CONCLUSION

In the light of the study undertaken with certain limitation imposed by experimental condition, the following conclusion were drawn

1. The twelve week yogic exercises training has significantly and positive influence on the physiological variable such as vital capacity, resting pulse among Experimental group I of secondary school students.

2. There is positive effect of twelve week yogic exercise training in decreasing and main ting normal status in blood pressure of systolic and diastolic among the yoga practitioners group.

3. There is positive effect of twelve physical exercise training in improving Cardiovascular endurance and decreasing body fat percentage of physical; exercise group.

4. The yoga exercise has positively and significantly influenced on developing agility performance among the yogic exercise group of secondary school students.

5. There is positive and significant effect of Physical Exercises on developing leg explosive power among the experimental II group comparing their counterpart.

6. Therese is positive effect of physical exercise on developing speed ability among the physical exercises (Experimental group II) comparing to their counterpart.

7. The yoga exercise training has positive effect on the psychological variables such as Anxiety among the yoga group (Experimental group I) comparing to their counterpart.

8. Three is positive effect of yoga exercises on Emotional Intelligence variables.
of yogic group than comparing to their counterpart.

9. Therese is positive effect of physical exercise on releasing and controlling Aggressive behaviour among the physical exercises (Experimental group II) comparing to their counterpart.

10. Therese is positive effect of both physical and yogic exercise in cultivating and developing social maturity behaviour among the (Experimental group I) and (Experimental group II) comparing to control group.