

Doctoral Theses

512. BHANDORIA (Surender Kumar)  
**Promotion of Taekwondo in India : An Appraisal and Development of Theoretical Framework of Long Term Plan.**  
Supervisors : Dr. (Mrs.) Kiran Sandhu and Dr. Devinder K. Kansal  
Th 16574

*Abstract*

Finds that any theoretical framework for promotion of Taekwondo does not lead the present LTDP of Taekwondo federation of India. Hence the study recommends that TFI needs to consider its LTDP on the framework of broad basing and talent identification schemes; human resource development (Players, coaches and officials); infrastructure and facilities; motivational strategies and schemes; media and marketing, financial management, international exposures and scientific research inputs as well meet all the requisites that lead Taekwondo to be a glorified prospects on World facet.

*Contents*

1. Introduction. 2. Review of related literature. 3. Procedure and methodology. 4. Analysis of data and findings of the study. 5. Summary, Conclusions and Recommendations. Appendices. Bibliography.

513. KUNAL  
**Effect of Selected Yogic Exercises on Psychological and Physiological Variables of Delhi Secondary School Male Students.**  
Supervisor : Dr. N. P. Sharma  
Th 16575

*Abstract*

It has been observed that in the area of Psychological variables Experimental group A have recorded highest scores which

indicates that Concentration and memory have achieved best levels while there is a steady fragrance of improvement also indicated in the other Psychological variables, Anxiety, Stress, Aggression, which is natural because of the yogic exercises schedule given to them for a specific period. Thus it can be concluded that the Psychological variables have statistically significant impact upon the subjects after the practice of specific yogic exercises for a period of twelve weeks. It has been observed that Experimental group A is the highest in its level on Respiration Rate, Resting Heart Rate and Maximum Heart Rate with all the other groups. Experimental group B indicating lower level than Experimental group A on Respiration Rate, Resting Heart Rate, Maximum Heart Rate. While Control group have shown lowest scores on these variables. The trend revealed that two yogic exercise group Experimental group A and B with respect to other variables are similar. Investigates the effect of selected yogic exercises on psychological and physiological variables of Delhi secondary school male students. Physiological Variables i.e. Systolic blood pressure, diastolic pressure, resting Heart Rate, Maximum Heart Rate, Respiration Rate, Lung Vital Capacity. Pranayama, cultural asanas, meditative asanas, shatkarmas, relaxative asanas were given as a yogic exercise training programme to the subjects. The subjects were equally assigned using random sampling method into three groups i.e. Experimental group A, Experimental Group B and one Control group. Yogic exercise training were given to both the experimental group i.e. Experimental group A, Experimental group B for a period of twelve weeks.

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1. Introduction. 2. Review of related literature. 3. Procedure and methodology. 4. Analysis of data and results of the study. 5. Summary, Conclusions and Recommendations. Appendices. Bibliography.