## LIST OF ILLUSTRATIONS

Figure No		Page No
I.	Suicide Rate In India	9
II.	Mean scores of Pre test, Post test Adjusted post test of yoga group	106
	Com, group SSG, group MSBG and Control groups on Agility.	
III.	Mean scores of Pre test, Post test Adjusted post test of yoga group	110
	Com, group SSG, group MSBG and Control groups on Endurance	
IV.	Mean scores of Pre test, Post test Adjusted post test of yoga group	114
	Com, group SSG, group MSBG and Control groups on flexibility	
V.	Mean scores of Pre test, Post test Adjusted post test of yoga group	118
	Com, group SSG, group MSBG and Control groups on pulse rate	
VI.	Mean scores of Pre test, Post test Adjusted post test of yoga group	122
	Com, group SSG, group MSBG and Control groups on systolic	
	blood Pressure	
VII.	Mean scores of Pre test, Post test Adjusted post test of yoga group	126
	Com, group SSG, group MSBG and Control Groups on diastolic	
	blood pressure	
VIII.	Mean scores of Pre test, Post test Adjusted post test of yoga group	130
	Com, group SSG, group MSBG and Control groups on Breathe	
	Holding time	
IX.	Mean scores of Pre test, Post test Adjusted post test of yoga group	134
	Com, group SSG, group MSBG and Control groups on anxiety	
X.	Mean scores of Pre test, Post test Adjusted post test of yoga group	138
	Com, group SSG, group MSBG and Control groups on	
	assertiveness	
XI.	Mean scores of Pre test, Post test Adjusted post test of yoga group	142
	Com, group SSG, group MSBG and Control groups study skill	

Figure No		Pag No
XII.	Mean scores of Pre test, Post test Adjusted post test of yoga group	146
	Com, group SSG, group MSBG and Control groups on blood	
	glucose	
XIII.	Mean scores of Pre test, Post test Adjusted post test of yoga group	150
	Com, group SSG, group MSBG and Control groups on total	
	cholesterol	
XIV.	Mean scores of Pre test, Post test Adjusted post test of yoga group	154
	Com, group SSG, group MSBG and Control groups on	
	Triglycerides	