

found that isolated yogic practices and isolated resistance training group were significantly better than the control group among postpartum women.

5.3 RECOMMENDATIONS

The findings of the study proved that combined and isolated yoga and resistance training contributed for beneficially alter selected physical fitness, physiological and psychological variables of postpartum women. In view of these findings the following are recommended:

1. The beneficial effects of combined and isolated yoga and resistance training may be popularized among postpartum women.
2. Physicians and fitness trainers can suggest suitable physical exercise for all round development of physical, physiological and psychological levels of postpartum women.
3. The training schedules of yoga and resistance training may be adopted by postpartum women for speedy recovery and to lead healthy life.

5.4 SUGGESTIONS FOR FUTURE RESEARCH

During the course of the study, the investigator has come across a number of new ideas that can be looked into by future researchers. Some of the most important ones are listed below:

1. The effects of isolated yoga and resistance training on selected biochemical variables of postpartum women may be conducted.
2. A research with larger samples may be conducted to confirm the findings of the study.