

## **OBJECTIVES OF THE STUDY**

The objective of the said research work will be as under:

1. To assess the lungs and cardiovascular efficiency of the college students.
2. To prepare schedule of yogic practices for imparting to the selected subjects with a view to improve their lungs and heart function.
3. To study the effect of yogic exercises and its impact on respiratory and cardiovascular function of college students through a controlled experiment.
4. To suggest inclusion of specific yogic practices in the college curriculum, if there is improvement in overall cardio-respiratory functions of the college students.
5. To assess the effect of weight training on cardio-vascular function of the college students.
6. To compare the overall impact of yogic practices and weight training.
7. To find out the co-relation of yogic practices and weight training over Cardio-vascular endurance and physical fitness of the college students.