

LIST OF TABLES

TABLE	TITLE	PAGE
I	Selection of Variables and Tests	88
II	Intraclass Coefficient Of Correlation	90
III	Yogic Practices Training Schedule	91
IV	Yogic Practices Training Schedule For i, ii, iii and iv Weeks	92
V	Yogic Practices Training Schedule For v, vi, vii and viii Weeks	93
VI	Yogic Practices Training Schedule For ix, x, xi and xii Weeks	94
VII	Naturopathy Practices Training Schedule	95
VIII	Naturopathy Practices Training Schedule For i, ii, iii and iv Weeks	95
IX	Naturopathy Practices Training Schedule For v, vi, vii and viii Weeks	96
X	Naturopathy Practices Training Schedule For ix, x, xi and xii Weeks	96
XI	Analysis of Co-Variance of the Means of Two Experimental Groups and the Control Group in Resting Pulse Rate	128

XI A	Scheffe's Post-Hoc test for Resting Pulse Rate	129
XII	Analysis of Co-Variance of the Means of Two Experimental Groups and the Control Group in Systolic Blood Pressure	133
XII A	Scheffe's Post-Hoc test for Systolic Blood Pressure	134
XIII	Analysis of Co-Variance of the Means of Two Experimental Groups and the Control Group in Diastolic Blood Pressure	138
XIII A	Scheffe's Post-Hoc test for Diastolic Blood Pressure	139
XIV	Analysis of Co-Variance of the Means of Two Experimental Groups and the Control Group in Fasting Blood Glucose Test	142
XIV A	Scheffe's Post-Hoc test for Fasting Blood Glucose Test	143
XV	Analysis of Co-Variance of the Means of Two Experimental Groups and the Control Group in Post Prandial Blood Glucose Test	146
XV A	Scheffe's Post-Hoc test for Post Prandial Blood Glucose Test	147
XVI	Analysis of Co-Variance of the Means of Two Experimental Groups and the Control Group in Stress	150

XVI A	Scheffe's Post-Hoc test for Stress	151
XVII	Analysis of Co-Variance of the Means of Two Experimental Groups and the Control Group in Job Satisfaction	155
XVII A	Scheffe's Post-Hoc test for Job Satisfaction	156