Hypothesis

The hypotheses of the present study are as follows:

(1) There will be significant difference between asana group and pranayama group regarding selected physical components such as strength, speed, endurance, agility and power.

(2) Asana group and pranayama group will significantly differ from one another with regard to selected physiological components such as blood pressure, vital capacity and pulse rate.

(3) There would be significant difference between asana group and combined (A & P) group with regard to selected physical components such as strength, endurance, speed flexibility, agility and power.

(4) Asana group and combined (A & P) group will differ from one another regarding selected physiological components such as blood pressure, pulse rate and vital capacity.

(5) Pranayama group and combined (A & P) group will differ from one another with regard to selected physical and physiological components.

(6) There would be positive effect of selected asanas on the chosen physical components such as strength, speed, endurance, flexibility, agility and power.

(7) Selected pranayamas would have positive effect on the chosen physiological components viz blood pressure, vital capacity and pulse rate.

(8) Selected asanas would have positive effect on due chosen physiological components such as blood pressure, vital capacity and pulse rate.

(9) There would be positive effect of selected pranayamas on the chosen physical components viz. Strength, speed, endurance, flexibility agility and power.

(10) There would be positive effect of combination of asanas and pranayamas on the selected physical and physiological components.