LIST OF ILLUSTRATION

(A) FIGURES

1. Yogic Exercises
2. Physical Exercises

(B) GRAPHES

Graph No. | Description                                                                                   | PAGE
----------|-----------------------------------------------------------------------------------------------|------
1.        | Bar diagram showing the percentage of Excellent, above Average, Average, Below Average and    | 91   |
          | well below Average groupings in AAHPER Youth Fitness Test                                      |      |
2.        | Bar diagram showing the Initial and Final AAHPER Youth Fitness Test Scores                    | 97   |

(C) MAP

1. Tamilnadu Map showing the places at which samples taken for AAHPER Youth Fitness Test items