

## LIST OF TABLES

TABLE	TITLE	PAGE
I	Selection of variables	67
II	Intraclass co efficient of correlation values on selected criterion variables	69
III	Analysis of covariance of the data on short service of pre and post tests scores of pranayama practices, asanas with pranayama practices and control groups	97
III-A	The scheffe's test for the differences between paired means on short service	98
IV	Analysis of covariance of the data on fore hand clear of pre and post tests scores of pranayama practices, asanas with pranayama practices and control groups	101
IV-A	The scheffe's test for the differences between paired means on fore hand clear	103
V	Analysis of covariance of the data on back hand clear of pre and post tests scores of pranayama practices, asanas with pranayama practices and control groups	106
V-A	The scheffe's test for the differences between paired means on back hand clear	108
VI	Analysis of covariance of the data on explosive power of pre and post tests scores of pranayama practices, asanas with pranayama practices and control groups	111
VI - A	The scheffe's test for the differences between paired means on explosive power	113
VII	Analysis of covariance of the data on grip strength of pre and post tests scores of pranayama practices, asanas with pranayama practices and control groups	116
VII - A	The scheffe's test for the differences between paired means on grip strength	118
VIII	Analysis of covariance of the data on wrist flexion of pre and post tests scores of pranayama practices, asanas with pranayama practices and control groups	121
VIII - A	The scheffe's test for the differences between paired means on wrist flexion	123
IX	Analysis of covariance of the data on hip flexion of pre and post tests scores of pranayama practices, asanas with pranayama practices and control groups	126

<b>IX - A</b>	The scheffe's test for the differences between paired means on hip flexion	128
<b>X</b>	Analysis of covariance of the data on ankle – range of movement of pre and post tests scores of pranayama practices, asanas with pranayama practices and control groups	131
<b>X - A</b>	The scheffe's test for the differences between paired means on ankle – range of movement	133
<b>XI</b>	Analysis of covariance of the data on vital capacity of pre and post tests scores of pranayama practices, asanas with pranayama practices and control groups	136
<b>XI - A</b>	The scheffe's test for the differences between paired means on vital capacity	138
<b>XII</b>	Analysis of covariance of the data on VO <sub>2</sub> Max of pre and post tests scores of pranayama practices, asanas with pranayama practices and control groups	141
<b>XII - A</b>	The scheffe's test for the differences between paired means on VO <sub>2</sub> Max	143