

TABLE OF CONTENTS

Chapter	Title	Page
	Certificate by Guide	i
	Declaration	ii
	Acknowledgement	iii
	List of Tables	vii
	List of Figures	ix
	List of Appendices	x
I	INTRODUCTION	1
	Statement of the Problem	
	Hypotheses	
	Delimitations	
	Limitations	
	Definitions and Explanations of the Terms	
	Significance of the Study	
II	REVIEW OF RELATED LITERATURE	33
	Summary of the Literature	
III	METHODOLOGY	87
	Selection of the Subjects	
	Selection of the Variables	
	Selection of Tests	
	Reliability of the Instruments	
	Reliability of the Data	
	Competency of Tester	
	Orientation of Subjects	
	Selection of Yogasanas and Pranayama Practices	
	Training Programme	

Training Schedule
Tests Administration
Description of Yogasanas and Pranayama
Collection of Data
Experimental Design
Statistical Technique

IV ANALYSIS OF THE DATA AND RESULTS OF THE STUDY 123

Analysis of the Data
Discussion on Findings
Discussion on Hypothesis

V SUMMARY, CONCLUSIONS AND RECOMMENDATIONS 171

Summary
Conclusions
Recommendations

BIBLIOGRAPHY 177

Books
Journals
Internet Sources
Thesis Work