LIST OF TABLES

Гable No.	TABLES	Page
I	Details of chakra	No. 17
II	Selected independent variables of the study	88
III	Selected dependent variables of the study	89
IV	Criterion measures and test instruments used	90
V	Programme for selected groups	92
VI	Chakra sadhana practices – first week practice for mooladhara chakra	93
VII	Chakra sadhana practices - second week practice for mooladhara chakra	94
VIII	Chakra sadhana practices - third week practice for swadhisthana chakra	95
IX	Chakra sadhana practices - fourth week practice for swadhisthana chakra	96
X	Chakra sadhana practices - fifth week practice for manipura chakra	97
XI	Chakra sadhana practices - sixth week practice for manipura chakra	98
XII	Chakra sadhana practices - seventh week practice for anahata chakra	99
XIII	Chakra sadhana practices - eighth week practice for anahata chakra	100
XIV	Chakra sadhana practices – ninth week practice for vishuddhi chakra	101
XV	Chakra sadhana practices – tenth week practice for vishuddhi chakra	102
XVI	Chakra sadhana practices – eleventh week practice for ajna chakra	103
XVII	Chakra sadhana practices – twelth week practice for ajna chakra	104
(VIII	Chakra sadhana practices - thirteenth week practice for bindu visarga	105

XIX	Chakra sadhana practices – fourteen to sixteen week practice for integrated chakra awareness	106
XX	Computation of mean and analysis of covariance of resting pulse rate of experimental and control group	176
XXI	Computation of mean and analysis of covariance of systolic blood pressure of experimental and control group	179
XXII	Computation of mean and analysis of covariance of diastolic blood pressure of experimental and control group	182
XXIII	Computation of mean and analysis of covariance of total lung capacity of experimental and control group	185
XXIV	Computation of mean and analysis of covariance of vital capacity of experimental and control group	188
XXV	Computation of mean and analysis of covariance of Stress of experimental and control group	191
XXVI	Computation of mean and analysis of covariance of Anxiety of experimental and control group	194
XXVII	Computation of mean and analysis of covariance of speed of experimental and control group	197
XXVIII	Computation of mean and analysis of covariance of agility of experimental and control group	200
XXIX	Computation of mean and analysis of covariance of flexibility of experimental and control group	203
XXX	Computation of mean and analysis of covariance of endurance of experimental and control group	206