

LIST OF TABLES

Table No	Title	Page No
3.1	Description of Selected Test Items For Pulmonary Parameters And Health Related Physical Fitness Components.	58
3.2	The Intra Class Correlation Coefficients Obtained For Test - Retest Data	60
3.3	Program Schedule For 12 Weeks For Yogic Exercise Group (Group I) Pranayama And Asanas Training Programme	64
3.4	Program Schedule For 12 Weeks For Physical Exercise Group	69
4.1	Significance of Mean Gains /Losses Between Pre And Post Test of Yogic Practises on Health Related Physical Fitness Components And Pulmonary Parameters Among Asthmatic Patients	72
4.2	Significance of Mean Gains /Losses Between Pre And Post Test of Physical Exercises Training on Health Related Physical Fitness Components And Pulmonary Parameters Among Asthmatic Patients	73
4.3	Significance of Mean Gains /Losses Between Pre And Post Test of CYPPET Training on Health Related Physical Fitness Components And Pulmonary Parameters Among Asthmatic Patients	74
4.4	Significance of Mean Gains /Losses Between Pre And Post Test of Control Group on Health Related Physical Fitness Components And Pulmonary Parameters Among Asthmatic Patients	75
4.5	Analysis of Variance of Pretest Means of YP, PET, CYPPET, And CG On Pulmonary Parameters And Health Related Physical Fitness Components Among Moderate Asthmatic Patients	80
4.6	Analysis Of Variance Of Posttest Means Of YP, PET, CYPPET, And CG On Pulmonary Parameters And Health Related Physical Fitness Components Among Moderate Asthmatic Patients	81
4.7	Analysis Of Covariance Of Adjusted Post Test Means of YP, PET, CYPPET, And CG On Pulmonary Parameters And Health Related Physical Fitness Components Among Moderate Asthmatic Patients	82
4.8	Scheffe's Test For The Difference Between The Adjusted Post Test Means on FVC	83
4.9	Scheffe's Test For The Difference Between The Adjusted Post Test Means on FEV ₁	84
4.10	Scheffe's Test For The Difference Between The Adjusted Posttest Means on FEV ₁ / FVC	85

Table No	Title	Page No
4.11	Scheffe's Test For The Difference Between The Adjusted Post Test Means on Muscular Strength and Endurance	86
4.12	Scheffe's Test For The Difference Between The Adjusted Post Test Means on Flexibility	87
4.13	Scheffe's Test For The Difference Between The Adjusted Post Test Means on Cardio Respiratory Endurance	88
4.14	Scheffe's Test For The Difference Between The Adjusted Post Test Means on Percent Body Fat	89