Introduction

In the present age we are going through very rapid change owing scientific advancement. Due to this scientific advancement one speaks of a country but every man has acquired the sense of pettiness, so that he may not lag behind from anybody. This ency is hovering over every walk of life including sports. Hence is exposed to the stresses and strains of life almost every minute which he is riot able to adjust. He needs some way through Ich he can lessen the burden of stresses. This can happen only en he is able to adapt himself to the situation. Usually the actions to the stresses are far out of proportion to the demands ode by the circumstances and they lead to 'adaptation diseases' • Hans selye calls them. The immediate need for modern man is o develop psycho-physiological resistance to enable him to meet UCcessfully with the circumstances and not to have the reactions on the part of the body and mind out of proportion.

To the problems of modern man yoga has an answer for one Who sincerely wants to seek it. We emphasize the word sincerely because no attempts could be pursued without sincerity. Without hcerity one cannot concentrate for a longer time on an activity. ,oga Is a panacea for concentration. So it is essential to know hot yoga is and how the health techniques of yoga effect the physical and physiological fitness of body in relation to adolescent "Joy which is the main concern of the present study

Before pondering over the subject matter of the thesis it is oslrable to discuss about the meaning, definition and importance Yoga as perceived by the philosophers and commoners. A story told of a rich dowager who happens to hear the word esopotamia' at a lecture and fell in love with it. Repeating the Ord filled her with immense thrill and happiness. Her eyes closed rl ecstasy as her lips silently framed that word. She has not the ,ghost of an idea what 'Mesopotamia' meant. Was it a river or a (Mountain, the latest drug or a disease 7 She did not bother. But the ..$0und of the word enslaved her heart and a thrill passed through her body as she uttered 'Mesopotamia'

Yoga is a 'Mesopotamia'. It has become a term to conjure with. It means different things to different men. Ask a dozen people what they mean by Yoga, the answer will be surprising in their variety and range. All sorts of physical and mental gymnastics are imagined by this term. Pranayama, asana, all manners of physical exercises and
contortions of body organs go by this nomenclature. Some imply by Yoga different type of discipline to which the senses are to be subjected. To others it meant a series of intellectual practices. Yet others equate Yoga with pure meditation. Some people associate it with miracles defying the laws of science.

It is to be averted here, that in the present study the thrill of yoga is neither like Mesopotamia word which was only listened without knowing the meaning nor like miracles which defy the law of science. In this study yoga is fully understood and used in the scientific method in the context of asanas and pranayamas, the two benefits of Astanga (eight limbs) yoga.

Yoga come from the root ‘Yuj Samadhu’ which means to join or unite’. It means joining or uniting with the ultimate reality or God, head, derivatively it also means a path or paths that lead to this a0a1. It is in this sense that we speak of several Yogas such as "Vice Yoga, Karma Yoga, Bhakti Yoga, Mantra Yoga, Hatha Yoga, Lays Yoga and Raja Yoga etc.

The word ‘Yoga’ occurs in Rigveda in the various senses, such SS Yoking or harnessing or achieving the unachieved. In Yajurveda the word 'Yoga' is used in the sense of union and Yoga practice. In Kathopanisad it is said that when five sense are united in the knowledge with mind and wisdom does not endeavor this is called 'Paramagati'. Such state is called Yoga. 'Yoga' word is also found in Taittiriya upnisaad in the sense of solutions.

Apart from these meanings, the word ‘Yoga’ is used in mathematics in the sense of addition whereas in astrology the word 'Yoga' means coming together of planets. In Ayurveda it is used in the sense of compound of different herbs in a particular medicine. According to Medani Kosa (dictionary), yoga word is used in the sense of receiving wealth (arthasamprapti), society (samgati), meditation (dhyana) argument (yukti), use (prayoga) and medicine (bhesaja) gradually and slowly the word confined itself in the meaning of philosophy specially of Patanjali 'Yoga darsana'. But alas now a day's living its spiritual sanctity, this word has shrunk Itself in the disease removing self.

The historical origin of yoga in India belongs to the distant past. When and how it began, cannot be established. What is perhaps possible is to try to trace historical sources of information about the 3'OCCurrence of Yoga and Yoga practice in the past in
India. The very earliest hints of Yoga practice in India are traced in Vedas. Because they are the 'hold all' of ancient Indian culture, knowledge and philosophy. The principles of yoga found the upnisada are based on the Vedas Nada Upanisad of Rigveda, Brihadaranyak Upanisad sukla Yajurveda, Kathopanisad of Krishna Yajurveda, Chandogya ...1.1panIsad of Samaved, and Mandukya Upanisad of Athrva Veda are pt, full of yogic references. From the perusal of Ayurvedic literature we can safely say that in the time of Charaka, Yoga was in vogue in India.