Summary

The purpose of the study was to investigate the Effect of Yogic Exercise on Health Related fitness components namely Cardiovascular Endurance, Muscular Strength, Muscular Endurance Flexibility and Body Composition. The 16 weeks of yogic Exercises training was given for 60 Women Subjects. Before the Yogic Exercises training the researcher conducted pre test performance on Health Related fitness. Soon after the completion of 16 weeks yogic Exercises training post test Health Related fitness performance was measured. The results of post test performances of all the Components of Health Related fitness indicated significant improvement.