Arda Kati Chakrasana
Parivrutha Trikonasana
PLATE-4

Veerabhadrasana
Padahastasana
Pascimatasana
Vakrasana
PLATE-8

Vajrasana
Ustrasana
Bujangasana
PLATE-13

Shavasana
The researcher measuring Triceps skinfold

The researcher measuring Abdomen skinfold
The researcher measuring Suprailliac skinfold

The researcher measuring Thigh skinfold
The researcher measuring standing height

The researcher measuring body weight
The researcher measuring upper arm girth

The researcher measuring calf girth