Conclusions

- Sixteen weeks of Yogic Exercises training has shown significant improvement on Health Related Fitness of subjects.
- Sixteen weeks of Yogic Exercises training has shown significant improvement on Cardiovascular Endurance of subjects.
- Sixteen weeks of Yogic Exercises training has shown significant improvement on Muscular Strength of subjects.
- Sixteen weeks of Yogic Exercises training has shown significant improvement on Muscular Endurance of subjects.
- Sixteen weeks of Yogic Exercises training has shown significant improvement on Flexibility of subjects.
- Sixteen weeks of Yogic Exercises training has shown significant improvement on Body Composition of subjects.