The main purpose of the present study is to find out the effect of yogasanas on the psycho-physiological variables. During the whole research work investigator has gone many practical situations and has felt new dynamics emerging out, which may open new horizons for future research work.

In the present chapter the conclusion of the study are being presented followed by a few suggestions, educational, implications, findings, for further research to be done by future researchers.

Conclusions of the study are presented in the form of main findings which are given below:

(a) **Discussion Experimental group v/s control group 19-25 age.**

**Anxiety:**

Anxiety was measured by 'State Anxiety Inventory' constructed by Spill Berger. The mean value of experimental group and control group (Age group 19 to 25) were found to be 31.70 and 27.40. The experimental group was found to be significant at 0.05 levels. The before yoga asana have positive effects upon anxiety level of post graduate girls students.
Aggression:

Aggression was measured by "questionnaire for the aggression 'constructed by Dr. G.L. Pati. The mean value of experimental group and control group (Age group 19-25) were found to be 76.35 and 65.18. The experimental group was found to be significant at 0.05 levels. Therefore yoga asana have positive effects upon aggression of post graduate girls students.

Self Concept:

Self concept was measured by 'questionnaire for self concept' constructed by Chauhan. The means values of experimental and control groups were calculated to be 73.58 and 84.45. Thus the experimental group was found to be significant at 0.05 levels. In this way, the result showed significance in self concept. Therefore yoga training has positive effects on self concept of post graduate girls students.

Adjustment:

Adjustment measured by the 'questionnaire for the adjustment' constructed by Dr. D.N. Shrivastava and Dr. Govind Tiwari. The mean values of the experimental and control groups were found to be 30.25 and 25.28. So the experimental group was found to be significant at 0.05 levels. Thus, it can be said that the yoga training has positive effects on adjustment of post graduate girls students.
**Pulse Rate:**

Pulse rate was measured by stethoscope. The mean value of the experimental and control groups were found to be 74.21 and 75.76. In this way, the experimental group was found to be significant at 0.05 levels. The above result showed significance in pulse rate. So it can be said that yoga training has positive effects on the physiological variable pulse rate of post graduate girls students.

**Blood Pressure**

Blood Pressure measured by Sphygomanometer. The mean value of both groups was found to be 118.90 and 118.25. The results of experimental group were found to be not significant at 0.05 level of confidence. In this way yoga training has not positive effects on the blood pressure of the post graduate Girls students.

**Hemoglobin**

Hemoglobin was measured laboratory test. The mean value of experimental and control groups were found to be 10.07 and 9.47. This experimental group was found to be significant at 0.05 levels. Thus, the selected yogasan training has positive effects on the development of Hemoglobin of post graduate girls students.

**Red Blood Cells**

Red Blood Cells measured in the laboratory. The mean values of experimental and control groups were found to be 4.30 and 4.08. Thus, experimental group was found to be
significant at 0.05 levels. Thus, the selected yogasan training programme has positive effects on the development of Red Blood Cells of post graduate girls students.

**White Blood Cells**

White Blood Cells measured in the laboratory. The mean values of experimental and control groups were found to be 96.71 and 92.41. Thus experimental group was found to be significance at 0.05 level of confidence. Thus, the yoga training has positive effects on psychological variable (White Blood Cells) of post graduate girls students.

(b) **Experimental group v/s control group 19-22 age.**

**Anxiety:**

Anxiety was measured by 'State anxiety inventory' constructed by spil berger. The mean values of experimental and control group were found to be 25.80 31.43. The experimental group was found to be significant at 0.05 level of confidence.

**Aggression:**

Aggression was measured by "questionnaire for the aggression 'constructed by Dr. G.L. Pati. The mean value of experimental group and control group (Age group 19-25) were found to be 65.96 and 77.83. The experimental group was found to be significant at 0.05 levels. Therefore yoga asana have positive effects upon aggression of post graduate girls students.
**Self Concept:**

Self concept was measured by 'questionnaire for self concept' constructed by Chauhan. The means values of experimental and control groups were calculated to be 83.46 and 75.13. Thus the experimental group was found to be significant at 0.05 levels. In this way, the result showed significance in self concept. Therefore yoga training has positive effects on self concept of post graduate girls students.

**Adjustment:**

Adjustment measured by the 'questionnaire for the adjustment' constructed by Dr. D.N. Shrivastava and Dr. Govind Tiwari. The mean values of the experimental and control groups were found to be 24.26 and 37.13. So the experimental group was found to be significant at 0.05 levels. Thus, it can be said that the yoga training has positive effects on adjustment of post graduate girls students.

**Pulse Rate:**

Pulse rate was measured by stethoscope. The mean values of experimental and control groups were found to be 74.53 and 75.50. The experimental group was not significant at 0.05 levels. Thus the selected yoga training has not positive effects on pulse rate of post graduate girls students.
Blood Pressure

Blood Pressure was measured by sphygomano meter. The mean values of experimental and control group were found to be 11.94 and 11.99. Thus the above results shows that yoga training has not positive effects on Blood Pressure of post graduate girls students.

Hemoglobin

Hemoglobin was measured laboratory test. The mean value of experimental and control groups were found to be 9.96 and 9.68. This experimental group was not significant at 0.05 levels. Thus, the selected yogasan training has positive effects on the development of Hemoglobin of post graduate girls students.

Red Blood Cells

Red Blood Cells measured in the laboratory. The mean values of experimental and control groups were found to be 4.20 and 4.06. Thus, experimental group was not significant at 0.05 levels. Thus, the selected yogasan training programme has positive effects on the development of Red Blood Cells of post graduate girls students.

White Blood Cells

White Blood Cells measured in the laboratory. The mean values of experimental and control groups were found to be 97.56 and 89.43. Thus experimental group was found to be significance at 0.05 level of confidence. Thus,
the yoga training has positive effects on psychological variable (White Blood Cells) of post graduate girls students.

(c) **Experimental group v/s control group age 22-25**

**Anxiety:**

Anxiety was measured by 'State anxiety inventory' constructed by Spil berger. The mean values of experimental and control group were found to be 29.00 and 31.96. The experimental group was found to be significant at 0.05 level of confidence.

**Aggression:**

Aggression was measured by 'questionnaire for the aggression' constructed by Dr. G.L. Patti. The mean value of experimental group and control group (Age group 19-25) were found to be 64.40 and 74.86. The experimental group was found to be significant at 0.05 levels. Therefore yoga asana have positive effects upon aggression of post graduate girls students.

**Self Concept:**

Self concept was measured by 'questionnaire for self concept' constructed by Chauhan. The means values of experimental and control groups were calculated to be 85.04 and 72.03. Thus the experimental group was found to be significant at 0.05 levels. In this way, the result showed significance in self concept. Therefore yoga training has positive effects on self concept of post graduate girls students.
Adjustment:

Adjustment measured by the 'questionnaire for the adjustment' constructed by Dr. D.N. Shrivastava and Dr. Govind Tiwari. The mean values of the experimental and control groups were found to be 26.30 and 29.40. So the experimental group was found to be significant at 0.05 levels. Thus, it can be said that the yoga training has positive effects on adjustment of post graduate girls students.

Pulse Rate:

Pulse rate was measured by stethoscope. The mean values of experimental and control groups were found to be 73.90 and 76.03. The experimental group was not significant at 0.05 levels. Thus the selected yoga training has not positive effects on pulse rate of post graduate girls students.

Blood Pressure

Blood Pressure measured by Sphygomanometer. The mean value of both groups was found to be 11.83 and 11.65. The results of experimental group were found to be not significant at 0.05 level of confidence. In this way yoga training has not positive effects on the blood pressure of the post graduate Girls students.

Hemoglobin

Hemoglobin was measured laboratory test. The mean value of experimental and control groups were found to be
10.18 and 9.27. This experimental group was not significant at 0.05 levels. Thus, the selected yogasan training has positive effects on the development of Hemoglobin of post graduate girls students.

**Red Blood Cells**

Red Blood Cells measured in the laboratory. The mean values of experimental and control groups were found to be 4.41 and 4.10. Thus, experimental group was not significant at 0.05 levels. Thus, the selected yogasan training programme has positive effects on the development of Red Blood Cells of post graduate girls students.

**White Blood Cells**

White Blood Cells measured in the laboratory. The mean values of experimental and control groups were found to be 95.46 and 95.40. Thus experimental group was not significance at 0.05 level of confidence. Thus, the yoga training has positive effects on psychological variable (White Blood Cells) of post graduate girls students.

(d) **Experimental group age 22-25 v/s control group age 19-22**

**Anxiety:**

Anxiety was measured by 'State anxiety inventory' constructed by spil berger. The mean values of experimental and control group were found to be 29.00 and 31.43. The experimental group was not significant at 0.05 level of confidence.
Aggression:

Aggressions were measured by "questionnaire for the aggression 'constructed by Dr. G.L. Pati. The mean value of experimental group and control group (Age group 19-25) were found to be 64.40 and 77.83. The experimental group was found to be significant at 0.05 levels. Therefore yoga asana have positive effects upon aggression of post graduate girls students.

Self Concept:

Self concept was measured by 'questionnaire for self concept' constructed by Chauhan. The means values of experimental and control groups were calculated to be 85.43 and 73.13. Thus the experimental group was found to be significant at 0.05 levels. In this way, the result showed significance in self concept. Therefore yoga training has positive effects on self concept of post graduate girls students.

Adjustment:

Adjustment measured by the 'questionnaire for the adjustment' constructed by Dr. D.N. Shrivastava and Dr. Gavin Tiwari. The mean values of the experimental and control groups were found to be 4.41 and 4.06. So the experimental group was found to be significant at 0.05 levels. Thus, it can be said that the yoga training has positive effects on adjustment of post graduate girls students.
**Pulse Rate:**

Pulse rate was measured by stethoscope. The mean values of experimental and control groups were found to be 73.90 and 75.50. The experimental group was not significant at 0.05 levels. Thus the selected yoga training has not positive effects on pulse rate of post graduate girls students.

**Blood Pressure**

Blood Pressure measured by Sphygomano meter. The mean value of both groups was found to be 11.83 and 11.99. The results of experimental group were not significant at 0.05 level of confidence. In this way yoga training has not positive effects on the blood pressure of the post graduate Girls students.

**Hemoglobin**

Hemoglobin was measured laboratory test. The mean value of experimental and control groups were found to be 10.18 and 9.68. This experimental group was found to be significant at 0.05 levels. Thus, the selected yogasan training has positive effects on the development of Hemoglobin of post graduate girls students.

**Red Blood Cells**

Red Blood Cells measured in the laboratory. The mean values of experimental and control groups were found to be 4.41 and 4.06. Thus, experimental group was found to be significant at 0.05 levels. Thus, the selected yogasan
training programme has positive effects on the development of Red Blood Cells of post graduate girls students.

**White Blood Cells**

White Blood Cells measured in the laboratory. The mean values of experimental and control groups were found to be 95.86 and 89.43. Thus experimental group was not significant at 0.05 level of confidence. Thus, the yoga training has positive effects on psychological variable (White Blood Cells) of post graduate girls students.

(e) **Experimental group age 19-22 v/s control group age 22-25**

**Anxiety:**

Anxiety was measured by 'State anxiety inventory' constructed by spil berger. The mean values of experimental and control group were found to be 25.80 and 31.96. The experimental group was found to be significant at 0.05 level of confidence.

**Aggression:**

Aggressions were measured by "questionnaire for the aggression 'constructed by Dr. G.L. Patti. The mean value of experimental group and control group (Age group 19-25) were found to be 65.96 and 74.86. The experimental group was found to be significant at 0.05 levels. Therefore yoga asana have positive effects upon aggression of post graduate girls students.
**Self Concept:**

Self concept was measured by 'questionnaire for self concept' constructed by Chauhan. The means values of experimental and control groups were calculated to be 83.46 and 72.03. Thus the experimental group was found to be significant at 0.05 levels. In this way, the result showed significance in self concept. Therefore yoga training has positive effects on self concept of post graduate girls students.

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White Blood Cells

White Blood Cells measured in the laboratory. The mean values of experimental and control groups were found to be 97.56 and 95.40. Thus experimental group was not significant at 0.05 level of confidence. Thus, the yoga
training has positive effects on psychological variable (White Blood Cells) of post graduate girls students.

II. Educational Implications:

1. The researcher is of firm opinion that the yoga could be of great help to the students and should start at primary level schooling in yogic literature it is recommended to start at the age of 8 years. This will help in following ways: (i) yoga enhance physical and mental discipline in students, (ii) yoga enhance stamina for longer duration sittings for study.

2. At higher education, level yogic literature become instrument to search roots of many humanity sciences like Ethical System, Legal system, Sociology, Ancient Education, Healing, Naturopathy and Ayurveda etc. Study and practice of Yoga create deeper insight in the investigation of evolution of all these discipline.

3. Yoga can help in concentration, mind alertness, increasing memory power, increasing self-confidence and determination etc. Therefore, yoga is the bone for the students.

4. Various principal of Psychology, Medical Science, Engineering and Computer Science etc. may he traced back into yogic literature. Further Yoga may provide help for students of all professional streams.

5. Yogic activity should be implemented in the entire educational curriculum from the primary to higher
education because it creates physical and mental fitness of the individual so that learning and teaching capacity may be increased among the teachers and students. There is no doubt yogic activities implementation in all the institution because physiological disordered can be removed by performing them should have to be adopted the yogic schedule in the routine activities of the educational system.

6. The yogic activities always increase the degree level of intelligence memory. Positive attitude, concentration will power and working efficiencies etc. of the students as well as the teachers.

7. The yogic activities are the only activity which is very commercial and can be done by all the age, sex and social and mental level of the students.

III. **Recommendations:**

1. Yoga must be included in the curriculum right from primary school to high and higher educational institutions.

2. It is also recommended that more and more yoga institutions be established in our country. Good yoga teachers with good professional training must be appointed in such institutions.

3. Institutionalization and formalization of yoga education is necessary to discourage self-styled and
fake yoga teachers and so called yoga experts. For his certification and monitoring at governmental level is must.

4. It is also recommended that yoga asana be made compulsory for industry workers and other personnel. The hunch is that yoga asana could improve working capacity and could increase productivity as it has been experimented in Japan.

5. To start and propagate yoga in education system physical education teachers are not recommended but full time yoga teachers should be appointed. This is because yoga teacher need special mental and emotional attitude and dedication with more humbleness. Physical education teachers are trained with little bit more aggressively which is not suitable for yoga.

6. Yoga as a subject must be included in the curriculum right from the primary school to higher educational systems.

7. Under U.G.C. scheme more special yoga universities like Bihar Yoga Bharti and Dev Sanskriti Vishwavidalya, should be opened to bring more specialization in this stream.

8. It is also recommended that yogic activities schedule can be implemented in the industry units as well as various offices of the Govt. and Private sector so that
working efficiency of the working people can be increased and output of the work may be more effective.

9. There is no doubt yogic activities can be included in the treatment schedule of various pathies like ayurveda allopath, electrotherapy and homeopathy so that cure process of various pathies can be more and more scientific, effective and natural. It is also recommended that yogic activities have to be included to remove to mental disorders like anxiety, tension, stress and depression etc. Because of this inclusion psychological treatment will certainly be more effective through performing the meditative activities with the medicinal aspect.

10. It is also recommended that yogic activity can also be implemented on old age persons to make more and better health.

In the light of preceding chapters, where researcher done a mountainous research-work and in this chapter presented further-analysis, discussion and conclusions, now researcher is in position to provide suggestions. Also during the whole research work investigator has gone many practical situations and has felt new dynamics emerging out, which may open up new horizons for future research work.
Here suggestions are not just based upon popular belief but rests upon well tested scientific research-work and factual findings. These will provide basis for further future research investigations in this area.

**IV. Suggestions for The Future Research:**

1. Researcher suggests that the same research could be done at different level students, i.e. at primary, secondary and college levels.

2. Similar study could be conducted taking sample from sex different as of only Boys or taking mixed sample from any co-educational institution

3. Further more experimental study may be conducted taking industrial workers, clerks and other officials as sample to establish whether yoga asana increase productivity in the factories, industries, etc.

4. A comparative study between these yogic asana and some other physical exercises, like, gymnastic exercises may be taken to examine there respective efficacy.

5. An experimental study may be conducted to see the effects of these yoga asana on self-discipline, brotherhood, hostility and national integration, etc.

6. The above researches could be conducted by taking asana other than the present ones. Specific effect of just one or two asana also can be studied in relation any particular problem or parameter.
7. An experimental study could be taken up to see whether these yoga asana increase subjective qualities of the sample members like creativity, intelligence, social adjustment, level of satisfaction and co-existence etc.

8. All above mentioned research works may be done further adding pranayama's and kiryas to the asana, an experimental study could be conducted to see its effects on the physical ability and the mental ability.

9. Some literary descriptive and analytical researches are also recommended which prepare ground for further stage experimental researches.