

LIST OF TABLES

Table	Description	Page
I	Physiological & Psychological Benefits of Yoga	8
II	Top 10 Countries for Estimated Numbers of Adults with Diabetes	35
III	Criterion Measures	92
IV	Yogic Practices for 1 to 4 Weeks (40 Minutes)	96
V	Yogic Practices for 5 to 8 Weeks (50 Minutes)	97
VI	Yogic Practices for 9 to 12 Weeks (60 Minutes)	98
VII	Sattvic Diet Schedule and Balanced Meal for 1 to 4 Week	99
VIII	Calories Schedule and Balanced Meal for 1 to 4 Week	100
IX	Blood Pressure Scoring	119
X	Body Mass Index (BMI) Scoring	120
XI	HbA1c Scoring	121
XII	Triglyceride Scoring	122
XIII	Stress Scoring	123
XIV	Computation of Analysis of Covariance on Heart Rate	131
XIV (A)	Scheffe`S Confidence Interval Test Scores on Heart Rate	132
XV	Computation of Analysis of Covariance on Systolic Blood Pressure	135
XV (A)	Scheffe`S Confidence Interval Test Scores on Systolic Blood Pressure	136
XVI	Computation of Analysis of Covariance on Diastolic Blood Pressure	139
XVI (A)	Scheffe`S Confidence Interval Test Scores on Diastolic Blood Pressure	140
XVII	Computation of Analysis of Co-Variance on BMI	143
XVII (A)	Scheffe`S Confidence Interval Test Scores on BMI	144
XVIII	Computation of Analysis of Covariance on Hba1c	147
XVIII (A)	Scheffe`S Confidence Interval Test Scores on Hba1c	148

XIX	Computation of Analysis of Covariance on Triglycerides	151
XIX (A)	Scheffe`S Confidence Interval Test Scores on Triglycerides	152
XX	Computation of Analysis of Covariance on Urea	155
XX (A)	Scheffe`S Confidence Interval Test Scores on Urea	156
XXI	Computation of Analysis of Covariance on Stress	159
XXI (A)	Scheffe`S Confidence Interval Test Scores on Stress	160
XXII	Computation of Analysis of Covariance on Patient Health	163
XXII (A)	Scheffe`S Confidence Interval Test Scores on Patient Health	164
XXIII	Computation of Analysis of Covariance on Sleep Quality	167
XXIII (A)	Scheffe`S Confidence Interval Test Scores on Sleep Quality	168