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**EFFECTS OF VARIED YOGIC PRACTICES ON
SELECTED PSYCHOLOGICAL VARIABLES AMONG
BRONCHIAL ASTHMA****Ms.S.Subhashree¹**

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ABSTRACT

The aim of this paper is to study the effect of yogic practices on selected psychological variables among bronchial asthma. The objective of the study is to find out whether there would be any significant difference in the psychological variables due to the practices of yoga and women bronchial asthma patients. For the study, we selected 45 healthy volunteers between age group 30 to 45. To facilitate the study, 45 subjects were selected on random from Udumalpet, their age was ranged 30-45 years. Subjects were divided into 2 experimental groups (Group A & B) and 1 control group (Group A & B) and 1 control group (Group C) each consisting 15 subjects and treatment was given for 6 weeks. The Pre-Test and the Post-Test were taken on all the groups. It is concluded that The Stress rate considerably reduced due to the influence of six weeks of training of Yogic practices in Group A and in Group B. But particularly very good result for the Group A patients.

KEY WORDS: Yogic exercises, Pre test, Post test.