Objectives

The objectives of the study are as follows

(1) To find out the effect of selected asanas on the selected physical components viz. strength, speed, agility, endurance and power.

(2) To find out the effect of selected pranayamas on the chosen physiological components such as blood pressure, pulse rate and vital capacity.

(3) To find out the effect of selected asanas on the selected physiological components such as blood pressure pulse rate and vital capacity.

(4) To find out the effect of selected pranayamas on chosen physical components such as strength, speed, agility, endurance, flexibility and power.

(5) To find out the effect of a combination of selected asanas and pranayamas on the selected physical components viz strength, speed, endurance, agility, flexibility and power.

(6) To find out the effect of a combination of selected asanas and pranayama on the chosen physiological components viz. blood pressure, pulse rate and vital capacity.

(7) To compare the various yogic exercise groups on selected physical and physiological components.