

## APPENDIX A

### Age, Sex and Intelligent Quotient of the Subjects

Sl. No.	Age	Sex	IQ
1	14	Male	46
2	13	Male	50
3	18	Male	52
4	15	Male	54
5	17	Male	52
6	19	Male	54
7	18	Male	50
8	17	Male	50
9	16	Male	46
10	14	Male	48
11	14	Male	50
12	14	Male	52
13	15	Male	54
14	16	Male	50
15	15	Male	50
16	15	Male	50
17	14	Female	52
18	15	Female	52
19	17	Female	48
20	18	Female	48
21	15	Female	48
22	14	Female	48
23	14	Female	50
24	13	Female	46
25	15	Female	48
26	15	Female	46
27	14	Female	46
28	14	Female	48
29	15	Female	50
30	15	Female	50
31	18	Male	48
32	15	Male	48
33	14	Male	48
34	14	Male	48
35	19	Male	48
36	15	Male	52
37	14	Male	54
38	13	Male	54
39	15	Male	54
40	16	Male	50
41	17	Male	50
42	16	Male	48
43	15	Male	50

44	15	Male	48
45	15	Male	46
46	14	Male	50
47	14	Female	50
48	15	Female	52
49	16	Female	52
50	15	Female	54
51	14	Female	50
52	15	Female	52
53	14	Female	54
54	16	Female	54
55	15	Female	50
56	15	Female	50
57	14	Female	48
58	13	Female	46
59	13	Female	46
60	15	Female	50
61	16	Male	50
62	14	Male	48
63	19	Male	48
64	17	Male	46
65	16	Male	48
66	14	Male	48
67	13	Male	48
68	15	Male	50
69	15	Male	54
70	15	Male	54
71	14	Male	52
72	17	Male	54
73	16	Male	52
74	15	Male	50
75	15	Male	52
76	14	Male	48
77	15	Female	48
78	16	Female	46
79	14	Female	46
80	19	Female	52
81	15	Female	52
82	14	Female	52
83	13	Female	48
84	15	Female	50
85	14	Female	48
86	14	Female	48
87	15	Female	48
88	14	Female	50
89	13	Female	50
90	17	Female	52
91	16	Male	54

92	15	Male	54
93	15	Male	52
94	17	Male	52
95	19	Male	48
96	16	Male	48
97	17	Male	52
98	16	Male	52
99	15	Male	54
100	15	Male	54
101	14	Male	54
102	16	Male	50
103	17	Male	54
104	16	Male	50
105	15	Male	48
106	14	Male	48
107	14	Male	50
108	14	Female	52
109	14	Female	52
110	13	Female	52
111	17	Female	52
112	16	Female	54
113	15	Female	48
114	16	Female	46
115	14	Female	46
116	15	Female	50
117	16	Female	48
118	15	Female	46
119	14	Female	50
120	14	Female	48

## APPENDIX B

### RAW SCORES ON SPEED

Sl. No.	Yogic group		Physical Exercise group		Yogic & Physical Exercise Group		Control group	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post
1	9.13	9.09	10.12	9.86	9.98	8.79	9.08	9.06
2	13.41	12.68	10.12	10.01	9.23	8.12	9.56	9.56
3	9.72	9.85	10.65	10.23	12.23	10.34	10.12	10.16
4	10.76	10.47	9.85	9.54	9.98	9.12	10.76	10.74
5	9.45	9.39	13.65	12.75	11.24	9.56	9.78	9.78
6	12.92	11.86	9.78	9.65	9.95	8.97	9.15	9.17
7	9.76	9.68	9.65	9.71	9.85	9.17	9.98	9.98
8	9.65	9.53	11.12	11.02	10.96	9.63	9.54	9.57
9	9.68	9.55	10.23	9.54	13.67	11.04	9.96	9.95
10	10.14	10.01	14.75	10.59	10.87	8.85	14.12	14.11
11	12.68	12.54	9.97	9.68	10.56	10.55	10.13	10.14
12	9.87	9.76	9.15	8.98	10.64	9.11	9.86	9.86
13	9.67	9.53	9.79	9.34	10.87	8.93	9.17	9.17
14	9.02	8.98	9.76	9.67	9.65	9.14	10.01	10.04
15	9.16	9.18	10.24	9.97	9.87	9.01	11.56	11.56
16	9.58	9.55	9.15	9.03	9.02	8.85	9.79	9.81
17	11.23	11.07	10.98	10.76	9.57	9.53	10.12	10.09
18	11.26	11.19	9.97	9.99	9.47	9.32	9.99	9.96
19	12.12	12.09	15.23	14.37	14.13	10.46	10.13	10.13
20	9.87	9.75	10.76	9.97	10.19	9.13	9.97	10.01
21	10.93	10.62	11.65	11.02	11.18	10.64	10.17	10.17
22	14.02	12.98	11.89	10.93	10.98	9.96	10.54	10.54
23	11.76	11.65	12.54	10.65	13.12	9.1	9.98	9.97
24	10.92	10.48	11.37	11.02	10.13	9.64	10.67	10.69
25	14.12	13.92	11.65	10.97	9.87	9.67	9.87	9.85
26	11.02	10.61	9.67	9.54	11.54	9.29	10.54	10.52
27	13.19	12.92	10.45	10.38	11.64	9.72	10.36	10.36
28	10.87	10.88	10.65	10.03	9.95	9.15	10.76	10.76
29	11.65	11.55	9.67	8.99	10.86	9.5	10.23	10.21
30	11.52	11.47	10.97	9.56	9.96	9.32	11.13	11.11

## APPENDIX C

### RAW SCORES ON AGILITY

Sl. No.	Yogic group		Physical Exercise group		Yogic & Physical Exercise Group		Control group	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post
1	12.78	12.11	14.55	14.53	12.78	12.53	12.96	12.96
2	14.56	13.76	12.89	12.91	12.98	12.12	13.32	13.33
3	12.67	12.54	17.86	16.98	17.66	16.97	18.55	18.53
4	17.15	14.54	13.67	13.59	13.56	13.21	14.76	14.74
5	12.43	11.95	12.78	12.59	15.65	14.77	12.87	12.86
6	13.54	13.67	14.66	14.55	13.96	13.21	13.88	13.88
7	12.78	12.13	15.71	15.68	14.15	13.92	12.64	12.64
8	13.78	12.64	16.12	16.07	14.66	14.23	19.77	19.75
9	14.64	13.23	14.88	14.59	18.23	17.56	14.55	14.57
10	12.85	12.57	15.76	15.71	14.32	14.44	16.43	16.44
11	15.96	14.65	14.22	14.12	15.68	15.01	14.69	14.69
12	13.76	12.77	13.56	13.59	14.58	14.33	12.88	12.88
13	12.59	12.55	12.78	12.68	15.78	15.01	12.73	12.73
14	16.75	15.23	15.62	15.58	12.76	12.58	14.43	14.43
15	13.67	13.15	15.75	15.82	13.19	13.11	19.01	19.01
16	14.23	13.11	12.88	12.91	12.66	12.34	12.89	12.91
17	16.66	15.57	15.17	15.07	16.66	15.97	14.78	14.75
18	18.19	17.65	14.56	14.49	14.22	14.28	14.66	14.66
19	16.76	15.56	17.67	17.65	16.78	16.45	15.77	15.76
20	15.15	14.33	16.74	16.54	15.17	15.11	14.55	14.57
21	18.19	17.45	16.95	16.98	19.87	16.78	16.55	16.55
22	19.67	18.99	15.68	15.71	16.44	16.21	19.64	19.64
23	18.64	18.01	16.64	16.52	16.57	16.29	16.78	16.78
24	15.72	15.24	18.98	18.07	15.98	16.02	17.32	17.31
25	16.58	15.96	15.64	15.36	18.68	17.66	15.56	15.58
26	15.67	15.32	14.79	14.57	20.64	18.2	16.47	16.47
27	15.59	15.55	16.46	16.46	16.68	16.54	14.66	14.69
28	16.54	16.47	15.91	15.81	14.33	14.11	15.19	15.19
29	14.76	14.78	16.87	16.79	16.98	16.54	17.59	17.59
30	15.53	14.93	15.97	15.92	15.21	15.01	17.98	17.99

## APPENDIX D

### RAW SCORES ON EXPLOSIVE POWER

Sl. No.	Yogic group		Physical Exercise group		Yogic & Physical Exercise Group		Control group	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post
1	1.81	1.91	1.24	1.35	1.37	1.47	1.26	1.26
2	0.82	0.85	1.59	1.65	1.51	1.59	1.37	1.37
3	0.94	0.98	1.61	1.69	1.32	1.47	1.12	1.08
4	1.62	1.69	1.32	1.45	1.75	1.69	1.47	1.47
5	1.37	1.45	1.29	1.41	1.43	1.55	1.78	1.78
6	1.71	1.75	1.45	1.56	1.44	1.57	1.26	1.26
7	1.54	1.61	1.37	1.49	1.21	1.43	1.39	1.39
8	1.95	1.97	1.35	1.46	0.91	1.23	1.75	1.75
9	1.68	1.64	1.44	1.53	0.95	1.21	1.56	1.57
10	1.71	1.75	1.52	1.61	1.24	1.27	1.74	1.73
11	1.43	1.48	0.96	1.25	1.27	1.39	1.66	1.66
12	1.01	1.12	1.23	1.37	1.69	1.72	1.72	1.72
13	1.82	1.81	0.79	1.02	1.54	1.67	1.12	1.11
14	1.55	1.59	0.92	1.43	1.64	1.72	0.98	1.01
15	1.23	1.31	1.37	1.49	1.24	1.29	1.14	1.14
16	1.85	1.83	1.26	1.42	1.31	1.64	1.57	1.56
17	1.22	1.31	0.82	1.02	1.12	1.21	0.94	0.94
18	0.77	0.82	1.21	1.34	1.32	1.29	1.12	1.12
19	0.64	0.71	1.11	1.25	0.89	1.24	1.01	1.02
20	1.23	1.31	1.25	1.3	1.25	1.34	1.13	1.15
21	1.25	1.29	1.16	1.27	1.23	1.29	1.35	1.35
22	1.32	1.29	1.23	1.36	1.1	1.18	1.55	1.55
23	1.03	1.07	0.76	1.21	1.15	1.25	0.77	0.78
24	1.03	1.02	1.01	1.04	1.02	1.13	0.84	0.84
25	1.37	1.41	1.07	1.01	1.04	1.09	0.95	0.95
26	0.96	0.99	1.03	1.21	0.92	1.11	1.17	1.17
27	1.01	1.05	1.15	1.3	1.19	1.34	1.23	1.23
28	1.11	1.15	1.26	1.29	1.16	1.29	1.43	1.43
29	1.21	1.24	1.21	1.29	1.09	1.18	1.32	1.32
30	0.91	1.01	0.89	1.05	1.02	1.16	1.02	1.03

## APPENDIX E

### RAW SCORES ON FLEXIBILITY

Sl. No.	Yogic group		Physical Exercise group		Yogic & Physical Exercise Group		Control group	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post
1	6	8	8	9	7	9	7	7
2	7	7	7	8	6	7	7	7
3	5	7	5	6	7	8	7	7
4	5	8	6	6	7	7	6	5
5	7	9	6	6	8	10	8	8
6	10	11	7	8	6	8	7	7
7	9	10	8	9	9	10	8	8
8	6	9	6	7	6	8	6	6
9	7	8	7	8	5	8	5	5
10	7	9	5	6	6	6	8	8
11	5	8	5	7	6	8	7	7
12	6	8	6	7	7	9	7	7
13	7	7	6	6	7	8	6	6
14	6	9	6	7	8	10	6	6
15	6	10	8	10	6	9	8	8
16	5	9	7	8	6	8	7	7
17	9	11	8	8	9	10	8	8
18	8	10	9	10	7	9	9	9
19	7	9	8	8	10	11	9	9
20	6	9	6	7	8	10	10	10
21	8	10	9	10	11	13	7	7
22	7	6	8	9	9	13	8	8
23	9	12	7	7	10	12	6	6
24	8	11	7	7	6	9	7	7
25	7	8	9	10	11	14	8	8
26	9	10	8	9	9	14	9	9
27	10	10	6	7	9	10	8	8
28	9	10	8	9	9	13	9	9
29	8	9	9	10	4	9	9	9
30	9	11	8	9	8	12	10	10

## APPENDIX F

### RAW SCORES ON RESTING PULSE RATE

Sl. No.	Yogic group		Physical Exercise group		Yogic & Physical Exercise Group		Control group	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post
1	74	72	74	73	74	72	72	72
2	71	70	70	68	69	68	72	72
3	74	72	78	76	70	71	74	74
4	70	68	74	73	73	71	70	70
5	73	71	69	68	72	71	73	73
6	72	72	73	73	70	70	70	69
7	74	73	75	74	71	70	75	75
8	73	72	72	72	74	72	73	73
9	76	74	78	77	72	70	70	71
10	68	66	72	72	70	64	74	74
11	72	70	78	76	75	73	73	73
12	72	71	82	80	73	71	72	72
13	74	73	73	72	70	69	71	71
14	73	72	70	68	75	73	74	74
15	75	74	73	73	72	70	72	72
16	73	72	78	76	73	72	70	71
17	73	72	78	77	76	74	75	75
18	70	69	73	71	72	72	73	73
19	72	71	74	73	70	71	71	70
20	73	71	76	77	76	74	70	70
21	76	75	77	76	74	73	74	74
22	74	73	70	69	72	70	70	71
23	74	71	78	77	73	71	73	73
24	72	70	73	72	75	73	71	71
25	76	74	73	71	72	70	74	74
26	77	75	74	73	76	73	72	72
27	75	73	72	71	76	73	71	71
28	75	74	72	71	74	70	73	73
29	72	70	75	74	74	72	74	74
30	74	72	72	72	72	70	72	72



## APPENDIX G

### RAW SCORES ON BREATH HOLDING TIME

Sl. No.	Yogic group		Physical Exercise group		Yogic & Physical Exercise Group		Control group	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post
1	15	16	16	16	17	19	18	18
2	16	18	16	17	11	13	17	17
3	16	17	15	16	17	18	16	16
4	17	17	14	15	16	15	16	16
5	16	18	15	16	15	17	16	16
6	18	17	18	19	16	17	11	12
7	14	16	16	18	17	18	17	16
8	10	12	16	15	19	20	16	16
9	12	14	12	13	16	18	19	19
10	14	16	17	18	16	19	16	16
11	16	17	15	16	17	19	17	17
12	12	14	20	19	19	20	18	18
13	16	19	18	19	16	19	15	15
14	18	19	11	12	14	16	17	17
15	17	19	17	18	16	19	18	18
16	16	19	16	17	14	16	18	18
17	11	14	15	16	17	18	15	15
18	17	18	14	15	18	19	13	13
19	18	18	16	17	15	17	17	17
20	15	14	14	14	15	18	18	17
21	16	17	16	15	16	19	16	16
22	15	17	10	11	15	15	16	16
23	14	16	13	14	14	17	15	15
24	15	17	15	15	12	14	14	14
25	15	16	14	15	16	18	15	15
26	16	17	12	13	14	16	16	16
27	15	16	15	16	15	16	14	14
28	17	19	13	14	14	16	14	14
29	16	17	14	16	16	16	15	14
30	14	15	14	15	15	17	15	15

## APPENDIX H

### RAW SCORES ON RESPIRATORY RATE

Sl. No.	Yogic group		Physical Exercise group		Yogic & Physical Exercise Group		Control group	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post
1	17	15	17	17	19	17	18	18
2	19	18	18	17	23	20	21	21
3	18	17	17	17	21	20	21	21
4	21	20	16	15	20	20	19	20
5	20	18	18	17	21	21	19	19
6	18	17	16	16	22	20	23	23
7	17	17	18	16	20	18	19	19
8	23	22	16	15	17	15	20	20
9	24	22	19	18	16	15	18	18
10	18	18	21	20	17	15	16	16
11	22	21	22	20	19	17	18	18
12	21	20	19	19	21	19	17	17
13	19	19	17	16	22	19	18	18
14	18	17	22	21	19	17	20	20
15	17	16	19	18	21	20	19	19
16	18	19	22	21	20	17	19	19
17	19	18	20	19	18	16	18	17
18	22	20	18	17	22	20	23	23
19	19	18	19	18	18	16	20	20
20	21	20	16	15	18	15	17	17
21	17	16	21	20	21	18	19	19
22	18	17	21	21	18	16	21	21
23	16	17	20	19	19	17	20	20
24	19	18	19	17	22	20	18	18
25	18	17	22	21	19	19	17	17
26	19	18	19	19	19	17	21	21
27	18	16	23	22	18	16	18	18
28	19	19	19	20	23	21	20	20
29	18	17	21	21	22	20	21	21
30	21	20	20	18	20	18	19	19

## APPENDIX I

### RAW SCORES ON VITAL CAPACITY

Sl. No.	Yogic group		Physical Exercise group		Yogic & Physical Exercise Group		Control group	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post
1	3500	3750	4000	4000	3500	4000	3500	3500
2	4000	4250	4250	4250	3750	4000	3000	3000
3	3500	3500	4500	4500	3000	3250	3750	3750
4	3500	3750	3500	3750	4000	4000	4500	4500
5	3500	3500	3750	4000	3500	3750	3500	3500
6	4000	4250	3250	3250	3750	3750	4000	4000
7	3500	3750	4250	4250	3250	3500	3250	3250
8	3250	3250	3750	3500	3500	3500	3250	3250
9	3500	3500	3750	3750	3500	3750	3500	3500
10	4500	4500	3000	3250	3750	3750	3500	3500
11	3750	3750	3250	3250	4500	4500	3250	3250
12	4000	4250	3750	4000	3500	3500	3750	3750
13	3750	3750	3750	3750	3250	3000	3750	3750
14	4250	4500	3500	3750	3000	3500	3500	3500
15	3500	3750	3500	3500	3500	3500	3500	3750
16	3500	3750	4250	4250	4000	4250	4000	4000
17	4000	4250	3750	3750	3000	3250	3250	3250
18	3000	3250	3250	3500	3250	3250	3500	3500
19	3250	3500	3750	3750	4250	4500	4000	4000
20	3250	3250	3500	3750	3500	3500	3500	3500
21	3500	3500	4000	4000	3500	3750	3750	3750
22	3500	3750	3750	3750	3500	3500	4250	4250
23	3750	4000	4000	4250	3500	3750	4000	3750
24	3500	3750	4000	4250	3750	3750	3500	3500
25	3250	3500	4000	4000	3000	3500	3500	3500
26	3500	3500	3250	3500	3250	3250	3750	3750
27	3750	3750	3000	3000	3250	3750	3500	3500
28	4000	4000	3250	3250	3500	4000	3750	3750
29	3250	3250	3000	3750	3250	3500	4000	4000
30	3500	3500	3750	4000	3000	3500	3500	3500