

selected psychological variables such as psychological variables of this research such as quality of life, self-esteem and depression among Chennai coastal area children.

5. It was determined that the adopted Physical education programme with hatha yoga practices (PEPWHYP) were established to be enhanced in improving the selected health-related fitness and psychosocial variables of this research than the (PEWHOYP) in Chennai coastal area children.

### **5.3 RECOMMENDATION**

The findings of the study proved that experimental training of physical education programme without hatha yoga practices (PEPWOHYP) and experimental training of physical education programme without hatha yoga practices (PEPWHOYP) on the selected health-related fitness and psychosocial variables among Chennai coastal area children. Further, it was confirmed that hatha yoga practices (PEPWHYP) would produce a better significant improvement than the experimental training of physical education programme without hatha yoga practices (PEPWHOYP) on the selected health related fitness and psychosocial variables among Chennai coastal area children. In the light of these above conclusions, the subsequent commendations are prepared.

1. The study revealed that 63% of Chennai coastal area children were vulnerable to Physical and Social hazards. The Government and Non-Government organization Agencies may make effort to remove these hazards.
2. Efforts may be taken by physical educationists, yoga experts, psychologists, scientists and educational authorities to include the suggested schedules for experimental training of physical education programme with and without hatha yoga practices for children.
3. Fitness trainers and physical directors may implement the training protocols suggested in this study may be highly recommended for the benefit of children for their healthful living.
4. The experimental training of physical education programme with and without hatha yoga practices protocols suggested in this study may be included in the curriculum of school students to improve their overall fitness.
5. The research proved that the experimental training of physical education programme with and without hatha yoga practices outcomes that could be applied and tested on children, so that we can improve the children's health and psychological through physical education programme with and without hatha yoga practices.