

**“ STUDY OF SWAYAMSIDHHA TRAINEE WOMEN’S ,
GADCHIROLI ”**

Final Report

Minor Research Project sponsored by UGC, New Delhi.

Submitted To,

U G C

Western Regional Office

Ganeshkhind, Pune

Submitted by

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Maharashtra - 442605

July - 2015

&% __.kfun”ku %&

y?k”kk/k ic/k io >kY;kurj eyk gk idYi i.k dj.;kr T;kuh iR;{k
o viR;{k enr dyh- R;kp vkHkkj eku.k eh vkiy dr0; letr-

y?k”kk/k ic/kk l etjh n.kkj fo|kihB vunku vk;kx T;kP;k vkfFkd
enrhf”kok; ic/k i.k gko “kdr ukgh] R;kp eu%iod vkHkkj-

y?k”kk/k ic/kkph ij.kk n.kkÚ;k vkeP;k ikpk;k Mk- glk rkej o ek>
lo lgdkjh ik/;kid on g;kph eh vkHkkjh vkg-

/kU;okn-

Mk- vfurk yk[kM

efgyk egkfo |ky;] xMfpjkyh-

fu'd'k vkf.k I puk

I puk o f''kQkj I h %

- **vl/;;u {k=rhy dVc fu;k tuk lc/kh tx:drk fuek.k dj.;kph vko";drk vlu R;kckcr i''kk luku o Lo;loh ILFkkuh ;kX; rh mik;;k tuk djkoh-**
- **vl/;;ukru iklr ifj.kkeko:u vl fun''kuk l vky dh] vl/;;u {k=rhy cgrk''k ukxfjdkP;k mRiUukp e[; L=kr "krh o "kretjh g vkg- ;k ikjikjhd jktxjkP;k L=krk0;frfjDr vl/;;u {k=kr brj jktxjkp L=kr fuek.k dj.;kph xjt vkg-**
- **vl/;;u {k=rhy ukxfjdkP;k okf''kd mRiUukp Lrj ok<fo.;kP;k n'Vhu uouohu jktxjkph fuferh o vf/kd mRiUu n.kkú;k 0;olk;kph l:okr rlp df'k{k=kr ixr lk/kukpk mi;kx br;knhoj Hkj n.;kph xjt vkg-**
- **lkeftd leL;k lMfo.;kr i.kr% lQy gk.;k lkbh ^vkEgh vkeP;k vkjkX;k lkbh* ;k ILFpk foLRkj vkfnoklh {k=rhy iR;d ?Vdki;r u.;kph xjt vlu R;kuh vkfnoklhP;k lkeftd ekú;r k o 0;ogjkp l{e vl/;;u dj.k xjtp vkg-**
- **vkfnoklh {k=rhy vkjkX; fo'k;d leL;k deh dj.;kP;k fn''ku "kk luku o Lo;loh ILFkkuh vkjY;k vkjkX; fo'k;d lokpk foLrkj dj.k vko";d vkg rlp vkjkX;kfo'k;h vkfnoklhel/; tx:drk fuek.k dj.;kph xjt vkg-**
- **vkfnoklh {k=rhy ckyeR;nj deh dj.;kP;k mnn''kku ilrhio o ilrhurj ?k.;kr ;.kkú;k vkjkX; fo'k;d dkGth o mipkjk lc/kh vkfnoklhel/; /nLrjkoj tx:drk fuek.k dj.k vko";d vkg-**
- **Lo;jktxjkP;k {k=kr vkfnoklhel/; tx:drk fuek.k dj.;kph xjt vkg-t.kd:u vf/kd jktxjkP;k l/kh miyC/k gkou mRiUukpk nj of/nxr gk.;k l enr gkby-**

- **vkfnoklh {k=krhy ukxfjdkph ekufld o ck/nhd {kere/; fodkl ?kMou vk.k.;kP;k mnn"kku 0;fDreRo fodkl f"kfckjp vk;k,tu dj.;kr ;ko-**
- **jkt dh; urRo fuoM.;kr ;kX; fu.k; ?k.;kP;k n'Vhu LFkkfud vkfnoklh ukxfjdke/; tx:drk fuek.k djkoh] t.kd:u ;kX; jkt dh; urRokP;k enrhu vkfnoklh {k=kr fodklkph dk;| ?kMu ;rhy-**
- **vkfnoklh lektkr ipfyr vuko";d pyhfjrh o R;keG gk.kkj ud lku ;kp egRo iVou nou lekr iFkr ;kX; cny ?kMou vk.kkok-**
- **vk/kfudhdj.kkeG vkfnoklh lektkr l/kkj.kk >kY;k v lY;k rjh ;k l/kkj.kpk nj deh vkg- vkfnoklh ukxfjdkuk "kk luk}kj vkfnoklhdjhrk ijfo.;kr ;.kkÚ;k ;ktukph ijij ekfgrh n.;kph xjt vkg t.kd:u "kk l dh; ;ktukP;k enrhu vkfnoklh lektkrhy l/kkj.kpk nj ok<.k l enr gkby=**

LFkkfud ykdldM urRo] ykdurRo xkokdMp] ykd l?kVuk LFkkfud i"ukoj vH;k l vkf.k dke rlp vf/kdj o jpuik lu oxG jkgu lgt i.k dke djhr jkg.k ;k e[; rRokpk vk/kkj ,dnj dkekr fuf"pr dj.;kr ;kok-
- **vkfnoklh Hkkxkr vkgkjr fofolrk ulr- nX/k tU; inkFkkpk vHkko] MkGhpk vHkko] vMh] ek l [kkrkr i.k [ky feB [kk.;kp iek.k Hkjij v lY;ku vk;kfMuph derjrk vk<Gr-**
- **vkjX;fo'k;d leL;k mRiUu >kY;k l ekf=d] itkjh ;kP;kdM tko "kd.kkÚ;kp iek.k vkf/k vkg-**
- **mnjfuokgkph l k/ku deh o e;kfnr v lY;ku ik'k.k LRkj fuEu idkjpk vkg- djhrk jktxkj fuferh dj.k xjtp vkg-**

& InHkxFk lph &

			i'V
v- Ø- 01	fodk l lefir ekfld ;ktuk	fMlcj 2000	26
02	fodk l lefir ekfld ;ktuk	ekp 2005	76
03	ykdjkt;	fMlcj 2007	28
04	lkekftd l"kk/ku i/nrh	Mk- inhi vkxyko	
05	dkoGh ikuxG	Mk- vHk; cx	04
06	lkekftd l"kk/ku i/nrh	Mk- i- y- HkkMkj dj	57
07	xMfpjkyh ftYgk		
	lkekftd o vkfFkd	egkj'k'V "kk l u	
	lekykpu %2004&05%	ech	
08	egkj'k'V "kk l u		
	ifrfcc fodk l kp	ftYgk ekfgrh	
	ftYgk & xMfpjkyh	vf/kdkjh	
09	vkEgh vkeP; k vkjX; k l k Bh	Mk- foëy ?kkjij	
		fon;kidk"ku] ukxij-	
10	"kkL=h; l"kk/ku in/k rh	Mk- ck c dÚgkM	
11	"kj hj ----- foKku &	fi;oRr "kek	

- | | |
|---|---|
| <p>12 n'V_kF_k "kfjje &</p> <p>13 n'V_kF_k "kfjje &</p> <p>14 "kkjhjd f"kk lxyk ,oe i"kk lu feu i l jhp_k</p> <p>15 The Priniciples Exercise -</p> <p>16 Pranayam Health -</p> <p>17 Yoga for Health -</p> <p>18 Yoga for Common Diseases -</p> | <p>1- n'V_kF_k ;ky_k idkjr</p> <p>e- x_k v_k<0._k</p> <p>2- n'V_kF_k ukuk</p> <p>Theorphy</p> <p>Yoga Health H. K. Kaul</p> <p>H. Kumar Kaul</p> <p>Lights.</p> |
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