is reached the highest stage. This steady control of the senses and mind has been defined as yoga. He who attains it is free from delusion.”

Yoga is as wisdom in work or skilful living amongst activities, harmony and moderation. In Bhagavad Gita the main stress is on Karma Yoga (Yoga by action. Work alone is your privilege, never the fruits thereof. Never let the fruits of action be your motive, and never cease to work. Work in the name of lord, abandoning selfish desires. Be not affected by success or failure. This equipoise is called yoga. Here Lord Sri Krishna explains to Arjuna the meaning of yoga as a deliverance from contact with pain and sorrow. When a man becomes one in communion with God, when his mind, intellect and self are under control freed from restless desire, so that they rest in the spirit within only a yogi can control his mind, intellect and self, being absorbed in the spirit within him, as lamp does not flicker in a place where no winds bow. The yogi by the grace of the spirit within himself finds fulfillment, when the restlessness of the mind, intellect and self is stilled through the practice of yoga. Then he feels the joy eternal which is beyond the pale of senses. He finds the treasure above all others. There is nothing higher than this. He who has achieved it, shall not be moved by the greatest sorrow. So we can say the real meaning of yoga is deliverance from contact with pain and sorrow. Goal of Yoga, within the monist schools of Advaota Vedanta and Shaivism, is perfection that takes the form of Moksha, which is a liberation from all worldly suffering and the cycle of birth and death (Samsara) at which point there is a cessation of thought and an experience of blissful union with the Supreme Brahman.

Physical Education
Physical Education is the process by which changes in the individual are bought about through movements experiences. Physical Education aims not only at physical development but is also concerned with education of the whole person through physical activities.