

<b>Figure No .</b>	<b>LIST OF ILLUSTRATIONS</b>	<b>Page No.</b>
Figure 1	Normal ovary and PCOD ovary	
Figure 2	Comparison	
Figure 3	External female reproductive organs	
Figure 4	Internal female reproductive organs	
Figure 5	Compare ovarian histology and uterine histology	
Figure 6	Pathophysiology of pcos	
Figure 7	Relationship between Diabetes Mellitus and pcos	
Figure 8	Ultrasound scan photo	
Figure 9	Koshas	
Figure 10	Chakras	
Figure 11	Suryanamaskar	
Figure 12	Virabhadrasana	
Figure 13	Tadasana	
Figure 14	Padahastasana	
Figure 15	Parivritta Trikonasana	
Figure 16	Vajrasana	

Figure 17	Upavisthakonasana	
Figure 18	Paschimotanasana	
Figure 19	Baddhakonasana	
Figure 20	Uttanapadasana	
Figure 21	Pavanamukthasana	
Figure 22	Viparithakarani	
Figure 23	Shalabhasana	
Figure 24	Dhanurasana	
Figure 25	Makarasana	
Figure 26	Anuloma Viloma	
Figure 27	Surya Bhedana Pranayama	
Figure 28	Chandra Bhedana Pranayama	
Figure 29	Kapalabathi	
Figure 30	Bhastrika	
Figure 26	Nadisuddhi Pranayama	
Figure 26	Sheetali Pranayama	
Figure 26	Yoga Nidra	
Figure 31	Bar Diagram Showing Pre, Post And Adjusted Post-Test Values on Flexibility	
Figure 32	Bar Diagram Showing Pre, Post And Adjusted Post-Test Values on Body mass index (BMI)	
Figure 33	Bar Diagram Showing Pre, Post And Adjusted Post-Test Values on Resting Pulse Rate	

Figure 34	Bar Diagram Showing Pre, Post And Adjusted Post-Test Values on Systolic Blood Pressure	
Figure 35	Bar Diagram Showing Pre, Post And Adjusted Post-Test Values on Stress	
Figure 36	Bar Diagram Showing Pre, Post And Adjusted Post-Test Values on Anxiety	
Figure 37	Bar Diagram Showing Pre, Post And Adjusted Post-Test Values on Adjustment	