

LIST OF TABLES

Table		Page
I.	Name of Variables Test/Tools Administered and the Unit of Measurement	101
II.	Intra Class Correlation Coefficient of Test-Retest Scores	103
III.	Psycho-Somatic Regulative Programme of Yogic Practices	104
IV.	Psycho-Somatic Regulative Programme of Jacobson Progressive Muscular Relaxation Technique	117
V.	Psycho-Somatic Regulative Programme of Physical Exercise	120
VI.	Name of Aerobic Exercises, Number of Counts and Number of Sets	131
VII.	Showing the Factors and Statement Assessing Selected Psychological Variables	138
VIII.	Score key Was Used for Assessing the Psychological Variables	139
IX.	Showing the Psychological Variables, Statement Number and the Minimum and Maximum Score	140
X.	Computation of Analysis of Co-Variance on Self Confidence of Four Experimental Groups and Control Group	151
XI.	Scheffe's Confidence Interval Test Scores On Self Confidence	153
XII.	Computation of Analysis of Co-Variance on Emotional Adjustment of Four Experimental Groups and Control Group	158
XIII.	Scheffe's Confidence Interval Test Score on Emotional Adjustment	160
XIV.	Computation of Analysis of Co-Variance on Assertiveness of Four Experimental Groups and Control Group	165
XV.	Scheff's Confidence Interval Test Scores on Assertiveness	167

LIST OF TABLES (Continued)

Table	Page
XVI. Computation of Analysis of Co-Variabce on Inter Personal Relationship of Four Experimental Groups and Control Group	172
XVII. Scheff's Confidence Interval Test Scores on Inter Personal Relationship	174
XVIII. Computation of Analysis of Co-Variabce on Stress Management of Four Experimental Groups and Control Group	179
XIX. Scheff's Confidence Interval Test Scores on Stress Management	181
XX. Computation of Analysis of Co-Variabce on Vital Capacity of Four Experimental Groups and Control Group	186
XXI. Scheff's Confidence Interval Test Scores on Vital Capacity	188
XXII. Computation of Analysis of Co-Variabce on Resting Heart Rate of Four Experimental Groups and Control Group	193
XXIII. Scheff's Confidence Interval Test Scores on Resting Heart Rate	195
XXIV. Computation of Analysis of Co-Variabce on Blood Pressure of Four Experimental Groups and Control Group	200
XXV. Scheff's Confidence Interval Test Scores on Blood Pressure	202
XXVI. Computation of Analysis of Co-Variabce on Breath Holding Time of Four Experimental Groups and Control Group	207
XXVII. Scheff's Confidence Interval Test Scores on Breath Holding Time	209
XXVIII. Computation of Analysis of Co-Variabce on Respiratory Rate of Four Experimental Groups and Control Group	214
XXIX. Scheff's Confidence Interval Test Scores on Respiratory Rate	216