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**APPENDIX- A**

**CONSENT FORM FOR PARTICIPANTS**

I have read the Information Sheet concerning this project and understand what it is about. All my questions have been answered to my satisfaction. I understand that I am free to request further information at any stage.

I know that:

1. My participation in the project is entirely voluntary.
2. I am free to withdraw from the project at any time without any disadvantage.
3. The data will be destroyed at the conclusion of the project but any raw data on which the results of the project depend will be retained in secure storage for five years, after which it will be destroyed.
4. I am prepared to perform an aerobic fitness test and to complete a prolonged exercise programme as well as undergo blood sampling, and that these may cause some discomfort.
5. I understand that the investigation will be stopped if it should appear harmful to me.
6. I know whom to contact if I have any side effects to the study or have any questions.
7. The results of the project may be published and will be available in the library but every attempt will be made to preserve my anonymity.

I agree to take part in this project.

............................................................................. ......................

(Signature of participant) (Date)

This project has been reviewed and approved by the TNPESU Doctoral Committee.

**APPENDIX- B**

**SCREENING QUESTIONNAIRE**

Name: --------------------------------------------------------------------------------------------------------

Address:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Telephone:

Home \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Work\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Contact Person Phone \_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Ethnic Group: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Has your doctor ever said that you have:

A heart condition Yes/No

Diabetes Yes/No

High blood pressure Yes/No

Bone or joint problems Yes/No

Any other health problem that may be affected by exercise Yes/No

2. Have you ever felt pain in your chest during physical activity? Yes/No

3. In the past month have you had chest pain when you were not doing physical

activity . Yes/No

4. Do you know of any other reason why you should not do physical activity?

Yes/No

If yes, please state

why\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. Are you currently taking any medication? Yes/No

If yes, please state what medications you are taking

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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6. Are you currently taking either the oral contraceptive pill or on Depo Provera? Yes/No

7. Are you currently on hormone replacement therapy? Yes/No

8. Has your weight been stable over the past six months? Yes/No

9. If No, by how much has your weight changed (increased/decreased)?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ kg

10. How many periods have you had in the last six months? Please circle

More than 6 6 5 4 Less than 4

11. Date (approximately) of last period? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

12. When did you start aqua-jogging (approximately)? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

13. How many times per week (average) do you aqua jog? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

14. How long is each typical aqua jog session? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

15. Have you ever had any adverse reaction(s) during or following a blood test, eg

faining?

Yes/No,

If yes, what happened? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature……………………………

Date………………………………...

**APPENDIX C**

**RAW SCORES ON AGILITY**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **S. No.** | **Ex. Group. – I**  **(Asanas)** | | **Ex. Group. – II**  **(Pranayama)** | | **Ex. Group. – III**  **(Combined )** | | **Group – IV**  **Control Group**  **( No training)** | |
| **Pre Test** | **Post Test** | **Pre Test** | **Post Test** | **Pre Test** | **Post Test** | **Pre Test** | **Post Test** |
| 1 | 11.4 | 9.11 | 10.5 | 10.87 | 11.67 | 10.3 | 11.98 | 10.6 |
| 2 | 11.5 | 10.2 | 11.6 | 9.5 | 11.5 | 9.21 | 11.65 | 10.4 |
| 3 | 10.8 | 9.9 | 12.9 | 10.6 | 11.78 | 9.32 | 11.32 | 11.9 |
| 4 | 11.4 | 10 | 11.9 | 10.1 | 11.87 | 10.3 | 11.2 | 11.87 |
| 5 | 11.09 | 10.6 | 11.2 | 10.3 | 11.54 | 10.8 | 10.6 | 10.6 |
| 6 | 11.03 | 9.8 | 11 | 9.7 | 11.64 | 9.07 | 11.65 | 10.03 |
| 7 | 11.5 | 10.1 | 11.1 | 9.8 | 11.87 | 10.3 | 11.1 | 9.76 |
| 8 | 11.8 | 10.2 | 11.65 | 10.2 | 11.76 | 9.78 | 10.8 | 10.8 |
| 9 | 10.8 | 10 | 11.9 | 10.3 | 11.99 | 9.87 | 10.9 | 10.9 |
| 10 | 11.9 | 10.7 | 11 | 9.9 | 11.3 | 9.12 | 11.88 | 11.5 |
| 11 | 11.4 | 10.4 | 11.7 | 10.3 | 11.6 | 9.21 | 10.3 | 10.98 |
| 12 | 12.1 | 10.7 | 10.9 | 10.6 | 11.8 | 9.22 | 11.6 | 10.21 |
| 13 | 11.1 | 9.33 | 11.87 | 10 | 11.1 | 9.67 | 11.65 | 11.22 |
| 14 | 11.8 | 9.8 | 10.8 | 9.8 | 11.5 | 9.21 | 11.76 | 10.66 |
| 15 | 11.4 | 10.7 | 10.87 | 10 | 11.76 | 9.65 | 11.87 | 10.54 |

**APPENDIX D**

**RAW SCORES ON FLEXIBILITY**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **S. No.** | **Ex. Group. – I**  **(Asanas)** | | **Ex. Group. – II**  **(Pranayama)** | | **Ex. Group. – III**  **(Combined )** | | **Group – IV**  **Control Group**  **( No training)** | |
| **Pre Test** | **Post Test** | **Pre Test** | **Post Test** | **Pre Test** | **Post Test** | **Pre Test** | **Post Test** |
| 1 | 24 | 28 | 24 | 31 | 24 | 32 | 23 | 22 |
| 2 | 22 | 26 | 24 | 27 | 24 | 33 | 24 | 19 |
| 3 | 24 | 29 | 23 | 28 | 25 | 33 | 22 | 21 |
| 4 | 21 | 26 | 26 | 29 | 21 | 28 | 23 | 27 |
| 5 | 27 | 27 | 25 | 28 | 23 | 34 | 25 | 30 |
| 6 | 25 | 27 | 23 | 28 | 22 | 32 | 27 | 25 |
| 7 | 25 | 30 | 24 | 30 | 23 | 26 | 30 | 23 |
| 8 | 27 | 29 | 22 | 28 | 22 | 33 | 25 | 28 |
| 9 | 28 | 31 | 21 | 26 | 25 | 32 | 26 | 21 |
| 10 | 21 | 30 | 24 | 27 | 24 | 25 | 27 | 21 |
| 11 | 25 | 28 | 22 | 32 | 22 | 28 | 22 | 25 |
| 12 | 22 | 30 | 25 | 31 | 25 | 23 | 23 | 22 |
| 13 | 21 | 29 | 23 | 27 | 23 | 34 | 22 | 21 |
| 14 | 23 | 31 | 24 | 26 | 25 | 30 | 21 | 23 |
| 15 | 24 | 26 | 21 | 30 | 23 | 32 | 27 | 24 |

**APPENDIX E**

**RAW SCORES ON CARDIOVASCULAR ENDURANCE**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **S. No.** | **Ex. Group. – I**  **(Asanas)** | | **Ex. Group. – II**  **(Pranayama)** | | **Ex. Group. – III**  **(Combined )** | | **Group – IV**  **Control Group**  **( No training)** | |
| **Pre Test** | **Post Test** | **Pre Test** | **Post Test** | **Pre Test** | **Post Test** | **Pre Test** | **Post Test** |
| 1 | 1840 | 2300 | 1960 | 1965 | 1850 | 2050 | 1600 | 1700 |
| 2 | 1980 | 2180 | 1850 | 2050 | 1950 | 2180 | 1800 | 1750 |
| 3 | 1740 | 2065 | 1840 | 2150 | 1900 | 2200 | 1850 | 1710 |
| 4 | 1810 | 2070 | 1750 | 2065 | 1800 | 2100 | 1950 | 1700 |
| 5 | 1860 | 2080 | 1800 | 2060 | 1740 | 2040 | 1950 | 1850 |
| 6 | 1700 | 1865 | 1890 | 2040 | 1500 | 2200 | 1720 | 1700 |
| 7 | 1860 | 1950 | 1825 | 2010 | 1850 | 2350 | 1750 | 1840 |
| 8 | 1800 | 2020 | 1800 | 1950 | 1800 | 2050 | 1650 | 1800 |
| 9 | 1800 | 2000 | 1860 | 2160 | 1930 | 2050 | 1650 | 1725 |
| 10 | 1840 | 2055 | 1875 | 1925 | 1900 | 2150 | 1825 | 1800 |
| 11 | 1850 | 1965 | 1740 | 1865 | 1760 | 2200 | 1750 | 1800 |
| 12 | 1850 | 2050 | 1900 | 1950 | 1870 | 2090 | 1800 | 1730 |
| 13 | 1830 | 1950 | 1860 | 2020 | 1860 | 2000 | 1875 | 1725 |
| 14 | 1800 | 1990 | 1820 | 2000 | 1850 | 2050 | 1725 | 1850 |
| 15 | 1860 | 1960 | 1840 | 2100 | 1875 | 2015 | 1700 | 1840 |

**APPENDIX F**

**RAW SCORES ON ANXIETY**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **S. No.** | **Ex. Group. – I**  **(Asanas)** | | **Ex. Group. – II**  **(Pranayama)** | | **Ex. Group. – III**  **(Combined )** | | **Group – IV**  **Control Group**  **( No training)** | |
| **Pre Test** | **Post Test** | **Pre Test** | **Post Test** | **Pre Test** | **Post Test** | **Pre Test** | **Post Test** |
| 1 | 37 | 30 | 35 | 22 | 34 | 18 | 42 | 27 |
| 2 | 36 | 14 | 42 | 21 | 33 | 16 | 30 | 42 |
| 3 | 35 | 25 | 32 | 14 | 36 | 19 | 41 | 20 |
| 4 | 41 | 31 | 36 | 11 | 42 | 18 | 28 | 45 |
| 5 | 45 | 32 | 28 | 12 | 41 | 16 | 31 | 35 |
| 6 | 35 | 18 | 39 | 29 | 36 | 17 | 21 | 18 |
| 7 | 35 | 21 | 37 | 22 | 36 | 17 | 32 | 40 |
| 8 | 36 | 18 | 34 | 22 | 35 | 15 | 32 | 26 |
| 9 | 21 | 11 | 31 | 21 | 35 | 20 | 26 | 45 |
| 10 | 34 | 12 | 42 | 17 | 34 | 12 | 43 | 32 |
| 11 | 36 | 25 | 37 | 19 | 41 | 19 | 34 | 42 |
| 12 | 37 | 29 | 31 | 15 | 39 | 18 | 38 | 43 |
| 13 | 42 | 31 | 32 | 24 | 36 | 18 | 39 | 41 |
| 14 | 30 | 10 | 41 | 21 | 35 | 15 | 33 | 35 |
| 15 | 32 | 12 | 34 | 14 | 36 | 19 | 29 | 34 |

**APPENDIX G**

**RAW SCORES ON AGGRESSION**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **S. No.** | **Ex. Group. – I**  **(Asanas)** | | **Ex. Group. – II**  **(Pranayama)** | | **Ex. Group. – III**  **(Combined )** | | **Group – IV**  **Control Group**  **( No training)** | |
| **Pre Test** | **Post Test** | **Pre Test** | **Post Test** | **Pre Test** | **Post Test** | **Pre Test** | **Post Test** |
| 1 | 120 | 100 | 110 | 98 | 100 | 91 | 102 | 100 |
| 2 | 110 | 100 | 120 | 99 | 105 | 99 | 100 | 105 |
| 3 | 118 | 85 | 110 | 108 | 120 | 92 | 115 | 120 |
| 4 | 112 | 73 | 100 | 105 | 123 | 105 | 120 | 120 |
| 5 | 112 | 98 | 99 | 88 | 108 | 88 | 118 | 108 |
| 6 | 111 | 105 | 106 | 96 | 110 | 96 | 116 | 110 |
| 7 | 95 | 95 | 107 | 101 | 115 | 101 | 112 | 115 |
| 8 | 121 | 115 | 102 | 95 | 109 | 95 | 105 | 99 |
| 9 | 115 | 79 | 95 | 92 | 110 | 92 | 110 | 110 |
| 10 | 98 | 100 | 88 | 79 | 108 | 79 | 105 | 108 |
| 11 | 115 | 104 | 93 | 97 | 115 | 97 | 111 | 115 |
| 12 | 105 | 93 | 120 | 97 | 112 | 95 | 100 | 95 |
| 13 | 96 | 110 | 100 | 98 | 109 | 98 | 98 | 102 |
| 14 | 118 | 103 | 115 | 105 | 119 | 91 | 120 | 102 |
| 15 | 94 | 86 | 120 | 105 | 107 | 105 | 96 | 102 |

**APPENDIX H**

**RAW SCORES ON STRESS**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **S. No.** | **Ex. Group. – I**  **(Asanas)** | | **Ex. Group. – II**  **(Pranayama)** | | **Ex. Group. – III**  **(Combined )** | | **Group – IV**  **Control Group**  **( No training)** | |
| **Pre Test** | **Post Test** | **Pre Test** | **Post Test** | **Pre Test** | **Post Test** | **Pre Test** | **Post Test** |
| 1 | 64 | 51 | 84 | 72 | 75 | 34 | 64 | 62 |
| 2 | 61 | 49 | 67 | 70 | 67 | 37 | 63 | 53 |
| 3 | 64 | 50 | 78 | 68 | 76 | 40 | 65 | 81 |
| 4 | 67 | 52 | 76 | 16 | 69 | 41 | 65 | 74 |
| 5 | 62 | 29 | 65 | 58 | 69 | 48 | 62 | 70 |
| 6 | 69 | 37 | 81 | 54 | 74 | 50 | 65 | 75 |
| 7 | 67 | 60 | 64 | 51 | 72 | 42 | 69 | 45 |
| 8 | 69 | 34 | 59 | 62 | 63 | 44 | 71 | 73 |
| 9 | 79 | 52 | 47 | 39 | 64 | 43 | 72 | 74 |
| 10 | 65 | 36 | 71 | 64 | 68 | 44 | 71 | 72 |
| 11 | 64 | 45 | 64 | 72 | 61 | 45 | 64 | 73 |
| 12 | 56 | 37 | 63 | 70 | 65 | 34 | 68 | 64 |
| 13 | 61 | 49 | 62 | 65 | 76 | 49 | 66 | 81 |
| 14 | 56 | 40 | 56 | 49 | 63 | 38 | 62 | 63 |
| 15 | 58 | 44 | 65 |  | 65 | 42 | 67 | 54 |

**APPENDIX I**

**RAW SCORES ON PULSE RATE**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **S. No.** | **Ex. Group. – I**  **(Asanas)** | | **Ex. Group. – II**  **(Pranayama)** | | **Ex. Group. – III**  **(Combined )** | | **Group – IV**  **Control Group**  **( No training)** | |
| **Pre Test** | **Post Test** | **Pre Test** | **Post Test** | **Pre Test** | **Post Test** | **Pre Test** | **Post Test** |
| 1 | 75 | 70 | 81 | 71 | 75 | 69 | 75 | 76 |
| 2 | 79 | 69 | 71 | 66 | 75 | 68 | 75 | 74 |
| 3 | 70 | 67 | 79 | 76 | 75 | 70 | 75 | 73 |
| 4 | 76 | 65 | 73 | 70 | 78 | 68 | 78 | 78 |
| 5 | 71 | 70 | 76 | 65 | 76 | 69 | 76 | 81 |
| 6 | 75 | 70 | 75 | 65 | 78 | 69 | 78 | 79 |
| 7 | 72 | 66 | 76 | 70 | 78 | 70 | 78 | 77 |
| 8 | 74 | 68 | 72 | 67 | 75 | 68 | 76 | 68 |
| 9 | 76 | 68 | 71 | 69 | 73 | 69 | 74 | 69 |
| 10 | 73 | 70 | 74 | 67 | 75 | 69 | 75 | 75 |
| 11 | 72 | 68 | 70 | 67 | 76 | 67 | 78 | 79 |
| 12 | 81 | 80 | 79 | 76 | 78 | 69 | 78 | 78 |
| 13 | 73 | 69 | 74 | 70 | 75 | 68 | 75 | 81 |
| 14 | 79 | 71 | 71 | 66 | 75 | 69 | 75 | 74 |
| 15 | 70 | 67 | 79 | 72 | 75 | 67 | 75 | 73 |

**APPENDIX J**

**RAW SCORES ON MEAN ARTERIAL BLOOD PRESSURE**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **S. No.** | **Ex. Group. – I**  **(Asanas)** | | **Ex. Group. – II**  **(Pranayama)** | | **Ex. Group. – III**  **(Combined )** | | **Group – IV**  **Control Group**  **( No training)** | |
| **Pre Test** | **Post Test** | **Pre Test** | **Post Test** | **Pre Test** | **Post Test** | **Pre Test** | **Post Test** |
| 1 | 100.5 | 98.5 | 100 | 97.5 | 98.5 | 96.5 | 102 | 107.5 |
| 2 | 96 | 96.5 | 98 | 95.5 | 104.2 | 97 | 104.5 | 90.5 |
| 3 | 102.5 | 95.3 | 94 | 95.1 | 103.3 | 94 | 87.5 | 92 |
| 4 | 100 | 94.6 | 99.5 | 98.5 | 98.4 | 89.8 | 89 | 104.5 |
| 5 | 101 | 99 | 100 | 98.5 | 98 | 94 | 101.5 | 103.5 |
| 6 | 99 | 94.2 | 99 | 98.5 | 102.3 | 96.5 | 100.5 | 94 |
| 7 | 98.5 | 98.5 | 95 | 97.7 | 99 | 91.2 | 91 | 101.5 |
| 8 | 102 | 97 | 100 | 99 | 98 | 93.5 | 98.5 | 104.5 |
| 9 | 96 | 94 | 94 | 85 | 105 | 91.2 | 101.5 | 93.5 |
| 10 | 95.5 | 92.4 | 97.5 | 90.5 | 100 | 97.5 | 90.5 | 107.5 |
| 11 | 98 | 94 | 101 | 96 | 98 | 95.5 | 104.5 | 102 |
| 12 | 93.5 | 97.5 | 99 | 98.5 | 94 | 84 | 99 | 102.5 |
| 13 | 96 | 92.3 | 97.5 | 93.5 | 99.5 | 95.5 | 99.5 | 103 |
| 14 | 98 | 93.5 | 93.5 | 94 | 100 | 94.5 | 100 | 97 |
| 15 | 98 | 95.5 | 95.5 | 91.2 | 99 | 93.5 | 94 | 95 |

**APPENDIX K**

**RAW SCORES ON VITAL CAPACITY**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **S. No.** | **Ex. Group. – I**  **(Asanas)** | | **Ex. Group. – II**  **(Pranayama)** | | **Ex. Group. – III**  **(Combined )** | | **Group – IV**  **Control Group**  **( No training)** | |
| **Pre Test** | **Post Test** | **Pre Test** | **Post Test** | **Pre Test** | **Post Test** | **Pre Test** | **Post Test** |
| 1 | 3500 | 3575 | 3300 | 3900 | 3800 | 3900 | 3250 | 3300 |
| 2 | 3150 | 4000 | 3250 | 3000 | 3900 | 3900 | 3200 | 3350 |
| 3 | 3200 | 4275 | 3200 | 3300 | 3200 | 4100 | 3300 | 3100 |
| 4 | 3300 | 3300 | 3600 | 3650 | 2900 | 3000 | 3050 | 2950 |
| 5 | 3150 | 3900 | 3400 | 3450 | 3100 | 4800 | 3200 | 2900 |
| 6 | 3550 | 3175 | 3250 | 3750 | 3400 | 4100 | 3150 | 3000 |
| 7 | 3200 | 2875 | 3300 | 3600 | 3500 | 3600 | 3100 | 3100 |
| 8 | 3400 | 3300 | 3150 | 3500 | 3100 | 3900 | 3300 | 3250 |
| 9 | 3100 | 4025 | 3400 | 3700 | 3200 | 4300 | 3250 | 3200 |
| 10 | 3500 | 3575 | 3300 | 3850 | 2900 | 4050 | 3200 | 3200 |
| 11 | 3450 | 3750 | 3150 | 3800 | 3800 | 3800 | 3000 | 3350 |
| 12 | 3200 | 3300 | 3100 | 3800 | 3100 | 3200 | 3350 | 3200 |
| 13 | 3300 | 3375 | 3700 | 3800 | 3200 | 4200 | 3050 | 3050 |
| 14 | 3350 | 3450 | 3150 | 3800 | 3200 | 4300 | 3100 | 3350 |
| 15 | 3150 | 4700 | 3400 | 3450 | 3150 | 3950 | 3300 | 3550 |

**APPENDIX L**

**RAW SCORES ON HEMOGLOBIN**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **S. No.** | **Ex. Group. – I**  **(Asanas)** | | **Ex. Group. – II**  **(Pranayama)** | | **Ex. Group. – III**  **(Combined )** | | **Group – IV**  **Control Group**  **( No training)** | |
| **Pre Test** | **Post Test** | **Pre Test** | **Post Test** | **Pre Test** | **Post Test** | **Pre Test** | **Post Test** |
| 1 | 9.8 | 12.5 | 9.2 | 12.8 | 10.3 | 13.9 | 8.8 | 8.4 |
| 2 | 9.9 | 11.4 | 9.7 | 13.5 | 10.7 | 14.4 | 8.6 | 9.1 |
| 3 | 9.6 | 11.2 | 10.7 | 13.6 | 8.9 | 14.3 | 9.2 | 9.7 |
| 4 | 10.8 | 12.9 | 9.8 | 12.7 | 9.6 | 13.5 | 8 | 9.3 |
| 5 | 9.3 | 13.2 | 9.8 | 12.8 | 10.3 | 13.3 | 9.5 | 9.5 |
| 6 | 9.5 | 12.4 | 9.6 | 13.2 | 11.3 | 13.6 | 10.3 | 10.8 |
| 7 | 9.9 | 13.5 | 10.3 | 11.9 | 10.3 | 14.2 | 11.9 | 11.2 |
| 8 | 9.7 | 13.2 | 9.9 | 12.8 | 11.4 | 14 | 11.4 | 11.3 |
| 9 | 9.8 | 12.6 | 10.4 | 12.6 | 10.2 | 13.7 | 10.9 | 10.8 |
| 10 | 9.8 | 12.8 | 10.8 | 12.4 | 10.4 | 12.5 | 10.7 | 10.7 |
| 11 | 10.7 | 13.2 | 11.6 | 12.9 | 9.8 | 12.6 | 10.5 | 11.09 |
| 12 | 10.5 | 13.2 | 10.3 | 13.1 | 9.6 | 12.8 | 11.2 | 11.2 |
| 13 | 9.7 | 13.9 | 10.2 | 13.2 | 10.7 | 12.9 | 10.9 | 11.6 |
| 14 | 9.4 | 13.5 | 11.4 | 13.3 | 10.6 | 13.9 | 11.3 | 10.6 |
| 15 | 8.9 | 13.9 | 10.1 | 13.9 | 9.2 | 14.6 | 10.2 | 10.9 |

**APPENDIX M**

**RAW SCORES ON Red BLOOD CELL**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **S. No.** | **Ex. Group. – I**  **(Asanas)** | | **Ex. Group. – II**  **(Pranayama)** | | **Ex. Group. – III**  **(Combined )** | | **Group – IV**  **Control Group**  **( No training)** | |
| **Pre Test** | **Post Test** | **Pre Test** | **Post Test** | **Pre Test** | **Post Test** | **Pre Test** | **Post Test** |
| 1 | 4.11 | 5.52 | 4.17 | 5.74 | 4.07 | 6 | 4.07 | 4.21 |
| 2 | 4.35 | 4.7 | 4.54 | 5.71 | 5.4 | 5.9 | 5.4 | 4.29 |
| 3 | 4.65 | 5 | 4.45 | 6.02 | 5.3 | 6.3 | 5.3 | 4.24 |
| 4 | 4.44 | 4.3 | 5.4 | 5.92 | 4.42 | 5.8 | 4.42 | 4.17 |
| 5 | 4.89 | 5.87 | 5.2 | 5.52 | 5.2 | 6.2 | 5.2 | 5.19 |
| 6 | 4.29 | 4.64 | 5.3 | 5.32 | 5.4 | 6.3 | 5.4 | 5.5 |
| 7 | 4.54 | 5.76 | 5.4 | 5.92 | 5.6 | 5.6 | 4.2 | 5.4 |
| 8 | 4.17 | 4.52 | 5.3 | 5.82 | 4.32 | 6.2 | 4.32 | 4.13 |
| 9 | 5.19 | 5.54 | 5.19 | 5.76 | 4.11 | 6.12 | 4.11 | 4.12 |
| 10 | 5.5 | 6 | 5.2 | 5.83 | 5.5 | 5.4 | 4.31 | 5.4 |
| 11 | 5.4 | 6.2 | 5.3 | 5.1 | 5.4 | 6.32 | 5.4 | 4.9 |
| 12 | 4.13 | 6.1 | 5.1 | 5.4 | 4.11 | 5.8 | 4.11 | 5.7 |
| 13 | 4.12 | 6.5 | 4.12 | 6 | 4.12 | 5.8 | 4.12 | 6.2 |
| 14 | 5.4 | 6.6 | 4.5 | 5.7 | 5.4 | 5.93 | 4.31 | 4.4 |
| 15 | 4.9 | 5.8 | 5 | 5.7 | 4.9 | 5.97 | 4.9 | 4.5 |

**APPENDIX N**

**RAW SCORES ON WHITE BLOOD CELL**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **S. No.** | **Ex. Group. – I**  **(Asanas)** | | **Ex. Group. – II**  **(Pranayama)** | | **Ex. Group. – III**  **(Combined )** | | **Group – IV**  **Control Group**  **( No training)** | |
| **Pre Test** | **Post Test** | **Pre Test** | **Post Test** | **Pre Test** | **Post Test** | **Pre Test** | **Post Test** |
| 1 | 5.1 | 6.23 | 5.28 | 6.54 | 5.12 | 6.48 | 5.28 | 5.22 |
| 2 | 5.12 | 6.34 | 5.19 | 6.28 | 5.2 | 6.22 | 5.19 | 5.38 |
| 3 | 5.14 | 6.42 | 5.22 | 6.32 | 5.12 | 6.77 | 5.22 | 5.15 |
| 4 | 5.32 | 6.21 | 5.1 | 6.11 | 5.32 | 6.56 | 5.23 | 5.34 |
| 5 | 5.21 | 6.42 | 5.17 | 6.22 | 5.41 | 6.58 | 5.3 | 5.43 |
| 6 | 5.23 | 6.21 | 5.16 | 6.39 | 5.4 | 6.49 | 5.2 | 5.11 |
| 7 | 5.3 | 6.42 | 5.08 | 6.19 | 5.21 | 6.28 | 5.21 | 5.33 |
| 8 | 5.2 | 6.28 | 5.25 | 5.9 | 5.1 | 6.62 | 5.21 | 5.35 |
| 9 | 5.21 | 6.38 | 5.29 | 6.33 | 5.17 | 6.98 | 5.12 | 5.02 |
| 10 | 5.21 | 6.17 | 5.17 | 6.44 | 5.16 | 6.11 | 5.21 | 5.42 |
| 11 | 5.12 | 6.29 | 5.16 | 6.29 | 5.08 | 6.54 | 5.12 | 5.12 |
| 12 | 5.21 | 6.32 | 5.08 | 6.31 | 5.25 | 6.45 | 5.2 | 5.21 |
| 13 | 5.12 | 6.33 | 5.25 | 6.29 | 5.29 | 6.37 | 5.47 | 5.12 |
| 14 | 5.2 | 6.48 | 5.29 | 6.24 | 5.42 | 6.54 | 5.43 | 5.2 |
| 15 | 5.41 | 6.26 | 5.21 | 6.42 | 5.41 | 6.37 | 5.47 | 5.02 |

**APPENDIX O**

**ANXIETY QUESTIONNAIRE**

**(Speilberger’s Trait Anxiety Questionnaire)**

**Name Age**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| S. No | Details of Statements | Not At All | Somewhat | Moderately so | Very much |
| 1 | I feel calm |  |  |  |  |
| 2 | I feel secure |  |  |  |  |
| 3 | I feel tensed |  |  |  |  |
| 4 | I feel regretful |  |  |  |  |
| 5 | I feel at easy |  |  |  |  |
| 6 | I feel upset |  |  |  |  |
| 7 | I am presently worrying over  Possible misfortunes |  |  |  |  |
| 8 | I feel rested |  |  |  |  |
| 9 | I feel anxious |  |  |  |  |
| 10 | I feel comfortable |  |  |  |  |
| 11 | I am self confident |  |  |  |  |
| 12 | I feel nervous |  |  |  |  |
| 13 | I feel jittery |  |  |  |  |
| 14 | I feel 'high string' |  |  |  |  |
| 15 | I am relaxed |  |  |  |  |
| 16 | I am content |  |  |  |  |
| 17 | I am worried |  |  |  |  |
| 18 | I feel over excited and ratted |  |  |  |  |
| 19 | I feel joyful |  |  |  |  |
| 20 | I feel pleasant |  |  |  |  |

**APPENDIX P**

**AGGRESSION QUESTIONNAIRE**

**(Designed By** [**Arnold**](http://en.wikipedia.org/w/index.php?title=Arnold_Buss&action=edit&redlink=1)  **and** [**Mark**](http://en.wikipedia.org/wiki/Mark_Perry)**, Professors from the** [**University of Texas**](http://en.wikipedia.org/wiki/University_of_Texas_at_Austin)

**NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth & Age\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**DATE OF ASSESMENT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**EXAMINER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**(Use “✓” to indicate your answer)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **S.No** |  | *Extremely uncharacteristic of me* | *Somewhat uncharacteristic of me* | *Neither uncharacteristic nor characteristic of me* | *Somewhat characteristic of me* | *Extremely characteristic of me* |
|  |  | 1 | 2 | 3 | 4 | 5 |
| 1 | Some of my friends think I am a hothead |  |  |  |  |  |
| 2 | If I have to resort to violence to protect my rights, I will. |  |  |  |  |  |
| 3 | When people are especially nice to me, I wonder what they want. |  |  |  |  |  |
| 4 | I tell my friends openly when I disagree with them. |  |  |  |  |  |
| 5 | I have become so mad that I have broken things. |  |  |  |  |  |
| 6 | I can't help getting into arguments when people disagree with me. |  |  |  |  |  |
| 7 | I wonder why sometimes I feel so bitter about things. |  |  |  |  |  |
| 8 | Once in a while, I can't control the urge to strike another person. |  |  |  |  |  |
| 9 | I am an even-tempered person. |  |  |  |  |  |
| 10 | I am suspicious of overly friendly strangers. |  |  |  |  |  |
| 11 | I have threatened people I know. |  |  |  |  |  |
| 12 | I flare up quickly but get over it quickly. |  |  |  |  |  |
| 13 | Given enough provocation, I may hit another person. |  |  |  |  |  |
| 14 | When people annoy me, I may tell them what I think of them. |  |  |  |  |  |
| 15 | I am sometimes eaten up with jealousy. |  |  |  |  |  |
| 16 | I can think of no good reason for ever hitting a person. |  |  |  |  |  |
| 17 | At times I feel I have gotten a raw deal out of life. |  |  |  |  |  |
| 18 | I have trouble controlling my temper. |  |  |  |  |  |
| 19 | When frustrated, I let my irritation show. |  |  |  |  |  |
| 20 | I sometimes feel that people are laughing at me behind my back. |  |  |  |  |  |
| 21 | I often find myself disagreeing with people. |  |  |  |  |  |
| 22 | If somebody hits me, I hit back. |  |  |  |  |  |
| 23 | I sometimes feel like a powder keg ready to explode. |  |  |  |  |  |
| 24 | Other people always seem to get the breaks. |  |  |  |  |  |
| 25 | There are people who pushed me so far that we came to blows. |  |  |  |  |  |
| 26 | I know that "friends" talk about me behind my back. |  |  |  |  |  |
| 27 | 27. My friends say that I'm somewhat argumentative. |  |  |  |  |  |
| 28 | Sometimes I fly off the handle for no good reason. |  |  |  |  |  |
| 29 | I get into fights a little more than the average person. |  |  |  |  |  |

**APPENDIX Q**

**QUESTIONNAIRE ON STRESS SCALE**

**(Everly and Girdano)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| S.No | Statement | Almost Always True | Usually True | Seldom True | Never True |
| 1 | I do not like to wait for the people to complete their work before I can proceed for my own |  |  |  |  |
| 2 | I hate to wait in most times |  |  |  |  |
| 3 | People tell me that I tend to get irritated so easily |  |  |  |  |
| 4 | Whenever possible I try to make activities competitive |  |  |  |  |
| 5 | I have a tendency to rush into that needs to be done before knowing the procedure I will use to complete the job |  |  |  |  |
| 6 | Even when I go on vacation I usually take some work along |  |  |  |  |
| 7 | When I make a mistake, it is usually due to the fact that I have rushed into the job before completely planning it through |  |  |  |  |
| 8 | I feel guilty for taking time off to work |  |  |  |  |
| 9 | People tell me I have a bad temper when it comes to competitive situations |  |  |  |  |
| 10 | I tend to lose my temper when I am under a lot of pressure at work |  |  |  |  |
| 11 | Whenever possible I will try to complete two or more task at once |  |  |  |  |
| 12 | I tend to race against the clock |  |  |  |  |
| 13 | I have no patience for lateness |  |  |  |  |
| 14 | I catch myself rushing when there is no need |  |  |  |  |

**APPENDIX R**

**PHOTOGRAPHS SHOWING THE TRAINING PROGRAMME OF ASANAS AND PRANAYAMA**



















 

 

 

 