### LIST OF TABLES

<table>
<thead>
<tr>
<th>Table No.</th>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.1</td>
<td>t-ratio for the difference between pre-test mean scores on total revolution scores per minute of four matched groups</td>
<td>83</td>
</tr>
<tr>
<td>3.2</td>
<td>t-ratio for the difference between pre-test mean score of total three girths of four matched groups</td>
<td>84</td>
</tr>
<tr>
<td>3.3</td>
<td>Means of pre-test of physical characteristics and anthropometric variables of the four groups of sample subjects</td>
<td>85</td>
</tr>
<tr>
<td>3.4</td>
<td>The test-retest reliabilities of heart rate and blood pressure</td>
<td>89</td>
</tr>
<tr>
<td>3.5</td>
<td>Co-efficient of reliability of three girths</td>
<td>96</td>
</tr>
<tr>
<td>4.1</td>
<td>Significance of difference between pre and post test mean of Resting Heart Rate</td>
<td>107</td>
</tr>
<tr>
<td>4.2</td>
<td>Analysis of significance of pre and post mean score differences in 'Resting Heart Rate' of the four groups</td>
<td>108</td>
</tr>
<tr>
<td>4.3</td>
<td>Significance of difference between pre and post test mean scores of systolic blood pressure</td>
<td>109</td>
</tr>
<tr>
<td>4.4</td>
<td>Analysis of significance of pre and post mean score differences in 'systolic blood pressure' of the four groups</td>
<td>110</td>
</tr>
<tr>
<td>4.5</td>
<td>Significance of difference between pre and post test mean scores of Diastolic Blood pressure</td>
<td>111</td>
</tr>
<tr>
<td>4.6</td>
<td>Analysis of significance of pre and post mean score difference in 'Diastolic blood pressure' of the four groups</td>
<td>111</td>
</tr>
<tr>
<td>4.7</td>
<td>Significance of difference between pre and post test mean measurement of Resting Pulse pressure</td>
<td>111</td>
</tr>
<tr>
<td>4.8</td>
<td>Analysis of significance of pre and post mean gain differences in 'Resting Pulse pressure' of the four groups</td>
<td>112</td>
</tr>
</tbody>
</table>
4.9 Significance of difference between pre and post test mean score of Exercise Heart Rate

4.10 Analysis of significance of pre and post mean score differences in Exercise Heart Rate of the four groups

4.11 Significance of difference between pre and post test mean scores of pre-recovery total cumulative work output

4.12 Analysis of significance of pre-training pre and post training pre-recovery mean score difference in total cumulative work output

4.13 Pre and Post training heart rate responses of the Active Sitting group

4.14 Pre and Post Training heart rate responses of the Passive Sitting group

4.15 Pre and Post Training heart rate responses of Passive lying group

4.16 Pre and Post-Training heart rate response of yoga group

4.17 Analysis of Significance of Pre and Post Mean scores differences in recovery heart rates after one minute of the four recovery groups

4.18 Analysis of Significance of Pre and Post Mean Score differences in recovery heart rate after 2 minutes of the four recovery groups

4.19 Analysis of Significance of Pre and Post Mean Score differences in recovery heart rate after three minutes of the four recovery groups

4.20 Analysis of Significance of Pre and Post Mean Score differences in recovery heart rate after four minutes of the four recovery groups

4.21 Analysis of Significance of Pre and Post Mean Score differences in recovery heart rate after five minutes of the four recovery groups

4.22 Analysis of Significance of Pre and Post Mean Score differences in recovery heart rate after six minutes of the four recovery groups
4.23 Analysis of Significance of Pre and Post Mean Score differences in recovery heart rate after seven minutes of the four recovery groups

4.24 Analysis of Significance of the Pre and Post Mean Score differences in recovery heart rate after eight minutes of the four recovery groups

4.25 Analysis of Significance of the Pre and Post Mean Score differences in recovery heart rate after nine minutes of the four recovery groups

4.26 Analysis of Significance of the Pre and Post Mean Score differences in recovery heart rate after ten minutes of the four recovery groups

4.27 Analysis of difference between mean of Pre and Post total recovery scores of the four experimental groups

4.28 Analysis of Significance of Mean differences of total recovery scores of the four experimental groups

4.29 Analysis of difference between means of Pre and Post tests of deceleration index of Active Sitting group

4.30 Analysis of difference between means of Pre and Post tests of deceleration index of Passive Sitting group

4.31 Analysis of difference between means of Pre and Post tests of deceleration index of Passive lying group

4.32 Analysis of difference between means of Pre and Post tests of deceleration index of yoga group

4.33 Analysis of Significance of difference between Pre and Post test mean scores of "recovery deceleration index" after one minute of recovery of the four experimental groups

4.34 Analysis of Significance of difference between Pre and Post test mean scores of "recovery deceleration index" after two minutes of recovery of the four experimental groups

4.35 Analysis of Significance of difference between Pre and Post test mean scores of "recovery deceleration index" after three minutes of recovery of the four experimental groups
4.36 Analysis of Significance of difference between Pre and Post test mean scores of "recovery deceleration index" after four minutes of recovery of the four experimental groups

4.37 Analysis of Significance of difference between Pre and Post test mean scores of "recovery deceleration index" after five minutes of recovery of the four experimental groups

4.38 Analysis of Significance of difference between Pre and Post test mean scores of "recovery deceleration index" after six minutes of recovery of the four experimental groups

4.39 Analysis of Significance of difference between Pre and Post test mean scores of "recovery deceleration index" after seven minutes of recovery of the four experimental groups

4.40 Analysis of Significance of difference between Pre and Post test mean scores of "recovery deceleration index" after eight minutes of recovery of the four experimental groups

4.41 Analysis of Significance of difference between Pre and Post test mean scores of "recovery deceleration index" after nine minutes of recovery of the four experimental groups

4.42 Analysis of Significance of difference between Pre and Post test mean scores of "recovery deceleration index" after ten minutes of recovery of the four experimental groups

4.43 Significance of difference between Pre and Post test mean score of "recovery systolic blood Pressure" of Active Sitting group

4.44 Significance of difference between Pre and Post test mean score of "recovery systolic blood pressure" of Passive Sitting group

4.45 Significance of difference between Pre and Post test mean score of "recovery systolic blood pressure" of Passive lying group

4.46 Significance of difference between Pre and Post test mean score of "recovery systolic blood pressure" of Yoga group
4.47 Analysis of Significance of Pre and Post mean score differences in "recovery systolic blood pressure" after two minutes of the four experimental recovery groups 157

4.48 Analysis of Significance of Pre and Post mean score differences in "recovery systolic blood pressure" after four minutes of the four experimental recovery groups 158

4.49 Analysis of significance of Pre and Post Mean score differences in "recovery systolic blood pressure" after six minutes of the four experimental recovery groups 158

4.50 Analysis of Significance of Pre and Post Mean score differences in "recovery systolic blood pressure" after eight minutes of the four experimental recovery groups 159

4.51 Analysis of Significance of Pre and Post mean score differences in "recovery systolic blood pressure" after ten minutes of the four experimental recovery groups 159

4.52 Significance of difference between pre and post test mean score of recovery diastolic blood pressure of active sitting recovery group 160

4.53 Significance of difference between pre and post test mean score of recovery diastolic blood pressure of passive sitting recovery group 160

4.54 Significance of difference between pre and post test mean score of recovery diastolic blood pressure of passive lying recovery group 161

4.55 Significance of difference between pre and post test mean score of recovery diastolic blood pressure of yoga recovery group 161

4.56 Analysis of significance of pre and post mean score differences in "Recovery diastolic blood pressure" after two minutes of the four experimental recovery groups 162

4.57 Analysis of Significance of Pre and Post means score differences in "Recovery diastolic blood pressure" after four minutes of the four experimental recovery groups 162

4.58 Analysis of Significance of Pre & post means score differences in "Recovery diastolic blood pressure" after six minutes of the four experimental recovery groups 163
4.59 Analysis of Significance of Pre & Post means score differences in "Recovery diastolic blood pressure" after eight minutes of the four experimental recovery groups

4.60 Analysis of Significance of Pre & Post means score differences in "Recovery diastolic blood pressure" after ten minutes of the four experimental recovery groups

4.61 Significance of difference between pre & post tests means scores of "Recovery Pulse pressure" of Active sitting group

4.62 Significance of difference between Pre & post tests means scores of "Recovery Pulse Pressure" of Passive sitting group

4.63 Significance of difference between Pre & Post tests means scores of "Recovery Pulse Pressure" of Passive lying group

4.64 Significance of difference between Pre & Post tests means score of "Recovery Pulse Pressure" of yoga group

4.65 Analysis of Significance of Pre & Post means score differences of "Recovery Pulse Pressure" after two minutes of the four experimental groups

4.66 Analysis of Significance of Pre & Post means Score differences of "Recovery Pulse Pressure" after four minutes of the four experimental groups

4.67 Analysis of Significance of Pre & Post means Score differences of "Recovery Pulse Pressure" after six minutes of the experimental groups

4.68 Analysis of Significance of Pre & Post means score differences of "Recovery Pulse Pressure" after eight minutes of the four experimental groups

4.69 Analysis of Significance of Pre & Post means score differences of "Recovery Pulse Pressure" after ten minutes of the four experimental groups

5.1 Analysis of the significance of the difference of mean of pre-training pre and post-recovery vs. post training pre and post-recovery 6 x 6 seconds revolution scores of the Active Sitting group
5.2 Analysis of the significance of the differences of mean of pre-training pre and post-recovery vs. post training pre and post-recovery 6 x 6 seconds revolution scores of Passive Sitting group

5.3 Analysis of the significance of the difference of mean of pre-training pre and post-recovery vs. post training pre and post-recovery 6 x 6 seconds revolution scores of Passive Lying group

5.4 Analysis of the significance of the difference of mean of pre-training pre and post recovery vs. post training pre and post recovery 6 x 6 seconds revolution scores of Yoga Lying group

5.5 Inter-group analysis of significance of mean difference pre-training pre and post recovery 6 x 6 second revolution scores vs. post-training pre and post recovery score from 6th to 60th seconds.

5.6 Analysis of the significance of the differences of mean of pre-training and post training pre recovery 6 x 6 seconds revolution scores of Active Sitting group.

5.7 Analysis of the significance of the difference of mean of pre training and post training pre recovery 6 x 6 seconds revolution scores of Passive Sitting group

5.8 Analysis of the significance of the difference of mean of pre training and post training pre recovery 6 x 6 seconds revolution scores of Passive Lying group

5.9 Analysis of the significance of the difference of mean of pre training and post training pre recovery 6 x 6 seconds revolution scores of Yoga Lying group

5.10 Inter-group analysis of significance of mean differences of pre training pre and post training pre recovery 6 x 6 seconds revolution scores from 6th to 60th seconds.

5.11 Analysis of the significance of difference of mean of pre training post and post training post recovery 6 x 6 seconds revolution scores of Active Sitting group

5.12 Analysis of the significance of difference of mean of pre training post and post training post recovery 6 x 6 seconds revolution scores of Passive Sitting group
5.13 Analysis of the significance of difference of mean of pre training post and post training post recovery 6 x 6 seconds revolution scores of Passive Lying group

5.14 Analysis of the significance of difference of mean of pre training post and post training post recovery 6 x 6 seconds revolution scores of Yoga Lying group

5.15 Inter-group analysis of significance of mean difference of pre training post and post training post recovery 6 x 6 seconds revolution scores from 6th to 60th seconds

5.16 Analysis of the significance of the differences of mean of pre training pre and post recovery vs. post training pre and post recovery 6 x 6 seconds cumulative revolution scores of Active Sitting group

5.17 Analysis of the significance of the differences of mean of pre training pre and post recovery vs. post training pre and post recovery 6 x 6 seconds cumulative revolution scores of Passive Sitting group

5.18 Analysis of the significance of the differences of mean of pre training pre and post recovery vs. post training pre and post recovery 6 x 6 seconds cumulative revolution scores of Passive Lying group

5.19 Analysis of the significance of the differences of mean of pre training pre and post recovery vs. post training pre and post recovery 6 x 6 seconds cumulative revolution scores of Yoga Lying group

5.20 Inter-group analysis of significance of mean differences of pre training pre and post recovery 6 x 6 seconds cumulative revolution scores vs. post training pre and post recovery scores from 6th to 60th seconds.

5.21 Analysis of the significance of the difference of mean of pre training pre and post training pre recovery 6 x 6 seconds cumulative revolution scores of the Active Sitting group

5.22 Analysis of the significance of the difference of mean of pre training pre and post training pre recovery 6 x 6 seconds cumulative revolution scores of the Passive Sitting group
5.23 Analysis of the significance of the difference of mean of pre training pre and post training pre recovery 6 x 6 seconds cumulative revolution scores of the Passive Lying group

5.24 Analysis of the significance of the difference of mean of pre training pre and post training pre recovery 6 x 6 seconds cumulative revolution scores of the Yoga Lying group

5.25 Intergroup analysis of significance of mean differences of pre training pre and post training pre recovery 6 x 6 seconds cumulative revolution scores from 6th to 60th sec.

5.26 Analysis of the significance of the difference of mean of pre training post and post training post recovery 6 x 6 seconds cumulative revolution scores of Active Sitting group

5.27 Analysis of the significance of the difference of mean of pre training post and post training recovery 6 x 6 seconds cumulative revolution scores of Passive Sitting group

5.28 Analysis of the significance of the difference of mean of pre training post and post training post recovery 6 x 6 seconds cumulative revolution scores of Passive Lying group

5.29 Analysis of the significance of the difference of mean of pre training post and post training post recovery 6 x 6 seconds cumulative revolution scores of Yoga Lying group

5.30 Intergroup analysis of significance of mean differences of pre training post and post training post recovery 6 x 6 seconds cumulative revolution scores from 6th to 60th sec.

5.31 Analysis of the significance of the difference of mean of pre training and post recovery vs. post training pre and post recovery total cumulative work output (kgm) of the four experimental groups

5.32 Intergroup comparison of significance of composite mean differences between pre and post training total cumulative work output (kgm)

5.33 Analysis of significance of the difference in mean of pre training pre recovery and post training pre recovery total cumulative work output (kgm) of the four experimental groups
5.34 Inter-group comparison of significance of mean gain differences of post training pre and post training pre recovery total cumulative work output (kgm) 261

5.35 Analysis of significances of the differences in means of pre training post recovery vs. post training post recovery total cumulative work output (kgm) of the four experimental groups 263

5.36 Inter-group comparison of significance of means gain differences of pre training post recovery vs. post training post recovery total cumulative work output (kgm) 265

5.37 Pre and post training data of some anthropometric variables of Active Sitting group 275

5.38 Pre and post training data of some anthropometric variables of Passive Sitting group 276

5.39 Pre and post training data of some anthropometric variables of Passive Lying group 276

5.40 Pre and post training data of some anthropometric variables of Yoga Lying group 277

5.41 Inter-group comparison of post training mean gain score of total three girths 283

5.42 Analysis of significance of pre and post training pre recovery total work output score of the four experimental groups 284

5.43 Inter-group analysis of mean gain differences of pre training and post training pre recovery total work output score 284

5.44 Analysis of significance of mean differences of pre and post test of Lean Body Mass of the four experimental groups 287

5.45 Inter-group analysis of mean gain differences of Lean Body Mass of the four experimental groups 288

5.46 Analysis of significance of the differences in means of pre-training pre-recovery and post training pre recovery total cumulative work output (kgm) of the four groups 289

5.47 Inter-group comparison of significance of mean gain differences of post training pre and pre training are total cumulative work output (kgm) 289