

**EFFECT OF YOGIC PRACTICES AND PHYSICAL EXERCISE ON MUSCULAR
ENDURANCE AND VITAL CAPACITY AMONG WORKING WOMEN**

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ABSTRACT

The purpose of the study was to find out the effect of yogic practices and physical exercise on muscular endurance and vital capacity. For this purpose forty – five sedentary working women from various faculties (Except from the Department of Physical Education and Sports Sciences) of Annamalai University in the age group of 35 to 45 years were selected . They were divided into three equal groups. Each group consisted of fifteen subjects, of which, group-i underwent yogic practices, group-ii underwent physical exercise and group- iii acted as control, who did not participate in any special training. The training period for this study was five days a week for eight weeks. Prior to and after the training period the subjects were tested for muscular endurance and vital capacity. It was concluded that after the yoga practice and physical exercise periods both training has improved the muscular endurance and vital capacity.