LIST OF TABLES

3.1. Combination of specific yogic exercises with autogenic training group - Training schedule 104

3.2. Specific yogic exercises group - Training schedule 105

3.3. Loading pattern in the combination of specific yogic exercises with autogenic training group - Training schedule 106

3.4. Loading pattern in the specific yogic exercises group - Training schedule 107

4.1. Descriptive analysis of pre, post and adjusted means of specific yogic exercises group, combination of specific yogic exercises with autogenic training group and control group on criterion measures 115

4.2. Analysis of covariance for the means difference among specific yogic exercises group, combination of specific yogic exercises with autogenic training group and control group in selected variables 116

4.3. Scheffe's test of significance between paired adjusted means on the selected physiological, psychological biochemical variables 118
4.4 Descriptive analysis on criterion measures of combination of specific yogic exercises with autogenic training group

4.5 Repeated measures of analysis of variance for combination of specific yogic exercises with autogenic training group in selected variables

4.6 Newman Keul's test on difference between treatment means of selected variables of combination of specific yogic exercises with autogenic training group

4.7 Descriptive analysis on criterion measures of specific yogic exercises group

4.8 Repeated measures of analysis of variance of specific yogic exercises group in selected variables

4.9 Newman Keul's test on difference between treatment means of selected variables of specific yogic exercises group

4.10 Descriptive analysis on criterion measures of control group

4.11 Repeated measures of analysis of variance of control group in selected variables