

LIST OF TABLES

TABLE	PAGE NO
i. Asana Chakra Bija and Surya mantra	36
ii. Mantras and meaning	37
iii. Criterion measures	116
iv. Tester'Reliability	118
v. Training schedule 1	119
vi. Training schedule 11	120
vii. Training schedule 111	121
viii. Training schedule 1V	122
ix. Training schedule V	123
x. Training schedule V1	124
xi. Estimated vital capacity	154
xii. Blood pressure	155
xiii. Total Cholesterol reference range	155
xiv. Triglycerides	155
xv. LDL	156
xvi. CHDL/LDL ratio	156
xvii. VLDL	156
xviii. Reference levels glucose fasting	157
xix. Post prandial	157
xx. Liver test	159
xxi. Job involvement	160

xxii.	Organisational climate procedure	161
xxiii.	Organisational climate interpretation	162
xxiv.	Organisational climate rating	162
xxv.	Flow chart showing methodology adopted in this study	186
xxvi.	Analysis of co variance of the means of two experimental groups and the control group in Pulse rate	189
xxvii.	Scheffe's post –hoc test for the differences between the adjusted tested and post-test paired means of Pulse rate	190
xxviii.	Analysis of co variance of the means of two experimental groups and the control group in Vital capacity	193
xxix.	Scheffe's post –hoc test for the differences between the adjusted tested and post-test paired means of Vital capacity	194
xxx.	Analysis of co variance of the means of two experimental groups and the control group in Systolic blood pressure	196
xxxi.	Scheffe's post –hoc test for the differences between the adjusted tested and post-test paired means of Systolic blood pressure	197
xxxii.	Analysis of co variance of the means of two experimental groups and the control group in Diastolic blood pressure	200
xxxiii.	Scheffe's post –hoc test for the differences between the adjusted tested and post-test paired means of Diastolic blood pressure	201
xxxiv.	Analysis of co variance of the means of two experimental groups and the control group in Total Cholesterol	204
xxxv.	Scheffe's post –hoc test for the differences between the adjusted tested and post-test paired means of Total Cholesterol	205

xxxvi.	Analysis of co variance of the means of two experimental groups and the control group in Blood sugar- fasting	207
xxxvii.	Scheffe's post –hoc test for the differences between the adjusted tested and post-test paired means of Blood sugar- fasting	208
xxxviii.	Analysis of co variance of the means of two experimental groups and the control group in Blood sugar- post prandial	211
xxxix.	Scheffe's post –hoc test for the differences between the adjusted tested and post-test paired means of Blood sugar- post prandial	212
xl.	Analysis of co variance of the means of two experimental groups and the control group in Liver function test –albumin	214
xli.	Scheffe's post –hoc test for the differences between the adjusted tested and post-test paired means of Liver function test – albumin	215
xlii.	Analysis of co variance of the means of two experimental groups and the control group in Job involvement	218
xliii.	Scheffe's post –hoc test for the differences between the adjusted tested and post-test paired means of Job involvement	219
xliv.	Analysis of co variance of the means of two experimental groups and the control group in stress	221
xlv.	Scheffe's post –hoc test for the differences between the adjusted tested and post-test paired means of stress	222
xlvi.	Analysis of co variance of the means of two experimental groups and the control group in Organisational climate	225

xlvi.	Scheffe's post –hoc test for the differences between the adjusted tested and post-test paired means of Organisational climate	226
xlvi.	Table on hypothesis	231