The objective was to study and examine the effect of Physical Education training programme on psycho-physiological characteristics of sedentary student. The 75 male sedentary students from different colleges affiliated to Dr. Babasaheb Ambedkar Marathwada University of Marathwada region in Maharashtra participated in the study and their age ranged between 21-30 years. 12 weeks physical Training was given to the experimental groups. The sampling method of the study is purposive sample. The data was collected through respondents in the form of different experimental tests. The demographic information about Gender, Height, Weight, age, daily smoking, drug use, etc. was obtained before seeking responses. This study involves a cross sectional, comparative pre and post test of two groups of students in an experimental research. Since only experimental group will be taken by the investigator and there will be no control group so this study will be conducted in a quasi experimental design. This explores and measures the cardiovascular efficiency body composition and health outcome within the environment and culture. In collecting the data, the researcher follow to ethical guidelines, principles, and standards for studies conducted with human beings. With regards to selected physiological variable in heart rate of pre and post-test of Experimental group they have obtain the mean value of 76.78 and 73.76 respectively, it reveals that there was significant effects of physical education training programme was found in heart rate (t=, p<.05). That means physical education training programme is beneficial for reducing the heart rate among sedentary students. With regards to selected physiological variable in Breath holding capacity (inspiration) in pre and post-test of Experimental group they have obtain the mean value of 36.40 and 49.39 respectively, the significant effects of physical education training programme was found in breath holding capacity.
With regards to selected physiological variable in Breathing holding capacity (expiration) in pre and post-test of Experimental group they have obtain the mean value of 29.00 and 34.55 respectively the significant effects of physical education training programme was found in Breath holding capacity (expiration). With regards to selected physiological variable in Diastolic Blood pressure in pre and post-test of Experimental group, they have obtain the mean value of 85.44 and 81.22 respectively significant effects of physical education training programme was found in Diastolic Blood Pressure of Sedentary students. With regards to selected physiological variable in B.P Systolic in pre and post-test of Experimental group they have obtain the mean value of 125.45 and 122.10 respectively insignificant effects of physical education training programme was found in systolic Blood pressure of sedentary students. That means there was no effect of physical education training programme in BP (systolic). With regards to selected physiological variable in Body mass Index in pre and post-test of Experimental group they have obtain the mean value of 23.42 and 21.16 respectively, significant effects of physical education training programme was found in Body mass Index of sedentary students. With regards to selected psychological variable with respect to neuroticism of Experimental group. They has obtained the mean values of 19.12 and 18.45 respectively, there was no significant effect found in neuroticism of Experimental group. That means there was no effect of physical education training programme on neurotic tendency. With regards to selected psychological variable with respect to Extroversion tendency of sedentary students, they have obtained the mean values of 20.56 and 20.65 respectively; it reveals that there was significant effect found in extroversion of sedentary students. That means physical education training programme is beneficial for improvement of Extrovert quality of sedentary students. With regard to Academic self efficacy with respect to Time management of sedentary students, they have obtained the mean value of 12.70 and 12.26 respectively, there was no significant effect of physical training programme was found on experimental group.
With regard to Academic self efficacy with respect to study skills of sedentary students, they have obtained the mean value of 12.60 and 12.96 respectively, there was no significant effect of physical training programme was found on experimental group. With regard to Academic self efficacy with respect to critical and creative thinking of sedentary students, they have obtained the mean value of 12.68 and 14.61 respectively, the significant effect of physical training programme was found on experimental group. That means physical education training programme is beneficial for improvement of Extrovert quality of sedentary students. With regards to self efficacy with respect to Involvement in Learning of sedentary students, they have obtained the mean values of 12.58 and 12.52 respectively; it reveals that there was insignificant effect of physical education training was found in Involvement in Learning of sedentary students. With regards to mental health with respect to Positive mental health of sedentary students, they have obtained the mean values of 8.23 and 10.33 respectively that mean physical education training programme is beneficial for improvement of Extrovert quality of sedentary students. With regards to mental health with respect to Negative mental health of sedentary students, they have obtained the mean values of 8.20 and 8.26 respectively, insignificant effect was found in negative mental health of sedentary students, and thus the hypothesis of the study was not accepted. With regards to selected physiological variable in Heart rate of pre and post test of Experimental group of age group (21-25) of sedentary students they have obtain the mean value of 75.99 and 73.02 respectively, there was significant effects of physical education training programme was found in Heart Rate ( t=,p<.05). That means physical education training programme is beneficial for reducing the heart rate among age group (21-25) of sedentary students. With regards to selected physiological variable in Breathing holding capacity (inspiration) in pre and post-test of Experimental group of age group (21-25) of sedentary students they have obtain the mean value of 37.44 and 45.49 respectively, that shows
significant effects of physical education training programme was found in breath holding capacity (inspiration).

With regards to selected physiological variable in Breath Holding Capacity (expiration) in pre and post-test of Experimental group of age group (21-25) of sedentary students they have obtain the mean value of 29.87 and 34.97 respectively, means significant effects of physical education training programme was found in Breath Holding Capacity (expiration).

With regards to selected physiological variable in Diastolic Blood Pressure in pre and post-test of Experimental group of age group (21-25) of sedentary students, they have obtain the mean value of 85.06 and 81.56 respectively, that means significant effects of physical education training programme was found in Diastolic Blood Pressure of age group (21-25) of Sedentary students. With regards to selected physiological variable in Blood Pressure (Systolic) in pre and post-test of Experimental group of age group (21-25) of sedentary students, they have obtain the mean value of 125.45 and 122.10 respectively, that means insignificant effects of physical education training programme was found in systolic Blood Pressure of sedentary students.

With regards to selected physiological variable in Body mass Index in pre and post-test of Experimental group of 21-25 age group they have obtain the mean value of 23.54 and 21.101 respectively, significant effects of physical education training programme was found in Body Mass Index of age group (21-25) of sedentary students. With regards to selected psychological variable with respect to Neuroticism tendency of Experimental group. They has obtained the mean values of 18.91 and 18.10 respectively, there was no significant effect found in Neuroticism tendency of age group (21-25) of sedentary students. That means there was no effect of physical education training programme on neurotic tendency. With regards to extroversion of age group (21-25) sedentary students, they have obtained the mean values of 20.15 and 20.12 respectively; there was insignificant effect of physical education training programme found in Extroversion. With regards to self efficacy with respect to Time Management of age group (21-25) of sedentary students, they have obtained the mean values of 12.13 and 12.07
respectively; insignificant effect of physical education training was found in Time Management. With regards to self efficacy with respect to Study skills of age group (21-25) of sedentary students, they have obtained the mean values of 12.23 and 12.42 respectively, there was insignificant effect of physical education training was found in self efficacy with respect to Study and Examination. With regards to self efficacy with respect to Critical and creative thinking of sedentary students of age group (21-25), they have obtained the mean values of 12.20 and 14.11 respectively; significant effect of physical education training was found in self efficacy with respect to Critical and creative thinking. With regards to self efficacy with respect to Involvement in learning of age group (21-25) of sedentary students, they have obtained the mean values of 12.10 and 12.29 respectively; it reveals that there was insignificant effect of physical education training found in Involvement in learning. With regards to mental health with respect to Positive Mental Health of age group (21-25) of sedentary students, they have obtained the mean values of 8.01 and 10.17 respectively; there was significant effect of physical education training found in Positive Mental Health. With regards mental health with respect to Negative Mental Health of age group (21-25) of sedentary students, they have obtained the mean values of 8.03 and 8.22 respectively, which reveal that there was no significant effect of physical education training was found in Negative Mental Health. With regards to selected physiological variable in heart rate of pre and post-test of Experimental group they have obtain the mean value of 76.56 and 73.68 respectively there was significant effects of physical education training programme was found in heart rate( t=,p<.05). That means physical education training programme is beneficial for reducing the Heart Rate among age group (26-30) of sedentary students. With regards to selected physiological variable in Breath Holding Capacity (inspiration) in pre and post-test of Experimental group they have obtain the mean value of 37.89 and 45.54 respectively, significant effects of physical education training programme was found in Breath Holding Capacity among age group (26-30) of sedentary students.
With regards to selected physiological variable in Breath Holding Capacity (expiration) in pre and post-test of Experimental group they have obtain the mean value of 30.34 and 36.23 respectively, significant effects of physical education training programme was found in Breath Holding Capacity (expiration) among age group (26-30) of sedentary students. With regards to selected physiological variable in Diastolic Blood pressure in pre and post-test of Experimental group, they have obtain the mean value of 85.70 and 81.79 respectively significant effects of physical education training programme was found in Diastolic Blood Pressure of age group (26-30) Sedentary students. With regards to selected physiological variable in B.P Systolic in pre and post-test of Experimental group they have obtain the mean value of 125.93 and 122.67 respectively, insignificant effects of physical education training programme was found in Systolic Blood Pressure of sedentary students age group (26-30) Sedentary students. With regards to selected physiological variable in Body Mass Index in pre and post-test of Experimental group they have obtain the mean value of 23.89 and 21.31 respectively, significant effects of physical education training programme was found in Body Mass Index of age group(26-30) of sedentary students.

With regards to selected psychological variable with respect to Neuroticism tendency of Experimental group they has obtained the mean values of 19.34 and 18.76 respectively, there was no significant effect found in Neuroticism of age group (26-30) sedentary students. That means there was no effect of physical education training programme on neurotic tendency of age group (26-30). With regards to selected psychological variable with respect to extroversion of age group (26-30) of sedentary students, they have obtained the mean values of 20.78 and 20.67 respectively; insignificant effect was found in Extroversion. That means there was no effect of physical education training programme on age group (26-30). With regards to self efficacy with respect to time management of age group (26-30) sedentary students, they have obtained the mean values of 12.45 and 12.39 respectively, which reveal that there was insignificant effect of physical education training was found in Time management.

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With regards to self efficacy with respect to Study skills of age group (26-30) of sedentary students, they have obtained the mean values of 12.73 and 12.93 respectively; insignificant effect of physical education training was found in self efficacy with respect to Study skills. With regards to self efficacy with respect to critical and creative thinking of sedentary students, they have obtained the mean values of 12.56 and 14.62 respectively; significant effect of physical education training was found in self efficacy with respect to Critical and creative thinking. With regards to self efficacy with respect to Involvement in learning of age group (26-30) of sedentary students, they have obtained the mean values of 12.30 and 12.79 respectively; insignificant effect of physical education training was found in self efficacy with respect to Involvement in learning. With regards to Positive Mental Health of age group (26-30) sedentary students, they have obtained the mean values of 8.68 and 10.70 respectively; significant effect of physical education training was found in positive Mental Health. With regards to Negative Mental Health of age group (26-30) of sedentary students, they have obtained the mean values of 8.45 and 8.61 respectively; insignificant effect of physical education training was found in negative mental health.