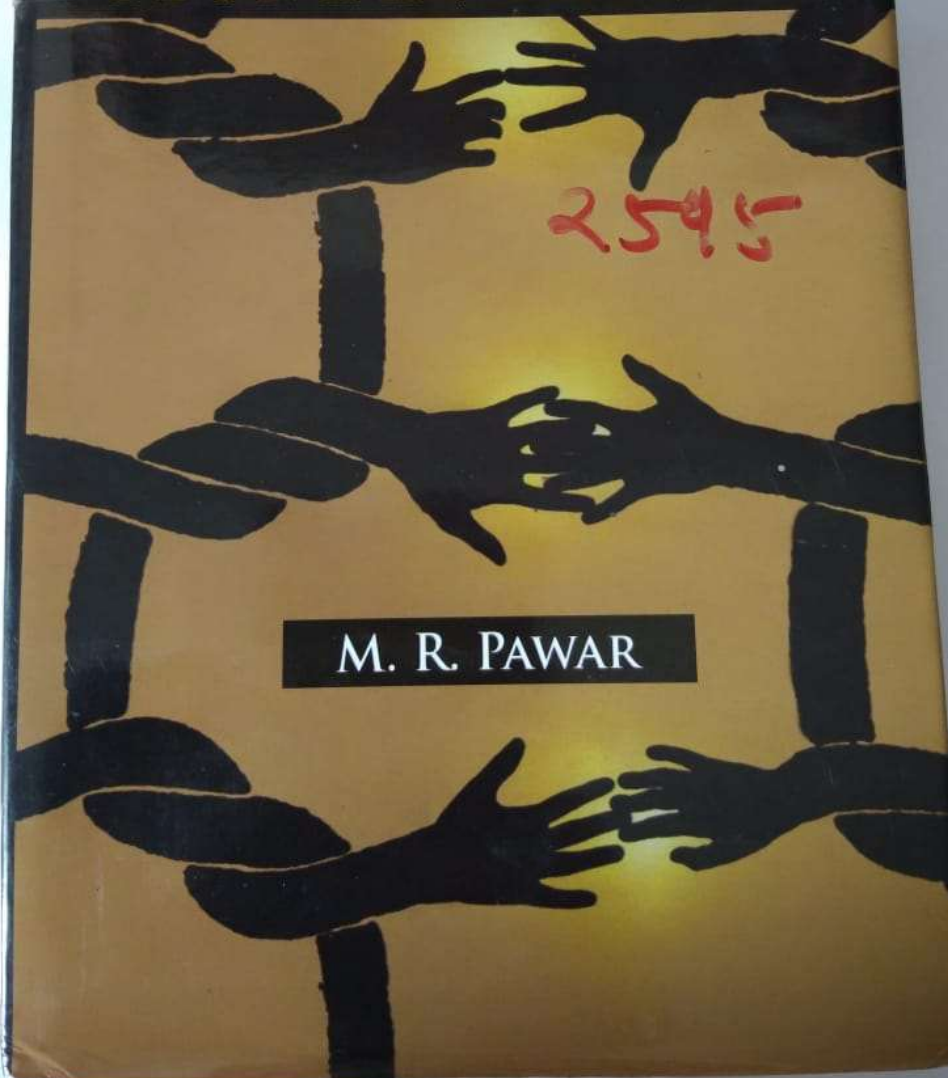


FUNDAMENTALS OF HUMAN RIGHTS

2545

M. R. PAWAR



Fundamentals of Human Rights

Human rights is those basic standards without which people cannot live in dignity. To violate someone's human rights is to treat that person as though she or he were not a human being. To advocate human rights is to demand that the human dignity of all people be respected. "Human Rights" is an attempt to look into impact of environmental changes on parks, reserves, biodiversity, protected areas, human welfare, women and forests, tourism, cultural survival, repatriation, peace, safety, health, urbanisation, hazards, etc., as well as effect of control, management and effective utilisation of these resources on environment so that basic human rights are not violated. All human rights are indivisible, whether they are civil and political rights, such as the right to life, equality before the law and freedom of expression; economic, social and cultural rights, such as the rights to work, social security and education ; or collective rights, such as the rights to development and self-determination. are indivisible, interrelated and interdependent. The improvement of one right facilitates advancement of the others. Likewise, the deprivation of one right adversely affects the others. The book will of immense utility to students, teachers, scholars, environmentalists, human rights organisations and general readers.

Contents

- Human Rights and Indian Women • Human Rights in Indian Context
- Historical Foundation of Human Rights • Universal declaration of human rights • Theories and Classification of Human Rights • Rule of Law and Human Rights • Climate Change and Human Rights Issue • Human Rights Problems • Human Rights and Judiciary • Crime against Humanity and Human Rights.



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Encyclopaedia of
Women
and Human Rights
(5 Vol. Set)

2603



MURLIDHAR R. PAWAR

Encyclopaedia of Women and Human Rights

This encyclopaedia describes the lack of attention to the human rights of women and indicates a range of issues where equal rights for women are still denied. The human rights of women as workers, prisoners should be (but more often are not), equal to those of male workers, prisoners. Women and Human Rights are of universal importance. The study on this subject has become essential all over the world. All the civilised societies and nations agree, "Women are cradle of civilisation", and are better understood with human rights. Women and human right promises to be the most comprehensive and important book available on the subject of women's human rights worldwide. This encyclopaedia covers the directions the movement for women's human rights is taking and will take in the coming decades and the concomitant transformation of prevailing notions of rights and issues. Raising awareness of the issue of violence against women and educating boys and men to view women as valuable partners in life, in the development of a society and in the attainment of peace are just as important as taking legal steps to protect women's human rights. However, it might also imply that women's rights are not simply the extension of the agreed rights of men to all members of the community. In other words, the "lived in" experience of being female results in a distinctive account of the nature of rights and the applicability of the language of rights to the status of women as equally valuable social, political, and economic agents. Human rights are essential rights for dignified human existence encompassing rights for fulfilling basic needs as well as rights for adequate development of human personality. The proclamation of Universal Declaration of Human Rights by United Nations was epoch making opening initiatives to be taken by various countries for protection and upholding human rights. Hopefully, the readings compiled here will benefit students, researchers, social scientist, women activists, policy planners and administrators.



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WOMEN
EMPOWERMENT
ISSUES AND CHALLENGES

3013



M. R. PAWAR

Women Empowerment Issues and Challenges

Women empowerment is an important field in contemporary social science research. Women studies have a great value in generating consciousness about multidimensional roles played by women in a society. Its basic objective is to study and collect information on women with a goal to empower them in their struggle against inequality. Further, the status of women and contribution made by them is considered to be the best indicator of social development and progress. But unfortunately, the information on women in different societies is very limited. Women empowerment, when succinctly defined, means their capacity to participate as equal partners in cultural, social, economic and political systems of a society. Empowerment is now increasingly seen as a process by which the one's without power gain greater control over their lives. This means control over material assets, intellectual resources and ideology. It involves power to, power with and power within. Some define empowerment as a process of awareness and conscientization, of capacity building leading to greater participation, effective decision-making power and control leading to transformative action. This book describes women's struggle for getting power and position in the society and family. Various issues, challenges and strategies for women's empowerment are given an in-depth treatment.

Contents

- Women and Labour Study- Changing Scenario • Rural India's Women Property Rights • Violence Against Women • Crime against Women
- Empowerment for Women • Democracy and Women Empowerment
- Women, Communication and Information Technology • Changing Trends in Women Employees • Women and Panchayati Raj • Sex and Gender.



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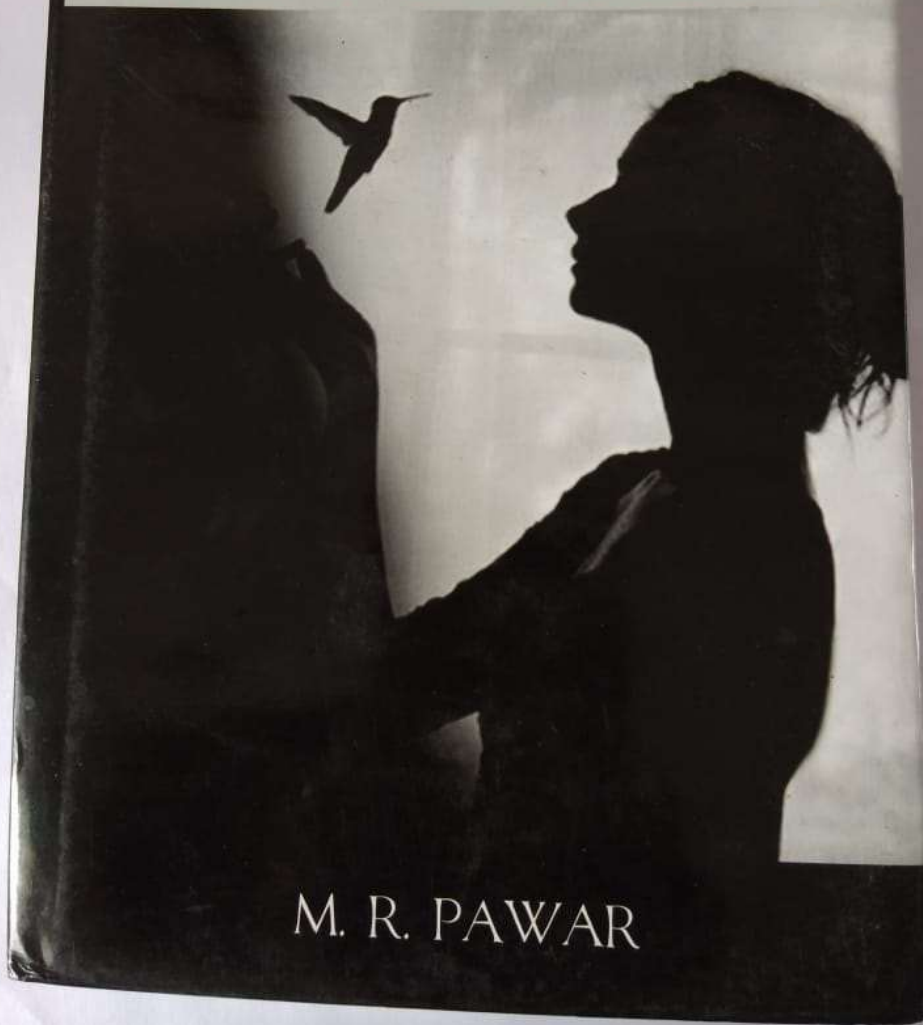
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Acc No
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WOMEN LAW
AND 2592
HUMAN RIGHTS



M. R. PAWAR

WOMEN LAW AND HUMAN RIGHTS

Women's Human Rights examines the potential and actual added value of the Convention on the Elimination of All Forms of Discrimination against Women in comparison and interaction with other equality and anti-discrimination mechanisms. The international legal instruments for the guarantee of women's civil and political and economic and social rights will be examined for students to acquire knowledge and understanding of the basic texts and the international monitoring mechanisms. The right to equality and non-discrimination, integrity and freedom is substantiated through a focus on the right to work, reproductive health rights, the right to protection against violence, the right to housing and land and the right to water and sanitation. The book includes views of various communities on the status change of these people. The book is to tremendous use to students teachers social organisations and general readers.

Contents

- Rapes and Crimes of Women • Women, Law and Criminal Justice
- Women Psychology • Women's Freedoms and Gender Equality
- Gender, Planning and Human Rights • Development of Women Education • Developing Approaches to Women's Human Rights
- Women's Participation in Urban Local Governance • Indian Democracy and Women's Human Rights • Human Rights: Aim and Scope.



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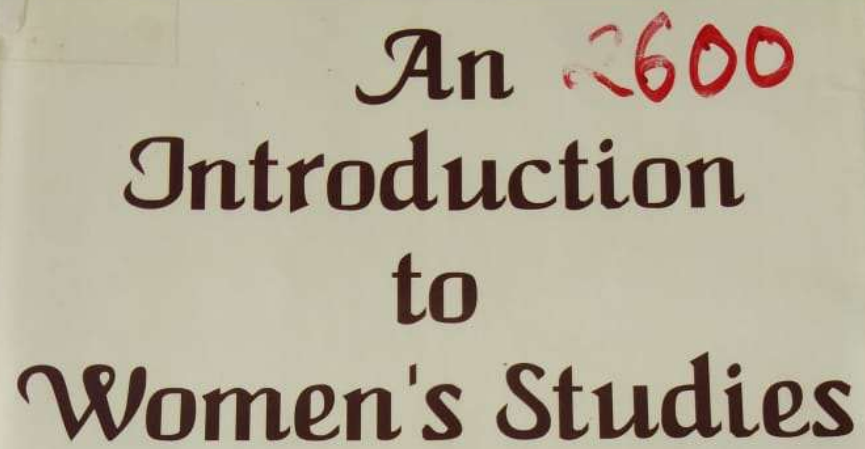


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An Introduction to Women's Studies

Women studies has become a thought provoking challenge all over the world. All the civilised societies and nations are better understood with women studies. Women studies are of great importance at the present world and cover a vast area. Women studies programs are involved in social justice and design curricula that are embedded with theory and also activism outside of the classroom. Some Women Studies programs offer internships that are community-based allowing students the opportunity to gain a better understanding of how oppression directly affects women's lives. Women Studies in an attempt to collect and collate informations from various sources on different themes so that it could serve as a repository not only to the masses but also to students, researchers, administrators and planners. This book will surely be useful not only to the students but also to the academicians, social workers and others interested in women studies.

Contents

- Introduction • Status of Women • Women's Equality Rights
- Fundamental Rights of Women • Women: Families and Marriages
- Protection of Women • Women and Rape Laws • Trafficking of Women • Dowry and Murder in India • Law and Domestic Violence.



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Women's Rights and Laws

M. R. Pawar 2599



Women's Rights and Laws

The term women's rights refers to freedoms and entitlements of women and girls of all ages. These rights may or may not be institutionalized, ignored or suppressed by law, local custom, and behaviour in a particular society. The violation of women's fundamental rights through physical, mental, emotional, and sexual violence against women has become almost commonplace in the Indian context. Violence against women has taken particularly acute forms in circumstances where populations are already marginalized, such as in areas affected by armed conflict, areas undergoing mass displacement. Women's rights are the rights and entitlements claimed for women and girls of many societies worldwide, and formed the basis to the women's rights movement in the nineteenth century and feminist movement during the 20th century. In some countries, these rights are institutionalized or supported by law, local custom, and behavior, whereas in others they may be ignored or suppressed. They differ from broader notions of human rights through claims of an inherent historical and traditional bias against the exercise of rights by women and girls, in favour of men and boys. The publication is useful not only to the research scholars, social-scientists and policy-makers but also to the general readers.

Contents

- Domestic Violence: Human Rights Issue • Custodial Justice to Women
- Sexual Harassment • Child Marriage • Women and Sexual Rights
- Women's Security and Indian Law • Prominent Women Politician of India
- Women and Children Welfare • Discriminations against Women's Rights
- Aboriginal Women-Crime and Abuse.



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जागतिक शांततेला बौद्ध धम्म हाच पर्याय

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रामराव जनक कला व वाणिज्य मध्यावधीत, मालेगांव जि. वाशिम

सारांश

आधुनिक २१ व्या संगणकिय शतकामध्ये सर्व जगाचा प्रवेश आधुनिकतरही जगामध्ये अनेक समस्या निर्माण झालेल्या आहेत यामध्ये प्रामुख्याने वंशभेद, जातीभेद, श्रीमंत गरीब, काळेगोरे, उच्च निम्नता, देश सिमा, या बरोबरच दहशतवाद ही मोठी समस्या जगातील सर्व राष्ट्रांना भेडसावत आहे.

अशा समस्यातुनच जगाने दोन महायुद्धे बघितली असुन तिसरे महायुद्ध जगाला नको आहे त्याकरीता सर्व राष्ट्रांच्या सामुहिक प्रयत्नातुन युनोची स्थापना झाली असुन त्या माध्यमातुन जागतिक शांतता प्रस्तापित करण्याचे प्रयत्न सगळीकडेच सुरु आहेत

जागतिक शांतता प्रस्तापित करण्यासाठी अण्वस्त्रांची निर्मिती व युद्धे यासरखी उपायोजना प्रगत राष्ट्र करीत आहेत शस्त्र निर्मितीच्या स्पर्धेतुनच दहशतवादी संघटनांची निर्मिती झाल्याचे दिसुन येते त्यामुळे दहशतवाद हे सर्वात मोठे समस्या जागतिक शांततेपुढे आहे. जागतिक शांतता प्रस्तापित करण्याकरीता वैयक्तिक स्तरावरून शांतता प्रस्तापित करुन ती कुटुंबामध्ये, समाजामध्ये, राष्ट्रांमध्ये आणि पर्यायाने जगामध्ये शांतता प्रस्तापित करणे योग्य ठरेल

शांतता आणि अहिंसा या दोन तत्वावर उभा असलेला जगातील प्राचिन धम्म म्हणुन गौतम बुद्धाच्या बौद्ध धम्माला जागतिक मान्यता आहे जगातील बौद्ध धम्म वगळता सर्व धर्म व त्यांचे प्रमुख हे धर्माधता पाळून राहिले त्यामुळेच या धर्मांच्या पालनातुन जागतिक अशांततेला खतपाणी घातले जात आहे.

बौद्ध धम्माचा मुळ पाया शांतता प्रस्तापित करणे हाच असुन बौद्ध धम्माच्या आचरणाने शांतता प्रस्तापित होवु शकेल. जगाच्या इतिहासातील प्राचीन, ख्रिस्ती आणि इस्लाम धर्मांच्या अगोदरचा धम्म म्हणुन बौद्ध धम्माला पाहिले जाते. बौद्ध धम्माचे आचरण जगात सगळीकडे झाल्यास जगात शांतता प्रस्तापित होईल म्हणजेच जगात सर्वत्र शांतता नांदवायची असेल तर इतर धर्मांच्या तुलनेत बौद्ध धम्म हाच सर्वोत्तम पर्याय आहे. त्यामुळेच युद्ध नको बुद्ध ह्या ही घोषणा जागतिक शांततेचे प्रतिक बनत आहे.

प्रस्तावना :-

एकविसावे शतक हे संगणकिय युग असुन जगात मुख्यतः १९ ते २० धर्म स्थापित असुन जगाच्या अनेक भागात ते कार्यरत आहेत. प्रत्येक धर्माची विशिष्ट अशी शिकवण असुन प्रत्येक धर्माचे उद्देश वेगवेगळे आहेत जवळपास सगळ्या धर्मांनी देव संकल्पना मान्य केली मृत्यु नंतरच्या संकल्पना मान्य केलेल्या आहेत परंतु बौद्ध धम्माने देव संकल्पना नाकारुन प्रत्यक्ष मानवी जीवनात मुल्याधिष्ठीतता उभी करण्याची विचारधारा मांडली आहे या नैतिक मुल्याधिष्ठित विचार प्रक्रियेतुन माणुस बनण्याची प्रक्रिया पुर्ण होवुन जागतिक रक्षार्थ व शांतता प्रस्तापित होवु शकते.

शांतता आणि अहिंसेचा धम्म म्हणुन जगात बुद्ध धम्म सर्व परिचित आहे. जगातील विविध धर्मांय लोक सध्या बौद्ध धम्माच्या तत्वज्ञानाकडे आकर्षित होत आहेत सध्याच्या जागतिक हिंसाचाराच्या वातावरणात शांतता प्रस्तापित करावयाची असेल तर बौद्ध धम्म किंवा बुद्धाचे तत्वज्ञान याशिवाय पर्याय दिसत नाही जागतिक

बुद्धकालीन स्त्री सक्षमीकरण

एल. आर. जावळे

मराठी विभाग प्रमुख, आर. जे. कॉलेज, माहिगाव नि. काशिम

सारांश

भारतातील सर्व धर्मांचा साफल्याने विचार केला तर हिंदू, मुस्लीम, ख्रिश्चन, ह्या तीनही धर्मपिशा बुद्ध धम्मामध्ये स्त्रीयांना गन्मानाची व आदरपूर्ण वागणूक असल्याचे दिसते.

तथागत गौतमाचा स्त्री विषयी उदात्त दृष्टीकोण असल्याचे निदर्शनास येते. २५०० वर्षांपूर्वी मुलीच्या जन्माने दुःखी होण्याचे कारण नाही, असे सांगणारे तथागत स्त्री भ्रूण हत्या करणा-यांना मोलाचा संदेश देणारे ठरतात. यावर्गी मधील घडलेल्या एका प्रसंगाचे वर्णन संयुक्तिकाया मध्ये आहे. पमेनदि राजा तथागताकडे आला असता, तथागतांना अभिवादन करून बसला असता एका मनुष्याने त्याच्या काणात देव मल्लिकादेवींनी मुलीला जन्म दिला आहे, असे सांगितले तेव्हा राजा उदास झाला तेव्हा तथागतांनी त्याला उद्देशून एक गाथा म्हणतली "हे जननिधना एकादी स्त्री देखील पुरुषा पेक्षा श्रेष्ठ असते. मेघाविनी (बुद्धिमान) शिलवती सामूला दैवत मानणा-या आणि पतिव्रता अशा तीच्या पोटी जन्मलेला गुर मुलगा दिशादिशांचा स्वामी होतो, आशा प्रकारचा गौरवशाली अशा तीचा पुत्र राज्याचे अनुशासनही करतो."

या उदाहरणातून ही बाब निदर्शनास येते की, तथागत बुद्धांनी त्या काळातील स्त्रीयांकडे उच्चकोटीची बुद्धीमत्ता नसते हे परंपरागत मत व लोकमनातील खोटी समजुत दर्शवून स्त्रीला उद्देशून मेघाविनी असे विशेषण वापरले आहे. यावरून स्त्री सक्षमीकरणाचे आदर्शपाठ आपल्याला बुद्ध विचारधारेत मिळतात. मुस्लीम, हिंदू, ख्रिश्चन ह्या धर्मात स्त्रीयांच्या दर्जापेक्षा अगदी पुरुष समांतर दर्जा बुद्धांनी त्याकाळात स्त्रीयांना प्राप्त करून देण्याचा प्रयत्न केला.

भार्या ही परम सखा होय. स्त्री ही पत्नी, सखी म्हणूनच तथागतांना अभिप्रेत होती. दासी म्हणून नव्हे. दासीच्या अवस्थेतून राणी बनविण्याला उपयुक्त ठरणारे युक्तीवादप्रसंग सापेक्ष बुद्ध करित यातूनही त्यांचा स्त्री विषयीचा आदर्श दृष्टीकोन प्रतीत होतो. एकविसाव्या शतकात सुशिक्षित म्हणवून घेणा-यांना तरी हा अडीच हजार वर्षांपूर्वीचा विचार पचवता आला आहे का ? हा प्रश्न आहे.

एकदरीत बुद्धीझम स्त्रियांचा सर्वधर्मा पेक्षा जास्त सन्मान करणारा विचार आहे.

बुद्ध विचारधारा ही पहिली विचारधारा होय ज्यात स्त्रीयांसाठी संघप्रवेशाने शिक्षणाची दारे खुली केली.

स्त्रीया अनंतबुद्धी चातुर्या असतात हे सन्मान पुर्वक वचन बुद्धाचे आहे. जे आजही आपल्याला स्त्रीभ्रूण हत्येच्या विकृत विचारापासून वाचवू पाहते.

स्त्रीयांचा आत्मसन्मान करणारे व सोबतच स्त्रीयांना आत्मनिर्भर बनविणारी ही विचारधारा आहे



IPTA- JAN NATYA SANGHA, AMRAVATI

(Reg. No. Maharashtra/110/2017/Amravati)

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Inter Disciplinary National Research Conference-2017

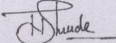
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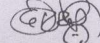
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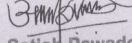
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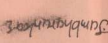
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Prof. Deepak Wankhade
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CERTIFICATE

Women Characters in the Plays of Tennessee Williams

Bhimrao Shaligram Unde

Asst. Prof.

Ramarao Zanak Arts & Commerce College,

Malegaon Dist. Washim

Tennessee Williams is one of the prominent dramatists of America. There are a number of facets of his writings. He was born on March 26th, 1911. Tennessee is pseudonym he adopted a year later. There cannot be denying the facts at all that he is considered as the leading American dramatist of 20th century. It is to be remembered here that the name Tennessee was given to him by his college companions on account of his southern accent as well as his father's background in Tennessee. He was born in Mississippi. His maternal grandfather named Water Dakin was an Episcopal Clergyman in Mississippi town of Columbus. His father Cornelius Coffin was a travelling shoe sales man. His mother's name was Edwina. His sister's name was Rose.

After having made deep and detailed study of the plays of Tennessee Williams, we can say with a definite end in view and without any exaggeration that women characters are so influential that they play a vital and the most significant roles in order to give vigor and vitality to the plays. As for as his first successful autobiographical play "The Glass Menagerie" is concerned, there is a female character named Amanda Winfield around whom the entire story revolves. There is also another female character named Laura who is a daughter of Amanda. Both of them act under the influence of an illusionary view. In the play The Glass Menagerie, both Amanda and Laura refuse to face the reality of their lives. Amanda retreats into the past while Laura retreats into the world her glass animals. Laura's withdrawal is more deadening than Amanda because she is entirely self-centered. Amanda is at least trying her best to hold the family together economically and spiritually. She tries

to help Laura to lead a normal life first by sending her to business college and then by making plans and provisions for a gentleman caller. Amanda takes delight in her past matters. She lives in the world of illusions and dreams. She remembers her golden and glorious past that she was a wealthy southern Belle with seventeen gentlemen callers on one Sunday afternoon. She refuses to accept the limitations of her children. She wants her son Tom to attend college and become someone and do something great. Nevertheless she lacks ambition. "One Sunday afternoon in Blue Mountain your mother received seventeen gentlemen callers, why sometimes there weren't chairs enough to accommodate them all. We had to send the nigger over to bring in folding chairs from the parish house." Amanda refuses to see Laura as a cripple with eccentric behavior. Instead of it she aims at marrying her daughter Laura to a gentleman caller who would look after her forever and bring laughter and happiness into her life. Both these female characters escape from reality and indulge in the dreamy world of their own making. Both of them failed to understand the real world around them.

In this way the most important thing of his play is his placement of women characters in the adverse situation. He is unique in the presentation of women characters with the conflict of actual and inactual. Here we must bear one thing in mind that his women characters are the victims of delusion. As in The Glass Menagerie, we come across the pathetic plight of women by the name of Amanda Wingfield who always lives in imagination. She ignores the present reality of life.

"The Glass Menagerie" indicates Tennessee Williams interest in the plight of the ill-adjusted

The Women Characters in the Plays of Mahesh Dattani

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Mahesh Dattani, a twinkling star in Indian theatre, handles the sensitive issues like homosexuality, gender discrimination, the problems of hijra community and women exploitation in his plays. The present paper aims at the study of representation of women's image in his plays. He represents the women in the family orbit who are exploited in the hands of husband and other elderly persons in the family. But his women characters, though exploited in the beginnings, rebel against the patriarchal dominance and attempt to find their own space in the male dominated society. His women characters inspire the women audience not to bear the patriarchal authority helplessly, but to revolt against it, and to establish their own woman identity in the society.

Right from the Vedic period, the Indian woman had been having a secondary position in the society. She was exploited in the hand of the man, and she also maintained her submissive position without any choice of herself. As literature is the mirror of society, the Indian woman had been represented as an instrument in the hand of man by the main stream writers. Due to some social reforming movements and the education given to the woman, she became aware of her existing submissive position and her rights as well. The woman dared to revolt against traditional social system finding her own space in the society. The feminist writers like Anita Desai and Shashi Deshpande have focused on women's psychological sufferings, and oppressions of the frustrated Indian women. The famous Dalit women writers voiced the inhuman exploitations and sufferings of downtrodden women in their autobiographical narratives. The main-stream Indian

writers represented the traditional submissive woman, but the feminist writers introduced the women who revolt against the rotten traditions and find their own space in the male dominated society.

Mahesh Dattani, the leading Indian playwright in English introduces the traditional, submissive and tolerant woman, but at the same time, his women characters fight against the social evils throwing away all the bondages imposed upon them by male dominated society. He dramatizes an authentic picture of woman who is exploited in the family by her husband and the laws also. It is more pathetic that the well educated woman also is dominated by her husband as she is not economically independent.

"However, the women images conceived by Mahesh Dattani in his plays are unconventional beyond the periphery of the sentimental quest of feminism. He presents them, placing in the background of familial relationship. They no doubt are often the sufferers but they are also sensitive to preserve their identity and self respect. They are endowed with the essential tributes of feminist but simultaneously they sustain their individual identity and make protest against the irrational myths and conventions of society."¹

The women characters presented by Mahesh Dattani in his plays are: Shanta in *Thirteen Days in September*, Ratna in *Dance Like a Man*, Bharti in *Tara*, Sonal in *Where There's a Will*, Smita in *Final Solutions*, Swarnalata in *Morning Raga*, Aruna in *Ek Lag Mausam* and Dolly and Alka in *Bravely Fought the Queen*. Regarding his women characters Mahesh Dattani, in one of his interviews, says:

"And since I have the male self, which is

योगेश

Special Edition, Issue 15, Vol. - V (2), January 2020

ISSN No. 2395-2725

An International Multidisciplinary Research Journal



विशेषांक शोध समग्र

राष्ट्रीय शोध संगोष्ठी

18 जनवरी 2020

आधुनिक जीवन में योग एवं व्यायाम की भूमिका



प्रकाशक - प्राचार्य, शासकीय गृहविज्ञान स्नातकोत्तर अग्रणी महाविद्यालय होशंगाबाद (म.प्र.)

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Effect of Yogasana on Flexibility of Students

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82

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Abstract:

The main purpose of the study to find the effect of yogasana on flexibility of students. Researcher hypothesized that, there yogasana shows significant effect on flexibility of students. The study was delimited to 30 male and 30 female students. Students were selected from Ramrao Zanak College, Malegaon, Dist. Washim by using simple random method. Age of the students ranging between 18-20 years. On the basis of pre-test, researcher formed two experimental and two control groups. sit and reach test was used to measure the flexibility was recorded in centimeters. Yogasana was given to the experimental group only. It includes pranayama, anulome vilome, asanas, relaxation. After six weeks post-test data was collected. The data were analysed by applying 't'-test and level of significance was set at 0.05 level. Significant difference found in pre-test and post-test of male and female experimental groups, and post-test of male experimental and male control group as well as female experimental and female control group of students. Hence it was concluded that yogasana increase the flexibility students.

Key Word : Yogasana, Student, Flexibility, Male, Female

Introduction:

Yoga asanas are famous for being non-violent. Least amount of energy is utilized while performing the various postures. One never feels tired and exhausted at the end of a Yoga session because a lot of lubrication is created in the joints. Due to rotation, flexion or extension, the muscles have the optimum control, contraction or optimum relaxation. It is a competition between one's own body and one's own self as the practice of asanas makes one judicious in action, thought and speech. Yoga means the experience of oneness or unity with inner being. This unity comes after dissolving the duality of mind and matter into the supreme reality. It is a science by which the individual approaches truth. The aim of all yoga practice is to achieve truth where the individual soul identifies itself with the supreme soul or God. The attitude towards Yoga and its acceptance has undergone a sea change over the last twenty years. This is true not only of our country where Yoga originated a thousand years ago, but also of far-flung countries all over the world.

Statement of the Problem:

The problem is stated as, "Effect of Yogasana on Flexibility of Students".

Purpose of the Study

The purpose of the study to find out the effect of yogasana on flexibility of students.

Hypothesis

Researcher hypothesized that, yogasana shows the significant effect on flexibility of students.

Delimitations

- 9) Male and female college students were selected from Ramrao Zanak College, Malegaon, Dist. Washim
- 10) The study was delimited to 30 male and 30 female students.
- 11) The age of the subjects ranged between 18-20 years.
- 12) Flexibility was measured for the research.

Methodology:

30 male and 30 female students were selected by using simple random sampling method. On the basis of pre-test, researcher formed homogeneous groups namely two experimental and two control groups. Yogasana training was given to the experimental groups and no training was provided to the control groups. In the yogasana schedule, prayer, pranayama, anulome-vilome, standing asanas, sitting asanas, backward asanas and abdominal asanas were taken with shavasanas. For the collection of data sit and reach test was used to measure the flexibility was recorded in centimeters. After six weeks training of yogasanas again post test data were collected.

Analysis of Data

The data were analysed by applying 'F'-test (ANOVA) when significant Post Hoc Test was employed to see the mean difference. Level of significance was set at 0.05 level. Findings of the statistical analysis have been shown in the following tables.

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A Proceedings of
National Conference on
Buddhist Philosophy-
A Present Day Need,
NCBP-2016

March 12, 2016

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