

HYPOTHESIS

In this study, it is hypothesized that:

Research Hypothesis:

H₁ : The yogic practices training may be effective in improving cardiovascular endurance of college students.

H₂ : The stimulus of yogic practices may be effective in improving motor fitness level of college students.

H₃ : The weight training may be effective in improving cardiovascular endurance of college students.

H₄ : The stimulus of weight training may be effective in improving motor fitness level of college students.

H₅ : A combination of yogic practices and weight trainings exercise will be more effective than the individual one.

Null Hypothesis:

H₀ : There will not be any improvement in the cardio-vascular endurance and physical fitness due to either just yogic practices or due to weight training exercises or a combination of both.