METHODOLOGY

SUBJECTS:

Among the diabetes patients in the senior college teachers will be sorted out as the subjects of this study. In selecting the diabetic patient college teacher the physician of the said patients will be consulted to compare the teaching effectiveness and organic fitness a group of non-diabetic teachers of the same college teachers as subjects of study.

Experimental design:

Maximum diabetic college teachers will be the part of the study and they will be divided into equal groups viz. group-I (Yogasanas group) and group-II (control group). However group-III will act as normal non-diabetic group.

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<tr>
<th>Group-I</th>
<th>Group-II</th>
<th>Group-III</th>
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</thead>
<tbody>
<tr>
<td>Yogasanas exercise group</td>
<td>Control group</td>
<td>Normal organic fitness group</td>
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The subject will be divided into two groups (i) Yogasanas group (ii) Control group on the basis of age, sex, and severity of illness and attempts will be made to maintain homogeneity in grouping as far as possible. A group of non-diabetic college teacher (normal organic fitness) will also be selected as a subject for the study to compare with output. All the subjects will be requested not to take any medicine, special food during the period of experiment for 24 weeks. Yoga exercise group will be requested come a common place for practice the yoga exercise prescribed yoga exercise for alternate 3 days under direct supervision of the researcher. On other 3 days of the week they will be requested to practice the prescribed exercise at their own. A common weekly off day will be allowed to them for rest. The intensity yoga practices will be as follows.

YOGASANAS: The selection of Yogasanas will be made with an eye to those which have according to yoga authorities, beneficial effects on diabetes. The selected Yogasanas are:

A) Pachimotanasan  B) Ardha-Machindrasan  C) Janushirasana
D) Bhujangasan E) Ustrasana  F) Pavanmuktasan
G) Mandukasan H) Sarvangasan  I) Yognidra

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Sunday</td>
<td>5.30 pm to 6.30 pm</td>
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<tr>
<td>Tuesday</td>
<td>5.30 pm to 6.30 pm</td>
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<td>Thursday</td>
<td>5.30 pm to 6.30 pm</td>
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**Criteria measures:**

The following criteria measures will be chosen for testing the hypotheses:

A) Intensity of suffering to measured :-
   - Amount of sugar in blood and urine, Distress in urine pass., Costiveness, Body weight, R.B.C., W.B.C.

B) Expected role of a college teacher :-
   - Regularity, Interest in teaching Participation in co-curricular activities, Co-operative attitude, Teacher-pupil relationship.

The following tools will be used for measuring the above parameters.

- Biochemical test from Blood and Urine.
- Questionnaire.
- Observation scheduled for experts.
- Observation scheduled for student.

For testing the hypothesis of equality of two samples mean $t$-test will be used where the two variables are initial and final scores. Since initial and final observations are correlated, paired $t$-test will be used.

Before and after their involvement in Yogasanas their organic disorder namely. Amount of sugar of the patient, Distress in urine, Costiveness, Body weight, R.B.C., W.B.C., will be tested with help of pathologist and also their expected role as a teacher namely, Regularity, Interest in teaching, Participation in co-curricular activities. Co-operative attitude, Professional attitude and Teacher-pupil relationship will be verified with the help of experts and students rating.
SCOPE:

1) This study may help the teachers to change their attitude towards these groups of ailing persons for whom they think that these are the patients and will be treated by medical practitioner.

2) This study may lead the teachers to find out the corrective yogic exercises.

3) This study may help the ailing teachers to realize that the suitable Yogasanas prescribed by the experts are beneficial for them.

4) This study may help the physicians to appreciate the value of certain well prescribed exercises for diabetic patients and this may help them to change their idea that such patients should abstain from all sorts of physical activities.