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## EFFECT OF YOGIC PRACTICES AND PHYSICAL EXERCISES TRAINING ON TRIGLYCERIDES OF URBAN OBESE BOYS STUDENT

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### Abstract

*The purpose of the study is to find out the effects of yogic practices and physical exercises on triglycerides of urban obese boys students. Forty five healthy, untrained students were selected from various schools in Madurai. The subject's age ranged from 13 to 15 years. The chose subjects were isolated into three gatherings with fifteen subjects in each gathering. The training periods of experimental groups were six weeks, three alternative days per week with duration of 60 minutes. Control group did not undergo any training programme rather than their routine work. Pre tests were conducted for all the 45 subjects on selected Triglycerides variable. After the experimental period of six weeks post test were conducted immediately. To study the effect of yogic practices group and physical exercises training group along with control group and to find out the significant mean dif ferences among them, the analysis of covariance (ANCOVA) technique were used. Scheffe's test was pursued as a post hoc test to figure out which of the matched methods distinction was noteworthy. The 0.05 level of confidence was fixed to test the level of significance which was considered as an appropriate. The results of the study were concluded that there was significant improvement in selected variable.*

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