PROCEDURE

80 subjects of higher secondary class students will be selected for the study the age of subjects will be range of 15-18 years.

The subjects will be divided into four groups. Experimental group A, B, C and control group D, the each group of 20 subjects. The subject will be equated before collecting the data.

The experiment will be conduct for a period of 12 week as excluding the period required for measurement in the criterion measures at beginning and end on experimental period.

The experimental group A will do 12 yogic practices. The experimental group 'B' will do exercise programme and the experimental group C will do exercises and yogi programme combinedly. The control group 'D' consisted daily routine.

SELECTION OF VARIABLES & CRITERIA MEASURE

Psychological Components and their Tests:

The psychological abilities were measured through the selected test items mentioned here as under:

(a) Psycho-motor Ability : Eye-hand Coordination Test
(b) Concentration : Grid Concentration Test

Physiological variables and there tests;

Resting Heart

Resting Heart will be measured by manual method over a period of one minutes

Body temperature

Body temperature will measured by using digital thermometer placed under the tongue and score was recorded in F°
Total body weight
   a. Lean Body Weight
   b. Fat Body Weight
   Height
   (BMI) Basal Metabolic index
   Cardio vascular efficiency
   Measured by fat analyzer
   Measured by fat analyzer
   Measured by fat analyzer
   Height measured by stadio-meter scored recorded in cms.
   Measured by Fat Analyser
   Measured by cooper 12 Minute Run and Walk test.

Training Programme for Experiment

The experiment will be conducted for a period of twelve weeks excluding the period required for measurement.

The experimental group ‘A’ – 12 yogic practice programmes given below for yogic experimental group.

1. Sarvangasana
2. Matsyasana
3. Halasana
4. Bhujangasana
5. Salbhasana
6. Dhanurasana
7. Ardhamatsyasana
8. Pachimotsan
9. Shavasana
10. Anulom-Vilom
11. Pranayam
12. Suryanamshkar
The whole training programme for the experimental group ‘A’, carefully and systematically planned. The experimental group ‘A’ will do the training programme on yogic practice. The control group will not allow to undergo the training programme.

The experimental group ‘B’ performing exercises for 45 minutes consists of jogging, running, jumping, stair stepping up shall be give to the subjects for the period of 12 weeks intensity of programme will be increasing gradually.

The experiment group ‘C’ will do exercise and yogic programme combinedly. And group ‘D’ will act as the control group.

**STATISTICAL PROCEDURE**

To establish the comparative effect of the yogic practice, exercises and combined group on selected psycho-physiological variables. The data examine by applying analysis of co-variance ANCOVA test.