ABSTRACT

The purpose of the study was to determine the Isolated and Combined effect of selected Pilate exercises and Yogic practices on postural deformities among school boys. For this purpose, One hundred and eighty (180) school boys of age ranged between 11 to 14 years having upper deformity of Kyphosis (N=60 boys), Lordosis (N=60 boys), and Scoliosis (N=60 boys) were selected from various high schools in Ernakulam, Thrissur, Kottayam & Alappuzha districts in Kerala State. The selected 180 boys were divided into three equal groups of Kyphosis, Lordosis, and Scoliosis, the **Kyphosis group (N=60)** was further divided into four experimental groups of Pilates exercises group (n=15), Yogic practices group (n=15), Pilates exercises and Yogic practices group (n=15) and Control group (n=15). **Lordosis group (N=60)** were divided into four experimental groups of Pilates exercises group (n=15), Yogic practices group (n=15), Pilates exercises and Yogic practices group (n=15) and Control group (n=15). **Scoliosis group (N=60)** were divided into four experimental groups of Pilates exercises group (n=15), Yogic practices group (n=15), Pilates exercises and Yogic practices group (n=15) and Control group (n=15). If the subject had more than one deformity only the chronic defect among that was given priority. The dependent variables selected for this study were Kyphosis, Lordosis, and Scoliosis. All the subjects were tested prior to and immediately after the experimental period on the selected dependent variables. The data obtained from the experimental groups and control group before and after the experimental period were statistically analyzed with dependent ‘t’-test and Analysis of covariance (ANCOVA). Whenever the ‘F’ ratio for adjusted post test means was found to be significant, the Scheffe’s Post hoc test was applied to determine the paired mean differences. The level of confidence was fixed at 0.05 for all the cases. A remarkable and significant improvement in the functional aspect of the deformities of the spinal column such as Kyphosis, Lordosis and Scoliosis were found due to the influence of selected Pilates exercises, Yogic practices and Combined Pilates exercises and Yogic practices among the school boys. The Combined Pilates exercises and Yogic practices group has been found to be better than the Pilates exercises group, Yogic Practices and Control group in decreasing deformities of the spinal column such as Kyphosis, Lordosis and Scoliosis.

**Key Words:** Pilates exercises, Yogic practices, Kyphosis, Lordosis, Scoliosis.